

## Let's change our focus to health

**Question:** Whatever happened to our health focus?

**Answer:** I got a terrific shock this weekend walking into my local grocery store. I guess I should have noticed the change that has been slowly occurring there, but it happened so gradually that I didn't. It began with the huge banner in the window that read, "*Flu shots here today – is your family ready?*" As I approached the building, I saw a table with some ladies wearing pink ribbons who were collecting money with another huge banner that read, "*We're collecting for breast cancer.*" Entering the store, I was reminded of both the flu shots and breast cancer by signs on each panel of the revolving door.

At the checkout counter there were jars to put money in for multiple sclerosis and someone named Jeremy who has leukemia. Before the women gave me my total, she asked me if I would like to donate \$1, \$5, or \$10 to fight for breast cancer. On my way out the exit door there was another table with someone asking for money for the Alzheimer's and related diseases foundation.

Whatever happened to the signs that read, "Sale on Red Delicious Apples," "Hamburger \$1.70/lb.," and "Cap'n Crunch – Buy one and get one free"? When did the grocery store go from being the place where you buy fuel for your body to the place to give money to fight the disease of the week? Have we become a society that spends so much time, energy, and money running from diseases that we can't even buy a bag of potatoes without being told what horrible end we may come to?

Did you know that it is impossible to escape something you are giving your attention to? Let me say that again – **you can't escape something you are giving your**

**attention to!** It's true! The fact that you are giving any energy at all to what you DON'T want actually *causes* it to keep showing up!

Mother Theresa understood this principle. She was once asked to participate in a Vietnam War protest march and she replied, "No, but if you have a march *for peace*, let me know."

Marianne Williamson says, "We don't reach the light by the endless analysis of the dark. We reach the light by CHOOSING the light."

Where is YOUR focus? Do you give your time, energy, and money to eliminating what you don't want, or do you spend it creating more of what you DO want?

How do you remove the darkness from a room? The answer, of course, is that you turn on a light. But notice something very interesting and important about your answer. You didn't really remove the darkness. Instead, you added light. And, as you add light, darkness automatically leaves because darkness and light can't exist in the same place at the same time. This principle of adding (or creating) what we DO want, instead of trying to eliminate or prevent what we DON'T want is universally effective in bringing us to where we want to be. It is simple really, when you fill a space with one thing, it must displace whatever was there before!

Do you want to see a world where we aren't continually searching for a cure for this or that? A world where, walks for breast cancer runs for multiple sclerosis, and carnivals to benefit diabetes each weekend are replaced by walks for apple awareness, runs for the benefits of water, and carnivals that are for no reason other than for families to have fun together? Producing this world is as simple as shifting our focus on to actually creating what we want.

But it starts with you and me. Until WE shift our focus, we won't even notice how backward the world has become. But once we do, we will notice, and then we can help others see too. And slowly but surely, as we all redirect our energies, all of these things will come back into our experience.

**Quote of the week:** *"The thing we have to fear is fear itself."* – President Franklin D. Roosevelt

**This column was contributed by Dr. Christopher Sayers, Associate Doctor of Chiropractic at Pollack Chiropractic Center.**