



Does memory really only exist in the brain? Can my hands remember better than my brain and do our experiences live in our bodies?

Sometimes I find myself working on a patient that I have not seen in several years. Without reading my past notes, I often cognitively recall different aspects of the person's personality, their history and complaints that they may have come in for treatment of in the past. While my hands

are gently kneading the muscle tissues and offering pressure along their spine, suddenly my hands become flooded with memories of how this person's body felt under my hands, years before. Instantaneously, my hands and mind are conferring on this body and noting similarities and differences since the last time I worked on it. It is as if my hands hold some memory bank that is separate from the one in my head, because if you had asked me what this person's body was like in a conversation, my conscious memory would have fallen far short of the recall that my hands experienced. This gets me to thinking about the possibility that not only can my hands remember information on their own, but perhaps they can tap into the information that their bodies hold about what occurred to their bodies in their past. Could this really be possible?

There is a theory of cellular memory that is gaining greater acceptance. This theory explores the idea that the cells in our bodies contain information about our personalities, tastes, and histories. Evidence of this phenomenon has been found most prevalently in heart transplant recipients. For example, in the paper by Linton published in the Montgomery College Student Journal of Science and Mathematics in 2003, titled *Knowing by Heart: Cellular Memory in Heart Transplants*, she describes phenomenon of a female heart transplant recipient after receiving the donated heart of an 18-year-old man who had been killed in a motorcycle accident. Soon after the operation, the recipient noticed some distinct changes in her attitudes, habits, and tastes. She found herself acting more masculine and strutting down the street; which, being a dancer was not her usual manner of walking. She began craving foods, such as green peppers and beer, which she had always disliked before. Sylvia even began having recurring dreams about a mystery man named Tim L. All of this information, from the cravings to his name, turned out to be accurate in regards to the donor's life.

Can a heart somehow have embedded within its cells the memory of characteristics of a person and once the tissue is placed within another's body, can it really be felt, sensed or known by the recipient? If that is possible, then how is the information transmitted from the heart's cells to the donor's conscious brain? Is it a biochemical, hormonal or neuro-endocrine mechanism? Could it be one of some electromagnetic frequency that carries information on wavelength's that permeate the body which then is received by the brain? To take one huge giant step forward from that, if the cells are transmitting this information as memories via electromagnetic frequencies, then certainly these wavelengths are not limited to the boundary of the physical body and may actually radiate out to the surface of the body and beyond where it can be sensed by others who may come in contact or within close enough proximity to receive some of this information.

There is growing interest in conducting research that explores how far outside the human body information might be transmitted. Studies performed at the Heartmath Institute in Palo Alto on the electromagnetic energy generated by the heart reveals the following several conclusions. The heart's electrical field is about 60 times greater in magnitude than the electrical activity generated by the brain. The magnetic field produced by the heart is more than 5000 times greater in strength than the field generated by the brain. The electromagnetic energy of the heart not only envelops every cell of the human body, but also extends out in all directions in the space around us. Our cardiac field touches those within 8 - 10 feet of where we are positioned. And finally, their research shows that one person's heart signal can affect another's brainwaves and heart-brain synchronization can occur between two people when they interact.

While this particular research has been performed specifically on the heart, who knows what we are yet to discover about the more subtle forms of information that our bodies generate and how they may be felt by and have a direct affect on others. By being open to the possibility that more forms of communication exist in the body than most people accept, we have a venue of deepening the healing that can happen when there is an interaction between any two people, whether there be a laying on of hands in that interaction or not. Perhaps this idea that our bodies radiate out information beyond the surface of our bodies and can be sensed by others will help us to live in a more congruent way, knowing that the truth of who we are may emerge even when our spoken words do not.

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, including August's audio recording and PDF handouts of Sandra Rodman's slides on Right Brain Aerobics for Health and Relationships.



September 27- Mark Brady, PhD will interview Dr. Craig on the topic of *The Transformative Power of Whidbey Island*. Visit Mark's blogsite, The Committed Parent:
<http://committedparent.wordpress.com>



October 25- Kurt Hoelting, author of *The Circumference of Home*, on *What is My Next Great Step? Treading through the Uncomfortable*. Visit Kurt's website for more information on his work: <http://insidepassages.com>



Wednesday, September 21, 6-7 pm- SPECIAL VISITING GUEST PRESENTATION - *Taoist Tai Chi*: An evening discussion and demonstration on Taoist Tai Chi by continuing instructors Joe and Eva Sanabria of the Miami branch of the Taoist Tai Chi Society. There will be both instruction and active participation.

SWITCH!!!

