

Dear Steven,

About three years ago I hurt my right shoulder while chopping wood. It still hurts every now and then. My doctor diagnosed it as bursitis, and recommended I see a specialist to look at my rotator cuff, but I want to avoid surgery. What should I do? Any help would be appreciated. At that time in my life, I accepted a job with more travel and higher pay, and my wife became self-employed out of the home. We also got our child into preschool.

Sincerely,

Tim - Philadelphia, PA

Dear Tim,

Please do see a specialist and explore medical options available. However, much can be done to help the healing. The shoulders represent perceived responsibility. The right shoulder reflects giving support to others. The "itis" in Bursitis points toward anger.

For you specifically, you may be angry and feel you are giving support (emotional and/or financial) to someone out of a sense of responsibility. Release the anger constructively, without blaming yourself or others. Explore means of helping others in ways that FEEL good. Do you wish to travel more, or less? Can any "excess" responsibility be shared with someone else or fulfilled in more MUTUALLY rewarding ways? You may also discover that half the things you "should" do are also things you want to do.

Getting help from a third party with the intent of changing relationship patterns may also be extremely useful.

Positive thought to manifest: "I, Tim, now ALLOW myself to give support freely without obligation. I ALLOW others to support me on this."

Blessings and happy giving,

Steve