

Chirothots

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The State Of The Union

This week the President will talk to us, the American people, during what is called *The State Of The Union Address*. In this speech, the President will let us know all of the good things he believes have happened during his time in office, as well as the challenges he sees facing the American people now and in the future.

While this speech will address the state of the union of the states in our country, I would like to take this opportunity to talk about our *individual* "State of the Union." This is something you may have never thought of in quite these terms, but I assure you, it is essential to the continued growth toward the full expression of your purpose and potential that you do so.

We are all exposed to various physical, chemical and emotional (mental) stresses every day. If these stresses are greater than our internal resistance, i.e., if they are beyond our ability to adapt, then they tend to break us down and create a downward spiral in our health and vitality. We have called this downward and destructive cycle the **Subluxation Process** (sub = less; lux = light; therefore, subluxation = a state of decreased light or Life Force).

In chiropractic, we talk about the fact that you have within you, *Divine Perfection* just waiting to be expressed. We also say that the full outward expression of this Perfection automatically brings optimal health, *and so much more!*

This inner Perfection, which we chiropractors call your **Innate Intelligence**, uses your nerve system for communication between your brain and the 70-150 trillion cells of your body. This Intelligence is a *constructive* force that not only helps us adapt to everyday stresses, it also heals the damage done by the subluxation process and grows us continually toward our potential in life.

It is absolutely vital that our nerve systems remain a free and clear pathway for our Innate Intelligence to effectively accomplish its tasks. Whenever interference exists, our internal resistance to the everyday stresses of life goes down, and the subluxation process prevails.

This not only can result in ill health, but also slows or stops our continued growth toward the full expression of our purpose and potential in life! The **chiropractic adjustment process** assures you the full expression of your Innate Intelligence by keeping your nerve system free and clear of any interference.

So you see, chiropractic is about the state of *your* union – that is, the connection between your physical body and the part of you that is perfect and knows what to be and do in every situation.

It is only once each of us as individuals realizes our own inherent divinity that we will be able to see it in everyone else. And, once that happens, we will not need a "State of the Union Address," for we will all know the perfection God had in mind for us when he created our planet.