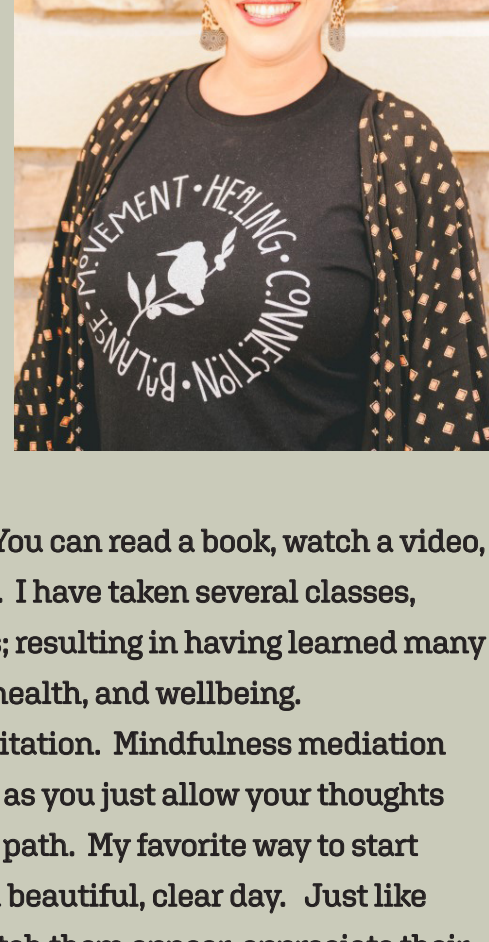


Meditation: The Art of Training the Mind

Julia Robbins



I wanted to offer something simple that I have gained so much from, Meditation. I call it simple for the fact that anyone can choose to practice it anywhere. It is not an art that, as many may believe, you need to sit in a certain posture, light incense or be in a particular location to do. The beauty of this practice is that it can benefit you all day long; driving to work, doing the dishes or cooking dinner. Any time you can take a few moments to concentrate on your breathing you are meditating. The art of meditation is, in its most simple form, just training your mind to focus on the here and now. We all know that with the events happening in our homes, communities, countries, and world today, more than ever, it is important we learn how to allow our minds to rest and just "be." There are many forms of, and many ways, to learn how to meditate. It is not the same process for everyone. You can read a book, watch a video, ask a friend for help, or even take classes on this amazing practice. I have taken several classes, watched countless videos, and read everything I can find for years; resulting in having learned many techniques that have been of benefit in so many facets of my life, health, and wellbeing.

Most often I utilize either Mindfulness, Focused or Movement meditation. Mindfulness meditation is the most popular in the West and I would say the easiest to start as you just allow your thoughts to pass without lingering on them, judging them, or following their path. My favorite way to start this practice is by imagining my thoughts as clouds in the sky on a beautiful, clear day. Just like the clouds I do not attempt to catch or hold onto my thoughts; I watch them appear, appreciate their beauty, and allow them to float on by. Focused meditation is exactly as it sounds; you focus on a particular thing such as your breathing, the sound of meditation chimes, bells or bowls, a mantra, or the feel of mala beads in your fingers. I utilize this technique when I have more than a few minutes to devote or I have big decisions to make. I have noticed that the more I bring my mind back to focus on something tangible the easier it allows me to make the most compassionate decisions. Movement meditation will make most people think of yoga, which is a fantastic way to exercise the mind and body. However, it can also include taking a walk or jog, folding the laundry or even gardening. Any type of gentle motion can be used as meditation and it is fantastic for folks who find peace in movement, nature or who like to let their minds wander.

Personally, when I go too long without devoting the time to just "be," I notice my own insecurities, fears, anxieties, and negative emotions surfacing and often, even controlling. I am not at all saying that meditation will "fix" any of these things but it will allow you the time to explore them more deeply and possibly guide you in the direction of the root of these emotions. When we find the foundation of our suffering, we can fix the cracks and rebuild on a more solid surface. I have always thought of my practice time as the time I spend adjusting one small piece of myself; to become more awake and enlightened, which is a small piece of the universe. Who does not want to make our homes, families, friends, and communities more awake and aware? I work on myself daily (because there is so much work to be done) and am always looking for ways to encourage the same in others. My feelings about meditation is that it is a tool that can help everyone find the best and healthiest "me" in themselves.

