Our brains are learning machines. Learning something new changes the brain in a physical way that is nothing short of astonishing. Nerve cells produce more neurotransmitter and build receptors for these transmitters in cells that never had them before. Non-nerve cells move out of the way of these neurotransmitter releases, allowing them to diffuse out to more distant sites than their target receptors. Nerves fired by other nerves keep firing, without further stimulation. Nerve cells and their thousands of synapses are taken over by this expanding process to increase the network of cells and synapses dedicated to the newly learned material. More Myelin is laid down along the long processes of nerves to speed up the transmission of electrical signals in the expanding network. As new synapses are dedicated to the newly learned ideas or activities, old synapses are taken apart. Regional brain function shifts to what is being learned. Energy is dedicated to maintaining this expanding network. Actual anatomical, physiological and electrical changes happen in the brain. Repetition is the key to reinforcing this gradual takeover of more brain real estate. This is a wonderful process when we are trying to learn how to read or to walk or to master the tasks of a career, but it is a nightmare when the brain learns persistent pain. We lose our ability to attend to so many other important brain functions in a balanced way, because the pain so dominates consciousness. The balance shifts from the injured place in the body turning on pain processing areas in the brain, to the brain causing adjustments in the body that make the pain constant and relentless. Even when injuries heal, the pain persists. The only way to end this tyranny of pain is to apply the same processes against it that caused it to occur. We must re-teach our brains that pain is an alarm, signifying danger and not a constant companion, dedicated to our misery.