

The Connections Of Health



e 228

© 2004 Tedd Koren, D.C.
All rights reserved.
Koren Publications Inc.
1-800-537-3001
korenpublications.com

CHIRO
Bringing out
the **Best**
in you

The Connections Of Health



What lies behind us and what lies before us are tiny matters compared to what lies within us.
—Oliver Wendell Holmes

*To be healthy
you must be
connected...
The goal of
healers is to
help you
reconnect...*

You are born to express physical, mental and spiritual health; to radiate vitality, harmony, peace, joy, optimism, strength, love and healing at every age.

But it rarely seems that way. Disharmony, illness, disease, fatigue, depression, emotional and spiritual suffering and isolation touch so many lives. Too many of us walk this earth with our bodies, hearts and souls in pain.

Infants Are Closer

Yet no baby is born bored or depressed. Infants are full of wonder and awe. They breathe deeply, relax completely, radiate energy and sparkle with the light of life in their eyes. They are closer to their natural state, more connected to it, with a clearer conduit to the wisdom, intelligence and energies that percolate up from their source.

To be truly healthy and alive you must be a clear conduit to your inner wisdom [or your “source,” your “inner healer,”].

You are healthy when you are whole, unified, integrated and complete—not fragmented, disintegrated, disconnected or incomplete. Let’s explore health from this perspective.

The Connections Of Physical Health

When a living system is suffering from ill health, the remedy is to connect it with more of itself.

—Francisco Varella

When you are physically connected all your body parts are in their proper places, in a state of exquisite coordination and balance. You have abundant vitality, sensitivity, strength and joy. You have a flexible, balanced body; breathe deeply and sleep deeply—refreshed and invigorated. You have high resistance to disease and the energy to adapt to life's stresses and challenges.

A physically disconnected person's parts are not fitting exactly right. The result is lack of balance, interruption of the energies that flow through you and dis-ease—a lack of wholeness, coordination and harmony. When you are dis-eased, stress can overwhelm you and disease, illness, exhaustion, accelerated aging and shortened life are the results.

The Connections Of Emotional Health

Dwell as near as possible to the channel in which your life flows.

—Henry David Thoreau

The more connected you are to yourself the more you can connect with others and the more fulfilling your emotional connections (relationships). The more relationships in your life the more happiness, joy, hope, optimism and vitality you will have; the healthier and longer you will live and the quicker you will recover from physical and emotional traumas and illness.

An emotionally disconnected person holds pockets of unresolved anger, fear, resentment, pain or other emotions locked up within their body and mind. Whatever the cause, trapped emotional energy prevents you from living fully in the present because some of your consciousness lives in the past. Past traumas and fears cause chronic stress that disconnects you from your deeper self. In this state intuition is clouded, life's purpose is confused and there are difficulties forming healthy relationships.

The Connections Of Spiritual Health

If the body is sick, the mind worries and the spirit grieves; if the mind is sick, the body and spirit will suffer from its confusion; if the spirit is sick, there will be no will to care for the body or mind.

—J.R. Worsley

A disconnected person holds pockets of unresolved anger, fear, resentment, pain or other emotions locked up....

you to commune with, be in the presence of, or be connected to your soul, God, the universe or whatever term you wish to use.



When you are spiritually healthy you are connected to both the depths within you and the universe without.

When you are spiritually connected, you are more in harmony with your life's purpose and meaning. You follow your heart, trust your instincts and are sensitive to the laws and powers that create and recreate reality at every moment. There is more sensitivity, inspiration, empathy, compassion and intuition. There is more synchronicity (meaningful coincidences) and meaning unfolding in your life with more joy, happiness and peace in these states.

The spiritually disconnected person separated from the love, energy, joy and vitality of their source is out of touch with their deepest needs and desires. They may experience isolation, loneliness, confusion and fear. Their will to live is weakened and their purpose in life is clouded.

Disconnection

Chiropractic has discovered a powerful “disconnection” in your body called the vertebral subluxation complex (subluxation). This is a condition that interferes with the flow of energy and information from your source and can affect physical, emotional and spiritual health. The result is dis-ease, a communications disease,



Your nerves keep all your parts connected and connect you to the world.

where you are less than whole, slightly disintegrated, slightly fragmented. Chiropractors are especially trained to locate and correct or remove subluxations.

Reconnection

Chiropractic care permits your body/mind to gently release old stress so your powerful natural healing ability may flow from your source and begin a process of reconnection.

As you release stress, you become more sensitive to your source, the unseen hand that is always directing you to wholeness, awareness, growth and wisdom.

Emotional connections keep us healthy and prolong our lives.