

* **Discover** new things!

* **Re-examine** your thought process

+ **Learning** to say, "No!"

Living Free

InnateLiving



**DON'T
SWEAT
THE SMALL
STUFF
IN LIFE,
LIVE FREE**



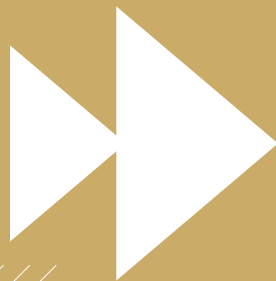
Dear Reader.

Living free does not come with out cost. Living free actually comes at a great cost through personal sacrifice and much effort. So much of the work we have to do is actually a shedding process of past experiences and expectations. We have to let go of the "stuff" from our pervious experiences. Have you ever noticed how much emotional baggage we can take with us on our journey through life? Maybe it is time to let go of it and be...FREE!

Freedom is revolutionary because so many do not have it. As President Kennedy stated, "The best road to progress is freedom's road." Progressing toward the life you have always envisioned is possible when you are free of the chains of your past. living in the present and keeping an eye on the future.

Your Chiropractor...**Chad**.

DISCOVER



Discovering something new can be exciting and difficult at the same time. Think of a child who is continually learning. It's their mission in life to look under every rock and see what's there. *An inquisitive mind keeps us fresh and our spirits young.* It also fills us with hope and lets us view creation with a sense of awe.

It can be difficult to learn new things. Think back to when you learned to ride a bike. Most kids have their fair share of bumps and bruises the first day of trying to balance on two wheels. Learning how to work out after years of inactivity can be painful as well.

Is it worth the temporary pain to gain something new?



Some new patients experience changes when they begin care. Their posture is changing so muscles and joints begin to move in new ways. I encourage you to expect changes with your adjustments. Expect times where you feel the best you have ever felt in your life. Likewise, you should expect times when you are challenged. It is during the challenging times that we grow. ✧



Mother, Father, Teacher, Preacher

MFTP refers to the idea that your current beliefs, ideas, concepts, and actions or reactions to life's events have been developed by following the belief patterns instilled in you by your mother, father, teachers, and preachers. The current state of your life, whether it is good (meaning as you would dream it) or bad (meaning nightmarish) is largely based on your personal beliefs and actions. Thoughts create your beliefs, your beliefs create your actions, and your actions create your reality.

As doctors, we get the opportunity to work with many people with a variety of conditions and/or issues affecting their health.

The one common theme revealed in most cases we see is that the condition or issues that caused the health crisis in the first place are based either in part or whole on lifestyle.

The cause of the poor lifestyle choices is usually due to the person making decisions based on misinformation or a total lack of information with which to guide the decision-making process. Lack of information is usually easier to work with because it does not come loaded with bias and justification. Misinformation is much tougher to overcome. That's because the information came from a source that is trusted, valued, or has an honored place in our lives.

It's sometimes easier for us to continue to believe than to face the reality that we may have developed a belief, action, and outcome that is wrong or hurtful. By admitting to faulty thinking we may feel we are somehow accusing our trusted advisors of misleading us or providing us with harmful information.

As doctors of Chiropractic, the advice we give our patients can be very different than the advice they've received from their mothers, fathers, teachers, preachers, and in many instances, their other healthcare advisors. This is not to say that anybody is wrong or intentionally giving false and/or misleading information. **It is more often a difference in perspective.** Our perspective on life is heavily dependent on our past thinking and conditioned by the information we've been provided through our MFTP, the media, and/or other sources.

One way of making decisions in life is to make sure that you first look at your personal biases. Think about the ways you've dealt with similar situations in the past and look at the outcomes. If you're satisfied with the previous results, then trust your conditioned thinking. If you did not achieve the desired outcome, **re-examine your thinking and look for different ideas and approaches.** Consult others and ask their opinions and see if there's a different way of approaching the situation using a different thought pattern or approach. (Cont. pg. 7)



If you're struggling with various issues and you've been searching the same data bank, meaning yourself, and approaching them with the same pattern of thought, meaning the thoughts you have been conditioned to believe from your MFTP, and getting the same unsatisfactory results time after time, **don't be disheartened.**

Simply admit that you don't have the answers, and ask for help. Talk to someone who has achieved success in that particular endeavor and try to understand how they may be looking at the issue differently and how that perspective may be the only difference between your failure and their success.

