

EMPOWER YOURSELF WITH CREATIVE AWARENESS

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Today many chiropractors are seeking ways to improve their lives, careers and relationships. These individuals share similar challenges and frustrations. A common concern expressed by many is that while enthusiasm and motivation are often high after attending lectures, workshops, reading a good book or receiving support from others, there would be a resuming of “the old ways” in a very short period of time. While they may become more aware of what they “should do” or “could do” something seems to get in the way of their implementing permanent change. Soon they get frustrated, overtaken with feelings of self-doubt, lack of confidence, anger and a sense of powerlessness.

Perhaps these individuals do not have an awareness of how experiences come to us. We actual create our own personal reality each and every moment of our lives through our thoughts and perceptions. We create our own experiences whether we are conscious of it or not. We can thus become conscious creators by accessing the power of our mind and utilizing it to achieve our desired goals. This is best achieved while in a relaxed or meditative state. Calming the mind increases powers of concentration, broadens one’s perceptions, and frees physical and mental constrictions.

Promote harmony within

Since relaxation promotes the cerebral cortex to produce more alpha waves, this enables one to move away from the lower level fight-or-flight response. The importance of this is to re-train the mind so that the first response to a life situation is to harmonize our energies with the outside world instead of trying to force the outside world to fit our inner patterns. This allows for the release of conflicts and the achievement of greater harmony in our lives. As chiropractors, we understand the life-changing benefits that occur by balancing the body and promoting greater harmony within our systems. We should expand this concept to include the mind.

While in a relaxed state, you will be able to facilitate your own healing by releasing negative energy in a more profound way. Do you think you can achieve the same end result when you are in a negative place? When you hold in negative energies associated with fear, self-doubt, anger, or lack of confidence, you translate and transfer that to your patients, staff and all those with whom you interact. Everything and everyone responds to your energy in either a positive or negative way depending on which one you choose to hold. The choice is always yours. So, take a few minutes each day to relax, balance and center yourself. You will feel better about yourself. When you feel better about yourself you will be able to more effectively assist others in their healing process. Starting your day off this way will establish a strong foundation that will

naturally attract positive experiences and positive people to you.

Many of us have forgotten how to use our innate ability to change our current reality. Utilizing the mind consciously will allow you to reconnect with your own ability to create whatever goals you consciously choose. This includes improving relationships (at home, in the workplace, etc.), on career goals (building a successful practice or increasing abundance and prosperity) or gaining optimal health and wellness (modifying behavior, eliminating negative habits or changing existing outdated beliefs).

The application of relaxation, affirmation, and creative visualization techniques will assist you in creating a personal reality of your choosing. They do, however, require motivation and desire on your part to use them. At the same time know that you have been using these techniques all along — but perhaps on an unconscious level.

It is important to understand how we create our physical experiences. We always attract into our lives what we think about most, believe in strongly, expect at the deepest level, and imagine most vividly.

How experiences are created

Everything starts out as a simple thought.

Let's examine how the mind works. Did you know that when you think a thought over and over again you are actually programming your unconscious mind? This is very similar to how we work our muscles — the more they are used the stronger they

become. The mind works the same way. When you accept a thought that has been suggested to you or when you perceive an experience in a particular way and continue to think that thought repeatedly, the information is accepted by your unconscious mind. It is then stored as a program. These programs become our beliefs. Storing this data allows the conscious mind to be freed up to process new information that it is continually being offered throughout the day.

Think of the unconscious mind as your computer. It simply stores information. It does not discern between positive or negative thoughts and ideas — it simply accepts whatever the conscious mind tells it. It records every thought, every word and every experience we have. You are constantly placing data into your computer bank each and every moment of your life. Through your thoughts, words and actions you program your computer to faithfully reproduce exactly what you think, speak, and act upon. Remember, like a computer, it's only as good as the information stored in it.

When we repeat an action, thought or statement over and over again, what starts as a conscious action or thought will ultimately pass through the threshold of the conscious thinking mind and become seated in the unconscious mind. It is there that thinking, speaking, or doing something repetitively becomes an automatic response. It becomes a behavior pattern, a habit, or a belief. In addition, the unconscious mind controls all involuntary behavior such as

breathing, circulation, the heartbeat, and much more. The benefits of this are enormous.

