

Dear Steve,

I am 43 years old, and was diagnosed several years ago with endometriosis. The problem actually started around 5 years ago. Around my cycle, I feel extremely bloated, and am in a lot of pain, not only cramping, but also severe “attacks” of pain. The doctors recommend a hysterectomy which I don’t want to do. I was on some medication, but that didn’t work so well. Now I have been on hormones and taking them faithfully, but I still have a lot of symptoms. I become so irritable and impatient from the pain that I don’t like myself. My family humors me but I can tell they just like to stay away from me during my “attacks”

I have a pretty happy marriage. My husband is a successful civil service administrator. I have a son who is ten years old, and a daughter about 13. We just built a new home about three years ago and live in the country. My father died when I was very young and I still miss him, sometimes even seeing his “ghost”. My mom also died about ten years ago. I exercise, eat pretty good, and meditate (not enough), but pretty consistently. What can I do?

Losing a week of my life each month,
Kayla - Savannah, GA

Dear Kayla,

Generally endometriosis, is an abnormal condition of cells around within the abdomen. They respond just like cells relating to fertility. It is a condition that mimics the extreme ability to get pregnant. I have also been told that it clears up when you are pregnant, or when you have a hysterectomy - either having a baby or letting go of having ANY babies.

For you specifically, it is no coincidence that this started around the same time that your youngest child started going to school, becoming more independent. You may have felt like you were couldn’t fulfill your mothering urges. You “lost” your baby. Also, you didn’t mention any career of yours, so either you stay at home and take care of the kids that aren’t there, or you do not feel your work is important enough to mention. You may not feel needed enough by kids, husband, others. Either way, you need to re-identify yourself as a “modern woman”. Check out some work (more masculine in energy - out there, goal oriented, and so on) that is also of service to others (feminine energies - nurturing, giving).

Positive Thought To Manifest: I nurture others AND myself in the perfect form. All my changes are for the Highest Good.

You are a useful person - see it, feel it, live it,
Steve