

Unlearning Pain: 7 Hidden Messages About What Pain Really Means

*A mind-body perspective on pain, based on the latest science,
somatic wisdom, and subconscious healing*

**What if...
your pain wasn't just a mystery to solve—
but a message to decode?**

Most of us are taught to fear pain, avoid it, or push through it. But what if pain—especially chronic, recurring, or confusing pain—is your body's way of asking you to pause, listen, and realign?

This guide invites you to explore a new relationship with your pain. Drawing from neuroscience, somatic healing, and subconscious belief work, these seven insights may help you see your body not as broken, but as brilliantly trying to get your attention.

International
Cognitive Rewiring
Research Team:
Belief Coding® for
CHRONIC PAIN:
Beyond the Physical

Accredited Facilitator



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Moonlight of Mine



7 Hidden Messages of Pain

1

Pain Is Interpreted by the Brain—Not Created by the Injury

Pain is not a direct output of tissue damage. It's an **output of the brain**. Your nervous system sends signals (like pressure, temperature, inflammation), but your brain decides whether to interpret that signal as danger—and whether to amplify or dampen the pain response.

It factors in your beliefs, emotions, past experiences, and current stress load.

Sometimes, the pain switch gets stuck in the “on” position, even after the initial injury has healed. That doesn't make the pain “fake”—it makes it neuroplastic (the brain's interpretation can be changed!)

“Pain is not a reliable indicator of the state of the tissues.”

— Dr. John Sarno

2

Chronic pain is a message, not a malfunction

Pain can be **your body's way of communicating** what your conscious mind might be ignoring—overload, fear, grief, unresolved tension, or the need for protection. When we don't—or *can't*—slow down and listen, the body may increase the volume.

3

Emotional pain often finds a home in the body

Trauma, suppressed emotions, and long-term stress often manifest physically. Many people subconsciously hold pain in their bodies because it feels safer than confronting unresolved emotional wounds.

Resisting the expression of grief, anger, or vulnerability leads the mind to marginalizing those emotions. Instead of processing them, the body may internalize that distress. Over time, this emotional tension can manifest as chronic physical symptoms, including pain.

“The body keeps the score: if the mind won’t acknowledge it, the body will express it.” – Dr. Bessel van der Kolk

4

Pain Can Reflect Mental and Emotional Patterns

Studies show that people with anxiety and depression are more likely to experience chronic pain. What does this say about how the brain—and the body—process suffering?

Your **mind’s tendency to fixate, fear, or suppress** can keep your nervous system in a loop of alarm. Pain is often a signal of that loop, not a flaw.

5

Your Pain Might Be Serving You

This one is tender—but powerful.

Sometimes pain has a subconscious “benefit.” For example:

- Pain might give you permission to rest.
- Pain might protect you from doing something uncomfortable.
- Pain might help you receive support you otherwise wouldn’t ask for.

This doesn’t mean you’re making it up. It means part of you might be trying to keep you safe in the only way it knows how.

(This idea is something we explore gently in sessions. For now, just consider: What might your pain be protecting you from?)

“Illness is the body’s way of letting us know that we are out of harmony with ourselves.”

– Dr. Alberto Villoldo, Shaman, Healer, Sage

Consider:

- What might your body be trying to say –if it had a voice of its own?
- What emotions arise when you imagine not having this pain?
 - Acknowledge the emotions that surprise you

6

Inflammation plays a role—even when nothing is visibly wrong

Related to point 4 above, research increasingly shows a connection between chronic pain, low-grade inflammation, and mood states like depression or anxiety. These aren't separate issues—they're often part of the same body-wide alert system.

When you're overwhelmed emotionally, your immune system may respond as if there's physical danger—raising inflammation levels in an attempt to protect you. In turn, inflammation increases pain sensitivity and disrupts the brain's regulation of stress and mood. You can get caught in a loop where emotional distress fuels inflammation, and inflammation fuels pain—even without a visible cause.

Your brain is always trying to predict what will happen next. When you've experienced recurring pain, the brain anticipates it—and unconsciously reinforces it, ingraining the pattern.


Your pain is real. But the **source** might not be where you're used to looking.

***“Emotional stress is a major contributor to physical illness.” —
Dr. Gabor Maté***

7

You're not doing it on purpose—and you don't have to stay stuck

Pain can feel all-consuming, but it is not who you are. It is not your identity. It is not your fault. You are not imagining it, exaggerating it, or failing to “fix” it fast enough. Your nervous system is responding exactly as it was designed to —by protecting you from perceived danger.

And just as it learned to stay alert, it can learn to feel safe again. Our bodies are incredibly intelligent and responsive. It has the programming to heal. And with the right conditions, it will 

“Recovery lies in discovering the underlying emotions and resolving them—not in denying the reality of your pain.” – Dr. John Sarno

You're Ready to Explore AND Release What ****Your ** Body's Really Holding**

You're already on the priority list! — which means you'll be the first to hear about a limited, research-based opportunity I'll be opening soon.

These 1:1 Belief Coding® sessions are designed to gently uncover and shift the emotional patterns your body may be holding onto that contribute to your pain or fatigue.

I'll send you everything you need to know shortly. You'll have a chance to ask questions, book early, and see if it's a fit for you.

[Click Here to Share Priority List Invitation with Others](#)

Reflection Prompts

These prompts are meant to invite curiosity. You don't need to have answers, just awareness.

When did this pain begin—and what was happening emotionally at that time?

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Which parts of your diagnosis or story have felt unchangeable? Which of those could just be interpretations?

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What other needs might your body be trying to meet?

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