



the CHIROPRACTIC ZONE



Dr. Craig's Transformational Living News

January 2012

Dr. Craig here welcoming you to 2012. It's really here. You may have heard about it, read about it, been scared or apprehensive about it, or hopefully excited about its possibilities. It is certainly a potent time for whatever you wish to make of it. I think that you will find that if the January 2012 edition of this newsletter is any indication of what opportunities there will be this year, get ready for one heckuva ride!

Wholeness, Zippy and Healing



Wholeness is the word I have chosen to explore; after all, it appeared in the title of Ross's upcoming dialogue, *Creating Places of Wholeness in Our Lives*, and then it was serendipitously sent to me as the title of his wife's, Deborah Koff Chapin's newest image (see below). Despite all the seeming pulls on my brain towards this article topic, I found myself unable to sit down and write about it, I just kept putting it off; all with very reasonable excuses.

Then it happened. The day that there was an earth trembling event that shook our community's holiday spirit and has not yet allowed it to return to a sense of wholeness. It is because of this that I am finally agitated enough and sufficiently inspired to sit down and write about this concept of wholeness.

The story: on Christmas day, the winds here on Whidbey Island blew mightily. My return ferry ride home from a birthday excursion to Lopez Island was marked by great swells and the large ferry tipping in a horizontal see-saw fashion in ways more exaggerated than I had ever personally been privy. That Christmas day, with all its blustery arboreal shaking, a large branch escaped its trunk and landed suddenly on the moving vehicle occupied by two parents and three children who were driving to a family Christmas celebration. In an unfathomable moment, a precious 9 year old girl, Zippy, lost her life and her dad Tim's neck had been broken. Tim has since undergone a successful surgery but the family is left with the loss of a daughter that was truly a bright angel. It is hard to describe the devastating, kicked-in-the-stomach, breath-suspending feelings that went through me upon hearing the news that day. While I know the parents, Tim and Julie, as do many here in our community, I did not really know Zippy, other than perhaps by sight. Swiftly the Internet airwaves swelled with Facebook shares, community emails and web reports along with mainstream Seattle television and radio reports. Word of the tragedy spread like wildfire. This past week has been one of trying to get used to the idea that this reality took place and was just not a bad dream. Today, the final day of 2011 is Zippy's viewing. I find myself, one week after first hearing of the loss of this beautiful little girl, still off balance; still not standing on the ground in the same way I did seven days

ago. This tragedy was on top of a terrible loss of three young men who perished in another accident just weeks ago from which the community was just starting to heal.

I vacillate between feeling numb and inspired. A friend of Zippy's had written on "Things I love about Zippy and learned from her" for her classmates. "Zippy taught me that matching your clothes was boring. Anyone can do that - it's way more fun to clash and stand out." I am moved and inspired by the spirit of a young girl that learned in nine years what it has taken me fifty to almost be at peace with - the courage and joy of being fully yourself and loving it.

So what does this have to do with wholeness I wondered? Early roots of the word in Middle English point to meaning being healthy and unhurt. Other definitions refer to it as "being recovered from a wound and being restored, free of injury and being physically sound". Clearly this does not refer to what happened here. If anything, this is the most catastrophic of occurrences, the most painful event that one can personally try to imagine. My mind wants to apply mental brakes when I begin to think and pray for this family. It's as if my mind is trying to protect me from the feelings that will flood into my body as soon as my thoughts tread in that direction, and yet I cannot stop myself from thinking about it.

So how can this essay be about wholeness when clearly there is no perfection here, no sense of being with all parts intact? Something new, however, started to emerge within my consciousness. Equally as moved as I was by the pain and loss that happened within the boundaries of my "neighborhood", I was as profoundly touched by the groundswell of local support that immediately emerged. The ripples of grieving and gathering that began by the next day were like a tsunami of love. Friends gathered at the hospital while locals set up funds at the community bank, on PayPal and through Julie's roller derby community; all of which quickly raised over \$13,000. Ever expanding circles of love, care and support rolled out like the waves on the sound going out infinitely beyond the viewable horizon. Meal teams have been set up, local billboards at banks, children's theatres send loving thoughts out to the universe and donation boxes are at local businesses everywhere you look. Every chance encounter in a store felt as if any discussion that did not include some mention of Zippy and her family seemed somehow trite and inconsequential.

