

Here it is with all of its steps:

### TREE IMAGE

1. Please stand up.
2. See a tree in front of you.
3. Imagine that you have an axe in your hand and you are felling the tree. Now act it out.
4. Now strike the tree with more strength.
5. Now breathe when you strike the tree.
6. Now breathe out when you strike.
7. Now breathe out strongly when you strike.

I was asked to do this image a few times. Nothing could have been a better introduction to the MS. Multiple Sclerosis is a neurological disease in which the insulation or myelin surrounding the nerve fibers of the central nervous system (the brain and spinal cord) is damaged. When the myelin sheath or covering can no longer completely protect the nerve, the fibers become covered with sclerotic tissue, which is similar to scar tissue. This causes a delay or a block in the transmission of messages or impulses to and from the brain in that the nerve impulses are interrupted and distorted, much like the transmission failure caused by loss of insulation covering an electrical wire. Actions and reactions of the individual's body are affected, and as a result one may experience blurred vision, loss of coordination, a decrease in strength, and some loss of sensation.

All this filtered through the Tree Image but in a manner that I was seeing not a disease, but a loss. The Tree standing in front of me was almost magically encouraging me to get into the loss and change it into a presence that would, in some way, break the barrier that the scarring had established. The Tree Image told me what I could do and what I could not,