

There is looseness, but control. The leaden feeling is no longer present, and I am light enough that I know I will not fall over. I sense spontaneous movement all over my body. A lot of activity is going on, while the big pendulum remains the slow but prime mover. Simultaneous feelings of energy, pleasure, and stimulation are present and combine with a gentle swaying. All the little pendulums are shaking me out. I am in control of my body, and I know I will not fall. I am free. I can smile and relax, even as I walk.”

This image is a special treat for a woman. Women, particularly, can benefit from this image, as it relates to the recurrent hormonal movement in their bodies. Some say that the hormonal changes that naturally take place in a female body can affect MS. One woman wrote that at the onset of menopause, when her hormone levels shifted, she experienced a worsening of her MS symptoms. On a global level, it is known that many women suffer during their monthly hormonal changes alone. Is it possible that there is a connection between hormones and MS? This could be an important factor to investigate in light of the statistics which report that twice as many women as men are struck with this disease.

Whatever the studies may finally reveal statistically, I know that I have benefited from this image which finally connected my upper body with the lower and also with the emotions. At first, there were areas in my legs with no moving pendulums at all. But the power and energy of the image is so overwhelming that a concentration on the large gold swaying pendulum inside me creates the necessary sense of grounding that I need in order to experience a well body. As a result, I feel well and healthy in a truly solid sense—with touches of fantasy, and wishing, and other good feelings. The energy produced by the pendulums is a healing force that makes my body feel alive, light, and eager