2004-5February 3, 2003

 I just want to try to offer some encouragement to all of you. This long distance program is new to me and certainly to you so we are all feeling our way into it. When people come here to Santa Fe I have a captive audience and am able to hammer away at them for 4 days on attitude because believe me when I say it’s probably 90% of the battle and is the toughest area for all of us and when people give up on the program and go back to drugs or whatever, it’s not because the exercises or massage work are too hard – it’s because they get frustrated and don’t stick with the program through the frustration. Please please feel free to call me or email if you need a listening ear or some encouragement. That is what you have paid for and don’t feel you are bothering me. I want to help you! Because I had to fight my own way through into recovery, I know what you are going through. Remember, I’ve been discouraged, depressed, and frustrat∑ed and had to fight through many many months of tears and wanting to give up, to get into recovery. When I was going through the process myself, there were no ST support groups, I’d never met another ST’r and did my best to stay as positive as possible – kept a list of healing scriptures next to my bed, repeated them every night and made a vow to NEVER say anything negative about my ST. I don’t mean to sound spooky, but our bodies hear what our mouths say and then respond accordingly. If you are always speaking negative messages to yourself or to others, that WILL hinder the healing process. What you are experiencing is NORMAL and part of the process.

 I personally got much worse before it began to turn around. The ONLY stretch I could do at first was the bend-hang – would do a few reps and have to go to bed – in tears. I’d rest a bit, get up, change one of my kid’s diapers, do a few more reps and back to bed. My husband gave me a pret/ty deep massage EVERY night on the neck and shoulders, I forced myself to sleep on my back every night by stuffing pillows into either side of my neck and drugging up on Ativan, I took my vitamins faithfully and cut our sugar and all alcohol. I had been very crippled, with hips and back rotated and in excruciating pain for 8 years so I had a lot of stuff to fix and it was into my 2nd year before I began see to see ANY sign that I was getting somewhere. During that time, I prayed for a woman in the hospital who was in a coma and dying and the Lord heale

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Abbie