

*For godly grief produces a repentance that leads to salvation and brings no regret.*  
2 Corinthians 7:10

Michael Singer's book *The Untethered Soul* is a brilliant teaching on the path of spiritual consciousness. Its practical applications guide us to greater expression of our spiritual selves.

Here are some ideas from the chapter titled *Pain, the Price of Freedom* that will help us understand the messages that pain gives us and how we can use it for transformation and freedom:

*One of the essential requirements for true spiritual growth and deep personal transformation is coming to peace with pain. No expansion or evolution can take place without change, and periods of change are not always comfortable. Change involves challenging with is familiar to us and daring to question our traditional needs for safety, comfort and control. This is often perceived as a painful experience.*

*Wise beings do not want to remain a slave to the fear of pain. They permit the world to be what it is instead of being afraid of it. They wholeheartedly participate in life, but not for the purpose of using life to avoid themselves.*

*If life does something that causes a disturbance inside of you, instead of pulling away, let it pass through you like the wind. After all, things happen every day that causes a disturbance inside of you. At any moment you can feel frustration, anger, fear, jealousy, insecurity or embarrassment. If you watch you will see the heart is trying to push it all away. If you want to be free you have to learn to stop fighting all these human feelings.*

*When you feel pain, simply view it as energy. Just start seeing these inner experiences as energy passing through your heart and before the eye of your consciousness.*

*Then relax. Do the opposite of contracting and closing. Relax and release. Relax your heart until you are actually face-to-face with the exact place where it hurts. Stay open and receptive so you can be present right where the tension is.*

*You will not want to do this. You will feel tremendous resistance to doing this, and that's what makes it so powerful. As you relax and feel the resistance, the heart will want to pull away, to close, to protect, and to defend itself. Keep relaxing. Relax your shoulders and relax your heart. Let go and leave room for the pain to pass through you. It's just energy. Just see it as energy and let it go.*

*If you close around the pain and stop it from passing through, it will stay in you. That is why our natural tendency to resist is so counterproductive. If you don't want the pain, why do you close around it and keep it.*

*If you release and let the energy pass through, then it will go away. If you relax when the pain comes up inside your heart, and actually dare to face it, it will pass. Every single time you relax and release, a piece of the pain leaves forever. Yet every time you resist and close, you are building up the pain inside. It's like damming up a stream. You are then forced to use the psyche to create a layer of distance between you who experiences the pain and the pain itself. That is what all the noise is inside your mind: an attempt to avoid the stored pain.*

*You must be willing to accept pain in order to pass through to the other side. Just accept that it is there and that you are going to feel it. When you are comfortable with pain passing through you, you will be free. You will then be able to walk through the world more vibrant and alive than ever before. You feel everything at a deeper level.*

*Eventually you will understand that there is an ocean of love behind all of this fear and pain.*

*Affirmation: I am Free! Praise God I am Free!*