

# The Story Behind...

An Interview with Rucsandra Mitrea, author of

["You Don't Have to Live in Pain"](#)

and

"Why Women Experience More Pain Than Men  
and what to do about it"

**Rucsandra:** I am the founder of Vital Directives™ Life and have been a mind-body coach and mentor for many years.

My day-to-day work teaches people how to awaken their innate healing capacity through movement designed to clear blocks and misalignments and harness the power of their internal dialogue. I help people reclaim their vitality.

Most people, however, do not come to work with me for those reasons. It's hard to think in those terms when you are in constant pain.

My clients come to me because they hurt, and they've been hurting for years and years. Our work helps them significantly reduce pain levels and completely transform their bodies and lives over 6 to 12 months.

Today, in this interview, I want to share the process for significantly diminishing pain and living with vitality.

Whether you're struggling with chronic hip or back pain, chronic neck or shoulder pain, ankle, foot or knee pain, there is a straightforward, logical, organized process that will help ease the discomfort and allow you to live an active, healthy life.

I strongly believe in every person's capacity for growth and victory over perceived obstacles.

I call them "perceived" obstacles because most of us create obstacles through our beliefs, limitations, and barriers. These obstacles might feel natural to us at a given moment, but once we shift our perception and release the limiting thoughts, they lose their power and stop being obstacles.

I have invited Margitta Christiansen, my good friend and long-term client, to talk with me today about what it takes to significantly reduce physical pain and live the life you want.

**Margitta:** Thank you, Rucsandra. What are the most common challenges people struggling with chronic pain face every day?

**Rucsandra:** If you struggle with the day-to-day effects of chronic pain, it means you have lived with it for months or years. You are afraid of what your future will look like. You are suffering every day. You cannot sleep due to pain and worry. You are exhausted. The pain increases, and the pain medication you might be taking interferes with your capacity to think and be yourself, but it doesn't take the pain away. You cannot keep up with your family and with your work. Your social life is almost non-existent.

Your life seems to be getting smaller and smaller.

You are close to losing hope, or you've already passed that stage. Everything you have tried so far (like physiotherapy, massage, acupuncture, ART, therapeutic exercise, laser therapy, anti-inflammatories, pain medication, and chiropractic care) has failed or given you only short-lived or inadequate relief.

You know you have to stop this progression and are ready to try to stop it, but you don't know how.

**Margitta:** You have such a deep understanding of what it means to struggle with chronic pain. How did you get there?

**Rucsandra:** I'll share with you a defining moment and my resulting journey from chronic pain to being pain-free. That defining moment happened in 1998.

But before I go there, I believe anyone can move beyond fear, limitations, and old patterns that no longer serve them.

What I have learned from my process of healing my body and becoming pain-free and from having the privilege of helping my clients significantly reduce discomfort and pain and improve the quality of their lives is that there is a common ground, a common denominator, and that is the way you think and feel about your body and its capacity to heal.

Healing your body is more than good luck or coincidence.

There is more to getting out of pain than a few exercises and body treatments. There is a systematic, step-by-step process to significantly reduce physical pain and attain and sustain greater health.

So, to answer your question about how I developed my understanding and approach, I'll go back to my childhood.

I was weak and uncoordinated, sprained my ankles multiple times and even sprained my knees. I had continuously inflamed red and painful ankles and feet.

These injuries left my ankles and knees unstable. My feet were in so much pain that I couldn't walk barefoot. A great deal of damage was done to the cartilage in my knees. Finally, I had chronic tightness in my hips and lower back. The simplest physical activities for a child my age, like running, long walks or playing sports, were not at all simple for me; they were exhausting and pain-inducing.

I felt fragile. My body suffered from weakness and resistance. And the rest of me lived the same way. I felt afraid of life. I felt inadequate and stuck.

I believe that the compounded effects of my childhood injuries were the cause of a herniated disc in my late twenties. That pain was more intense than any of my previous painful experiences.

On that winter day in 1998, I had enough of all of that! I put a stake in the ground and claimed my birthright to health.

I realized I had to take responsibility for my health.

At that moment, I committed to learning everything I could about how the physical body heals and what is required to achieve and sustain vibrant health.

So, I began to study anatomy, biomechanics, a wide array of exercise and stretching modalities (like Classical Pilates, yoga, myofascial stretching, ELDOA, and proprioception exercises), hands-on normalizing techniques, somatherapy, and osteopathic techniques.

Because I wanted to know more about the healing process and what prevents healing, I also studied hypnotherapy, pulsating electromagnetic fields therapy, meditation and emotional release techniques.

As I continued my studies, a new way of thinking about the body, its movement and its healing capacity started to take shape in my mind.

