

# The Moment That Doesn't Hurt

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## The Two Voices of the Mind

Stress isn't only about what's happening in your life — it's about what your mind is doing with what's happening. Most of us are caught between two sides of mental activity: one measuring and judging, the other dreaming and drifting. And neither of them brings us closer to peace.

One side of the mind — we might call it the left — clings to timelines, causes, consequences, comparisons. It tells us what should have happened, what must happen next, and what everything means. It's always looking backward or forward — keeping score, analyzing, evaluating. This is the part of the mind that lives in the past. Not just memory, but judgment. And it keeps us bound to stress by convincing us that something needs fixing — or that we ourselves are somehow wrong.

The other side — the dreaming side — floats off into imagined futures, alternate outcomes, what-ifs, fantasies, projections. It spins stories. It colors experience with hope or despair. It doesn't judge as sharply, but it seduces us with dreams. This part lives in the future — in unreality. And while it can feel softer, it still keeps us away from what's real.

## The Body Holds What the Mind Won't Release

Each side, in its own way, sends messages the body is forced to store. Whether it's attack, judgment, resistance from the left side of the mind, or escape, dissociation, and fantasy from the right — the result is the same: the body becomes the temporary home for what the mind won't deal with. These inner messages don't just vanish. Because you are not only a mind — you are mind and body — the signals must go somewhere. So they stay. Tightened into the jaw, shoulders, gut. Held. Housed. Sometimes even leaking outward as tension, sharp reactions, or chronic unease.

And eventually, whether consciously or not, the body tries to release what it's been asked to hold. Because the natural direction of life is movement — and what the mind refuses to let go of will often find its own way out. Psychotherapy can help with this. Not by offering new beliefs or techniques, but by creating a space where these patterns can be seen clearly — without judgment, without escape. Sometimes you don't notice what you've been holding until there's nothing pushing back — no analysis, no fixing — just space to see it.

## The Trap of Past and Future

And here's the thing: both sides of the mind are misleading in their own way. Because neither past nor future is where healing happens. Stress is stored in the body because we continue to believe these mental movements are necessary — that they help us understand or protect ourselves. But if we pause — not as a technique, but as a quiet stopping — in an actual instant, a whole moment, something

becomes clear: There is nothing real in those thoughts. The judgment? A loop. The fantasy? A veil. And both create tension not because of their content, but because we keep them inside. We turn them inward. The body becomes the container for what the mind cannot release.

## **The Actual Instant**

The instant — the moment you are in right now — is not built from past or future. It's not the result of analysis or imagination. It doesn't contain timelines or stories. It just is. And in that, there is no judgment to hold, and no dream to chase. To see that, even for a flicker, is to stop storing stress in the body. Because in that flicker, nothing is being kept. Nothing is being held or pushed. Instead, the energy that would have been trapped begins to move. Not symbolically, but directly. The body stops bracing against something that isn't there.

## **Not Then, Not Later: Only Now**

Healing isn't something that happens in the future, or something we unravel from the past. It's not a self-improvement project. It's the quiet undoing of something that was never truly real to begin with — and that undoing can only happen right now. Not then, not later: only now. Not because this moment is special or sacred, but because it's the only moment that actually exists. And you cannot heal where you are not.

## **A Simple Question**

So the honest question is: Do you truly, wholly, want right now? Or are you still holding on to a past you can't change, or a future that doesn't exist? When you want the whole of now — not just part of it, and not while secretly bargaining with it — stress has nowhere to stay. It no longer has a job to do. And then it doesn't need to be forced out. It simply leaves — naturally, on its own.

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