

Dear Steve,

I have had recurrent cysts on my breasts for about three years. The cysts come and go for the most part. But two years ago, the doctors needed to do surgery and get rid of one of the growths. Everything was fine for a while, but recently I started growing another one.

I am 40 years old and happily married. My husband got a much better job about four years ago. We moved about two years ago. And there really haven't been any other big changes in our lives. What should I look at to get rid of this persistent pattern of cysts?

Anything would help,
Mary - Louisville, KY

Dear Mary,

On a thought level, cysts are a mild form of cancer and are generally connected to anger and resentment. They respond well to imagery and holistic approaches, and mainstream medical treatments. Mammalian cysts symbolize resentment at not being able to be enough of a "mom", and a feeling of not being able to nurture others enough.

In your life, your husband has gained more self-esteem and certainty. He doesn't "need" you in ways that he did in the past. I also wouldn't be surprised if one or more of your children moved out of the house within the past four years.

See where you can nurture and "parent" others in more pleasing forms. Explore some of the ways that you are still needed and appreciated. Personally, you may be in a little bind - you are glad to not be needed as much, but you may also miss it. Fulfill the need to be needed in healthy ways, both inside AND outside of the home.

Positive Thought To Manifest: I support others in the perfect form at the perfect time, and I feel good about that.

Everyone is important, that means you too!
Steve