



the CHIROPRACTIC ZONE



Dr. Craig's Transformational Living News

December 2011

Thank you so much for taking the time out of your busy day to enjoy this month's issue of Dr. Craig's Transformational Living News. I hope you are inspired by its contents and take a few moments to check out the links, the upcoming dialogue and future special events. I would greatly appreciate your willingness to share this with others, whether by forwarding the email directly, by sharing it on Facebook, or writing a review on Google Places or Yelp, or by tweeting about it to your friends. Thank you.

Halfway to One Hundred



Birthdays that end in zero, offer me a perfect opportunity to pause. They create a natural end and beginning of a cycle. While in community, we collectively share season-changing solstices and resolution-designing New Year's Eves. Birthdays; especially the ones with zeros in them, offer me an opportunity to reflect on the past and design a future in a unique way.

In case you skimmed by the article title, I am turning fifty this month. According to the Chinese zodiac, I was born in the year of the ox, with pragmatic, down-to-earth and hard working tendencies. I am a cusp- Capricorn, apparently with leanings towards being sympathetic, caring and helpful while also being mysterious and full of intrigue. It is noted that I always seem to have something going on in my mind. True! I may have been born and weaned as a child of the Sixties, though I can't really claim to have played a part of that epic period, having been sequestered away in the New Jersey suburbs, which were about as distant to the cultural upheaval as one could imagine.

Here I am, fifty years later, and I find myself as far away on the continental United States as I could be from where I grew up. My first twenty years were ones of being reared in a television trance, eating Jolly Green Giant frozen vegetables and taking tennis lessons. This then birthed a post-baccalaureate Greyhound sprint to the counterculture of Berkeley and another twenty year life cycle. It was my former wife who finally inspired my ultimate journey to this Pacific Northwest Island, where it looks as if I will enjoy my third twenty year cycle. Halfway through this current cycle I find myself reflecting on some of these varied thoughts:

1. I am astonished to find myself older than the mental image I have of my parents when I grew up. I find time itself to be illusory, warping, fascinating and perplexing.

2. I am thrilled to say that I am brimming with excitement with what this next decade has in store for me. Since I am already incredibly happy, I know that I am just carrying this forward and that great things are coming down the pike.
3. I have never so clearly felt the perfect choreography of my life; that my will and God's/Universe's will are so intertwined with all things requiring me to learn patience, even when I think things are taking too long to unfold.
4. I once scoffed at bumper stickers that read Magic Happens. This is no longer the case.
5. I now accept that people are always doing the best they can, based upon what they have experienced, realized and embodied. This leads me to an easier path of forgiveness (especially for myself).
6. That love really is what it's all about, even though I used to think it was a cliché
7. That feeling safe, the right of everyone, is the foundation for being authentically happy.
8. That being present for another, is the greatest gift you can share.
9. I have learned that healing is always an inside job, but having support sure goes a long way.
10. I have learned that after fifty years here, I am just beginning to learn the really important stuff....I just thought I knew it before.

I figure that there are more than ten things to learn, but I still have another three weeks to go, and I have accepted the part of myself that knows that I often wait to the last minute with some things.

Creating the 2012 Transformational Dialogues; Reaching for the Stars



In looking at the year 2012, I made my dream list for this coming year's speakers. Taking the risk of being disappointed, I prepared myself for the fact that they might be traveling or not want to present at a small local venue. I created. I invited and I surrendered and waited. I am thrilled to say, that all my wishes came true. Here is the list of amazing presenters for 2012 with the topic titles listed, being subject to change.

If I were you, I would take a moment and note which of the following events make you say YES! and right now put them on your calendar of choice.

January 31

Ross Chapin, architect and author of Pocket Neighborhoods addressing: Creating Places of Wholeness in Our Lives.

February 28

Lucinda Williams, death midwife, addressing: The Gifts of Natural Death Practices for Our Times.

March 27

Llyn Roberts, author of Shamanic Reiki, The Good Remembering with John Perkins addressing the title of her newest book: Shapeshifting into Higher Consciousness.

April 17

Mark Brady, neuropsychologist and author of The Committed Parent blog, addressing: The Neurobiology of Change.

May 29

Christina Baldwin and Ann Linnea, creators of Peer Spirit Circles and authors of The Circle Way, The Wisdom Keepers and many more titles, addressing: Transforming the Way Community Works.

June 26

Lynnaea Lumbard, director of the Story Way, addressing: Using Story to Change Your Life.

July 24

Alina Frank and Craig Weiner, D.C., creators of the webinar courses The Relationship Nexus Point; To Stay of Leave and Path 2 Passion, will present Transforming the Shoulds of Relationship.

August 28

Craig Weiner, D.C., chiropractor and author of this newsletter, addressing: Neuroplasticity For Dummies and How to Really Change Your Mind.

September 25

Peggy Taylor, co-founder of Power of Hope and Global Power for Youth Empowerment with psychologist Leslie Cotter, PhD, discussing: Transforming Girls into Powerful Women.