A Dialogue with Special Guest Host, Mark Brady, PhD interviewing Dr. Craig on: *The Transformative Power of Whidbey Island*

Tuesday, September 27 from 6:00 - 7:30 PM at The Chiropractic Zone Sears House



Why is it that if you live on South Whidbey Island and you ask someone how they came to reside here, you know to expect a story that requires a place to sit and a cup of coffee to sip on? Why is it that the words magical, and coincidental and serendipity enter into the conversation with such great frequency? Why is that so many people you know, that if they have lived here long enough, they have changed their name, their occupation, their lifestyle, their marital status or some other way of being in a substantial and authentic life altering way?

These are the some of the questions that this dialogue and group conversation will explore.

I would not miss this event if I were you. But I'm not you and if your destiny calls you here, then you were meant to be here, and you will ;)

This event will take place at The Chiropractic Zone Sears House in Bayview Corner. ALL DOLLARS donated will be considered a single vote for Dr. Craig and offered as a donation to the Friends of Friends Medical Support Fund Mr. South Whidbey Pageant Fundraiser <http://www.fofmedicalsupportfund.org>



Mr. South Whidbey 2011...Could Dr Craig be crowned on Saturday, October 8? Be there to find out and join the outrageous festivities!

On Saturday, **October 8** at 7pm I hope you will be at the gala celebration at the Freeland Hall for the Mr. South Whidbey Pageant. Won't you perform your civic duty and **VOTE FOR DR CRAIG?!!!**

Tickets go on sale **THIS WEEK** but **ONLY** at Timbuktu in Freeland and Moonraker Books in Langley. These 200 tickets often sell out within 1 week of going on sale, so get ready to get up early and bring your lounge chairs! (well, the last part about the loounge chairs is not true but the rest really is)

Against the challenging competition of Larry Dobson, Dean Hatt, Don Denman, Peter Lawlor and Brian Plebanek, I have been selected to run for this auspicious title.....

This competition **IS** about raising money for an amazing charity, the Friends of Friends Medical Support Fund. What this competition is **NOT** about is having the most talent, unabashed good looks or best intentions, it is FOF's most important fund raising event of the year (and a **SOLD OUT** event every year).

It is an evening where normal guys make complete idiots out of themselves for a good cause.

How can you participate? By **CLICKING HERE**, you can vote in advance. OR I would **LOVE** to have you at the event, general tickets are \$25 and will sell out very quickly once the press is released in the next few weeks.

Friends of Friends Medical Support Fund is charitable organization helping residents of South Whidbey with uncovered medical expenses. The Mr. South Whidbey Pageant is their annual fundraiser, providing an evening of fun and laughter while 6 candidates vie for the title. The funds raised will continue to provide hope and support to those in our community with unaffordable medical expenses. The rules are simple: Every dollar donated to FoF in a candidate's name counts as one vote! The candidate who raises the most money for FoF at the event wins!

To find out more about Friends of Friends, **CLICK HERE**
To see pictures from past Mr South Whidbey events, **CLICK HERE**

Pictured above is Mr.South Whidbey 2010, Doug Kelly.

Pain Relief World Summit

Learn How You Can Have
Dramatic and Sustainable Pain Relief
Using A Breakthrough Discovery That Combines
Ancient Chinese Acupressure and Modern Psychology...

Starting Oct 3rd
CLICK HERE
TO LEARN MORE

Beginning October 3rd, you can have free access to what should be a very powerful and amazing event. Presenters such as Dawson Church, Carol Look, Donna Eden, Rue Hass, Patricia Carrington and many more will be presenting the First Pain Relief World Summit online and **F*R*E** for your listening. These are the cutting edge educators on the use of EFT and Energy Psychology cutting edge techniques for resolving the emotional and energetic components of physical pain from back and neck pain to headaches to fibromyalgia and more.

CLICK HERE to find out more.

Grateful Moments of Joy

My grateful moments of the month;

Watching our son Noah summon the character and courage to come back and win his tennis match against a technically better and older player to help his varsity team win their match. Seeing our daughter Sophie stepping up to the plate on a whole new level of maturity that I respect and admire. Having our home filled with friends for a Harvest Moon summer fiesta with fabulous food. The joy of expecting my in-laws to come visit in less than a week. Putting behind me a week-long liver and gallbladder cleanse. Summer heat and sunshine for two weeks in a row! Home grown and ripened red/gold tomatoes!!!! Our chickens laying 40 eggs in a week! If that don't make someone smile, I don't know what will.

Please join me in trying this each month for yourself.

Namaste,
Dr Craig