

**Dear Steve,**

When I was about 27 years old ( I am 45 now), I injured my back. I dove off a rope swing into a lake and landed wrong. Since then, every now and then I will feel pain, a sort of knot between my shoulder blades. Sometimes I can lift something heavy, and it will hurt for a few days. But sometimes, I can just wake up in the morning with it. I exercise regularly, and I'm in good shape, but I just can't seem to get past this one.

At the time I injured it, I was traveling on a crafts fair circuit with a woman I had been seeing for awhile. The agreement was that she would go back home to her job, and I would continue to travel indefinitely. We were splitting up. It was by agreement, but still didn't feel very good. I didn't have a permanent place to live, and didn't know where I would settle down. I was able to stay at my brother's house and at my mother's house, but knew that was only temporary. Money wasn't so good, but I was surviving, and feeling good about what I was doing.

Tired of my Chiropractic addiction,  
John - Johnson City, TN

**Dear John,**

The back supports us. The middle back supports us emotionally. Generally the shoulder blade area reflects guilt. Yes - the "G" word. The tension collecting there could be from either of two reasons or a combination of both. The first is that you felt guilty about not having a more comfortable level of income, and about having to rely on relatives for a place to live. The second, but more likely cause is feeling bad about splitting up with your woman friend.

I know the two of you had an "agreement" to split up, but that still isn't easy. It sounds like you moved on even though she still wanted to be with you. She may have felt betrayed, and you took the blame and guilt. No matter how honest and loving you are, you can't fix her feelings. If you did what you could to make her feel good, don't stab yourself in the back for her sadness.

**Positive Thought To Manifest:** I attract the perfect support for my happiness. And I support others on expressing happiness in their lives.

Pat yourself on the back for being aware of others' feelings,  
Steve