

# Thot of the Week

By Kevin Donka, D.C.

## Simplicity

Ralph Waldo Emerson once said that genius is the ability to make the complicated simple. In reality, most things are inherently simple already; it is WE who have complicated them! So to expand upon Emerson's words, *genius is the ability to recognize the beauty and simplicity of all that is, and allow ourselves to joyfully dance within it!* Let's look at health for example.

We have been told how hard it is to stay healthy by every doctor, magazine ad, TV and radio commercial and even our own teachers and parents. But the truth is that health (what I call EASE) is our natural state! When we allow our Life Force to be expressed at high levels in and through our bodies, we vibrantly express health automatically! Let me see if I can simplify this for you even more.

Here is a very simply truth that most people rarely think about consciously; Everything is always changing, including your body! It's really true. Nothing ever stays the way it is, so it is not actually possible to be EITHER healthy or sick. **In every single moment, your thoughts, words and actions are either making you STRONGER, or they are making you WEAKER.** Since this is true, you are probably wondering what it takes to keep your Life Force flowing at the highest levels and keep getting stronger all the time. That too is very simple. It really comes down to three things;

- 1) **You must FOCUS on moving TOWARD what you WANT.** You are the driver of the vehicle we call your body, and your focus determines which direction you will go. If you worry about what's wrong, what's missing and what you DON'T want, you will move toward it. If you think about what's right, what you're grateful for and what you DO want, you will move toward THAT. This is simple, but not always easy, so be patient with yourself and keep practicing.
- 2) **You must make HEALTHY LIFESTYLE CHOICES** that supply all of your cells with everything they need to function properly, heal and continue growing. I know there are millions of books available to tell you EXACTLY what to eat, when to eat it and how to eat it. But, you can simplify this too. Before putting anything into your mouth, simply ask yourself this question; will this clog me or cleanse me? You can also ask yourself what would make you stronger *right now*; exercise or rest. Then do whichever one makes the most sense. Simple, no?
- 3) **You must maintain a CLEAR NEUROLOGICAL CONNECTION between your brain and all of the cells of your body.** Without this vital connection, you cannot comprehend all of the information coming to you from both inside and outside of your body and respond in the way that will keep you getting stronger. Since your spinal cord is housed and protected by your spine, it is vital that you maintain normal alignment and function of your spine at all times! This is why getting checked by your chiropractor every 1-2 weeks is so important.

It really is that simple! If you work on continually improving each of these three things, you will see yourself progressively growing stronger than you have ever been – maybe even stronger than you have ever believed was possible. And what will your life be like when you are beaming your Life Light so brilliantly? Well, all I can say is...*LET'S DANCE!!!*



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