



## **Hello Kin...Here's the story of my knees**

When I was in high school I wrestled for 3 of my 4 years, and in that time I developed several injuries to my knees. It got to the point where I could no longer kneel without very sharp pain about an inch below my knee-caps.

This was a major disadvantage because many of the starting positions in wrestling require you to be on both knees. I saw doctors about the issue and they said it was tendinitis and all I could do was ice it and take Ibuprofen for the pain. The pain never went away, but I got used to it and when wrestling ended I didn't think much of it.

A few years later I started to feel the exact same pain again in my knees. It was strange because I no longer do any training with heavy impact to the knees, but during my Yoga classes and sometimes even just crossing my legs I would feel the very uncomfortable sensation in my knees. So again I visited the doctor and the **diagnosis was the same**.

The younger me was satisfied with these answers, but now after experiencing what the healing power of dedicated practice can bring, I knew there had to be a more effective way to heal. So one day I brought it up in one of your classes that this pain was limiting my mobility and you suggested using the foam roller to knead out the tension in my quads.

There were also a few points you showed me; one of them about four fingers down from my kneecap and about two fingers out from the shin. The others were on either side of the leg about two fingers above the kneecap. By massaging these points myself, and using the foam roller daily to release the tension in my upper legs, my knees have never felt better.

The thing that truly blew my mind about this was that I never had to massage the actual area that hurt! Instead, **using the non-local points you showed me I was able to heal myself entirely**.

I've always had the deepest sense of trust in your knowledge and experience, but **being able to verify these techniques on my own gave me such a better understanding** of what possibilities are truly out there. Thank you again for all of the time, caring, and knowledge you have shared with me.

Sincerely,  
Chris Griswold [May-12-2012]

### ***Kin's comments:***

Remember: the actual application of the knowledge helped his situation. Showing up & being present in the moment was the initial step toward the healing; following through with the guidance completes it.