



PWE04: I Forgive You.

Welcome to the Peace With Endo podcast. My name's Aubree Deimler. I am an author, speaker and integrative health coach who helps women with endometriosis naturally manage pain, increase energy and find Peace With Endo.

This is episode number five. I'm so happy you've joined the journey. Today the topic is forgiveness when it comes to your body and all that it goes through with endometriosis. At the end I'll share with you a self-forgiveness meditation.

Let me start by saying that the nervous system is no joke. Your spine is the central part of your nervous system and the one that's responsible for a lot of pain. The nerves from your spine feed into different organs in your body.

I'm no stranger to the pain that has from this central spine area. It has come in shockwaves over the years from two herniated discs in my lower back and resulting spasms that, at times, have made it nearly impossible to move.

Once I started to practice yoga, nearly ten years ago, my lower back strengthened and I was able to keep it from throwing out. That's what I call it. But even though I've strengthened my back, there continues to be a dull ache that's almost always present in this part of my body and that's expanded upwards into my neck. Long hours on the computer make this worse.

I'm pretty sure that I have disc issues in my upper back too, though I've never sprung to get an MRI to see for sure. There are times when I'll pull something in my upper back and not be able to turn my neck.

This happened about a week ago. It was Monday morning. I'd spent several hours the night before planning out my weekly to-do list. I was pumped because my energy was high. I'd made it through my period and tax season. Both of which were exhausting, right?

So, I woke up on Monday and I was stoked to get back into creation mode. Before I got going on my day, I picked a card from my Angel Oracle deck. As I shuffled the cards I asked a question aloud: what do I need to know today? The card that popped out said: *Time to Forgive*.

Hmmm.

I put the cards back and settled in front of my desk. I stretched my arms over my head in a yawn and then I felt the snap. A second later and I couldn't turn my neck. I'd pulled something. It happens just like that.

And like I said, the nervous system is no joke. The pain radiated upwards into my head, threatening to turn into a migraine. So, I couldn't move my head, nor barely see straight, and my day had just begun and I had a long list of things to do.

It didn't take long for frustration to kick in and I found myself in tears, which isn't a great thing when your neck's tight and your head's pounding. But I couldn't help it. I was pissed at the situation. I was tired of pain, of another obstacle, of not being able to do anything productive.

Then I remembered the message of the day from my Angel card: *Time to Forgive*.

I had to forgive my body for hurting, for bringing pain. I had to rest. I had to cancel chores, and all that needed to be done. I could only do the minimum, and even that came with great effort.

I needed to offer myself forgiveness.

How often do you do that? I don't do it often enough. My tendencies are for production. I'm a person who gets things done and I put pressure on myself. So, when the pain struck, the pull of my nervous system, I had to offer forgiveness and compassion to myself.

I think I need to do this more. Do you? To help practice forgiveness I invite you to do a forgiveness meditation with me now. I've brought along my singing bowl to help you relax.

Sit comfortably and close your eyes. Bring focus to the rise and fall of your chest and let your body and mind relax. Breathe deeply into your heart space, imagine that this space is filling up with colors of gold, green and pink, allow this colored light to expand as your chest expands open and breathe out, allowing any negative energy in this space to travel down your body, out into the earth.

Breathe deeply into your heart space, allowing yourself to feel all the barriers you've built here and all the emotions that you've carried. Feel the sorrow you may have carried in this space, the frustrations, the anger. Feel these emotions and sense that you can release these burdens.

Breathe in long and deep, spinning gold, green and pink light deep into your heart space, wrapping around these negative emotions. As you breathe out, let that sorrow, frustration, anger escape out, down your body, out your feet, down into the earth.

Continue breathing into your heart space until you feel the release. Feel it leave your body. Put a hand on top of your heart. Can you feel the beat, the natural rhythm that is you? Say these words aloud, "I forgive you."

Breathe in deep and out... Let it go...
When you're ready, open your eyes.

Your body goes through so much. It's Ok to rest when you need to. Sometimes you have no other choice. It's not always in your control. Forgiveness is a valuable piece. I hope this has helped you a bit today.

If you enjoyed this episode, I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram at [peacewithendo](https://www.facebook.com/peacewithendo). I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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