

# How Cho used Shinzen's techniques to work through pain

00:00:00 Can you give an example of maybe a specific way in which you used the techniques for any  
00:00:19 specific issue?

00:00:21 Yes, I found out recently or in the last couple of years that I am either allergic to codeine  
00:00:31 or it doesn't like me, whatever.

00:00:35 And I was having some back issues and my doctor prescribed codeine for me in a Tylenol 3.

00:00:43 And I had said to her, I don't think I can take codeine because years ago when I was  
00:00:49 experiencing gallbladder problems, I started having extreme stomach issues with it.

00:00:54 And she said, oh, that was probably your gallbladder.

00:00:57 Well, it wasn't.

00:00:59 In the middle of the night, my stomach went into an extreme spasm and I immediately started  
00:01:07 doing my practice.

00:01:09 It escalated and yes, it became much more difficult.

00:01:13 I actually sent my husband downstairs to get a CD that was how to deal with pain or like

00:01:20 I wanted Shinsen to guide me.

00:01:22 And while it was extremely difficult, I think it really, really helped.

00:01:26 I spoke with him after that because even after my years of meditation, I thought I could  
00:01:33 do better at it.

00:01:35 But he was very kind and said, you know, until some of these really, really big issues hit  
00:01:41 us, you don't know what you would have been if you didn't have the practice.

00:01:46 Can you give an example of what you specifically did on that night?

00:01:51 I did two things.

00:01:54 I did the focus away from the pain and I also focused on.

00:01:59 I needed both.

00:02:01 Shinsen's techniques, when you're focusing away, I was looking for restful spaces within  
00:02:07 my body, within my talk space.

00:02:11 I was focusing away from the pain by trying to find the relaxed rest spot so that the  
00:02:19 pain wasn't so intense.

00:02:21 And then when it would get to the point where the focus, I had to focus on it, then I was  
00:02:26 using focus on the pain and I was watching the intensity, the shape, whether it was sharp  
00:02:35 or dull, whether it moved, was there a color to it that I could focus on to sort of, and  
00:02:42 that, you know, that allows the pain to spread more and be less intense in one area.

00:02:50 That's what I did.

00:02:54 I ended up going to the emergency anyway, but.

00:02:59 Everything worked out.

00:03:01 So, yes, it's a coding, something you just have to work out of your system.