

Let's get back to the Tree Image. You can well imagine that at the start of the image, I had no idea what this activity had to do with MS at all! There I was telling Dr. Ahsen that I was weak and uncoordinated, and he tells me to chop down an imaginary tree! What happened next blew my mind and got me hooked.

I was asked to give a report of what I experienced in my body each time I did this image. The first time, I could do only a little, but soon I could do a lot.

"The first time I did the image, I felt a little uncoordinated, and I just about made a nick in the tree.

"The second time, using a little more strength, I was able to hit the tree harder but it was not yet a complete strike. I still felt some weakness in the strike and lack of control.

"On the third time, I got a complete strike and I felt I had more control in my arms and my shoulders.

"I also noticed that the right arm wanted to do all the work and the left was just following, and did not have any power. With the emphasis on the breathing out instruction, the left arm had better control and I felt the impact of the strike in my left arm as well. I can feel this power in my left arm right up to the shoulder."

Although I was impressed and amazed by what I had done, I did not continue the exercise on my own since I was waiting for further instructions. When I think about it now, my behavior demonstrated a glaring problem in that I was not active on my own so that I could benefit aggressively from the exercise. Next, I was instructed to do this image.

FLOW IMAGE

1. Please stand up and do the Tree Exercise.
2. Get into the *Flow* of it.
3. Get into the *Energy* of it.