I understood that my body was capable of significant progress, but only if I was patient and respected a specific sequence of events. Initially, my efforts focused on my physical body and the particular exercises it needed. As a result, I felt stronger and healthier month after month, year after year.

However, the most significant changes came when I connected with my emotions and learned to employ mental processes that reinforced the healing on the physical plane. That emotional and mental work helped my body heal.

My journey from chronic discomfort, weakness, and pain to enjoying life in a strong, flexible and healthy body has taught me that we are indeed capable of remarkable healing.

I've since dedicated my professional life to guiding others from chronic pain to living and sustaining full and vibrant pain-free lives through my pain-free system.

My system has three tiers of strategies: physical, mental and emotional. Each tier comprises several essential steps every person seeking pain release needs to apply to attain fuller health.

**Margitta:** Why do you think there are so many people struggling with chronic pain?

**Rucsandra:** I believe there are three major components: the mental struggle, the physical struggle, and the emotional struggle.

So first, the mental struggle. All the things you tried so far to heal your chronic pain did not work, so now you believe that probably nothing will work. This leads you to think that you cannot recover and that something must be wrong with you.

You cannot heal your body if you believe you cannot heal. Your belief that you cannot heal creates fear, which creates stress. Stress produces the stress hormone cortisol, which impedes or stops healing. Pain increases and becomes "chronic." Pain rules your day-to-day life. Your belief that you cannot recover is strengthened, and the vicious circle continues.

Here's the thing. You cannot start using what you do not yet know. And if you do not know about the body's innate healing capacity, you cannot employ its power.

The second is the physical struggle. Your body's perpetuation and increase of physical pain are logical and systematic because they follow specific natural physical, chemical, and biomechanical laws.

The body relies on the same logical and systematic process to start feeling better and start the healing process. However, many things can impede or even stop the body's natural healing responses: lack of physical awareness, not understanding how the body heals, misdiagnosis, mistreatment, lack of exercise, fear of exercise, excess exercise, wrong exercises, use of ice instead of heat, dehydration, and more.

Stress and fear create physical tension in the connective tissue/fascia. Forceful attempts to correct the condition have the opposite effect. Under physical stress, the area in trouble protects itself by creating more tightness and resistance. Therefore, the pain has increased, and so far, your efforts to release the pain have led to more trouble.

Again, you can only do what you know. You need to learn about the physical strategies that ignite and sustain the physical healing process to use them to start healing your body.

Third, your emotional struggle has to do with the fact that you feel alone and isolated in your world of pain. You think it's your fault and that no one understands your situation.

I talked about how I put a stake in the ground and claimed my birthright to health. Your health is your birthright, not a luxury or a matter of luck. It is your birthright! And you alone must claim it. But to do so, we all need support and people who understand us, especially when we are undergoing a significant transformation.

The courage required by the transformation process brings your vulnerability to the surface, so you need a community of people who are as courageous as you.

**Margitta:** I've never heard this explained this way, but it is clear now. So, how do we break the painful, scary, vicious cycle of pain?

**Rucsandra:** I believe that people try their best to get out of pain, heal and live their lives without continuous physical, mental, and emotional turmoil.

They need support and guidance, accountability, strategy, and a step-by-step process that they can follow.

I discuss these aspects in my book "You Don't Have to Live in Pain," which is available on Kindle.

Breaking the vicious cycle of chronic pain requires a strategy that is acceptable to the body. The physical body does not understand English or any other language. It understands movement and energy. My system uses unique strategies that follow the path of least resistance and assist the body in restoring effective, natural movements that ignite a healing process.

You must work on all three mental, physical, and emotional levels to ignite your healing process.

Healing the physical body requires a complete change of mindset and perspective, a completely new relationship with your body, and, very importantly, support. You need support.

Through all the years working with my clients and in my own body, I've realized that beliefs and how you think are just as important as physical exercises and programs—sometimes even more important.

In my programs and courses, I teach clients about mindset and the power of their beliefs from the very beginning. I shift your understanding of what is possible and change your thinking so that you acknowledge and celebrate what works instead of questioning your improvement, the process, the exercises, the approach, and yourself. This new way of thinking continuously fuels your healing efforts. Your newly established mindset reinforces your every action, so the healing process picks up momentum and power.

Along with the mental and physical levels, the emotional level offers support and accountability from a community of people who share the same views and are fully committed to improving their health. Most people who suffer from chronic pain live an isolated life. It's not just the exercises (what you do, when you do it, how many exercises you do, in what positions, and so on). How you think about your healing process and the level of support in place play a prominent role in your body's healing.

**Margitta:** Rucsandra, how exactly do you shift the physical body from chronic pain to feeling better and better, which could eventually lead to living without pain?

