

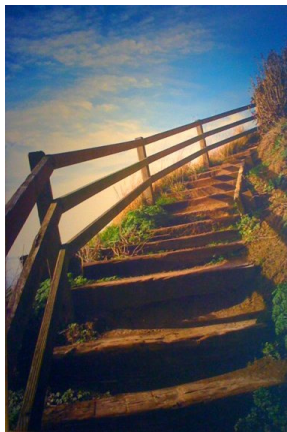


Dr. Craig's Transformational Living News

May 2011

Connection and Creating Community

Our Journey of Connection



Today I will endeavor to explore the idea of what is connection and why is it so critical to find. I think we all are on a journey of connection. It is clearer to me now more than ever, just how important this is. I find that it is an absolute necessity for me personally and every other person I come in contact with in order to thrive on a personal and collective level. Even if someone tells me that they are a solitary person who likes to keep to himself, I believe the need for connection even within or to their "higher power" is critical.

So, just why do we need this so much? The obvious conclusions are that connections with others result in the possibility of friendships and loving relationships with partners and family. Connection in business gives us the ability to offer and sell our wares or services so that we may provide for ourselves and families. Connection with our animals gives us joy and companionship. A connection with the land offers us a sense of continuity and the feeling of being part of a cycle that is larger than ourselves.

Our kinship with other sentient beings provides a basis for compassion, understanding, creates self-reflection and opportunities for our personal and collective growth. Neuroscientists that have discovered and studied mirror neurons in the brain continue to explore how animals and humans can "see" themselves in another. These neurons are seen as the biological foundation of compassion. This ability to see aspects of ourselves in another creates the true resonance of relationship.

But the highest level of connectedness is something beyond a relationship with another person or thing or idea. It comes often unexpectedly in one of those poignant heartfelt, "I don't want to ever forget this feeling" kind of experiences that reminds us of who we really are at our most worthy state. It is as if the universal power switch was turned on and allowed us for a moment to see the bigger picture of who we are and what we were meant to be. I had one of those moments just last week when listening to the angelic voice of Gina Sala, a brimming with joy, Seattle singer/chanter whose presence in that moment was like a channel for heaven on earth. In that private bubble moment, everything stopped and I remembered a greater sense of who I was and what I loved and how it

felt to be uplifted to a place that had poignant clarity and perspective. I was moved to tears with my chest swelling and heart pounding and a smile that I could not dismantle.

Finding ways to find such connectedness is worth the time, energy and willingness to surrender to allow ourselves the opportunity to remember how beautiful beings we each are. It is life energy of the highest octane. May you find somewhere to fill your tank soon.

Namaste,
Craig

My personal thanks to M.K. Sandford for the use of this photograph. It is my favorite of a series that I am privileged to have adorning my office walls as part of a Pathways Series of photographs, primarily taken on Whidbey Island and printed on a variety of mediums. Her works in this fabulous series can be seen in person at The Chiropractic Zone, with an art opening here next month on Saturday, June 25 or on-line. Visit her website here:
<http://mksandfordphotography.smugmug.com>

May's Transformational Dialogue

Tues. May 31, 6 - 7:30 pm Bayview Sears House location

Drew "DREWSLIST" Kampion: *Synergizing Micro-Community*



Drew Kampion is the founder of DREWSLIST, an experimental and reproducible email service on South Whidbey Island that is the talk of the town. With a service that reaches nearly 2,000 local residents, it has changed how this community asks and offers products and services to their neighbors.

Every day he sends selections of offerings for free and for sale items that include goods, upcoming gallery openings, job and housing availabilities, rideshares, musical events, restaurant specials and much more. To be honest, I think people are following his listserve for events more than they are reading the local periodicals or bulletins boards.

His pet project has grown exponentially and is worthy of a dialogue to explore how a community can be so catalyzed by an internet based service and yet have it in turn synergize local one-to-one personal connections.

Many people do not know Drew directly, (I would imagine that the other Craig of CraigsList found the same to be true), so here is the opportunity to hear his stories and participate in a fabulous community gathering.

All Dialogues are offered by donation and this event will benefit the Bayview School's Senior Rites of Passage program, an amazing program that offers a once in a lifetime opportunity for the students that participate in this weeklong personal journey.

I promise you that this event will be overflowing, so come early. We intend to video and audiotape this event if you cannot make it and you can find it on our website. (www.chirozone.net)

P.S. If you didn't know, Drew is a well published author of many surfing books, has published an inter-island Puget Sound newspaper (the Island Independent), been an associate editor at New Age Journal, editorial director for

Patagona Clothing and is the former editor of Surfer, Surfing, Windsurf and Wind Tracks magazines. To explore further, check out www.drewkampion.com.

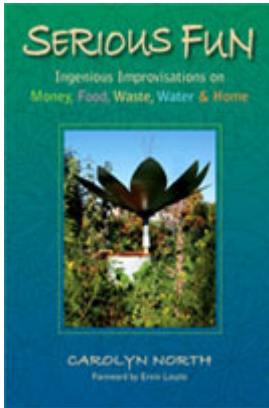
Watch for our June newsletter describing our June Dialogue with Mira Jean Steinbrecher on Coming Home; Exploring the deeper meaning of home, on Tuesday, June 28.



Spring Blessings

May your sun be shining, your radishes grow quickly, your slugs find other places to go, your broccoli be sweet, your four-leggeds make you smile and your tomatoes, well, may they thrive with whatever gardening tricks you have in your back pocket!

Dr. Craig



Mark Your Calendar for **April 12** when my dear friend, Carolyn North will read from her new book, *Serious Fun, Ingenious Improvisations on Money, Food, Waste, Water and Home*. She will be accompanied by Claudia Walker, playing the harp. Visit: www.healingimprovisations.net for more information on Carolyn's work.