

**Dear Steven,**

I am a single mom with 2 children who have different fathers. I have a successful business with several employees. I work a lot and seem to be busier than I really would like.

Several years ago, while starting my business, my mother also moved out of town, and one of my children's fathers reentered our lives. This has created a lot of emotional tension. That was about the time I was diagnosed with rheumatoid arthritis. The "attacks" of arthritis are getting worse. I know they are related to tension, but there is so much going on I can't pinpoint the problem area. The pain is not located specifically in one part of my body, but rather it floats around hitting a different part of my body each time. I have trouble just getting out of bed in the morning. I'm tired. What can I do?

Sarah - Taos, NM

**Dear Sarah,**

Rheumatoid arthritis does make it painful to move around. Because yours "floats", it has to do with general mobility issues. You may have a hard time moving from one emotional state to another. Your mom moved. Your child's father moved. You "moved" your place of employment. With all that moving going on, it is now demanded of you to keep moving between your personal and professional lives. Physically, you need the mobility, but emotionally, you want to rest. A regularly scheduled meditation would be extremely helpful. This would be an affirmation that you have your OWN life, your own space, and that you can "stop the world at will". Stress management techniques and nutritional counseling would also be recommended

**Positive Thought To Manifest:** I act on my feelings in the perfect form and at the PERFECT TIME.

Everything Doesn't Have To Be Done At Once,  
Steve