

# Chirothots

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## If Only...

How many thoughts and sentences will you begin with these two words today? How many times will you hear them from the mouths of others?

These are two of the most common words we all use each day, and yet how many of us ever stop to really ask ourselves what we are thinking and saying when we use them?

We tend to notice all kinds of things about people and situations in the world that we believe should be other than the way they are. And, we allow our judgments of them to “steal our peace” by wishing they weren’t so.

This is significant because one of the causes of the **subluxation process** (the progressive effects of nerve interference) is *emotional stress that is beyond our ability to adapt.*

One of the most common places we make these kinds of judgments is with other people. “*If only* he would listen to me...,” “*If only* she would see it my way...,” “*If only* they would stop doing that...” We usually end each of these type sentences with something like, “Then I would be happier,” or “Then life would be a lot easier!”

But if you stop and think about it, what you are really saying is, “If only they were more like me, then life would be better!” You may have never thought about it in this way, but this is exactly what you are saying.

This is important to realize because making the world more like the current “you” may, in fact, be a scary thing to do! Don’t get me wrong! I not saying you’re not a great person. What I am saying is, what if instead of asking the world to change, we changed ourselves into shining examples of what we all could and should be?

An example of this wisdom comes from a Native American parable, “*Smoothing out the Earth with leather sheets cannot be done for lack of so much hide. But, just put a little piece of leather on each foot and it is as if you have covered the entire world!*”

Upholstering the world! I love the humor in this thought. The author sees our all too human ways with larger eyes. He knows we have a human tendency to want to change the world, even before we consider changing ourselves. He doesn’t put us down for this though, instead he encourages us to do the right thing!

When we want to see a change in our lives, we have a choice to make. We can change the world, or we can change our perspective and maybe transform ourselves.

Is your life hard because you need a bigger place or because you have too much junk? Are things difficult because your job doesn’t pay enough or because someone doesn’t behave the way you would like him or her to? Is life frustrating because you have no partner or because you feel you need one?

Think carefully before you decide. Ask yourself who you really are on the highest level, and know that God has placed everything you need within you (and He’s put it inside everyone else too). All you need do is have faith that everything is exactly as it should be for all of us to learn the lessons we need to learn. Then change in yourself what needs changing.