Let's examine just how this works using an example of a physical manifestation. We are very physically-focused beings, and you will see how this relates to a very universal theme. A person wants to be thin and shapely but thinks they are unable to lose weight. They make statements such as "I am fat", "I can't lose any weight", "I've tried everything and nothing works" or will look in the mirror saying, "I hate the way I look." They proceed to conjure up images and pictures to support those thoughts and statements. They are in effect, programming their unconscious mind, in this case, not to lose weight.

Is it any wonder that this person is creating more of "I am fat" or "I've tried everything and nothing works" in their life? Do you think it's possible to create something you desire when everything you think, say, or do is in opposition to it? It's like swimming upstream. You are literally working against yourself and creating self-imposed obstacles in your path. You continue to create and attract more of the very thing you want to rid of. The person wanting to be thin is reproducing the thoughts, words and images they have held in regard to their size, shape and weight. Remember, the unconscious mind is doing what you programmed it to do.

Let's take a look at how you create positive habits and behavior patterns. Can you recall when you first learned how to drive a car? In the beginning one of the

very first things you became conscious of was the location of the brake pedal. Each time you operated the car you made a conscious decision to step on the brake to be sure where it was. Perhaps you tested it out a few times driving at a slow rate, just to be sure it was working properly and to get a better feel for it. You did that repeatedly and now it has become an automatic



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response, or, a programmed response. You no longer go through the ritual you did when you first learned to drive. Your unconscious mind does it for you. It frees up the conscious mind by storing this information so that you can proceed to think about other things while getting to your destination.

It might be interesting for you to know that the unconscious mind does not distinguish be-

tween reality and what you imagine. That is to say, when you imagine something or picture it in your mind, the unconscious mind believes it to be real and occurring at the moment you imagine it. In fact, research has shown that the neurons in the brain fire exactly in the same way or pattern as they would follow if you actually performed the activity you were thinking about. Perhaps you know the old saying, "What the mind can conceive and believe — it can achieve." Therefore, remember to use your imagination — vividly!

Creative visualization

The use of imagery to assist you in creating your goals is known as creative visualization. Olympic athletes among others use these techniques. Let's take a look at what happens. An athlete about to run a race closes his eyes and begins to think about the race. He imagines seeing the track. He now begins to picture, and perhaps even feel himself running swiftly, as though he were moving over a stream of air, where his feet do not even touch the ground. He feels strong and fit — heart pumping strong, circulation increasing, and oxygen levels high... moving swiftly and effortlessly... he hears enormous applause while crossing the finish line...and winning the race! A chemical reaction takes place in the brain and the body. The brain activity is the same during the visualization as it is when the athlete is actually running the race. The unconscious mind believes it to be occurring and

will act upon the thought imagined. The athlete has now trained his mind and body to the task of running and winning the race. He is now ready and open to receive his goal.

Another important step in consciously creating is becoming more aware of the thoughts you are thinking and the words you are speaking. Try asking yourself if you have been thinking and speaking positively in regard to your preferred goals! Are your words in sync with what you wish to experience as your reality, or have you been focused upon negative, self-sabotaging thoughts and speaking about the inability to realize this goal? Either way these thoughts and words will manifest in time, as you are currently creating your future reality through your present thinking and speaking. Take responsibility for creating the experience you are currently having, and empower yourself to create the most positive experiences you can imagine!

Listen to yourself throughout the day and become more aware of the suggestions you give yourself. Your words are indicators of what you have already created for yourself, and what you will create for yourself in the future. Our mental commentary influences our feelings and perceptions about what's going on in our lives. It is an opportunity to begin to explore those beliefs we currently hold about ourselves, and then decide whether to continue to hold on to those beliefs, or consciously choose to change them. You have the ability to change old, outdated beliefs if they no longer work for you. That is, you can eliminate old, out-

dated programs that have been stored in your unconscious mind.