October 30

Rob Schouten, visionary artist and director of the Rob Schouten Gallery, addressing: Seeing Beyond the Ordinary.

November 27

Larry Daloz, PhD. and author of the award-winning book, "Effective Teaching and Mentoring", addressing: Transforming Boys into Healthy Men.

Personal Reflections on November's Dialogue on Care



We had hoped that an authentic discussion was to be created to grapple with the multiple definitions of what care is, and it was. Is care a "something" that is provided to nurture life? Is care an offering of heartfelt empathy to another? Is it that foundational work or daily unheralded work that is often performed by women around the world that Margaret Meade speaks of when she writes; "These modern women still are, as women always have been, caretakers of persons and, equally, caretakers of the things that are essential to those they love and for whose well-being they are responsible. And it is just this - responsible and devoted

caretaking - that is the key to the future."

The greatest challenge of the evening was a gender based perspective that found men seeing themselves as "caring" and sometimes holding the role of "care-taker", both of which are genderless, as opposed to the providing of care, as described by Margaret above, which is universally womens' work and is under- acknowledged, under-respected and generally unheralded.

It was a fascinating evening. If you missed it, you can watch much of it by going here:
www.chirozone.net/other_resources.htm.

Opening to the Infinite: Science, Shamanism & the Hidden Self with Stephan A. Schwartz

January 6-8, 2012 Tuition: \$250*

Email to Register: dr craig@chirozone.net

Do you want to explore your own Consciousness without the limits of Time and Space? While the concept of experiencing reality outside of your body and mind may seem abstract, these techniques and their results are based upon solid scientific research and are proven to work. These are skills that can be developed by anyone, including you! In this workshop you will practice and learn how to do just that.



Using paths grounded in science, as well as shamanic and spiritual traditions and Stephan's personally and professionally validated experiences, he will guide you through the following exciting expansions of your innate abilities:

Remote Viewing
therapeutic intention/healing
and much more!

This workshop will include the direct experience of techniques for accessing the nonlocal self. Participants will perform several remote viewings and get to experience consciousness outside of space-time, experiences that can be objectively validated. Stephan's intuitive diagnoses and feedback will help you to discover and hone the skills already inherent within you. The workshop ends with a remote viewing of your own future.

To find out more about Stephan Schwartz's work and articles, visit: www.stephanaschwartz.com

To view video of Stephan from his last Transformational Dialogue, visit: www.chirozone.net/other_resources.htm

* Contact Craig if you need support and wish to use an extended payment program. The workshop will be held at the Chiropractic Zone Sears House and take place Friday 7-9 PM, Saturday 10-6 and Sunday 10-1.

Dr. Craig's Stress Reduction Holiday Tip

For those of you unfamiliar with the Heartmath Institute (www.heartmath.org), it is a fabulous research organization in Boulder Creek, CA. They explore, teach and research the connection of the heart to the mind and body. Here is a powerful 5 step technique they developed to immediately reduce stress when you find yourself in a moment of anxiety or tension, like in a frenzied holiday shopping mall. It is called the Freeze Frame Technique.

1. Recognize the stressful feeling is happening and decide to make a different choice in the moment.
2. Make a sincere effort to shift your focus away from the racing mind or disturbed emotions and bring your attention to your heart. For ten seconds try "breathing" into your heart region.
3. Recall a positive fun feeling or pleasant time that you had in the past and attempt to re-experience it.
4. With sincerity, ask your heart what might be a more appropriate response in this situation that would minimize future stress?
5. Listen to what it tells you and make an effort to follow your heart's directive.

Try it and let me know how you did. The holiday season often provides ample opportunities for most people to explore stress reduction techniques.

KWPA Radio - Whidbey Public Radio

Listen to Dr. Craig LIVE on the opening premier show of SPIRIT TALK RADIO on KWPA streaming audio Thurs. Dec. 8 at 1 - 1:30 PM, hosted by Kathy Baxter. If you miss the live show, it will be available for download after the event.

Visit: www.kwparadio.org/main, then click on the "Click Here to Stream" button and then listen to the "pls" file with any of your audio programs, such as itunes, realplayer, etc.

This new Whidbey podcast program explores ways that change-makers integrate spirituality and their work in the world.

Grateful Moments of Joy

My grateful moments of the month;

November has been a month of many blessings, culminating in the holiday of Thanksgiving, a day devoted to celebrating our expression of gratitude. Recently I have posted on The Chiropractic Zone website, research articles that have scientifically demonstrated the many benefits of feeling and expressing gratitude towards self and others.

I began the holiday in bed reflecting upon those persons from my past that had life altering affects on the course of my life. In my silence I sent them appreciation for their words, their kindnesses and the profound lessons that they shared with me, perhaps without them even being aware of it.

I shared this exercise with others that gathered around our feast, and listened to stories, mostly about teachers, that shared a part of themselves with us that shaped us in a powerful way.

Some of my "life-changers" have surely passed, but others may not have. I have promised myself to try to find some of them and let them know that part of their legacy, continues on in me, and for that I am forever grateful.

Namaste,
Dr Craig