

12/31/2015

### A Distant Recollection of a Memory.

That's what I thought as I surveyed my foot after I bumped it on my bed just now. I haven't felt my foot much at all since my stroke a year and a half ago (in 05/2014). But I remember feeling like: I know that I bumped my foot on the bed, but it's not serious, and I could rub it for a little bit and that should help. But my right foot hadn't felt anything in a year and a half, which freaked me out a little bit.

So, I'm back from what I was attending to. That was, putting my extra wool socks over my regular socks. A year and a half ago that would never happen. I was almost always hot. After the stroke, I feel like a new person. A different person, at least:

Body temperature: I really feel like my sense of the world is around 20° colder than it used to be. I have no idea if that will come back or not. But, I've developed a tolerance. Temperature was absolute for me. Hot or cold. I did not have tolerances in play. Ever. Hot was anything over 80°. Cold took something around freezing. Now, I'm comfortable at a 100° (granted, low humidity). It feels pretty cold at 60°. And I can handle around 100 or 60 if I have my tolerances attuned. {This is still the case in 02/2021}

My speech: I lost my speech completely. I could make about five notes of a scale, but I couldn't make my brain do anything with my mouth. The best way that I could describe it: it's like I lost the basic building blocks of speech and understanding of the world from kindergarten through fifth grade. And had to re-learn them. But with a new voice. I have an accent that I never used to have. I can still sing on key, but the voice is completely different. Maybe something with the resonances or something like it, if you wanted to push me. My excellent speech therapist said it had something to do with the way I form vowels, as well. {In 08/2021 mom said I no longer have an accent, she was a bit sad}

02/04/2016

Within the last week, I have started to feel with my toes. Itching, too. My hands have started to feel temperature variation in water. Both are new feelings since after the stroke.

(Written 02/15/2021) 01/02/2021

I was working with some bushes next to a fence, I scraped the skin on my knee (but not bad enough to bleed) and I felt it! I hadn't felt the outside of my right knee since May of 2014! Neat that I also felt that it was bad, but not too bad. Better to not have scraped it but I did not need it to address it further.

06/24/2021

I have finally decided to change the way I think about recognition of feeling. Finally, recognition of feeling is more uncomfortable than painful. I believe it has been starting for a while, but, I did not have the conscious awareness to say until now: "This is blocked, and breaking through that block is time-consuming and uncomfortable, but (mostly) not painful."

Also, most of my actual pain is on my left side. I feel like I almost broke my left side (the only side that really works for me) with struggle and frustration that might be paying off. With the knowledge that what does not kill you makes you stronger, I have to keep trying the best that I can to make this world the best of all possible worlds.

The best of all possible worlds is decidedly not a selfish concept. (Until you accept that any action is ultimately selfish.) But knowing that any action is ultimately selfish, and knowing that every everything has a spirit, the self that is seeking the best of all possible worlds puts the most recognizable selfish tendencies, motives, and instincts on the back burner.

06/29/2021

My left side still hurts but doesn't hurt as bad as my right side—back more or less to normal now. At least two weeks of the left side hurting more. It was kind of nice to not feel the right-side pain always the most. After my facial reconstructive surgery (12/1996), I got struck over and over by the fact that if I touched or prodded anything around my face—"IT FUCKING HURTS!" But, without that, I would feel pain mostly in one spot. Started with the nose only (for a long while), I think the jaw was next (that took a while, too), next cheeks, etc. So, with the newer pain, similar. Mostly the right shoulder is my Achilles' heel. The entire right side hurts but mostly the shoulder overrides and takes me down. If it doesn't hurt all day, it still ends with the most pain almost every day.

06/30/2021

And, of course, every day starts with pain. Still.

08/14/2021

I finally found my way to release my toes. Finally, I've been dragging them around for seven years now. It will still look similar for a while, but: they are coming back.

By the way, releasing the hands begins with the pinky finger and unfurling from there.

09/29/2021

Focusing on wrist, ankle, knee, and elbow now. Necessary to free them to make toes and fingers move.

Pain. Recognition of Feeling and when Working—the thought is more uncomfortable instead of painful, but just more than 50% of the time now. Less than 50% of the time, it still counts as pain.

09/30/2021

I do not mean to discourage people from pursuing my Methodology. It sounds painful from what I have said here. But, I believe what I am doing can be replicated in other people, easily. I believe what will have taken me ten years to recover should condense to one year for others.

The thing is: it does not have to be so painful. The tools exist, but I have no access or authority. And one would need to work with a therapist, several hours a day, regularly. So, the current health care model does not support it. And the therapist would need to touch your body if you wanted to recover as soon as possible.

The best body therapists I have had were massage therapists that became physical therapists.

The therapist would need to at least understand the Methodology, when that work is completed. Most real healers have an intuitive sense about them, as well as their education. And, from their background they bring different reflections evident in their training regimens. No two healers would do things exactly the same way; but that is beautiful, the same way two stroke patients will never have exactly the same deficiencies.

For the patients, think about going to school again for a bit to reacquaint yourself with your body. But, my framework will deliver. Do not listen to them if they tell you that you cannot recover. It might take a bit of extra time to make you come alive if parts of you have been dormant for some time. But, you have to have access to the tools that will be available later on. It would be so easy to give up. But, understanding the framework will shed a light on the end of the tunnel: to recovery and to living your best life.