

"Dear Joyce,

This letter is a necessary mission because I must thank [my daughter] Diane for bringing you into my life, and for you bringing a better life for me. As you know, I have had arthritis for the last thirty years, and with each year, more joints would become involved. My whole spine hurt and in later years I was diagnosed with Fibromyalgia.

And then there was Joyce!

I had no expectations, I just went twice a week, and hoped for the best.

Up to this point, when a friend complained about pain in their back, or a pain in their shoulder, I would think how fortunate they were: it hurts ONLY IN ONE SPOT.

I had to figure each trip to the dentist, doctor's appointments, shopping mall distances—would I be able to walk that far? A constant dilemma.

Now I don't. How wonderful!!

There is one thing I know-that patience is paramount-the rewards are well worth it.

Slowly, I could walk a little further, stand a little longer; the pain was less frequent and I could turn in bed a little better. This all took time; and I was overjoyed! After a while, because it happens so gradually you forget how you were.

My friend and I were walking down the street and she wanted to know why she had to look down at her feet all the time while I looked straight ahead. I said I was totally unaware-but I did not explain that my brain was doing the work for me.

How wonderful it is to be able to go from a sitting position, and stand up, without hoisting myself with my hands!

The agony before and during rain or snow is no longer. Yes, there will be discomfort, but I know that my practitioner is close at hand and I will feel much better after a session – how wonderful!

How can you love a man you never met? That's easy. Find a brilliant Feldenkrais Practitioner, make an appointment, and you'll find out.

Oh yes, did I ever tell you Joyce; I'm 88 1/2 years old?

Love,
Lillian"