Perhaps the following illustration will help you understand how you can create failure for yourself. A man living in an uncomfortable hut is told he has inherited a mansion, but if he refuses to leave his hut, he cannot occupy his new home. He may in-



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sist on a guarantee that the mansion actually exists, but his only guarantee is to see and occupy the mansion for himself. We must first leave the old, as we cannot occupy two places at the same time. Obviously, to get there we must leave here.

Here is another example of

how we can sabotage our own success: A chiropractor once conveyed to me how he was very aware that promoting his practice through lectures and participating in public service events would allow him to gain more exposure and opportunity to generate a greater patient base. However, all he could think about was how uncomfortable he was marketing his services. His thinking was very much in line with a number of other chiropractors I've had the opportunity to work with. The belief seemed to be based on a fear of rejection — both the rejection of chiropractic services, and more importantly, the fear of personal rejection. This fear tends to be expressed or defended by making such statements as, "I am not a sales or marketing person, and simply want to do my job well and leave the rest to someone more comfortable and qualified for that job." Or it is more directly stated as, "I hate promoting, and dread each time I am expected to go out to do it", or "It just doesn't seem to be effective, people are not very receptive, so why even bother when I dislike it so much?"

It is not uncommon to hear this kind of negative self talk. We can only imagine the pictures that are being conjured up in his mind when he thinks of this aspect of his practice. Through negative thinking and speaking, compounded by negative imagery, he continues to create more fear and negative experiences for himself when what he really desires is to generate more interest and excitement regarding the work he feels so passionately about.

The power of the imagination

Imagine if he took just a few minutes prior to a promotional event and made a conscious decision to completely relax. Just the act of focused breathing would allow him to relax, restore balance and enable him to focus on a desired goal and to create it utilizing his innate ability to create consciously. First he would begin by acknowledging his fear and accepting himself for having felt it in the first place. He temporarily decides to suspend this old out-dated belief (that has created the block to realizing success) and decides to create a new belief. By utilizing the power of his conscious mind to direct his unconscious mind to advance him towards his goals, he begins to think about his desire to enjoy a very pleasant experience while having the opportunity to talk about, promote, and educate the public on a topic he knows and loves — chiropractic.

As he allows his imagination to expand, he begins to think about assisting patients in their own healing process and the personal and energetic interaction that being in practice offers him. He then realizes that he will have the same wonderful opportunity to extend the interaction of his daily environment beyond the confines of his office. He reminds himself that by releasing any concerns of the outcome, he can focus entirely on being at ease within himself and performing his present task in a very joyful way. Perhaps he even sees himself laughing and looking

forward to the next opportunity to fully express himself.

As a result of the positive energy and enthusiasm he exudes, a very positive connection is made with the people he interacts with. His energy draws them in quite naturally. The event is a success in more ways than one. There is also the conscious awareness to speak positively about marketing and promoting — an order which he impresses upon his unconscious mind to assist in creating this beneficial goal. The following are some of the types of affirmations he might find himself repeating:

- I have the courage to do all the things I want to do.
- I am breaking through fears and barriers that have held me back in the past.
- I clearly see myself succeeding at everything I do.

The process we have just described works beautifully when you use it. We cannot stress enough that through the application of these techniques you will come to realize how you are truly the creator of your own experience. You empower yourself each and every time you consciously make a decision to direct your mind to work creatively for you and not against you. You no longer place the power outside yourself by hoping or waiting for situations to occur around you, or for someone else to do it for you. You no longer allow yourself to operate at the mercy of unconscious drives unless you choose to consciously acquiesce to them. Instead, you have begun to powerfully change your beliefs and

create new more fitting beliefs that allow you to align yourself with your higher purpose.

Perhaps you could think of it as getting into the “chiropractic zone.” After all, wouldn’t aligning yourself mentally, emotionally, and physically be in keeping with the chiropractic philosophy you have chosen for yourself?

When you are relaxed, focused, and inspired to do the work you love, you will be able to serve others at an even higher level. At the same time you will be integrating more of yourself as you take a more holistic approach for your own health and wellness, which will in turn affect the health and wellness of your patients.

You may want to expand, change or eliminate some ideas and concepts or use them just as they are offered to you. It is your choice. It is our hope that you will choose consciously.

Remember...

Experience is your teacher — let the thoughts and ideas presented here act as your guide.

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