

Chirothots

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Commencement

It may sound strange, but it wasn't until my last day of high school that I realized that the word commencement means the *beginning*. Because graduation was called commencement, I just assumed the word meant *ending*. It was explained to me that it was called commencement because it was the *beginning* of our lives as adults.

Welcome to commencement for 2006! A new year brings with it so many new hopes and dreams that it is worthwhile examining some ideas that could use some clarity. It has been said that life is a series of beginnings, not endings. And yet we often times stay focused on what is ending and we fail to fully engage in what is beginning.

I would like to take this opportunity to focus on your health from a *commencement* point of view. Many people that come to our office come because they want to *begin* expressing a higher level of health and life. Yet there are just as many who come because they wish to see an *end* to certain things (pain, illness, disease, etc.). Because of this, when they begin to feel better, they believe it is because they are seeing the *end* of their problem, rather than the *beginning* of a greater expression of health and life.

I know this seems like a small distinction, but it really is huge! If we remember that the Law of Attraction always causes us to experience more of whatever we are giving our attention to, we realize that it is actually impossible to move *away from* anything! The real reason you get better is because you *begin* expressing your healing and constructive Life Force! It is the *commencement* of a whole new level of living your life.

The adjustment process re-connects your physical body with the Innate Intelligence that runs, regulates, adapts, heals and grows you from conception until death. As this Life Force is progressively expressed at higher and higher levels, you necessarily begin to see the signs that you were not fully connected before disappear. But again, it is not because you are seeing the *end* of something, but because you are *beginning* to express your Life Force at a higher level again.

I would like to suggest that you remember that you can commence seeing exactly what you want for your life in 2006 as soon as you clarify what that is. Take some time over the next week or two and identify exactly what you would like to see as far as your health, relationships, career, finances and any other categories you personally find meaningful. Write these things down and read them every day for the next few months and see what happens.

Remember, you are working to experience the life you wish to have, and regaining your health is the very **FIRST** step in the process. Why do you want and need your health? So that you have what it takes to live fully in all of the other areas of your life! Take the time now to identify what that life looks like so that as you gain greater and greater levels of health you will know what to do with yourself!

Make time to consciously and deliberately move yourself in the direction you wish to go, and commence progressively living the life of your dreams this year!