



Dr. Craig's Transformational Living News

June 2011

Chiropractic and EFT (Emotional Freedom Techniques): A Fascinating Combination



I have noticed recently that several of my patients have never heard of EFT (aka the Emotional Freedom Techniques). Perhaps they had seen the acronym on a side bar of my newsletter but never inquired further. Others are aware that my wife Alina is only one of a few certified trainers of EFT in the world with Dawson Church, director and EFT Universe, one of the three most primary certifying organizations. The rest of you may wonder what EFT and Chiropractic have to do with each other and how could they possibly be used in a mutually supportive way. I figured that it was about time for me to answer that question.

As a chiropractor, I most commonly look to my patients' needs as to how I can assist them in reducing pain and increasing their body's function. Chiropractic has always focused on removing nerve interference so the body can better heal itself. That idea goes all the way back to DD Palmer and chiropractic's inception. Coincidentally, I overheard Alina just the other day explaining EFT as a way of removing energy interference in the body that when present, reduce the body's ability to heal. Hmm, how similar is that? EFT is also referred to as an emotional version of acupuncture, but without needles. It is wonderful as a self-help technique that can be learned and used on ones own, whereas chiropractic adjustments should never be self administered.

So one might ask why I would ever use a technique that may reduce the need for my services? The simple answer is that some physical issues I view as primarily mechanical, with an emotional or energetic component intertwined. Other patients present pain from stress, life patterns or behaviors that are primarily caused by past behaviors that no longer serve them that need to be witnessed and transformed into something new. EFT is fabulous for achieving that.

To give you an idea of when I use EFT, here are a few examples. Recently a patient came in with the recent onset of migraines, which began just as their husband started having panic attacks. Another was suffering from anxiety and stress to the point that the he felt that his head would explode and he had an upcoming long airplane trip and a coinciding fear of flying. Another came in with chronic back pain that he noted increased when he thought of anger associated with a recent marital separation. The intertwining relationship of physical ailments with emotional stressors are infinite.

Too often patients were told that their symptoms were in their head. This was not a complimentary diagnosis, and basically meant that the symptoms were psychosomatic, or that the physician figured that the patient was "making it all up." Psyche (mind) and Soma (physical body) are of course related, how could they not be? The moment you have pain, you have a thought about it and then often follows an emotion, which then causes neurotransmitters to be released in the brain which then resulting in hormones being released into the bloodstream which then has a physiological affect on things such as heart rate, blood pressure, immune response, etc. So of course our physical condition and psyche journey together.

So, how do I decide when to put on my chiropractic hat and when do I slip on my EFT hat? There are no rules, just intuition. Sometimes, I utilize it when what I thought would help is not helping sufficiently. Sometimes I feel that there is something not being said and it is a way for a patient to share something important that they did not feel was relevant to their presenting complaint. In any of the ways it presents, the use of EFT almost always surprises me with its ease and its effectiveness.

If you are interested in the research behind EFT in its use with pain as well as a wide variety of other uses such as PTSD, phobias, addictions and more, you can check out EFT Universe (www.eftuniverse.com) for further information and about upcoming local workshops to learn how to use EFT yourself.

Scenes From a Journey:

Photography Exhibit with original works on multiple formats by M.K. Sandford

**Please join us for an Open House Reception for this exhibit on Saturday, June 25 from 5-7 PM
@ The Sears House/Chiropractic Zone**



Martin Luther King, Jr. said, *"Faith is taking the first step, even when you don't see the whole staircase."*

Most of us, at turning points in our lives, embark on journeys where the paths that lie ahead are obscure and unclear. We can't see the "whole staircase" or the next switchback...we struggle trying to keep our balance or find our footing.

Several years ago, I embarked on such a journey...one which shifted the role of photography in my life from a professional/scientific one to a much more personal/artistic one. While photography was an essential tool in my career as a bioarchaeologist, it became a lifeline for me when I had to retire (years before I'd planned) due to chronic illness.

By taking me outside and back into the natural world, photography became part of my healing journey. It helped me to once again become fully present in the moment, far away from the 24/7 flow of input and ideas in the contemporary world.

My most fervent hope is that my photographs will inspire others to follow their own paths, to engage fully with nature, and to look at even familiar scenes from different angles and perspectives.

This beautiful series of primarily familiar Whidbey paths and portals along with elegant local flora come alive in satins, float mounted photos prints and gallery wrapped canvases, courtesy of Fine Balance Imaging. Held by the beautifully restored hand tinted walls of the historic Sears House and sheltered by the hand milled redwood ceilings, this is truly a site not to be missed.

Home is Where Your Heart Belongs; A Dialogue with Mira Steinbrecher

Tuesday, June 28 from 6:00 - 7:30 PM at The Chiropractic Zone Sears House
Benefiting Saratoga Community Housing



We each were domiciled somewhere when the game of 'Musical Houses' stopped. Where were you? Are you still there? Does the home you now occupy serve your current lifestyle easily, elegantly and effortlessly? Are there ways to make it more aligned with your real needs and values in these shifting times?

Join architect, planner, designer and philosopher Mira Jean Steinbrecher in an evening's discussion of "What makes a home?" As we all do more with less, small changes make huge differences. Learn more about making the very best of what you've got. You're right here right now. Come on home!

"When it is a place of shelter and love, there is no place like home. It is then one of the sweetest words in any language. It suggests a nest where intimacy and belonging foster identity and individuality. In a sense, the notion of home is a continuation of the human body, which is, after all, our original and primary home on earth; it houses the mind, heart, and spirit. To be, we need to be home. When a place to belong is assured, the adventure of growth can begin with great promise."

Mira Jean Steinbrecher, AIA, has been working in residential design for nearly 30 years. Having lived in everything from a miner's cabin in Montana to a 1782 colonial farmhouse in New England, she's an expert on the topic of making a home. Her work is widely published and internationally known. A longtime Whidbey resident, Mira is often seen being led about Langley by a golden retriever.

John O'Donohue, [To Bless the Space Between Us](#)

Watch for our next newsletter detailing further our July 26 Dialogue with Christopher Thorsen

Radical Leadership - Sharpening the Sword of Attention; An experiential inquiry into power, control and influence based on Aikido, the Art of Peace. Through group dialogue and fun slow-motion exercises, we'll explore the ways in which attention defines our identity and thereby empowers or limits how we lead our lives.

Namaste,
Dr Craig