If wholeness means being free from pain, then clearly this community is not that, and it is certainly in no way recovered or healed and whole again in that sense of the word. I had to look elsewhere for some understanding of what this feeling was for me. How can I hold both the pain of Zippy and a simultaneous awe when witnessing the inclusiveness in my streets? Before living here, I had always yearned for this sense of being intimate enough with my community that I was touched by the ripples of what occurred within its boundaries and that I would not be isolated from the pain or the joys of what transpired. Even with regards to those I knew only peripherally or not at all.

I found a quote by Robert Johnson, Jungian analyst, which resonated what I was looking for to describe my sense of what wholeness in a community looked like.

"It seems that it is the purpose of evolution now to replace an image of perfection with the concept of completeness of wholeness. Perfection suggests something with - no blemishes, dark spots or questionable areas.

Wholeness includes the darkness, but combines it with the light - into a totality more real and whole than any ideal. This is an awesome task, and the question before us is whether mankind is capable of this effort and growth."

For me, my vision of wholeness I trust will be exemplified tonight; for on New Year's Eve, many will gather downtown around the Langley fountain as the clock strikes twelve. I trust and have faith that when we gather at the final hours of 2011, arms will embrace and all those in the circle, and within that collective embrace, will exemplify or perpetuate the wholeness; as in the inclusion of both the pain and the joy. Within each of us will be both the losses and fears that the past year held for many and then there will be the celebration of hope for the unfolding of the new possibilities for this next year. The two heads of Janus, after whom the month of January was named and was the Roman god of transitions and new beginnings, looks both backwards and forwards and feels very appropriate at this time. Its an invitational time for having gratitude for all that we have been given and the appreciation for that which we are yet to receive. For me, the wholeness of this community is the capacity, willingness, inclusion and embracement of all of it; with nothing left out. I feel blessed to be a part of Zippy's community.

P.S. If you have been moved in such a way that you wish to make a donation to the Leonard Family Fund, please visit: https://www.paypal.com/us/cgi-bin/webscr?cmd=_flow&SESSION=vCJy5KI2-u-gSNHQBqC2aBMRcfr6xpJ5ihjnsIRr8wLm3IDSnjyL0nXpod8&dispatch=5885d80a13c0db1f8e263663d3faee8db2b24f7b84f1819343fd6c338b1d9d60

Karma vs. Dharma "May You Live in Interesting Times"; Ancient Wisdom for The Changing Times in 2012 with Mateo Swan



Tues. Jan 17, 6-7:30 PM

Here is a piece from Mateo Swan as we enter the first days of 2012.

This ancient Chinese proverb has had many applications since it was first uttered long ago, yet perhaps none so poignant as the times in which we currently live.

There is no shortage of predictions and predictions about the end of the Mayan Calendar in 2012. Everything is in the forecast, from devastating Earth changes, violent upheaval, polar shifts and galactic events to social, psychological and economic collapse of society, as we know it. Not much of a future to look forward to.

The reality is that we are living in interesting and changing times. The key lies in HOW we approach this change internally and externally. Our planet, Grandmother Earth, is in rapid acceleration of change. Many Native Elders say she is evolving into her 5th cycle, or 5th sun. We experience this movement in the form of earthquakes, floods, temperature change, erratic weather patterns, etc. As humans we are creatures of habit. When our patterns are disrupted we feel stress, fear, and a host of other reactions.

Our Karmic existence is our 'reactive mind'. It is the part of us that wants things to be known and predictable. In short, it doesn't like change and uncertainty at all. Our Dharmic existence is the evolution of our psyche. It's our inner river of knowing; it hungers for the more and deeply desires growth, change and character refinement. 'WHAT we do' matters in Karma; 'HOW we do everything we do' is what matters in Dharma.

