

## LL16- The Wisdom Found in Pain

I'm Alvean Lyons,  
And I'm Doug Weiss and welcome to Love Life

Douglas, there is an interesting conversation we're going to have today and of course set in what we do in terms of love life it's also about being able to get through the tough things as well as we possibly can and the wisdom that comes from some of those things. So today we're going to talk about the wisdom that is found in pain. If you live your life for more than two days, in two seconds you will experience some measure of pain but what can be garnered from that, what can you pull out of it? What wisdom can be found in that pain tell me Douglas what wisdom has been found in yours.

Well as you said, I'm no different than most people. I've had my share of pain in life. I've lost a wife to disease, to cancer, I've been divorced, and I could go on. If I were to chart out all the points of pain in my life, great and small I think while I was going through those experiences, and certainly in the days afterward, I was a much more introspective individual as a consequence. That is to say I thought more about what was happening, why it had happened and eventually, what I might have done differently, or could have done differently in those cases where there was anything that I had the vanity of believing I could have done. And I think that through that kind of reflection, the meditation on the meaning of what transpired two pieces of wisdom emerged. One, often the things that I found myself valuing the most in retrospect, the things that I had lost weren't always what were obvious. The second is that this was transformative. That when I came out of the experience and into the next chapter of my life I wasn't the same person anymore. There had been some fundamental changes that I had made, some determinations. I learned some things about myself and about the world. That I was determined to do differently. I'll give you an example. When my wife was diagnosed I went through an agonizing period. We weren't together at the time. We had been dating, we had broken up for a number of reasons and this brought us back together again and subsequently we got married. Eventually she passed away from the disease that we had battled together, but for seven years I was pretty much a full time caregiver not a role ....I never liked hospitals, I never wanted to be around them, I didn't like sickness...none of us does, but I mean I found it really hard to deal with being around people who were ill. And yet here I was finding myself being a caregiver and as a result of that experience, when she finally passed, I realized that it was this very noble life calling and that the people who did this not just for people that they loved but for anyone ...people who chose to do this as part of their lives.....I want to tell you that it wasn't just that I felt the pain of the loss but I felt the pain of losing the opportunity to care for another human being, and it changed how I felt about everyone else in my life that I would be in any way in relationship with, not just as a spouse. I wanted to be more of a caregiving person someone whose mission in life was to take care of others. And I'm not sure that that selflessness existed in me before. I think it was incipient perhaps, but it was not pronounced in any way so I think that pain for me has always been a transformative process.....and for you?

Well most people don't know that I am the mother of a child who by medical terminology has a chronic disease, my son is a juvenile diabetic. He was diagnosed when he was four years old. A couple months after his diagnosis we almost had to bury him because his blood sugar dropped so low that he had a severe seizure, and it was so bad that he could..... despite anybody else's feelings I'm just going to tell you how it actually happened..... he could see to the other side. And in the midst of his seizure he was telling whomever had come for him that he wasn't ready to go and that he wanted to stay with his mom and he was saying that almost sounding like a broken record. As he would seize, he was in my husband's arms and he was scratching the skin off of my husband's neck as he was jolting talking to whomever had come to take him over to the other side. And that moment for me changed the trajectory. My entire life. I had to ask myself if my son had stood before God to tell God what kind of mother he had, would I have given him enough to be proud of? And every day thereafter it has become my duty and my mission to live the kind of life that my son could have told God an incredible story about the mommy that he had on Earth. So for me something that could have been..... my son is now sixteen and doing wonderfully. That pain for me I would never take back and that I wish for him that he would not have had to have a single day of being a juvenile diabetic and I whole heartedly believe that he will live the fullness of life. A cure or the miraculous restoration in his natural body I believe all of those things to be possible. But I would not take back for one second how it changed me and my constitution as a woman, as a person, as a human being. I became someone different as a result of dangling on the precipice of that measure of pain. We get to choose what we're going to do with our pain, and it has taught me that we can either be bitter about it, where we focus on the I, the injury of this experience, or we can be better. We

refocus on the education of this experience. What did this pain teach me? And because pain is so hard to forget it can tack a new truth on you in a way that pleasure never will. I am better because of that pain. So, believe that there is a wisdom that is garnered and can be garnered, gathered together inside of some of the most difficult things that we will ever experience in our lives, and we have the opportunity every single time to come out better on the other side of those things. If we choose to pick up the education of the experience we can be better.

An incredibly powerful story and I have no words to follow that with other than to say that I know that there are people in our audience who are listening right now who have experienced pain. It is part of the human condition. And if you have learned some things through this experience, share them with us. We'd love to hear and we'd to share them with our listeners.

So if you would write to us at [alvean@lovelife.digital](mailto:alvean@lovelife.digital) or [doug@lovelife.digital](mailto:doug@lovelife.digital), we will take those stories and we'll share them with our listeners

And we want to thank Barbara Hamm Lee, our producer, Todd Washburn, our engineer, who are part of our extended love life family. We'll be back next week with another interesting subject. Thanks for listening.