I have appreciated this time to write about something that has made my life better, fuller, and more open and positive. If you have a few moments today or tomorrow why not give it a try, then try it again the next day and the next. Do not worry about if you are doing it "right" or spending enough time on it. It is a journey. You did not know how to drive a car the first time you got behind the wheel and that first drive was not across the state, either. Just start small. Concentrate on your breath and the way it feels in your nose and mouth; the way your body moves with each inhale and exhale. As your mind wanders, as it always does, keep bringing it back to your breath. Even if it is only one or two minutes it is the start of a journey that can truly open more than you could imagine; your whole world! I would like to end this with a cute story about my daughter (who has also taken meditation classes). When she was in kindergarten, as I was coming to pick her up one day, her teacher pulled me to the side and said she needed to tell me about an "incident" on the playground today. As the other teachers walked up, I got nervous. She told me that during recess there was a crowd forming and when one of the teachers got closer, she could see my daughter in the center. I thought, "oh, gosh... what could be going on?" They found her sitting cross legged, hands on knees explaining how to sing "om." She was trying to share meditation with her classmates!! I do not think I have ever been so proud! It has been said that if every seven-year old was taught meditation we could see world peace in 20 years. I do not claim to know if this is truth, but I do know getting in touch with our emotions and not allowing them to control our actions could not be a bad thing!!

Namaste, my friends!

#liveschanged

#liveschanged :

There is a first time for everything! We are incredibly grateful for the honor and joy of sharing the benefits of chiropractic care with someone for the very first time! Since we value this privilege, we want to celebrate.

#LifeCanChangeWithJustOneAdjustment
#NeverHadTheirSpineChecked



UPCOMING EVENTS

MON
12
OCT

Columbus Day!

MON
19
OCT

World Pediatric Bone & Joint Day

THURS
29
OCT

8th Annual PLC Dress Up Celebration

We would like to provide a gentle reminder that if you have tested positive or have been exposed to someone who has tested positive for COVID-19, or if you are showing symptoms of COVID-19, please let us know. Our priority is your health and safety, as well as the safety of the other patients and staff members in our village. We are grateful for the opportunity to serve you during this time.

PATIENT OF THE MONTH

The Schmude family are not strangers to Chiropractic. It has been a mainstay in their family since the beginning. Paul and Laren are on the same page about most things!



This may be because per Paul's view, "Laren is from Texas and I am from Arizona, and those are the only two states with a lone star on their flag."

So does it not make sense that having to be right? Their family has benefited

from chiropractic care in many different ways. Laren has been in our village since being pregnant with their daughter Cera. She then started bringing all three kiddos in for pediatric chiropractic care. Paul joined our village shortly after. Paul loves the fact that, in his words, "Dr. Joey has to put back what I have knocked out, and Dr. Joey does not seem to mind having to fix the same problems over and over."

We feel so blessed to have this family be apart of our village. Not only do they believe in what this village represents, but they challenge us to be so much more. They tell us,

"No two paths are ever the exact same because we get custom care for the issues we are facing now, as well as a game plan for a healthier future after the wait."

This family holds a special place in each of our hearts. We believe that chiropractic care should be part of everyone's health routine. This family not proves that, but they actually are proud about it! That's the best part and that is why we love them so!

Prayer Request

In our pursuit of relocation and expansion into a Wholistic Health Retreat, we have found a property that is well out of our financial reach, but it is PERFECT for our vision!!! Please pray for provision or our next interest to steal our attention! We are so excited to bring you the most incredible place to heal, connect, balance, and move!!