As humans, we are more powerful than we know. We have tremendous capacity to create that which we put our thoughts towards. When we focus on fear and destruction, that is what we will likely create. When we approach change from Dharma, we open the door of opportunity. The opportunity to align with the movement of change, find out who we truly are and become part of creating a new world.

The Elders tell us that this is what the end of the Mayan calendar really represents - an auspicious opportunity for the human race to evolve WITH Grandmother Earth and enter the 5th world together.

Mateo Swan is a road person for the Sweet Medicine Sundance Path(www.dtmms.org/lineage.htm) and the Lodge Leader for the Raven Speaks Lightning Lodge (www.ravenspeakslightning.com). She will be visiting Whidbey Island and sharing knowledge and stories based upon her 25 years of shamanic and ceremonial experience. Given the volumes of impressions and predictions that have been spoken and written about the arrival of the year 2012, she will offer her personal perspectives on how one might embrace the challenges that are currently facing us on many realities. Net proceeds benefit the Whidbey Island Pasado Safe Animal Haven.

As a ceremonialist, healing practitioner, and teacher, she brings an enduring relationship with spirit along with steadfast integrity to every aspect of her work.

She is also a gardener, a champion archer, a wilderness explorer, a passionate animal lover, and has years of experience with the western medical model. Her personal journey has been about learning from many cultural and spiritual traditions. Her heritage is mixed, so openness to multiple viewing points came early and naturally. Mateo began her venture in Shamanism through the teachings of Gurdjieff. She went on to study with a Peruvian Shaman and explore many Native American practices before she found the path that called to her.

Since 1987 she has walked a Twisted Hairs Shamanic Path that weaves a rich tapestry of time-tested knowledge from diverse indigenous traditions. The Sweet Medicine Sun Dance Path works with tools and ceremonies that activate these ancient teachings to awaken human potential and deepen our connection to self, life, nature and spirit.

With over fifteen years of teaching, Mateo has honed a variety of options for students, both the curious and the strongly committed.



Creating Places of Wholeness in Our Lives with Ross Chapin

Tuesday, Jan 31, 6-7:30

Benefiting the South Whidbey Commons

"I think the central thread in my own life exploration is about restoring wholeness in our world and the almost-spiritual process of designing spaces and places where wholeness unfolds like nature. Places that are whole - be they natural environments, our homes, gardens, or neighborhoods - nurture us in connecting with our own wholeness. With wholeness as an attunement, we can each contribute in our own way to making the world a richer, healthier, and more vibrant place for life."

Net proceeds from this dialogue will benefit the South Whidbey Commons.

Ross Chapin is an architect based in Langley. He designed many well-known local buildings, including the Third Street Cottages, Museo, the Giraffe/Star Basics/Braeburn courtyard cluster, and the stair to the beach at Boy & Dog Park in Langley, Thomas Berry Hall and the Woodland Sanctuary at the Whidbey Institute, the Whidbey Island Waldorf School, as well as dozens of private homes on the island.

Ross is a passionate advocate for "pocket neighborhoods", having designed and developed six projects in the Puget Sound region. Additionally, he has designed more than 40 pocket neighborhood plans for developers across the country, and often speaks at conferences about his innovative housing ideas.

Ross's projects have won numerous national design awards, and have been published in New York Times, Wall Street Journal, Forbes, Fine Homebuilding, and in more than 30 books, including The Not So Big House, The Good Green Home, The New Cottage Home, Blueprint Small, and Solving Sprawl. Ross's own book, Pocket Neighborhoods: Creating Small Scale Community in a Large Scale World, has been receiving international praise, including a full page review in USA Today, and listing as one of Planetizen's Ten Best Books of the Year.

For more info, visit www.rosschapin.com and www.pocketneighborhoods.net

***"Quantum Mind Writing: Tap Your Inner Genius!"* with Sandra Rodman and Dr Craig Weiner**

Saturday, January 28 from 10-5 PM

Use new techniques, right brain "ah hah" mind states to boost or "jumpstart" creativity. Explore a new kind of writing, high level problem-solving, new ideas for books/newsletters/blogs/plays and projects.

