

September 20, 2005

Dear John,

A week after the Sedona Women's Health Seminar I was at a wedding in Milwaukee, paddling around in a sea kayak prior to the big event. As I paddled around the lake, I was filled with such an incredible sense of gratitude for you and Myofascial Release and the therapists you have trained. This feeling of gratitude was so overwhelming I knew I wanted to express it to you.

Why? My shoulders not only didn't hurt as I paddled, but they felt strong. My tailbone didn't hurt from sitting in a long sitting position on that hard seat. I could feel both my sitting bones comfortably contacting that same seat, and they actually felt symmetrical. My jaw was relaxed. My sacrum felt free, mobile and balanced. And finally, I had an amazing amount of energy flowing through my first and second chakras.

Thank you for the work you did on my urethra. Since the seminar, it no longer burns when I pee. I don't think I even realized that was an issue for me. I still have difficulty relaxing to go, but I do think there is an emotional component from when I was very young that I need to let go of.

John, it is hard to find the words to thank someone who has helped to give me my life back. I am almost pain free these days and what little imbalance is left I feel confident I will move through. I telemarked 47 days last year, including climbing peaks and skiing off the top of them. I've been biking regularly this summer for the first time in 6 years and it feels great. I am pain free while I work with my clients and I am much more able to center because my body is not such a distraction to me. I make a decent living doing what I love and what I wholeheartedly believe in. Sex no longer hurts and I can actually feel pleasure 'down there'. Yeah!!!!!!! And finally, I am much happier, more whole person than I was 6 years ago when I first discovered Myofascial Release.

Thank you for being a renegade, for boldly going where few have dared to go. The internal work is incredibly powerful. I made another major shift because of the work I received at this seminar and I know I would not have come as far as I have without the internal pelvic floor facet of Myofascial Release. Now, if I can only convince more of my clients of that (-: I'm working on it.

Thank you again.

With Love and Gratitude,

Jill Stedronsky Morton MS, OTR/L