

Watch the video “The Secret”

Question: I have been hearing many friends discuss the power of attraction and how what you think to be true can become true. Chiropractic always seems to come up when this is discussed. What does chiropractic and the power of attraction have in common?

Answer: The videos “What the bleep do we know” and “The Secret” have inspired an undercurrent of discussion regarding the power of attraction. These two videos discuss the laws of attraction and quantum physics. These concepts are not new at all and have been discussed since the beginning of humanity. The basic philosophy is that what we conceive we can achieve. The videos are presentations of an esoteric topic in a meaningful and understandable fashion. I love “The Secret” because it is everything I write about in my columns and carries the same philosophy of chiropractic. We have everything we ever wanted and needed built into our minds and bodies and if we just take time to allow our natural intelligence to function we can create anything without limitation. Whether it is great health, prosperity, a great relationship, a physical possession, there is no limit to success in life.

The two videos discuss energy and how to harness it and use it. The law of attraction tells us that what you perceive in your mind is how your reality will be. If perceive yourself as a sick person then you will be sick. If you perceive yourself as a healthy person you will be healthy. Sounds too easy? Well, it is not necessarily easy and it may not happen over night but, with perseverance, an

iron clad belief system with daily affirmations of your goals, your life can take a new and better direction. This is not a religious cult, yet many call the power of attraction the act of our universal intelligence or god, or the source power. Wherever you are at in your life, depressed, unhappy, bad luck or feeling like a victim, it is never too late to get the cognition that you can change.

These video's, especially "The Secret" are very clear in giving you an important message about life and why some people are happy and flourish while others flounder in misery. I believe the first and hardest part of change is accepting responsibility for everything that happens in your life. Once you accept this concept the next most important objective is to give gratitude for what you do have, no matter how small it is. Do not compare yourself to anyone else. The next move is to have a vision of what you want or how you want to be. The clearer and more precise you are the quicker this reality can be achieved. Once again, you can choose how you want to feel at any given moment of any given day.

Chiropractors and the profession of chiropractic maintain the same philosophy for health care. We believe people are healthy and have everything necessary innately within them. We believe by freeing any interference in the nervous system it allows the power that created us to flow freely and heal us. A clear and functioning neurological system, free of drugs and chemicals allows the mind and body to perform at its optimal levels. Great health equals great happiness and a great life to pursue dreams and goals, which leads us to attract only the wonderful things we desire.

Quote of the week: *“What we conceive we can achieve.”* - Norman Vincent

Peale