

## 59. Neural pathways

My understanding is that a neural pathway is the pathway that is established from the brain cell to the nerve ending so when a limb gets into a position that it has not been to in a long time a new neural pathway is established. In order for this pathway to be re-established, I have to look at the new position of my limb. When the neural pathway is then re-established something is triggered causing me to become extremely emotional and without any control I begin to cry. As you know the norm in our society is that men do not cry so I try to suppress it. After I became aware what was causing these tears I actually encouraged it as it is a sign of breaking new ground.

A friend from church, Melinda Ward, comes weekly to give me an upper limb stretch. Toward the end of these painful sessions she is able to gently pull my arm into new positions. Just before I get to a new position the tears start running so I encourage Melinda to go on releasing even more tears. Sometimes my muscles which also have had a good stretch would start to judder.

Anyone watching would see me with huge tears pouring out my eyes and my arm shuddering would think I was being hurt. I actually enjoy these painfully sessions.

Praise and thanks to God for giving me the will power and strength to endure as I improve day by day.