



“Take your passion, knowledge and work ethic and throw yourself into something you love. Challenge yourself to know more, love more, feel more and work more. Continue to learn, practice, explore, dream and believe in yourself. Give your best effort and your creative self will be revealed. Creativity is a healing force for painful feelings.” – Don Hahn, *Brainstorm* (producer of The Lion King and Beauty and the Beast)

I have found this to be true. Healing emotional hurts from the past is a crucial part of becoming who you desire to be physically, mentally and emotionally.

First – You must be willing to **feel** the pain. Not cover it up or push it down with food, alcohol, smoking, facebook, TV, candy crush, gambling or anything else that can be addictive.

Second – Distract yourself from the pain by throwing yourself into something you love to do. Create something. Anything that captivates your attention so much that you completely stop thinking about everything else, and only focus on that one thing, is helping you heal painful feelings. The pain is still there, so you are allowing yourself to feel it, but you are giving yourself a break from the pain when you do things that completely take your mind off it. The pain is still there, but because you are not focusing on it, you don't feel it or at least you don't feel it to the same intensity.

Exercise is one activity that helps heal painful feelings **IF** you are completely focused on your form, your breathing and your intensity. Notice how quickly the class goes by when you are thinking about nothing else but what you are doing in that very moment. Exercising and allowing your mind to wander and run wild is working your muscles and improving your cardiovascular system, but does very little, if nothing at all, to strengthen the mind and heal emotional pain. People who exercise this way will feel like they are going through the motions and not accomplishing very much.

Throw yourself into your exercise. Be aware of when you feel stronger and when you feel weaker. Push yourself to do more when you are strong and really focus on your form when you are feeling weaker. Always give your best effort based on how you are feeling at any given time, and you will transition from merely going through the motions to achieving physical and mental strength that you can see and feel.