



Your Daily Practice

Episode 21

Explore Mindful Approaches to Pain with Dr. Christiane Wolf

We all experience pain in our bodies to various degrees throughout our lives. How do you relate to pain when it shows up in your body? Do you struggle with your pain experiences? Struggling with pain only adds to the experience of suffering. In today's daily practice, we will explore curiosity and mindfulness as alternatives to struggling with pain.

Non-intuitive Skills for Navigating Pain:

1. Use Dr. Wolf's mindfulness practice recording to enhance expansive awareness.
2. Notice when your pain shows up and get curious about it. Just notice your pain without holding onto a story about it.
3. Say "yes" to your pain experience. You are not just your experience of pain. When you say "yes", get curious about expanding your awareness beyond the pain.