

You bring the beauty to the rose

Question: My neck pain is out of control during the shopping frenzy period before Christmas. My outlook gets dim and I don't enjoy the holiday due to my pain. What can I do?

Answer: B. J. Palmer, one of the founding fathers of Chiropractic, has a beautiful statement that always comes to mind when I hear someone with your plight. That statement is, "You bring the beauty to the rose."

What he meant by the statement is that, we each perceive life based on how we choose to see it. I can look at a rose and see its deep rich colors, perfect symmetry, sweet fragrance, a perfect expression of nature's beauty and someone else may look at it and see a flower. You can choose to slow down and smell the flowers. Remember what beauty the holidays bring for you. Focus on the experiences during the holidays that made you happy and cheerful. Magnify those experiences and choose to prioritize them to share with your loved ones. Work your plans around making these dreams into a reality. Each step you get closer to discovering the happy part of the holiday get excited and give yourself a little reward. Change your perspective and all the frenzy becomes oblivious to you. Why are some shoppers smiling and some freaking out? The smilers know that their holiday has that special gift of family, friends, spirit, and life. All the shopping, food, and "hype" are just external noise for the real joy. The smilers don't have neck pain or back pain. They are healthier than ever. They are empowered with the passion of joy.

I suggest you put a rose sticker on your shirt everyday of the holiday season and remember to look at it daily to remind you to breathe, love, and enjoy. Happy Holidays!

Quote of the week: *“If you are only celebrating Christmas one day a year, you are missing the point!”* – Ben Nolt