

Dear Steve,

I have a pinched sciatica nerve in my right leg. This most recent time, it's been bothering me for a few months. I am 28 years old. My wife and I both like our jobs. We just moved out of her parents' home and bought our first house. I am planning on going back to school part-time, but we can afford it. I am looking forward to a lot of things. We are even planning on trying to have a baby in a year or two.

Physically, I feel great except for my leg. I am running a few miles almost everyday. I do yoga. I am sort of eating right. And I am in the best overall physical condition I've been in for years.

I first noticed my pinched nerve when I was about 21, a junior away in college. Everything seemed okay in my life then also. School was going great. I had a nice place to live. I had a nice girlfriend, good grades, a good job, and a cheap apartment. I've seen a chiropractor who adjusts my back and hip, but this only helps for a little while. Then, the pain returns. It especially hurts when I am inactive or sitting still for more than ten minutes.

Tired of Feeling Like my Leg is Asleep,
Tom - Boise, ID

Dear Tom,

I had a history of a pinched sciatica nerve myself, so I can relate to some of the frustration. The legs carry us forward in life. The right leg has to do with acting on physical/material plans - job, money, career, living situation, and so on. A pinched sciatica can also relate to lower back problems. The back supports us. The lower back, being closer to the earth, supports us on our Earthly concerns - again, physical/material plans.

Even though there are a lot of positive things in your life now, there is still a lot of stress. This is finally a time in your life when you are "growing up", if there even is such a thing. You are coming into your own, and there may be a lot of responsibility associated with that. You may have a fear that you are not up to the task, even though you sound like you have a wonderful supportive relationship. You and your wife just "left" her parents as well, and you had a hand in that. It is probably a positive change, but it is a major life change.

This may have tapped into your own history of getting ready to graduate from college years ago, and planning on coming into your own. The junior year in college may be time to buckle down and commit to a career goal. You are doing the same now. It was also time to decide whether you would go back home or stay away. You have just symbolically "left your own parents" again. Affirm your own and others' strengths during your healing/growing process.

Positive Thought to Manifest: I affirm the infinite support available to EVERYONE. I accept the perfect support for acting on my decisions.

Hang in there, and put your best foot forward,
Steve