

Hi. I'm Gwen Whitfield. Welcome to **Always Brighter**, the place to find inspiration to keep growing, learning and reaching for a brighter and more fulfilling life.



Let's talk about pain. John Lennon once said, "the thing you can't hide - is when you're crippled inside."

We all have this thing called a pain body. It's the part of ourselves that houses all the hurt, the disappointment, and the scars that we carry with us. All of that pain is housed in a pocket of our heart that, not only can we easily access ourselves, but, when we live in the pain body, anyone can come along and wake it up like a bear being disturbed from a long winter's nap.

Have you ever had someone who loved to push your buttons? They know you so well that they can say even the tiniest thing and set you off? They seem to have direct access to your pain body and before you know it, you've lost your mind and are saying all kinds of things to protect yourself from the attack?

Basically, you've crawled up in that pain pocket and made it your tabernacle. When you do that, it becomes an addiction, and you subconsciously hold onto it like a bride clinging to her designer dream dress at a Barney's one day wedding dress sale.

When you live in a constant state of emotional pain, when you live in your pain body, peace seems unattainable. **I can say that, because I've lived it.** I've taken my pain and made it my partner in life. I crawled all up inside my pain body and treated it like it was the novel of my existence. It defined

me and gave me significance. Everything else in my life was measured by the pain of my past. And the frightening part is, I didn't even know I was doing it.

Letting go of that pain? It's freaking scary. When you define yourself by and see your life through the the lens of pain, the thought of giving that up is like losing yourself. But by losing yourself, you can recreate yourself from the ground up. You have the power to change your story, and it all starts with one simple practice.

Gratitude.

Wherever you focus your thoughts, emotion flows. Focus on your pain and let the sadness, unworthiness and disappointment erupt.

But when you focus on all of the blessings that you have in your life? You can't help but open the door to appreciation and vitality and happiness and peace.

Gratitude is the grace that heals the wounds in our souls. It's a perfect salve for the empty palace in our heart that shelters the pain body.

If you focus your mind on gratitude, you experience a mindset shift that melts the pain away. You can't exist in both a state gratitude and a state pain at the same time. It's like trying to create freezing hot water. There's no possible way.

When you look back at your past, what memories come fastest? For me? They were the painful, disappointing ones. I'd never sit around when I was stressed thinking, "oh, wasn't that moment wonderful? Oh, didn't that experience really fill me up!" NO! My pain body was shoving disappointment after disappointment into my mind's projector, showing me all of the ways that my life hadn't gone as I'd planned, creating all of these upper limits that kept me from being my true self and living my life's true purpose.

But the good news is that when you realize what is going on, you can change your patterns of thought and behavior. You do have control over

what you think about and how you feel. I talk in detail about how to do this in my video, [The Better Feeling Thought Technique](#), but going beyond that, you can supercharge your life by cultivating a state of gratitude each and every day.

Here's how you do it:

Immediately when you get up in the morning, before you do anything except maybe drink a glass of water, dedicate five minutes for a Rampage of Gratitude. Go through your life and give thanks for yourself, your strength, your mind and body, all of the moments that have brought you to this one, and then expand the circle to your immediate family (even if things aren't perfect, just give thanks for your ability to love). Then just keep going until you feel a sense of expansion inside of you.

It's the expansion that is truly life changing. Expansion is growth. And we're going to talk more about that next week.

When you live in and identify with your pain body, what do you feel physically? Contraction, right? You want to get smaller and smaller, and that is the opposite of life, the opposite of living.

But gratitude is life growing larger. It's about going beyond your mind and sending love and energy out into the universe. And when you send that pure positive energy to the world, that is what you will receive.

What you appreciate? God gives back to you in return.

So, my challenge for you this week is to get up five minutes earlier than you do right now and spend a few minutes in gratitude. You can write it all down in a journal or speak it out loud in the bathroom. You can meditate on it or go outside and get your blood flowing while you do it. It doesn't matter. Find the way that is right for you. I take five minutes before I do yoga every morning. And I do it again when I go for my run. Once you find this state of being, you begin to crave it. It changes who you are from the inside out.

And you won't be able to hide it, and I guarantee your life will change.

So, take action right this moment, and, **down in the comments, leave me 3 things you are grateful for right now.** Then let's give each other high fives in our replies!

Thanks so much for watching, and I'll see you next time on The Brighter Side.