

Chi Lel and Multiple Sclerosis

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I remember when I was first told that I had multiple sclerosis. A friend later took me to a restaurant to cheer me up. I sat there wondering what the future held for me. I have a wonderful job and I sat there wondering if I would be able to keep it.

At that time I could walk unaided only short distances. My hands were so uncontrollable that I could not read my own handwriting. I continuously experienced pain mixed with numbness.

Now I work forty-five hours a week on the average. I can button my shirt and dress standing up. This is quite a change. My doctor is very pleased with my efforts. I can still have "bad" days, but they are not as frequent. As I write this, I continue to improve.

I have done Chi Lel Qigong in the mornings for a year now. There were days when I could barely stand. Some days I can feel immediate results; some days I can't. This experience has shown me that persistence will triumph. I found that belief in chi was not required but that an open mind was essential. I'm still learning about chi, but I have learned it does exist, and can be achieved with proper practice of technique. I've had good teachers.

Although the challenge is not over, I know that persistence and discipline will provide the know-ledge and tools needed to lead a healthy, productive life.