

Sheryl,

I have 3 children. All were adopted. The eldest is 6, and the next two are 5. ("Cosmic" twins, born on the same day!) The twins, a boy and a girl, were in an orphanage for 6 months. We have no information about what the circumstances of their gestation time might have been, but its not too much of a reach to assume there was tension, ambivalence, anger, fear or sadness....maybe all of these things.

My little boy is angry. Under that he is tremendously scared and fragile. His behavior patterns have been growing more aggressive every year, and there has been disruption and pain in the whole family as we experience this together. He puts a whole lot of energy into hurting us, physically and emotionally. He has always been afraid to bond, afraid to love. I used to constantly fight guilt for not being a "good enough" mom to break the barrier.

I am an OT. I devoured books and attended seminars on sensory defensiveness. I have read stacks of books about adoption and bonding....the psychology, the developmental issues, the techniques.....you name it. Those things were a good start but I never felt like I was addressing the whole picture. Then, along came MFR. I started as a patient. No need to explain to anybody here why I felt compelled to take the courses. From the second night of MFR I, through the series, and almost every night since, I have been treating my little boy at bedtime. It is his favorite time of day, and we have achieved some amazing togetherness. Not only does he enjoy receiving, but he also insists on giving me a treatment too. How lucky am I? :) In fact the other night, he was treating me and his sister was on the other side of the bed giving her dolly a treatment. He loves rebounding; he says "Mommy it shakes the bad out of me." He has repeated infant and toddler stages physically and emotionally through the work, and this time, he had a Mommy with him who could meet his needs and give him love.

It is a slow process, but that does not mean there is no momentum. Since starting MFR with him, he has told me he loves me, and has given me a few spontaneous hugs. I have felt hope that someday he really will know he has a family that loves him. These things are earth shattering. Keep at it with your little guy. This sacred work is such a gift to both of you. You will heal together.

Hug,

Tara Carrington M.S. OTR/L

I, UNW, II, (hoping for an SES this fall, any babysitters out there? haha)

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