**Rucsandra:** I developed a step-by-step process that your body will understand and accept without resistance so that you can feel better and end better, week after week.

The keys to improvement are being willing to change your mind and learning to use this process to assist your healing efforts. Then, every single physical strategy and exercise you practice starts to do its work because there is no resistance. Your mindset creates the basis for the physical strategies and movements. Adding the emotional level of support and accountability ensures you stay on the path of getting better even when it is hard, even when you question yourself or the process.

The first step is knowing that this new approach gives you the mindset that promotes the healing, well-being and accountability needed to stay on track when the going gets tough. The second step is when you start doing the work yourself: mentally, physically and emotionally.

**Margitta:** Your programs offer strategic education, support, and home practice. Who are your clients exactly?

**Rucsandra:** I work with people suffering from chronic pain who've tried it all: did the tests, did the exercises, took the meds, saw the specialists, and went for the suggested therapies. But nothing helped.

I have worked with people who suffer from various types of chronic pain:

- Low back pain
- Upper back pain

- Head and neck pain
- Hip pain
- Knee pain
- Ankle and foot pain
- Shoulder pain
- Elbow pain
- Wrists and hand pain
- And more...

**Margitta:** Rucsandra, your programs differ significantly from everything I have seen.

**Rucsandra:** Yes, the three tiers of my system contain clear, step-by-step strategies that ignite and guide the healing process because they offer the platform necessary for changing pain-inducing beliefs into health-promoting beliefs. They address the whole person mentally, physically, and emotionally. My clients learn how to reduce chronic pain, not just manage it, as well as the life skills and lifestyle changes necessary for staying pain-free for years and years to come.

We start with a clear, short-term plan for immediate pain relief, and in 6 to 12 months, we create the basis for the comprehensive, long-term strategy for greater health and aging with strength, mobility, grace, and vitality. I have a strong faith in the body's capacity for healing because I have healed my body using the same strategies I teach my clients.

**Margitta:** I have met many of your clients over the years, and they are all committed, disciplined, and open-minded. They also have great relationships with each other and are very supportive of each other.

**Rucsandra:** Yes, we are a community of like-minded people. My programs and workshops help you create and sustain the healthy life you dream of travelling, sleeping, and hiking, playing with your children, grandchildren, or pets, and transforming your life from constant suffering with chronic pain, exhaustion, frustration, and fear to enjoying your healthy, vibrant body.

Enjoying your pain-free life requires 100% commitment. It requires the courage to claim your birthright to be vibrantly healthy and to take responsibility for your healing process.

You will get the support and step-by-step approach you can follow and be expected to do your part. There are no excuses! You will think differently about well-being, health, and staying active and pain-free.

**Margitta:** So, are there people for whom this program would not work?

**Rucsandra:** Sometimes, people are not ready to change their lives. If they are not ready, they will not get the results.

This quote by John Assaraf says: "If you're interested, you'll do what's convenient. If you're committed, you'll do what it takes." People who become genuinely committed will work on their mindset to change their thinking from "pain-affirming thoughts" to "health-affirming thoughts."

Similarly, if you are experiencing an emotional crisis, you may find it more challenging to prioritize your healing process.

Another example of someone who will not benefit from our programs is the chronic skeptic who consistently makes excuses for their situation and challenges the program, the approach, the time of day or other details.

Only you can stake the stake in the ground for yourself. Only you can claim the birthright to vitality and health!

You have to want to heal and make the commitment to yourself to do what it takes to achieve your goals.

People ready to completely transform their lives and willing to do what is necessary to make that happen while following a complete support and accountability process start feeling a significant improvement in the first few weeks of the program.

**Margitta:** Rucsandra, what is your pain-free system, and what does it include?

**Rucsandra:** Overcoming chronic pain and its wide range of life-restraining consequences begins with understanding your current beliefs about your body and its healing capacity, what you believe to be true about what is and is not possible for your physical body. Then, it requires your willingness to challenge your current beliefs and be open to new concepts.

The physical strategies sequentially and consistently help you significantly reduce pain levels, increase ease of movement, improve the quality of your life, and recreate a new relationship with your body:

- Reducing stress levels helps your body reduce the production of stress hormones. When you are calmer and more relaxed, your body is also more relaxed and more receptive to change and transformation.
- Releasing physical tension further reduces restriction and pressure in the areas in pain. Restoring the balance between strength and flexibility improves the way you move and reduces discomfort.
- Increasing physical awareness gives you the tools to self-correct alignment—even outside classes.



