Doctors, and a chiropractor who saw my X ray, have told me to have a hip replacement.

For many reasons, that is not my choice. I decline pain pills because of the side effects.

After several injuries, my right femur ball has been out of its socket for at least 3 years.

Muscles, ligaments and tendons, which support our bones, had been torn. Tissues

stuck together, got too long, too short, misshapen, plasticized out of place, took over the function of those not functioning, limited movement, and created a cover for the bone that was not in its socket… Muscles that could not work properly started to atrophy. Each imbalance and compensation created more somewhere else. Sleep was limited with the pain.

A year and a half ago, the bone started its journey back into its socket with chiropractic help. Throughout the winter, the journey continued as more tissues got manually unstuck and back in their place.

When standing and taking each step, whether using 1 or 2 canes, took much focus, with many things to remember - turn my foot in so it is parallel, balance my weight on both legs, push down, stand tall, activate my right leg muscles, extend back further, retrain painful tissues,…

As Mark reported, being present in a discipline can be very difficult with pain. Attempts at a neighborhood walk would result in a meltdown after standing still, self-correcting with a continual “I I I I I I I’…

Friday, I was not able to stay standing the whole time during the Blue Body dance or ever put my whole weight on my right leg. Hands and upper body have been stressed using 1 or 2 canes. A slight bump standing in a line or in the field could send me flying onto the ground/floor.

Saturday was Armageddon. Everyone was out doing a neighborhood walk and field work. I put my raincoat on(no boots or rain pants), went to the bathroom, went to my car to get the second cane for more stability, and sometimes a smoother, more flowing walk,… I was not able to stay in a trance and join them. How could I participate?

There were no candles on stage. The center screen was up. Karen and Kirk were doing their work. JZ tells us to actually walk rather than saunter. I chose to take a step beyond the sitting I was doing. I walked down the center aisle focusing on the blue star. My card had a blue star on it, healing symbols, and another blue realm symbol.

During the night, I used both canes to get safely to the bathroom faster, before taking the time to get completely back in my body and get it moving. Friday, Mark suggested we tell our god to get us up at 3 AM to do a discipline beyond our habit at that time - candles, walk, list…, and to get us up again just before the 6:30 AM bell. With time and energy traveling home and back Friday night, I did not do that. Saturday night, I made the effort to change, and stayed in the arena. After arising just before 3 AM, I did candle focus. I arose again just before the 6:30 AM bell.

When doing C + E, I use 1 “Steve and Erica” pillow. I have been extending my right leg straight out, or perhaps a few degrees bent. My left leg bends for triad position.

Sunday, we watched a video where Ramtha had Diana and Heather tell their stories of changing their routine to be more present before receiving $10,000 and more, Mike then broke habit by pausing the video, had a live testimonial, we made a new card, then went back to the video with blinders on for disciplines to end the event. The inspiring testimonial involved Barbara telling and showing how she no longer needed her cross country style walking poles. I increased my acceptance of healing. Dr. Matt said I do not need a hip replacement.

Instead of making my card, then going to the bathroom as usual, I quickly(a change for me, felt more knowing) decided my card would be my Match 4 numbers, went to the empty bathroom, quickly made my card, and put my blinders down for the series of disciplines. I participated more fully. I was more present. My dance was stronger, more powerful and flexible. For the last discipline, I remained sitting in focus with blinders on while others went to the field. When the bell rang, and the others came back in, I remained sitting very tall, with both legs in triad position. I had been aware at some point of placing it in position for the first time in years.

When I got my partner’s attention, I pointed to my bent leg. Earlier in the weekend, I admired to myself the blue, sparkly webbed cloth Angelika wore around her neck. When she realized the significance of my sitting in triad, she gave me one. I was so touched, tears came, and I hugged her, wet raincoat and all, still sitting tall in triad. Another day, I was aware of the joyful giving of one to another woman, who wore it on her head. i was aware, **without thinking**, that there was

another one in her bag. The gift to me was totally unexpected, and appreciated.

Still sitting tall in the triad position, with much to and fro of people packing up, I finally got Mike’s attention. Having seen me last September in 201 at the end of an Armageddon “neighborhood walk”, he realized the current change, gave me a hug, and said he would take my picture. Oh, no cameras on audio riser…he went to his office… Even though my leg was talking to me, I was still peacefully sitting tall in triad when he came back!

I strongly recommend participating in live RSE events, then viewing the on demand stream several times during the next two weeks! Contemplate and integrate. I have more clarity. Be present and aware.Observe. Change. Love yourself into Life!