

Dear Steve,

When I was thirteen I hurt myself skiing twisting my left leg. I was told I just pulled some muscles in my lower back. There was no vertebra damage and no muscles were torn. But I am now twenty-seven, and my hips have bothered me off and on ever since that accident. I know the pain gets worse when I'm stressed out, usually having to do with work. When I feel there's too much to do, and that my boss expects too much of me, one hip or the other bothers me. It usually only lasts a few days and then disappears.

Money seems to be okay these days. I am a homeowner, and I am happily married, although my wife accuses me of being a workaholic. About the time of the accident, the only thing I can think of is that my father (who was verbally and emotionally abusive) moved out, and my grandmother move in to help take care of me and my two sisters.

I'm just tired of restricting my activities,
Cameron - New York, NY

Dear Cameron,

Generally the hips relate to the balance between our feminine and masculine energies. We all have both. The right hip relates to the masculine - assertiveness, goal & career orientation, the ability to objectively look at our feelings. The left deals with the feminine - patience, nurturing, sensitivity. For hip problems such as yours, there may be tension switching from one hip to the other, from expressing the masculine, then the feminine, then back again.

You "lost" your basic male role model at thirteen, and were surrounded by women. Getting into your male energy was "bad" because you then looked like your abusive dad. Additionally, you were surrounded by feminine energy, may have felt a bit overloaded by that, and adopted prohibitions against showing your own feminine side. You need to recapture your ability to accept and express the two sides of your nature, going from one to the other with more mobility.

Positive Thought To Manifest: My sensitivity (feminine) is one of my strengths (masculine). I communicate my feelings (feminine) with certainty (masculine).

A real man doesn't have to prove anything,
Steve