

# Obstacle #4 - Pain in the Body

Part 11.2

## GUIDED MEDITATION: Meditating With Pain

go ahead and find a  
comfortable place to sit



You don't have to sit in any  
special way for this  
meditation




just sitting normally



A woman with long, dark, wavy hair is shown in profile, looking upwards with her eyes closed. She is wearing a dark top and a large, ornate earring. The background is a bright, sunny beach with sand dunes covered in dry, golden-brown vegetation. The sky is a pale, clear blue. The overall mood is peaceful and serene.

Allowing your eyes  
to close.



A woman with long, dark, wavy hair is shown in profile, looking upwards and to the left. Her eyes are closed, and her expression is serene. She is wearing a dark top and a large, ornate earring. The background features a sandy beach and a dune covered in dry, golden-brown vegetation under a bright, clear sky. The overall mood is peaceful and contemplative.

Taking a few  
moments to settle  
the body.

Photo by [Amandine Lerbscher](#) on [Unsplash](#)



A woman with long, dark, wavy hair is shown in profile, looking upwards and to the left. Her eyes are closed, and her expression is peaceful. She is wearing a dark top and a large, ornate earring. The background is a bright, sunny beach scene with a sandy dune covered in dry, brown vegetation. The sky is a pale, clear blue.

Just allow yourself  
to be here.

We can take a couple deep  
breaths together.



breathing in deeply,



breathing out slowly



breathing in deeply,



breathing out slowly

allowing your breath to return to  
its natural rhythm



Just allowing the body to  
breathe itself.

There's no need to control the  
breath in any way.



we'll be working with pain and  
discomfort in the body

Learning how to bring our  
attention to the pain and  
discomfort,



and how to be there with  
gentleness,

and kindness,

and compassion,



and how to pull our attention  
back from it,

if it's overwhelming

just connecting with the breath,



connecting with the present  
moment

Feeling the in and out.

Feeling the rising and falling.



Just tapping into the raw texture  
of the breath.

Whenever you notice that your  
mind has gotten lost in thought,

just acknowledging the thinking  
mind,

and then patiently bring your  
attention back to the breath or  
back to sounds

And then bringing your attention  
to any spots of pain or tightness  
in the body,



or any physical discomfort at all,

even if it's a minor discomfort.

Just bring your attention there

see if you can tap into the  
physical sensations that you  
notice

Letting go of the concept of pain,



“What am I actually feeling?”

“Is it hot or cold?”

“Is there a vibration, or stretching?”

“What does this pain feel like?”

Bringing your awareness there.



Seeing if you can be with the  
pain,

or be with the discomfort  
patiently,

just observing with equanimity

“Ah, right now it feels like this.”

Keep bringing your attention  
there as long as it is calling your  
attention.

If it no longer calls your  
attention,

or if the pain goes away

you can just bring your attention  
back to the breath,



or back to sounds

Just noticing,

observing

If you have a very strong or  
intense pain in the body

you can invite your attention to  
go there

and just see if you can be with it  
patiently

See if your mindfulness and equanimity are strong enough to be there without cultivating aversion.

See if you can just notice the  
physical sensations.



if the sensation is too strong,

if the pain is too overwhelming,

it's totally fine to just bring your  
attention back to the breath,

feeling the rising and falling

the pain will call your attention  
again,

and you can see if you're able  
to go there

if it's too strong

just keep your attention with the  
breath



Keep routing your attention  
down.

If the breath isn't strong enough  
to keep your attention away,

you can also connect with the  
soles of your feet

Just bringing your awareness  
down into your feet

and feeling that connection  
with the floor beneath you

finally,

if the pain is just excruciating

if it's too overwhelming,



it's OK to change your posture or  
to stand up

It's even OK to stop meditating.

we just want to see if we can be  
with pain,

when we're just cultivating more  
aversion,

then it's fine to take a break.

do what you need to do to take  
care of yourself

to be compassionate,

practicing self-care



Bringing your attention to pain in  
the body when you're able to,

and when it's too strong,

connecting with the breath

or with the soles of your feet

And if even that is too much,

then just taking a break

and coming back to meditation  
later on

we can take a deep breath  
together




Breathing in deeply

and breathing out slowly

A close-up, profile view of a woman's face, focusing on her eyes. Her eyes are a striking green color and are looking slightly upwards and to the right. The lighting is dramatic, with one side of her face in shadow. Her hair is blonde and appears to be pulled back. The overall mood is contemplative and serene.

gently allow  
your eyes to  
open



A close-up, profile view of a woman's face, focusing on her eyes and nose. She has light green eyes and is looking slightly to the right. The lighting is warm and dramatic, highlighting the texture of her skin and the intensity of her gaze. Her hair is dark and pulled back.

Bringing your  
awareness back  
into the room

Photo by [Eric Ward](#) on [Unsplash](#)

back into your body

And congratulating yourself for  
doing this difficult practice of  
being with pain in the body.

Next Video

The Obstacle of Doubt and Self