

# Chirothots

By Kevin Donka, D.C.

## What Kind Of “Email” Are You Sending?

A few weeks ago, while I was checking my Email, my 7-year-old daughter asked me what the “E” stood for in Email. Before I could answer, her 9-year-old sister enthusiastically yelled out, “Energy!”

I thought about this for a moment, and then asked her why she thought it stood for “energy.” “Well, when you send it out, it goes through the air and wires as energy doesn’t it?” “Yes it does,” I agreed. “So,” she smiled, “It’s *energy* mail!”

The truth my daughter had so simply described is that our thoughts are real energy that we send out to the world every second we are alive. This is critical to understand, for whatever we send out is also exactly what we attract back to ourselves. This is fully explained in James Allen’s book “As A Man Thinketh.” My favorite line from the book says, “Men do not attract that which they want, but that which they *are*.”

But let’s look at the simplest aspect of this truth. The energies contained in each of our thoughts literally affect whomever they are directed at, as well as everyone and everything else on the planet.

Let us now relate this understanding to our practices. What kind of “Email” are you sending to each of your practice members every time you see them? Are you thinking about how lazy they are, how dirty, overweight, grumpy they are? Are you wishing they would “stop their whining” and take some responsibility for their health and their lives?

In her tape series *Energy Anatomy*, Carolyn Myss says, “**Whenever you judge someone negatively, you are sending out a piece of your spirit with the command to do harm.**” Wayne Dyer says, “**Your judgment of someone else does not define them, it only defines you as someone who needs to judge.**”

It has also been said that **when we see someone as they are, they will stay that way. But, when we see them as they could be, they will become that.** I believe this is one of the most important aspects of our jobs as chiropractors, **to see more in people than they are currently demonstrating to us.**

There is another aspect of this truth I would like to touch upon briefly by asking you a question. Do you open every Email you receive? There is a story about the Buddha that fits here. A man once asked the Buddha why he never got angry with anyone, even when they were hurling incredible insults at him. The Buddha replied, “If someone attempts to give you a gift, and you refuse to accept it, to whom does the gift belong?”

I believe Buddha was talking about “deleting Emails” that he knew would not serve him in creating peace and spreading love across the planet! This is not always easy, but it is essential to put the two halves of this truth together whenever you encounter what seems to be an attack from someone.

First, do not open the "Email" they are sending your way, delete it! And second, remember to see more in them than they are currently demonstrating to you. Remember the famous line from *A Course in Miracles*, "All attacks are a cry for help."

In *Conversations With God, Book 1*, Neale Donald Walsch states "The God-realized being understands and sees that he and his attackers are one. He sees the attacker as a wounded part of himself. His function in that instant is to heal all wounds so that the All-In-One can again know itself as it really is."

Chiropractic philosophy agrees with this completely! It says that we all have within us, an "Innate Intelligence," and that this Innate Intelligence is Universal Intelligence, individually expressed! It says that we are all ultimately one!

Is this the understanding you carry both in your head and in your heart with each of your practice members every time you think of them, see them or lay your hands upon them? How about your family members, your friends and even strangers you see on the street?

Can you imagine a world where this is the kind of energy that prevails? I can. But, I know that a conscious awareness of who and what we all are is necessary for the process of growth to occur.

The subluxation process (i.e., nerve interference) is an active obstruction to the progressive realization of this truth, and therefore it is also a barrier to the full and unencumbered expression of love in the world.

Realize the power your specific adjustments have on each and every person you lay your hands on. You change their lives a little every time you join with them and free their Innate!

Finally, ask yourself, "what kind of Email am I sending out today, the kind that should be deleted, or the kind that will be forwarded on, and on, and on, spreading love across the planet?"

That is the world I choose to help create. Thank God he chose me to be a chiropractor!