

# Relaxing Shoulders

By Sheila Giardina

I found this story in my 1998 journal. I wrote: As I was writing my calligraphy, I found myself saying, "darn my shoulders always hurt when I do calligraphy". When I heard myself say that, I couldn't believe it. I realized I must say that 10 times a day. No wonder my shoulders hurt. So, as I wrote I repeated, "When I do calligraphy my shoulders relax." Over and over. When I sat down at the computer I said: "When I work on the computer my shoulders relax.": "When I drive, I find myself relaxing"; and "I enjoy doing the bills because my shoulders are relaxed, etc".

What a change in my shoulders, just by the end of the week. When I checked in with myself, they were less tense and relaxed.

**I heard...**

**I nurture myself by...**

**I use trust when...**

**I find myself caring when...**

**Life looks clearer when...**

**Today, success looks like to me ...**

**I encourage myself by...**