



Expressing Your Divine Light with Chiropractic

By Shalom and Helene Drimer

Have you ever wondered what makes your heart beat 100,000 times each second or what controls the 100,000 chemical reactions that occur in each of your cells every second? Modern science can explain how these miraculous events take place, but it cannot explain what coordinates them all. Imagine if you had to consciously remember to beat your heart or to breathe. This would consume your entire conscious attention. Thankfully, you have a higher intelligence, which orchestrates every action and reaction in your body in unison and with perfect timing. This intelligence can be referred to as life force, source or the divine or subconscious mind.

Chiropractors call it innate intelligence. It is perfect and ever-present. The nervous system is the main communication system of the body. It is vital for the transmission of your innate intelligence. The nervous system consists of the brain, spinal cord, nerves and biochemistry of your body. It transmits constant input and output from your brain and information from the internal and external environment. It interacts with every one of the 80 trillion cells in your body and with every body system.

Each day you experience billions and trillions of sounds, smells, emotions and thoughts. It is useful to look at this overload of information as energy. Whether it is the energetic pulse of a sound wave, the energy waves created when your foot hits the floor, or the energy of a strong emotion, all of these experiences provide you with an opportunity to learn. Stimulation from the environment and the energy of your experiences are essential for life. Energy is neither good nor bad, it just is. It is meant to flow through all that exists. In fact, the greater the flow of energy, the healthier your body will be. If you can integrate an experience, it becomes apart of your body. Unfortunately, your body is not always able to integrate and flow with the energetic input you receive.

If your body cannot integrate an experience, such as the energy of a physical or emotional trauma, it will be stored as potential energy. This potential energy is stored in the physical structures of your body and can be felt in the muscular, skeletal and connective tissues. Instead of your entire system shutting down, your body will compensate. It does this by localising the tension and creating what chiropractors call a subluxation (an interference pattern in the nervous system). Subluxation literally means 'a condition of being less than light'. It is named from the belief that this tension prevents you from being able to express the divine light that you are. Subluxations can also occur as the result of a huge energetic or spiritual experience that is not fully integrated by the body.

Because of the energetic nature of the body, the dis-ease caused by stored energy will be reflected in all expressions of your body. Your electromagnetic field will express incoherence, your biochemistry will be altered and the structures of your body (from macroscopic to microscopic) can become distorted. All of this will affect the functioning of your body, as well as your emotional and intellectual expressions.

As subluxations begin to accumulate, the effects become much greater and the nervous system becomes progressively more rigid. Your body's ability to adapt, self-correct and recover from stress also decreases and your perception becomes distorted and the natural healing ability of your body diminishes. This can lead to a situation in which you react to experiences from the past, rather than being fully in the present moment.

A subluxation is the full expression of the old experience stored in the body. This experience is amassed so you do not lose the potential for learning from the experience. Therefore, each subluxation carries the potential for growth, evolution and learning. Releasing a subluxation provides your body with a second chance to integrate the experience stored from long ago. As you release tension, you may experience strong emotions, insights, memories or an old symptom resurfacing. Because tension is released slowly over a series of adjustments, the body is in a state of safety and will not be overwhelmed. Therefore, you will not feel like you are reliving past traumas.

In much the same way as the Chinese character for crisis can be written as opportunity, all of the stored tension in your body is a great source of potential energy waiting to be released. The good news is that the greater your stored tension, the greater the source of potential energy and healing.

This potential can be released in many ways. It can be released by moving through yoga postures or through a self-expressive dance. It can also be released with a chiropractic adjustment, in which some of this potential energy is released, thereby increasing the flow of life force in your body. This creates the potential for healing, growth and evolution. All of the energy released increases your ability and potential to function in a healthy energy flow. As the energy on the planet evolves and increases, chiropractic care can help you to integrate these changes into your body, so that you can flow with them, rather than being overwhelmed by them. Getting adjusted can help you to progressively evolve toward the flexibility, the vitality and the light of a child. ❖

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