

**Dear Steven,**

I have been diagnosed with carpal tunnel syndrome in both wrists. The pain is getting unbearable. My doctor has recommended surgery, but I want to explore other alternatives. I am a secretary, and the problem is supposed to be from overuse. I am 32 years old and single. I like the job I have had for years, and my living situation is really okay. Any suggestions?

Charlene - Los Angeles, CA

**Dear Charlene,**

Generally, carpal tunnel syndrome is due to overuse and repetitive motions of certain muscles in the wrist and hand. It becomes hard to hold onto things (emotionally). However, even harder is the ability to take something and turn it over (looking at both sides of an issue).

Personally, you are an altruist and love to be of service. That's great, unless you expect others to be the same way. Balance is needed in order to see things from another's point of view. There are varying degrees of selfishness and selflessness. Other people may be of service in ways that are different from yours. No one that I know of is purely selfish nor selfless. Additionally, are you sure you want to continue with your present career choice? Is there something else you may do to be of even more service?

On a purely physical level, check with a body worker for acupressure, isometric and/or isotonic exercises that may be done to balance the overuse movements. There are also "experimental" laser treatments available. Check with your doctor.

**Positive Thought To Manifest:** I have the perfect amount of love and clarity at all times. I SAFELY acknowledge the same for others.

Do you know what I mean?

Steve