

Dear Steve,

My healer has told me that I have lifted weights that were too heavy, and it has caused my lower internal organs to compress into my pelvic girdle. They are blocking the little holes in the bone through which vessels, etc. travel through to the legs. I have recently developed varicose veins. My friend said you could help.

Kathy C.

Albuquerque – NM

Dear Kathy,

The pelvic area has to do with the balance between the masculine (right) and feminine (left) energies. Since your condition deals with BOTH hips, there is a probability that you have a hard time switching from expressing one energy to the other. Additionally, because the organs have been “pulled down” with force toward the tailbone or survival center, this happened during a time in your life where there were major changes in your job, living situation, money or career areas. Intuitively, I pick up a time approximately 9 years ago.

Dear Steve,

I was always a “Tomboy”, but about that time, I was doing roofing, a lot of heavy lifting. And I also found out that the boyfriend I was living with was a leader of an exclusive, angry and hateful radical group of people. I basically ran for my life. I moved cross country and relied on my relatives for support while I recovered and got back on my feet.

Dear Kathy,

You changed suddenly and drastically from expressing your strengths and independence outwardly (masculine) to expressing your dependence and looking inward, (feminine). This effected the hips. However, because it was done while feeling immensely vulnerable with fear and great emotional charge, in order to survive, it created a violent reaction in your body. Let yourself off the hook. Forgive yourself for NOT being able to always express your strengths. Sometimes the feminine energy is the strength you need. Sometimes it is okay to be vulnerable. I’m glad you found the safety to move on. Rely on Spirit to pull those organs back up. I also recommend seeing a physical therapist who can help with exercises to help take the pressure off the pelvic area.

Additionally varicose veins reflect the body’s life force coming to the surface, forcing the energy to distribute itself through the legs. I may come from a fear of not being able to stand on your own two feet. Your basic needs have always been provided for, and they always will.

Positive Thought To Manifest: I safely express my sensitivity AND my strength in the perfect amount at the perfect time.

Trust in Spirit to give you what you need,
Steve