

The **Fix Yo Shit** movement

Fix Yo Shit - a mindset and method to guide you up and out of pain, and to the moon.

/Fiks yo SHit/ - relating to physical pain

You stand tall and proud because you're in full control of your body, and your life. You're confident, fearless, and accept that your body doesn't have to be perfect to live a great life. You're not in pursuit of managing, relieving, curing, or eliminating pain. Those days are over. You've grown. Now, you seek to understand and to improve, day by day. You still feel pain, but are not afraid, and not limited by this welcomed sensation. You smile, chuckle, and nod your head remembering a day where you believed someone was going to tell you what was wrong with you and take your pain away. You realize how silly it was to think there was a magic stretch, exercise, adjustment, shot, surgery, or product that was going to take your pain away for you.

Steps to the Moon

1. **Take Ownership of Your Pain and Your Past**

Your past accidents, injuries, lifestyles, psychological stressors, and genetics have caused deep rooted imbalances in your body frame and muscle development, which cause fears, doubts, limitations, depression, anxieties, and so on. You carry this out-of-whack crookedness with you, 24 hours per day. Your body moves around these imbalances as you exercise, brush your teeth, tie your shoes, and have a conversation with your friend. Over time, these imbalances cause slow, but predictable, wear and tear on the body that can be seen through medical imaging; disc herniations, spondylolisthesis, labral tears, shoulder impingement, tendonitis, and arthritis, to name just a few. The result of these past *choices* have led you to right where you're suppose to be; which is reading this, right now. You are here. Your past choice are the cause, and the result is pain. Accept this right now. Accept that you chose your pain, and it didn't choose you. Do it now.

2. **Accept that Change is a Process, Not a Prescription**

Blindly taking advice and running with it is foolish behavior. Nearly all advice, treatments, and therapies available today are in effort to help you feel more comfortable as the plane spirals down towards earth. Anything in this world worthwhile requires hard work and effort. Whether your goal is to be a doctor, pianist, welder, marathoner, or great husband: the equation is nearly the same - build skills through repetition, learn from your mistakes, and accept that self-improvement is a process that never stops. Are you so blind to believe that solving body pain is any different?

3. **Understand the Root Cause of Your Pain Through Self-Discovery**

Have you ever had an ah-ha moment, told your friends about it just for them to say "Yeah...I've been telling you that 10 years". This is because that discovering something for oneself is impactful, and sticks for the the long run. If we know that, why do we continue to try to get the answers, thinking that they will be meaningful. This is equivalent to watching the end of a movie, and expecting it to be meaningful. Stop this behavior at once! Understand if you have pain, then you have uncharted areas of your body that need to be explored, understood, and corrected. Each area uncovered will result in a breakthrough, and the result of numerous breakthroughs is a transformation, or a permanently heightened state of being. This is the long term path you are seeking.

4. **Develop the Skills and Habits to Create Positive Change**

Once your particular imbalances are discovered, you then methodically correct these foundational imbalances by connecting your mind to the muscles around the imbalance, wake them up, and strengthen them. While lengthening and mobilizing the chronically overworked, and often tight, muscles and tendons. With conscious effort, you reposition your body frame itself a more balanced state; reducing the uneven wear and tear placed upon your bones and tissues. Finally, your body can now heal itself. This balanced state of being is maintained first and foremost through awareness, and solidified through continuous training (aka "exercise"). The steps to accomplishing this is similar to learning a language, sport, or vocation. They begin fundamental and progress upwards until proficiency is obtained.