Learn to "see" what others do not yet see, using intuition and "right brain" senses. Go deeper with RBA mental techniques and tap your Inner Shakespeare or "Inner Genius Entrepreneur." Come and network with other whole brain thinkers!



Do you have a new book or mind-bending creative concept just waiting to break through? Learn three key Right Brain Aerobics techniques in-depth, to help you create the blog or newsletter or book or creative project that is waiting on your mindshelf to be written!

Information: Saturday, January 28 from 10-5 at the Sears House. Cost is \$119 prior to Jan 15, \$149 after Jan 15 and 10% off for bringing a friend.

For further info, visit: www.rightbrainerobics.com/rbw.html

Riding the Airwaves!



Alina had the honor of sitting in and hosting the "Dr Pat" show on **1150 AM Transformation Talk Radio**, which reaches a million listeners each week in the Seattle region and I had the privilege of guest hosting. It was titled the *Tap Your Power program on Occupy Change; The New Year's Resolution Revolution*. LISTEN HERE:

www.transformationtalkradio.com/meet_shows.php?id=5644. The hour long program and podcast was focused on why each year nearly one half of us make resolutions and up to 90% are unsuccessful in keeping them.

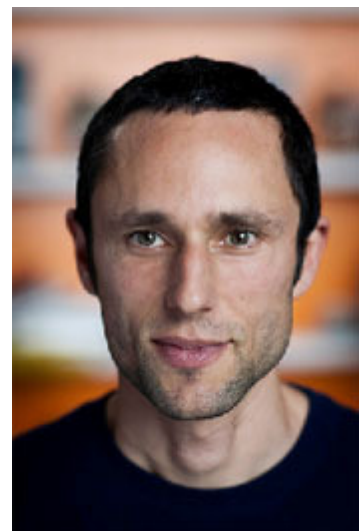
KWPA Public Radio

For those of you who tried unsuccessfully to listen to my interview on Spirit Talks, KWPA Whidbey Public Broadcasting podcasts, their page and downloadable podcasts are finally up and running! Check Kathy out as she already has several other programs posted including an interview with Chuck Pettis, creator of the Earth Sanctuary. [CLICK HERE](#) to listen in.

Sacred Economics: Money, Gift and Society in the Age of Transition An Evening with Charles Eisenstein

**Sunday January 15th 6:30 PM
Whidbey Institute**

Our society is entering a time of profound change. Crises in the economy, ecosystem, health, education, water, energy are propelling civilization toward a radically different way of living on planet earth. At this time, money holds an immense power which defies social and political reform, our better instincts, and the world's infinite beauty. Now, the financial system as we



know it is beginning to crumble.

In this special evening talk, Charles Eisenstein, author of the book Sacred Economics, will discuss the forces driving this collapse, and lay out a new vision of the money system that will replace it. It is a vision already emerging in practice today, as institutions and individuals step deeper into transition. Click here to see a clip of Charles:
<http://youtu.be/BRtc-k6dhgs>

Join us for a mind-opening glimpse of Charles's solutions and ideas for the future of money and economics, and how we might participate in building it.

During this and future evening events, we will be collecting food items for the Good Cheer Food Bank's community efforts. Please bring any non-perishable food items you'd like to contribute!

This event will be held at the Whidbey Institute and I can say that I am honored to have been a part of the collaboration that magically made this event happen so easily and quickly. Thank you to the sponsors including The Whidbey Institute, Transition Whidbey, Vicki Robin, New Stories, The Whidbey Community Exchange, The Unitarian Universalist Church and the Whidbey Community Credit Union.

For event details visit: <http://www.whidbeyinstitute.org/conversation/id/36ee02>

Moments of Gratitude

I am grateful that 2012 has begun gently and safely for all the members of my family. I am grateful for having a home which has been a space for so much joy for so many this holiday season. I am grateful for having reached my 50th year intact and in good health. I am blessed by being surrounded with inspiring and creative individuals that are enabling me to see endless possibilities for 2012 and I am eager to play full out this year and have the ever expanding circles of my life touch and be touched by many this year.

May Your Year Be So Blessed,
Dr Craig