

**Dear Steve,**

About 4 years ago my left hand started shaking. My voice would also shake when doing public speaking or when presenting something in front of a group that I was not comfortable with. I worked on the public speaking, and my voice doesn't shake any more (hardly). But the hand still shakes. I am even having a hard time holding on to things sometimes. The condition has been diagnosed as "benign tremors", with no known cause or cure. Sometimes it gets better, sometimes worse. I've been told that it may be temporary or permanent. No one knows.

At the time it started. I went down to part-time work and started my own business on the side. Things have been a little tight money-wise, but they're really okay. I want my husband to make more money at his work, and that happens off and on. I also keep working to make more money at my work, but that's inconsistent. We moved into a nice house about 5 years ago. My daughter got married almost 5 years ago, and had a child of her own 3 years ago.

I want my strength and stability back,

Beth - Charlotte, NC

**Dear Beth,**

We all want to be stable. Good luck. It sounds like there have been many changes in your life, especially around 3 to 5 years ago. You talked a lot about your job and money. The left arm reflects the ability to receive support-both emotionally AND financially. Your means of income became "shaky" and inconsistent. Regarding the public speaking, you were not sure you would receive the support for your presentations to some of those groups. You've gotten past that one, but financially, you may still wish to "hold on" to the stability, but that's a bit hard to do right now. For now, you've chosen change. JOYFULLY let go of the stability. Accept the changes and the support you receive for being creative, for taking risks, and for doing more of what you want to do. Remind yourself that taking risks in the first place is what's given you the stability. You'll have it again...in time.

**Positive Thought To Manifest:** I lovingly release the past, and accept the perfect support for my changes.

See what you DO have in the bigger picture, and appreciate it.

Steve