

Dear Steven,

I am 53 years old. I like my work as a teacher and Live in a nice home with my husband and teenage son. About 4 months ago I pulled my right elbow while carrying firewood. I had had a history of arthritis but that cleared up years ago. When I hurt my elbow, things were going pretty good in my life, and they still are. My husband was out of town on work, and I was busy with my own job, and I was also involved in the business we started together about 8 months ago. That's going fine too. My elbow got better for a little while, but then started bothering me again. it is now so bad that the pain wakes me up sometimes at night.. The pain is there in the morning, but then clears up shortly after I work it out.

I'm tired of the pain, and want a good night's rest,
Pam - IL

Dear Pam,

The right arm deals with giving support, and with actively expressing the support for others. A possible inflammation in that elbow means that you were (are?) Angry about not having the freedom or flexibility (elbow room) to express the support for others. Basically, there may be a limiting thought that you "should do everything", but "can't do enough"... at the same time being angry that you "had (have?) to do everything yourself". You should do everything, can't do everything, and get frustrated at not being able to do enough. Release the anger for not getting the support in the past, and explore different avenues of getting that support NOW and in the future. Symbolically, try carrying less wood next time, or carry the load with someone else. Massage the elbow while seeing yourself carrying less wood and getting help with it—easily, willingly, even happily!

Positive Thought To Manifest: I do enough, and I joyfully accept the perfect support for that.

Ask for support when you need it.
Be proud that you can accept it!
Steve