



the CHIROPRACTIC ZONE



Dr. Craig's Transformational Living News

October 2011



What is Your Next Great Step?

It was just before the summer really kicked into gear. I had the opportunity to listen to Kurt Hoelting (my guest at this month's upcoming dialogue) tell his tales of a year lived differently. He spoke of his decision to live a year apart from his car. The realization that his impact on the earth was too great for him to not somehow do something differently directed him to make a substantial alteration in the way he was living his life. So he did. His life for one year was lived with a new compass and as a result, his life will never be the same. By writing his story,

he also had a significant impact on many of his readers, inspiring them to heed their call to take their courageous next step, and I count myself as one of them.

What is that something that brings us to realize the imperative for us to take a "next step", and that by not moving forward, we are cheating ourselves of something great? Next steps are not always Hail-Mary-football- passes with two seconds left in the game that go in the record books. Next steps can be the next logical sequential movement forward that is uncomfortable and sometimes frightening and is easy to rationalize avoiding. I think that true next steps never really go away, they keep returning to our consciousness until we take some action on them.

However you personally describe "your greatest self inside of you", it calls you to be courageous and it instructs you to follow your truth. It will push you towards your next step. If you do take the time to listen to that inner voice however, be ready to pay attention and take action, because once you know your right course of action and you choose not to pursue it, it is difficult to be happy knowing that you did not stand up for your greatness.

This stepping out may concern what you most need to do, but have resisted, regarding your health and well being. You may have been a smoker that had quit and felt your best ever, but due to some stressful life circumstances you fell off the wagon and started again. There is a part of you that will never forget what it felt like to have more energy and more breath. This will nudge you towards that feeling again and again. This persistent nudging might pertain to your weight, your sense of fitness or many other aspects of health as well as relationship, work, spiritual fitness and more.

I think that direct experience more than anything else brings us to the brink of next steps. It is the witnessing and feeling of something that runs against our personal grain that sets the stage for the necessity for change.

Once you know and have felt or experienced prejudice, can you ever really be at peace treating another in the same way? Once you have experienced being in a relationship that is mutually supportive, can you ever really be happy in one that is not? Once you have seen an island of albatrosses choked from plastic garbage remains, can you ever buy plastic bottles for your family without knowing the consequences? After working in a job that inspired you to be creative can you ever be really satisfied with a 9 to 5 menial task environment?

So my question has been...what is my next step? What am I being called forth to pursue that the pursuing of will increase my passion and excitement and life force. And what is it that the putting off of doing will keep me in a place of mediocrity, void of synchronistic experiences that remind me of how fabulous my life is and can be. Where am I living outside of that personal integrity? As I have personally explored that question, I am finding my next steps being laid out clearer and clearer for me. I am finding my choices getting stronger and the opportunities for me to write and teach expand for me. As i pursue that question, I am receiving clearer answers. I also know for myself, that if I do not heed the call, if i do not pursue the opportunities laid out before me, they will likely wither away because I am in essence telling the universe a lie. "Please give me a chance" but by refusing to dive in and instead stepping back down off the ladder, I am really just giving the universe lip service.

So my question to you, as always, is what is your next step? What are you avoiding, the avoiding of which is keeping your life smaller than you deserve? I ask you to take a moment right now and contemplate this question and see where it takes you. Together let's "Fall" forwards this autumn and see how ripe and juicy our lives can get.

Upcoming Transformational Dialogues

If you are unable to attend these fabulous events, you can view or listen to these presentations by going to our website: www.Chiropracticzone.net and going to our Audios and Videos page.

September's audio recording of Dr Craig and Mark Brady on the Transformative Properties of Whidbey Island can now be listened to online. I am also proud to mention that \$300 was raised for the Friends of Friends Medical Support Fund that evening.

October 25 Kurt Hoelting and *The Practice of Homecoming: Harnessing the Power of Place To Build More Resilient Lives and Communities*

November 29 Eileen Jackson and *Understanding "Care"*



A Dialogue with Kurt Hoelting "The Practice of Homecoming: Harnessing the Power of Place To Build More Resilient Lives and Communities"

**Tuesday, October 25 from 6:00 - 7:30 PM
at The Chiropractic Zone Sears House**

In an effort to bridge the gap between his convictions about climate change and the size of his own carbon footprint, Kurt Hoelting gave up cars and jet travel in 2008 to spend a year exploring his home terrain in Puget Sound on foot, by bicycle and kayak. He wrote about his adventures in *The Circumference of Home: One Man's Yearlong Quest for a Radically Local Life*, which was a Finalist for the 2011 Washington State Book Award. In this Transformational Dialogue, Kurt will share stories, images and life-lessons from his on-going adventures in place-based living.

He will then host a conversation on the opportunities and obstacles to deep change in a time of escalating climate disruption.

This event will take place at The Chiropractic Zone Sears House in Bayview Corner. Net proceeds of the event will go to support WI.N. Whidbey Island Nourishes.

Kurt Hoelting is a wilderness guide, writer, environmental activist, Zen practitioner and meditation teacher. In addition to writing and teaching, Kurt has worked in Alaska as a wilderness guide and commercial fisherman for several decades. He is the father of two grown children, and lives with his wife Sally on Whidbey Island in Puget Sound.



A generous \$14,000 was raised at Mr. South Whidbey 2011, and I personally wish to thank each of you who offered their support!!!!

Thank you all. Thank you for your words of support. Thank you for your contributions. Thank you to those who were able to attend. I am grateful for all those who helped make this a fabulous over the top evening and once in a lifetime experience for me. If the winner was the one who received the most number of donations from around the country, or who had the most cheerleaders, we surely would have won....but the most dollars donated was the rule from the outset and

while Don Denman was crowned, Friends of Friends and the folks who get financial support from them to pay for their health care that they can't afford, well they are the big winners.

If you would like to have a belly laugh and enjoy some moments from the evening you can check out these two short clips: www.youtube.com/watch?v=S2q6G5wYBv4 and www.youtube.com/watch?v=TjMkkTHII5M

Pictured above is Mr.South Whidbey 2011 contestants.

Grateful Moments of Joy

My grateful moments of the month;

My grateful moments of the month include; the amount of support I received friends, patients, colleagues and my family with the pageant, self appreciation for my willingness to feel both vulnerable and courageous at the same time, proud of my wife Alina for her willingness to be outrageous together with me, as well as a fabulous group of

friends (Gina, Julie, Ben, Michael and Matt!). Finding my first chanterelle mushrooms of the season, harvesting my first ever Jerusalem artichokes and for getting up early almost every morning again to read/meditate after having been out of practice for a while. For living in a community that is passionate about supporting the needs of its members, and so much more.

Please join me in trying this each month for yourself.

Namaste,
Dr Craig