- Improving your breathing helps reduce stress and enhances alignment in your entire body. Considering that we take an average of 22,000 breaths daily, each better breath becomes a healing breath that can restore correct movement and functionality everywhere in the body. This is the most potent healing process for spine injuries and other conditions.
- Creating space in your joints to significantly reduce discomfort and wear-and-tear issues.
- Normalizing the connective tissues (fascia) to improve how you move and feel.
- Building overall strength helps support your joints, especially the joints in the areas affected by various conditions and discomfort.

In addition, there are four stages of healing:

- *Calming your body* – through a simple, primary sequence of exercises that releases tension and induces pain release every single time you do them and build confidence to perform these exercises correctly on your own. Everyone gets a highly personalized Safe Program to release a spasm or diminish pain.
- *Stabilizing your body* – by learning body awareness, which is a profound process all on its own but also starts dismantling years of misalignment, compromised movement and poor posture.
- *Listening to your body* – by creating a profound connection between the physical commands you give to your body and the responses it sends you in return and laying the foundation for a pain-free life.
- *Freeing your body* – performing tasks that only 12 to 16 months ago seemed impossible. Knowing what works and what doesn't work for you. Restoring your trust in your body's abilities and health for the future.

Once obstacles such as misalignment, tightness, movement restriction, compression, and muscle weakness are diminished and removed, your body's inherent intelligence takes over. It starts to repair existing damage in your joints and tissues.

We are talking here about drastically improving the quality of your life and giving you the tools to create and maintain a pain-free life for yourself.

**Margitta:** We are talking about a process rather than something instantaneous, which only takes a few weeks.

**Rucsandra:** That is true. Your body created the conditions resulting in long-term suffering over many years. Expecting these deeply seated patterns to change in a matter of weeks is unrealistic and can be very detrimental because it sets expectations that cannot be fulfilled.

Typically, it takes 6 to 12 months to thoroughly work through all the steps of the pain-free system and implement new habits and patterns in your body, mind, and feelings.

This is not a quick fix; it's not magic. It's a process of reorganizing your body and your mind.

**Margitta:** There is so much information! Can someone get a couple of sessions with you to start with?

**Rucsandra:** The only way to work with me is within the structure of my programs. Significantly reducing chronic pain will not happen in a session or two.

When you commit to enroll in a 6-month program:

- Your commitment makes you accountable to yourself
- Results appear faster because of your increased commitment level
- These results become long-lasting, more so than just attending sessions once in a while
- The program becomes an anchor, a reliable way to reduce stress in your life
- You get consistent support that allows you to relax and focus on what's important
- You benefit from a structure that eliminates any lack of clarity or focus
- You don't have to make decisions about continuing or not after each month
- You are more likely to attend your sessions in a consistent manner

**Margitta:** What can a new client expect when starting one of your programs?

**Rucsandra:** You can expect to:

- Learn simple exercises and techniques that you can confidently practice at home, too, to speed up your process
- Overcome your fear of pain, which will significantly diminish the physical sensation of pain
- Feel an immediate sense of relief mentally, physically and emotionally
- Employ the power of your mind to change the reality in your body
- Reconnect with your body through a new understanding of its healing capacity
- Increase your physical awareness concerning correct posture, effective movement and the patterns that release pain
- Know what to do and what to avoid when you are experiencing physical pain
- Become confident in your knowledge about your body to introduce the physical activities that please you and keep increasing your strength and stamina.
- Establish robust physical, mental, and emotional protocols to ensure a complete and lasting body and mind transformation.
- Start living your life with the confidence that your body is designed to heal and can stay pain-free and healthy as you age.

**Margitta:** How can someone guarantee to themselves that they will get the most out of your programs?

**Rucsandra:** Be focused on yourself and what you want. It will manifest when you have a crystal-clear image in your head and can hold it there.

I want you to stop for just one moment to ask yourself, "How much will I be able to do if I am not in pain all the time?" You will likely save time and money and gain a new lease on life once continuous discomfort is not exhausting and demoralizing.

You're investing in results, diminished pain levels with every passing week, more sleep, more living your life, more of the things you like to do but cannot right now because of the pain, more free time, more enjoyment, and more confidence not just more "things to do."

If you want my help in determining your short—and long-term strategies for significantly diminishing pain and starting to live your life without your current limitations, [click here to schedule a 30-minute complimentary Zoom call](#).

**Margitta:** Rucsandra, this was very helpful.

**Rucsandra:** Yes. This is a game-changer.

I want to end with a question: What is the cost of inaction? What will happen in a year, five years, or ten years if you don't start healing your body now?

Whatever challenge, discomfort, or pain you are experiencing right now, how would you feel if you were in the exact same place a year from now?

I want you to know that your body has a greater capacity for healing than you realize and that you hold the key to igniting it so you can live without pain and with greater vitality and joy.

**Rucsandra:** Thank you for listening! Bye, everybody!