

2. *Fears & Hopes.* After you have unloaded your symptoms onto the forms, you will then write or talk about your hopes and fears concerning the symptoms and the future in a more explanatory way (page 10).

3. *The Walk Test.* After everything has been expressed and clearly written down, a walk test, which is timed, will be next. This is what is usually done when the doctors check you physically to see what you are capable of. Your fatigue and energy levels need to be monitored in order to measure your progress during treatment.

*NOTE: Now come along with me on a short imagery excursion that will be like a warm-up exercise for image experience. This little trip is going to show you an exciting way to live, by being "inside" your body instead of outside it. While these images are being provided for those with MS, the experience also expands consciousness for one who does not suffer from MS. Enjoy your trip!*

1. *Tree Image.* You will need some initial confidence that this procedure is going to help you, right? Everyone needs this kind of understanding and encouragement. The Tree Image (pages 11, 13) will help you with this. Don't be concerned if you feel weak at first. You will gain more strength and better breathing as you practice this image exercise. I suggest that you compare your results after each repetition of the image. Each time you do it, the difference you note will boost your confidence level. [At the imagery center, the image would be scored every time it is done, and then a Positive Profile, which charts your progress, would be developed out of it.]

2. *Crescents Image.* For now, just experience this image (pages 52-53) once or twice to feel it out. You will have more practice time with it later, as you improve.