



Knee Pain

by Mr. H.

September 28, 2010

“I have no more pain in my knees”

For the past 20 years, I have had problems with my knees. I was constantly in a lot of pain. This is why I visited an Orthopedist in 1994. What I only realize today is that at that time I was very lucky when he explained to me that the cartilage of my kneecaps was totally used up; in other words damaged. He confirmed that this could never be repaired by even the most skilled doctor in the world and that any operation would be totally inadvisable. Healing would never be possible – only temporary relief, if any.

On April 20, 2010 I happened to read a testimonial in your website regarding the knees and learned that knee problems seem to be associated with a physical performance conflict, for example, in sports. At first, I really did not see any pertinent connection to my knees because I am inherently not fond of sports.

A day later, the scales fell from my eyes: Some 20 years ago, when my son was maybe 11 or 12 years old, I don't remember exactly when, we were playing Badminton. He was very good and I had a lot of trouble to beat him after a match that lasted over an hour. I had much trouble hiding my exhaustion and in the end, when we went to have supper, the little squirt said to me: “Next time, old man, I will beat you!”

That was clearly the underlying cause of my sporting washout because the only ones I could athletically beat from then on were little children, and they were now better than I.

When this situation finally sank in, my pain increased tenfold. I passed a few bad nights and felt generally weak and feverish.

Today is the 27th of April. I have no more pain in my knees and seem to be walking quite differently. It seems as if both of my knees are lightly bandaged, so, either the healing phase is still in progress or this is how healthy knees are supposed to feel.

Thank you, Dr. Hamer.

Comments: Mr. H. suffered his self-devaluation conflict bilaterally which means that when he experienced the conflict, he perceived his son also as a partner, as an “opponent” who was to be taken seriously.

Translated from the German original by Caroline Markolin, Ph.D.

Extract from: <http://LearningGNM.com>

Disclaimer: The information in this testimonial does not replace professional medical advice