

**Dear Steve,**

Three years ago I was diagnosed as having gingivitis. My gums are progressively getting worse. The “pockets” between my teeth are getting bigger. The periodontist recommends surgery to either cut away the gums, or to cut into the gums and inject bone material into the jaw bone to stimulate new growth. I don’t particularly want surgery. I have been told that gum problems get a lot worse with stress. I’ve even been meditating more, but my gums aren’t getting better.

Around that time in my life, my husband and I were thinking about moving, but since we were already living in such a beautiful home, and doing fine in our careers, there was no rush. One child had recently moved out of the house to go to college, leaving a teenager and a little one at home with us. My job was getting a little stressful, and because of “politics” I knew I’d be leaving. I just didn’t know how or when. We moved a year ago, and after a lot of stress, we are finally resettled and feeling good.

I could use a boost on this one  
Abby - Seattle, WA

**Dear Abby,**

Generally, teeth have to do with our decision making process. You’ve probably heard the phrase, “let me chew on that”, “let me decide, and I’ll get back to you.” Gums back up the teeth, and are essential to backing up our decisions.

You had already made a decision to move, and were making vague plans to do it, but backing up those plans with anything tangible needed to be put off. However, you had also decided to stay put for a while, and you needed to back up that decision with something positive, working through the politics instead of merely planning on leaving it or putting up with it. I would suspect similar politics in your life presently. Decide how to work through them. Plan things STEP BY STEP with little decisions, so you can act on them immediately, instead of making BIG decisions and having to wait to back them up. Any decision, big or small, is important, and can be changed upon review.

**Positive Thought To Manifest:** ALL my decisions are for the Highest Good. I act on them at the perfect time.

Enjoy the Dance,  
Steve