

Dear Steve,

Recently, my left knee has been locking up on me. Sometimes it just gives way and doesn't support my weight. I also frequently wake up with my fingers bent and painfully stiff. The doctor says it's the onset of arthritis, but I'm only 27 years old and too young for this to happen. I'm just finishing up my internship as a school counselor. My husband and I plan to move back down to Georgia in a few months because of a job transfer he got.

Thanks for your help,
Jennifer - Orlando, FL

Dear Jennifer,

The knee has to do with either being too flexible in your decisions or too stubborn. The left leg represents the need to be honest within personal relationships. The "itis" in arthritis in the hands reflects anger at the perceived need to hold onto or let go of something.

For you personally, you vary between being too indecisive and too stubborn. This is ruled by your emotions and can be remedied by deciding what things in your life are important for you to hold onto, and what things you really wish to let go of. You need to be totally honest with your husband about your feelings regarding the upcoming move. I wonder if you want to stay where you are and not make the upcoming move, and if your husband can have enjoyable and rewarding work in the present location.

Positive thought to manifest: "I, Jennifer, now acknowledge my needs and wants. I communicate them clearly and lovingly, and I allow others to gain joy from that."

Blessings, and good luck with the (non?) move,
Steve