We all have strengths and we all have weaknesses, and in the end it is our past that reinforces both. To create strength where there was weakness, we may have to shed our past thinking and replace it with a different pattern. ✧





**Breaking the
mindset
of the
past opens
up new
opportunities
for life in the
present.**



NO

"Harrison, it's time for a bath."

No!

"Harrison, it's time to go to bed."

No!

Once you've had a four-year-old, you get used to hearing the word "No."

When do we, as adults, forget how to use that word? Sometime during our post-high school years is my best guess. We begin to take on more responsibility and want to do well and please others.

But there is a time and place for this behavior.

There is also a time and place to say "No."

When consulting with patients and trying to identify their stressors, Chiropractors are often blown away at the amount of “stuff” people take on in their lives. Mothers are especially skilled at exhibiting this behavior. A mother will often sacrifice herself for the good of the family, putting others before herself.

Is it necessary? Yes, it is sometimes. But over-commitment is RAMPANT in our society.

Learn to confidently and peacefully say that simple two-letter word. No. When spoken correctly, it builds you up, gives you peace, and lets the other person know you cannot do it at this time. If you're a parent, this is an amazing teaching opportunity for your kids. When they see you model this behavior, they will use it themselves later in life.

Practice saying “No” more often to guard and protect yourself and your life. You will be glad did. *



**Say ‘Yes’
to No.**

Motives

While the underlying current of your life tends to move in one direction and slowly shift, what we live day to day can be rather tumultuous. One author likened it to the waves hitting the shore and the tidal action. Every moment waves are going in and out, hitting the shore and receding. The underlying movement of the tide is either rising or falling. At a quick glance, nothing seems to be changing.

Our choices should be based on principles that serve us well and promote our lives. Choosing to serve the call or vision that we all have in our lives is what sees us through the crashing waves, one after another, that are inevitable in life. Our motives are what see us through the turbulence.

Motives cause us to take action. While this may not be the legal definition, our motives propel us to action. Even if that action is not taking action!

It is time to evaluate your motives.
Ask these two questions:

**1. Are my motives
compatible with my
principles?**

**2. Do my motives take me
closer to my desired
outcome?**

Your motives are different than your intent. Motives are shaped from life experience and are dynamic. We all have different motives based on our life. Our intent may be to lose 10 pounds, but our motives are vastly different.

So take some time and weigh your motives. Modify them as needed. Some you will keep and some will be tossed out. Regardless, the process of refining your motives will lead to a healthier life. *



**“Motives
cause us to
take action”**

Freedom

What does it take to make your vision real? "Vioneering" is the idea of Engineering your Vision... discerning and creating your vision, purpose, and mission for your life.

But what do you do if your thoughts sabotage your freedom by compromising your vision, purpose, and mission? Sometimes the biggest obstacle is your thoughts. Thoughts can limit and hold you back from what is possible. You can...

...let your subconscious accumulate a junk heap of unwarranted conclusions, false generalizations, undefined contradictions, undigested slogans, unidentified wishes, doubts and fears, thrown together by chance, but integrated by your subconscious into a kind of mongrel philosophy and fused into a single solid weight: self doubt, like a ball and chain in the place where your mind's wings should have grown.

 *-Ayn Rand*

One patient with a beautiful concept of vitalistic principles for living made a critical mistake. She had a nagging physical ailment that was improving. Despite the success, a friend scared her into going to get an MRI. The medical doctor made an off-hand remark that her body could not heal this problem. As quietly as he said it, she heard it and the "damage" was done.

What was a minor problem easily corrected became a point of fear and worry. Her original attitude of "I'll be alright, my body knows how to heal," became "When should I schedule my surgery?" Fortunately, a friend called her on her negative attitude and was able to show her the fear in her thoughts.

Freedom cannot exist in fear. Freedom might just be necessary for healing to happen. *



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