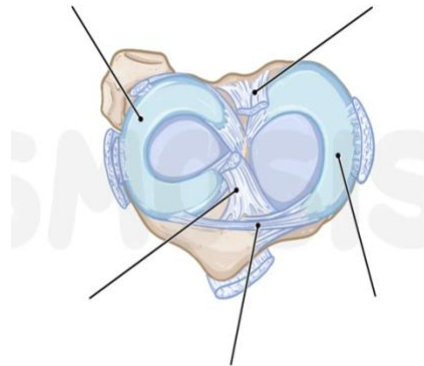


Infinity Movement

I'm talking to my left knee. It is not happy. I think I know why. But I'm still gathering clues. One big clue is the texture of the tissue. I have fat knees. The cells there carry some history with that fat, a protection perhaps of an underlying issue: Inflammation, unhealed torn ligaments, misalignment of the four bones and how they relate to each other. The connecting tissues too loose in some directions and too bound in others. A few places of puffiness and tenderness. Bones that complain when the weight or effort goes through them in a particular direction. I begin to think Eureka; my knee is the epicenter of my left side issues. If I just fix that it will ripple through and I'll be able to unwind all the other places of pain.



Talking to a knee will take time for my brain to get to the heart of the issue. The knee has a language with its own grammar and vocabulary. I use my intuitive brain to listen for the story, the metaphors, the rhythms and the melody. That's where it gets wild. I ask, what's it like to be a left knee, what's it like to be Kathy's left knee now at this age, in this day. I begin to feel something quite conscious speaking back to me. First, I decode simple messages about when a touch or sensation is pleasant and when it is not pleasant. Then I can notice which feels good, and which feels bad.

I begin to play with a somatization from Bonnie Cohen about the way the two C-shaped disks (the menisci inside the knee joint) have a somewhat mirroring

relationship with each other. This usually feels good as I assist their movement during the change from flexion to extension and an opposite movement the other way. In flexion they slide backward to accommodate the back portion of the femoral condyles. In extension, they slide forward.

To play with the imagery of this structure, I remember a previous concept that adds the ligaments that lie between the two C-shapes. They form a criss/cross pattern, completing the structural path in a figure 8. This pattern is like the infinity symbol, and it stimulates my love of geometry with all the truths it reveals. The knee is not the only area that I can see figure 8s. I see it in each pelvic bone, and with a stretch in imagination, the feet bones. Think of the luscious movement of a hula dance where feet and hips are echoing back and forth between left and right, forward and backward, and up and down. I don't feel that echoing in the knees, they appear to be limited to flexion and extension. But inside the knee, when I allow space for micro adjustments....a happier knee.

