

JP Special Case Study 12

Meditation Teacher Training – Left Knee Injury

- During final day of “Heart” Meditation Teacher Training – asked to demonstrate feet out, cross legged, half lotus and ‘full lotus’ in front of class to explain difference in energy fields (in response to meditation ‘posture’ question). Third to demonstrate after Bryony Lancaster and Steve Vella.
- On going into ‘full lotus’ – left knee noticeably (and very audibly – several loud cracking pops) affected – entire class reacts with gasp. I say “I’m OK”... I was not.
- During afternoon break (a few minutes after incident) it was even more apparent the knee was badly damaged. Pain/swelling feeling was starting to come and clearly getting worse.
 - On break Niv took a look and treated from foot – Kate applied resonance.
- By the end of the class (approx. 1 hour after incident) it was extremely painful and very difficult to move / walk. Was driven home by Nira; the pain got worse throughout evening.
 - I sat on Spleen 9 and Liver 7 for approx. 30 min. as advised by Niv.
- The next morning (Sunday 01SEP2012) was father’s day. The pain had kept me up all evening and was getting worse. I spent most of the day in extreme pain (even with taking pain pills) and tried hours of self resonance/radiance (i.e. holding the knee while resting/sleeping).
- ‘Resonance Weave’ [AcuFlow circulation set exercise] manifested that seemed to provide a little (but not much) relief. The pain continued. I still could not lift the leg, walk without total support and stairs were extremely difficult (had to lock leg and follow going up; lead going down (i.e. no weight/pressure could be placed on bent knee).
- After our ‘bedtime ritual’, reading a story to my daughter, she tells me she loves me and “happy father’s day” – she is in my right arm and my left hand is on my heart – I feel my heart open.
- While she falls asleep I do “Turning the Light Around” meditation (just learned at meditation course). Pure awareness comes and then fades into a vision / lucid dream that I decide to follow:
- In the dream I am aware the best thing to do is to sit – (we had just discussed this during the meditation course) – yet I am aware of three mountains in front of me; it is clear that each one wishes me to go there and ‘sit’ with that particular master. I proceed to the first mountain/master –

The master of the library of mind:

- He explains that in order to heal my knee I must realize certain lessons clearly, and then clear the related centers and associated blocked meridians. The lessons included the following:
 - Realize that I was excited that I was one of the few people in the class that could do full lotus
 - Realize I was upset that Niv did not call on me to demonstrate at first, and felt dishonored because of this.
 - Realize I was trying to ‘show off’ in front of the class to be ‘better than’ the others.
 - Realize I actually forced my knee further than it could physically bend because of this ‘pride’.
 - Realize that when the class all reacted I hid/pushed down the fact that anything was wrong by actually saying out loud “I’m OK” even though I knew I was not
 - Realize this was being prideful and not wanting to show pain/admit perceived ‘failure’ in front of the group.
 - Realize that pain is a very real thing.
 - Realize I must have more true compassion for those who experience pain.
 - Realize that the distraction of pain is a very real dynamic in trying to have clarity of mind (i.e. could not do the ‘chocolate meditation’ correctly because of the pain in the knee being so overwhelming).

- Realize the reality of needing to physically sit on the couch (and not the floor) and how that limitation can impact the mind and perception
 - Realize how 'lucky' I am to not be in severe pain at all times and to have all the wonderful experiences of this existence.
 - Realize the 'perception' of "JP" that others may easily have given the special chair and 'front and center' seating positioning/posturing (i.e. looking at this from the back couch); an interesting/insightful view.
- In summary - realize that I AM NOT SPECIAL and in doing so, let all of these attachments go...
- I proceed to the second mountain/master – **The master of the intuition:**
 - He explains that I must simply follow the path of the exercises being manifested to me (i.e. AcuFlow 'weave resonance', sleeping with resonance/radiance, etc.) and that these 'divine movements' will free the blockages and restore health; this 'intuition' tells me I must:
 - Realize that this pain is being provided to me as a GIFT for me to learn from.
 - Realize that once I go through this myself I will be better positioned to truly help others.
 - Go with the flow... trust the intuitive nature of all things... including the opportunity to experience pain. This too shall pass.
- I proceed to the third mountain/master – **The master of doing nothing:**
 - There are glass jars all around that have large geese within them.
 - He says nothing / does nothing.
 - I choose to sit with this master on the sitting cushion provided – upon sitting, I 'turn the light around' and immediately hear "The knee is healed" and a loud 'clap'; I open my eyes and the geese are all outside of their jars. The jars/vision explodes and...
- I wake up (eyes wide open in the 'real world' on the bed with my daughter in my arms) – 'turn the light around again' – this time staying completely present and 'in the oneness'; during which I feel resonance type energy/significant movement on the knee/within the knee very strongly.
- I get up and the pain is completely gone!
 - I feel heaviness/swelling inside the knee, but absolutely no pain.
- I go upstairs and go to bed... directing resonance to the area (I realize I do not need my hands); and then, completely intuitively, via my R foot (K1) point placed on the L knee; a strong sensation continues.
- I wake up with no pain (Monday 03SEP2012). Still sensitive/weak and 'thick' inside, but the pain is gone. I can (with weakness) even put pressure on the bent knee going up/down stairs without pain – but know better than to continue doing this as I sense the weakness in the knee and realize it now needs time to heal.
- I see Niv in the morning to discuss/share my experience – he works on foot and I feel the 'thickness' (i.e. swelling sensation) drain out of the knee joint, as if a pen/tap was inserted in my foot to drain this out. Much lighter and freer after session (approx. 15 of energy work).
- MIR taken shows a small tear (kept appointment to quantify injury).
 - Doctor/technicians are amazed that I have no pain.