

3. *Flow Image*. Next, experience this image (pages 13-14) and the feeling of the energy, vigor and connectedness in your body. It's okay if some of your negative feelings about your body pop up now and then. Be patient with yourself. It took a long time for you to get to this cranky place; you will certainly get out of it, little by little. Enjoy interacting with the image and go on developing the feeling of the flow.

4. *Heating Pad Image*. Follow the instructions for this image (page 28) and do not be afraid of the image of heat. I know it must sound weird for one MS person to tell another to go for the heat, but I am telling you this with confidence. The heat in this image is positive, not negative.

5. *Eidola*. The flow in Step 3 leads to your future, which is found in the Eidola (page 44). This image shows what energies are available to you in the future. It also supplies the necessary knowledge for getting there while, at the same time, giving more feelings of power to your body. If you are worried about being disappointed, you'll get over it as you do this image.

6. *Pendulums*. This image (pages 48-49) puts back into your body the mystery and power of rhythm, which I know you would like to have again. If you believe all the cells in your body are dead, you will find through this image experience that they were only sleeping. Wake them up and move on! Don't fuss if there is some resistance at first; everything will balance out as you move along.

7. *Silver Fishes*. At this time, while you still feel the rhythm of the Pendulums in your body, practice the Silver Fishes Image (page 55) and add the Crescents Image to it. It's okay if your legs are a little wobbly at first. Just take your time. Let the images take you along through their own magic, and at their own speed.

8. *Positive Wind Chimes*. By this time, that withering away