



Freedom Movement

Hi Jim,

I was going to call but didn't want to leave a l o n g winded message and I know your office is closed today – but I feel very strongly that I need to share with you how I have felt the last two days since my sessions.

AMAZING

It feels like I have been given the green light and been turned "on" – like my spine is igniting my brain and I am so focused, productive, and emotionally aware. I'm feeling so incredibly thankful right now for your therapy. I can't believe how quickly I am feeling results. I even started journaling yesterday which is something I have talked about doing for years, envisioned myself doing, but never actually followed through. Yesterday however, I felt compelled to sit and write my reflections and it felt so good.



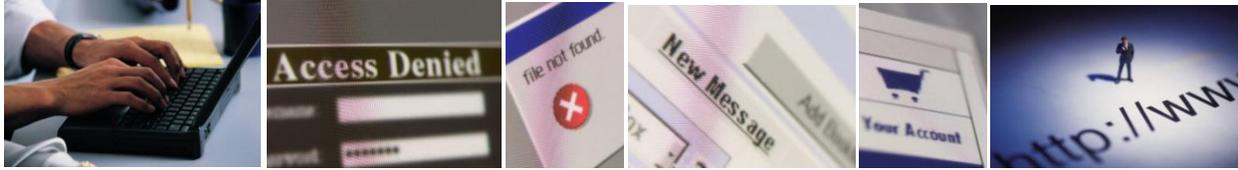
Anywho, to spare you the novel I wrote yesterday, I wanted to share a brief portion of my entry about just the physical relief and awareness I am feeling (which is what I originally sought you out for and now know that it is so much more than just the physical relief).

December 29, 2010- 10:35 a.m.



I just got back from the gym in which I worked out for the first time, maybe ever, feeling as though my spine was engaged with my muscles – wow! I always feel like my spine is just supporting my weight, my muscles, my motions and more or less, just tolerating me. Today.... I feel like it is working synergistically with me... it feels like a deep hug coming from the inside out. I knew I felt stiff, pained and weighed down before and having this sensation to compare it to makes me sad. Sad that I have felt this way for so long and sad that the majority of our society feels this way and accepts it as the standard. It shouldn't be – it is a failing standard. This is just the physical start of a *freedom movement* for me.... an internal evolution... I'm so ready.

I've always viewed pain as simply a medium of communication and in a society that is over-loaded with manmade forms of communication – internet, blogs, websites, emails, texting, webcams, chat rooms, books, e-books, newsletters, newspapers, etc. – why, then WHY do we



not take advantage of the GOD GIVEN communication system that we have access to? The only one that we don't need a subscription, password, username, account, specially purchased device, or screen-name to access... the only form of communication that can be trusted, raw, honest, and truly forgiving?

It makes me sad that our society encourages us to ignore what's inside and venture out, seeking every artificial form of body-numbing satisfaction we can find. If I had a nickel for every prescription and diagnosis I have been given over the last seventeen years, I would be rich and dangerously ill. I'm so glad I didn't listen and give-up or give-in... I knew I was capable of more and my body was just trying to tell me this. This society of artificial communication and health care is not one I want to be part of and for the first time... I feel like I am gaining some strength behind those words to act. I feel like I have freedom to engage in a totally different capacity than I have been... it's scary, but I'm ready.



I feel badly that I took so much of your time this week in my sessions so I just wanted to express my deep gratitude for it and tell you how worth-it, it was. I know this is just the beginning of the process but I feel my guard coming down slowly and I know there is much more to come from that.

Thanks for taking the time to read this lengthy email- you don't win a prize but I've got a (((hug))) for ya.

Warmly,

M.E.