

Thot of the Week

By Kevin Donka, D.C.

GODISNOWHERE

How did you read the title of this ChiroThot? Did you see GOD-IS-NO-WHERE, or GOD-IS-NOW-HERE? This is a simple but profound demonstration of the fact that the way you see things determines your experience. Einstein understood this and even gave us two quotes that have been repeated often. He said, "There are only two ways to view the world; as if everything is a miracle, or as if nothing is." He also said, "The most important decision any of us ever makes is whether we believe in a friendly universe or a hostile universe." The second quote suggests that we actually have a CHOICE as to how we see the world. But do we really? If that is true, why would so many CHOOSE to see an ordinary and hostile world rather than a friendly and miraculous one? The truth is that we may not actually always have a choice. How can that be?

Chiropractic may have a simple answer to that question. Many people are unaware that our human brain actually has higher and lower centers, each having very different responsibilities. The lower centers are nearly identical to a reptile's brain, and deal strictly with making decisions related to our survival. These centers are always active, and evaluate everything as either friendly or safe very quickly, without much thought. There is no *in-between* here, and no thought for anyone but yourself. The higher centers of your brain on the other hand, allow you to examine things more carefully, weigh the pros and cons, and then *conscientiously* decide the best course of action for you as well as everyone and everything else concerned. These higher centers usually over-ride the lower centers in day-to-day life.

The way all of this works is that messages from all the different parts of your body travel through your nerves, up your spinal cord and to your brain. Your Innate Intelligence then interprets all of the energetic inputs about your internal and external environments and decides the best responses in every second. The response messages then go back down the spinal cord, out the spinal nerves, into the smaller nerves and back out to your body. This is what happens as long as your body is healthy and working the way it as designed to.

What does this have to do with your spine and chiropractic? Your spinal cord is contained INSIDE of your spine, and the branches that go to the rest of your body exit between each pair of vertebrae. All the structures of your spine are designed to work as a whole to maintain the proper amount of tension on your spinal cord, so that impulses can flow normally in both directions and you can function optimally. If your spine loses normal function (what we call being subluxated), you also lose the normal flow of your Life Energy, and you lose normal function. In other words, you move from ease (health) to dis-ease. In this state, you use energy at a faster than normal rate as well, and your body goes into *survival mode* in order to conserve energy.

When you are in survival mode, the highest centers of your brain are effectively shut down and can no longer *over-ride* the lower centers, so that most things are seen as threatening, and your responses are anything but well thought out, loving, and made with the best intentions for all concerned. It has been pointed out that FLOW spelled backwards in WOLF. And when the flow of your Life Energy is altered due to a subluxated spine and a faulty brain-body connection, you can become as survival-minded as a wolf!

BUT, by restoring and maintaining a healthy spine and nerve system through a program of regular chiropractic care, you allow your Life Energy to begin flowing more normally, you begin functioning more normally, and you allow the higher centers of your brain to resume helping you be the loving and thoughtful person you are capable of being again, because you see yourself and the world in a whole different light. That will not only allow you to see the title of this ChiroThot in the most empowering way; it will also allow you personally to go from feeling like you are NO-WHERE, to being NOW-HERE!

