

Neurology & Pain Management

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The Shadowy One
6.28.07

"Perhaps everything that frightens us is something helpless that wants our love."

Ranier Maria Rilke

Despite running to PT massage even chiropractic and acupuncture
I feel whipped.
MRI's confirm the objective facts
But there remains a deep gap between the pictures and my experience of the pain.

Yet I was trained to treat other's pain so expertly!
And daily go about listening for the specifics of their disease
Years and years of listening to pain then diagnosing and making differential diagnoses
What it might be what it could be ruling out this or that... then
To decide where and when my intervention might alleviate their suffering.
But for my own pain, despite *the knowing!*
Powerless!

So what is this disease teaching me?
You may ask.
Slowly it dawns on me that despite the *knowledge* of the pain
It still will not go... the pain continues...
As if had I gone to a psychoanalyst and heard the root cause for my emotional disorder
That in itself, the very understanding of the process and etiology of the disorder
Will **NOT** make the neurosis go away! One needs years of analysis!

So what will make this go away!
Maybe, just maybe
The *incarnation* of the knowledge IN THE BODY
A kind of body awareness, not mind awareness
The way the pain and illness was originally incarnated into the soma
Into the symptoms, into the very corpus I call my body
So too the healing must come *from the body* and be released *from the body*
Letting go of the pain *in the body*.

I cannot do this alone.
I can only accomplish this by surrender.
The little 10 year old, arrested in his or her development must be taken by the psycho-
analyst in the above example,
By the hand, loved and caressed despite the behavior and neurosis...
What we call “transference”... and allowed to mature over time, ever so slowly
In the safety of the therapeutic relationship.

I think here too my pain must be allowed to be felt fully, to ripen and mature
And be surrendered to (see my essay on *mesiras nefesh* and Rabbi Akiva)

This is the Higher Power we call divinity
This is what prayer is about
Surrender and turning this pain over to Him.
King David’s Psalms are full of pain!!!!
(Psalm 23 attests to his utter surrender despite the pain)
And of course, lest we forget
The psalms are meant to be sung!
The rabbis wonder as to why some of them are called psalms at all!!
rather call them dirges! Some of them!
Yet the paradoxical answer is that it is precisely in the pain
That David sings to God
Of his pain and of his pursuit by his enemies and his hunger and thirst
Of all this he sings!!!

So here is my answer too
To sing of my pain, paradoxically
To surrender to it
Not fight it
Not medicate it
But listen to the crying child inside who wishes to be heard
Listen to his message
Above all, listen
For being ignored is worse than death for this little 10 year old.

**And God said to me, Go forth:
For I am king of time.
But to you I am only the shadowy one
who knows with you your loneliness
and sees through your eyes.
He sees through my eyes
in all the ages.**

-R. M. Rilke, *Book of Hours*