

to go forward along with the emotions. There are no MS symptoms in this state of positive energy. There is no deadness, no passivity, no rigidity, no spasticity—only a pure statement of balance and a good feeling.

At this time, I happened to see a video of classical dancing from India which blew my mind. I felt that this art form took me to the same place as the pendulums. Take a look.

INDIA: THE DANCE OF THE PENDULUMS

“When I mix up pendulums of all sizes, I get a fusion of sounds which reminds me of the Tabla in the Indian music. The Tabla, as a drum, mixes all these rhythms or clocks in the body into a fine musical rhythm where nothing in the body is inhibited. There are rhythms in the neck and in the eye movements, the hips and the arms (the hips are moving first), wrists, fingers, and even in the legs (independent of each other), and the feet are moving around like dancing pigeons.

“While standing, I feel the body’s rhythm which is a dance of all parts of the body in complete independence and harmony.

“I move my body and let it become free. I am no longer walking like a penguin and more sensation comes into my body. When I move around, I go along with the energy of my body.”

In addition to the help from the “dancing girl” inside of me, the Pendulums exercise was also intertwined later on with yet another image which exerts the calf muscles, called the Crescents Image. The Tree Image was my first entry into strength building images for walking and the Crescent Image was first introduced there. However, I am describing it here because it flows naturally with the pendulum and was again recommended here for further