

Thot of the Week

By Kevin Donka, D.C.

Christmas and Chiropractic

Most people know the reason behind Christmas is to celebrate the birth of Jesus of Nazareth, also called the Christ, the Messiah, and the Son of God. Christians believe Jesus was sent here in physical form to save us from ourselves and to act as the one and only way to get to heaven. In this way, Jesus acted (and acts) as a link - a CONNECTION between us and God.

If we examine some other important holidays from different religions around the world such as Hanukkah, Kwanza, and Ramadan, we find that they are also about celebrating important events from their past and RE-CONNECTING with a Higher Power. In fact,

All of these celebrations act as a way to connect with our own history and the Highest Part of ourselves, and renew our personal commitments to being all our Creator meant for us to be.

What does this have to do with Chiropractic? Chiropractic's philosophy is based upon a very important premise that few are aware of. Our major premise states that a Universal Intelligence is in everything in our physical world. It also says that you are an individualized portion of this Intelligence called *Innate Intelligence*, and that the expression of this Intelligence (Your Life Energy) through your body is the entire meaning of your life. It basically says that you are MORE THAN your body – that your body is the *vehicle* you have been given through which to express your purpose and potential, and that YOU are the *driver* of your vehicle.

And, the goal of chiropractic care is simply to help you progressively *maximize* the expression of your Life Energy in your body. Most people believe chiropractic is simply about health, but do you see that if you are fully expressing your Life Energy, you will automatically have optimal health, and *so much more*? This is because health is the *first step* in experiencing and expressing every part of your life at the highest level!

But how does chiropractic actually help you accomplish this? It is really very simple; In order for your Innate Intelligence to run your body the way it is designed to, there must be a clear neurological CONNECTION between your brain and your body. And, since your spine and your nerve system are so intimately CONNECTED, it is essential to have a well-aligned and fully functioning spinal column in order to maintain that clear brain-body CONNECTION and the normal flow of your Life Energy in your body. Regular chiropractic care helps you accomplish *all* of this!

The way I see it, Christmas, Hanukkah, Kwanza, Ramadan and most other religious holidays are really about RECONNECTING with the Highest Energy in the Universe as a way to move toward being all you were meant to be, and that is precisely what chiropractic is about as well. In fact, I will leave you with what is likely the most profound quote from chiropractic's creator, D.D. Palmer...

“The purpose of the chiropractic adjustment is to reunite man the physical with man the spiritual, so that the finite may know itself as the infinite.”

MAY YOUR DAYS BE MERRY AND BRIGHT!



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