

- 4 Do it until you get the feeling of *Vigor* from it. Do you get the *Vigor*?
5. *Enjoy* the body while doing the image.
6. *Enjoy* the breathing while doing the image.
7. Experience the *Joy* while doing the image. Do you experience the joy?

With MS I wanted to forget about the body because there were so many negative feelings in it. There was no energy or vigor, and natural breathing was minimal lest I take some other poison into my body. What Flow? What Energy? What Joy? I found out! After repeating the Tree Image many times that day and for days thereafter, I began to feel like I had a real body and that there was still power in it. That realization not only gave me joy but also *hope* that I could rescue my body from the grip of this disease.

Prior to this, it was difficult for me to own up to the negative feelings I had, because I felt that there was nothing I could do about the condition of my body anyway. They said that there was nothing that could be done for MS really. They made it sound so hopeless, and that is how I felt most of the time after the diagnosis. So if I did think about my body, it was in a negative way. I felt out of control, like someone else took it over. Who wanted to deal with that!

When I did the Tree Image, the action of chopping the tree produced the feeling of actually *having a body* that belonged to *me*. I could feel the muscles in my arms, and I was controlling them; they did what I wanted them to do. That made me think that something different could happen and that I did not have to remain in a weakened condition. There was enjoyment in doing the exercise which gave me *relief*, and I discovered a sense of positive *anticipation* in my mind and even in my body since I felt some-