

MOVING PAST

Pain

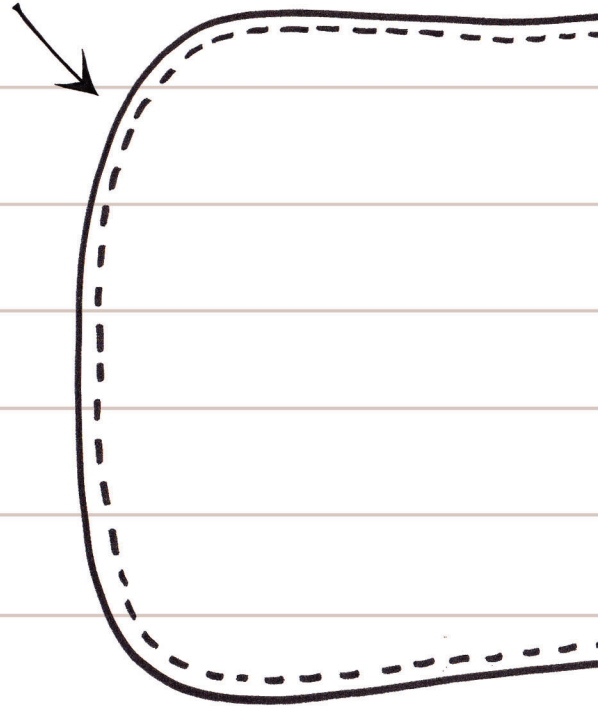
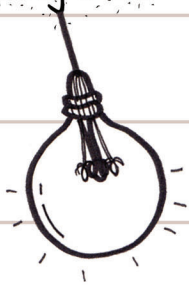
How/When did it start?
What is this pain about?



How/Where am I feeling this pain in my body?



What is this pain telling me?



What do I need to remind myself of so that I can let the pain pass through me?

