

# Thot of the Week

By Kevin Donka, D.C.

## Who Here is a Great Singer?

Many ago, I was at my son's preschool for Father's Night. Near the end of the night, the teacher had us all sit on a line and then she asked, "Who here is a great singer?" Every child immediately threw his or her hand up into the air and furiously waved it about yelling, "Me, Me, Me!" But I noticed that out of the roughly twenty-five dads there, only two of us raised our hands along with the kids. Later that night, I got to thinking about why this might be so. I mean, *every one* of those kids raised their hands up while almost *none* of the adults did.

Kids have an inherent knowledge of just how special each one of us really is. They innately know that having a good time and expressing ourselves does not depend on what others think of us. The only thing that matters is how we feel on the inside, and living joyously. It is not until we begin growing up, and others begin putting their judgments of our efforts upon us, that we begin to question our own abilities. Most of us never even considered the possibility that there could be something other than greatness in what we do, before someone told us that we weren't good at something.

This trend of telling kids about their imperfections then continues throughout their developmental years and on into adulthood. The attempt is made to justify pointing out their shortcomings by saying that it helps kids to *eliminate these weaknesses*. The beliefs they develop about having limitations, and the need to eliminate something from their lives is so pervasive, that they even extend into their ideas about their physical health.

From a very early age, most kids are told that they need to take medicines to get rid of every little thing under the sun. This strengthens their belief that they are inherently weak, and that help from the outside, in the form of drugs or remedies, is necessary for them to be healthy. This belief that they are not good enough the way they are, and that certain chemicals can make them better, will often lead them to look to drugs later in life in order to help them feel better about themselves.

*This is not a large leap for them to make!* There are many studies that show that children who use large amounts of medications as children are also the most likely group to abuse drugs later in life. This then, is the legacy of medicine, a belief system that we are all inadequate and that outside intervention in the form of drugs and remedies is often necessary for us to be healthy.

Chiropractic takes the exact opposite view of us all. **The basic principles of chiropractic teach us that we are all individuations of the one, perfect, Universal Intelligence that pervades all matter. It teaches that the expression of this Intelligence through matter is the chiropractic meaning of life.** It says that we have within us an "Innate Intelligence" that runs, regulates, heals and grows our bodies. It says that as long as integrity is maintained in the communication system between the brain and the body (our nerve system), we will stay healthy, and we can usually heal without outside intervention in the case of an injury. Chiropractic teaches that by restoring and maintaining integrity in the spine and nerve system, by way of the specific chiropractic adjustment, this vital force can be unleashed and freed to resume the task of allowing us to unfold into whatever we were meant to be!

Kids raised in the chiropractic lifestyle understand that they are inherently capable of absolute miracles in their lives, *because of the Innate perfection that exists within all of us*. This then, is the legacy of chiropractic, "**Chiropractic helps acorns become the oak trees they were meant to be.**" It allows every person the best chance of reaching their God-given potential by enhancing their expression of life!

It is this kind of belief system that will one day allow all of us, adults and children alike, to throw our hands into the air and yell like crazy when the teacher asks, "who here is a great singer?" Because we will all know that there is perfection within all of us, just waiting to be joyously expressed!