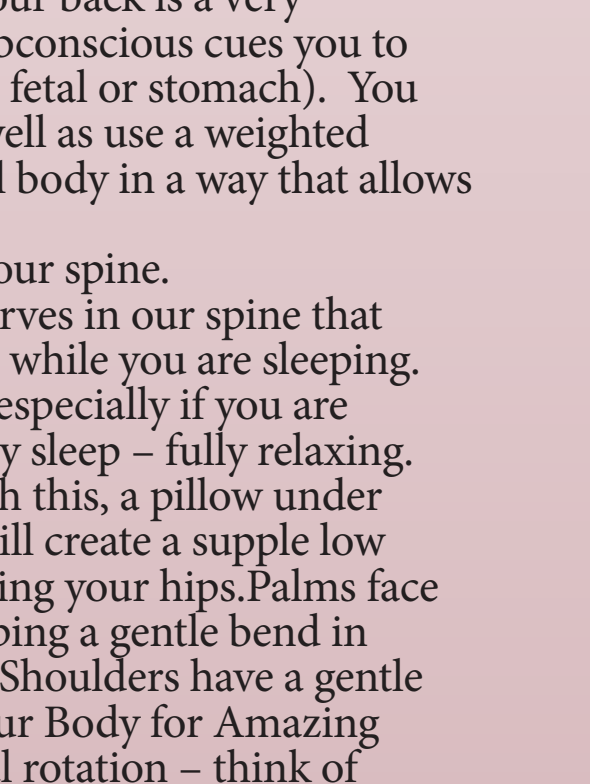
TOTALLY TESTIFYING

When I first came to see Macaley, I was desperate to be free of hip pain. To tell you the truth, to say I was skeptical would be an understatement, but willing to try anything.

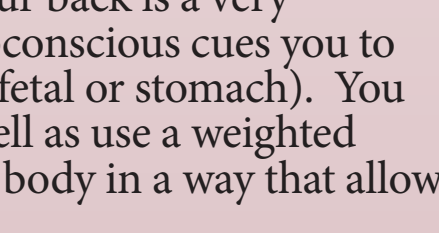
I am one that does not like to take prescription drugs or OTC medicine, so the holistic approach was, and is, the best approach!

Thanks to Macaley and LET, I can honestly say, today I am pain free and have no problems sleeping. It had gotten to where it was hard for me to walk up and down steps without pain. Macaley and her LET treatments have enhanced my life tremendously!

*Thank you for everything!
- Cindy Hobson*



Chiro's Corner



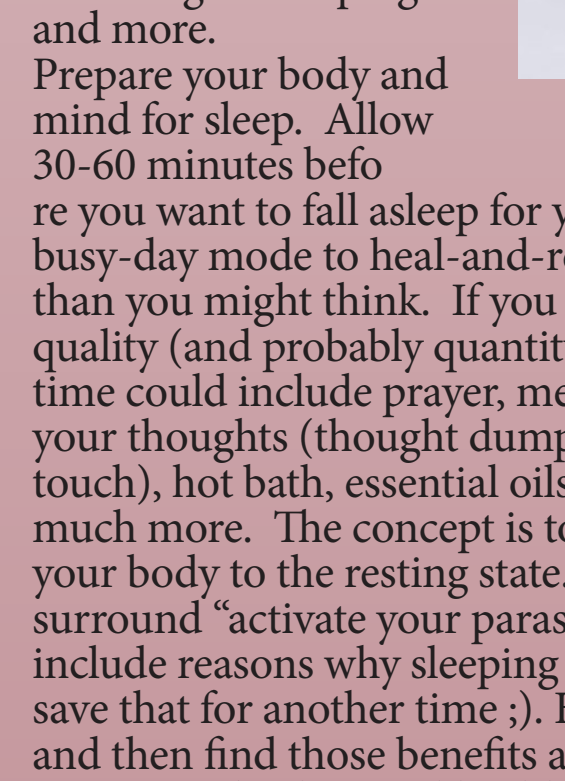
Posturing Your Body for Amazing Sleep

By Dr. Taryn Lowery

We all do it! Most of us enjoy it! Not many of us do it well. I'm so excited to help you learn how to use your sleep posture to feed your parasympathetic nervous system (needed for quality sleep) and allow you to wake up feeling loose, relaxed, and rested!

#1 Sleep on your back.

I hear a lot of REASONS why patients can't sleep on their back....I can argue why they CAN with a few exceptions. It is possible, and it is best. Most people have a hard time sleeping on their back because they can't get "comfortable." I argue that the comfort is not a physical obstacle but an emotional one. Laying on your back is a very vulnerable position and our unconscious subconscious cues you to move to a safe position (most people choose fetal or stomach). You can train your brain - just mindfulness, as well as use a weighted blanket, pillows, etc to support your physical body in a way that allows you to find comfort!

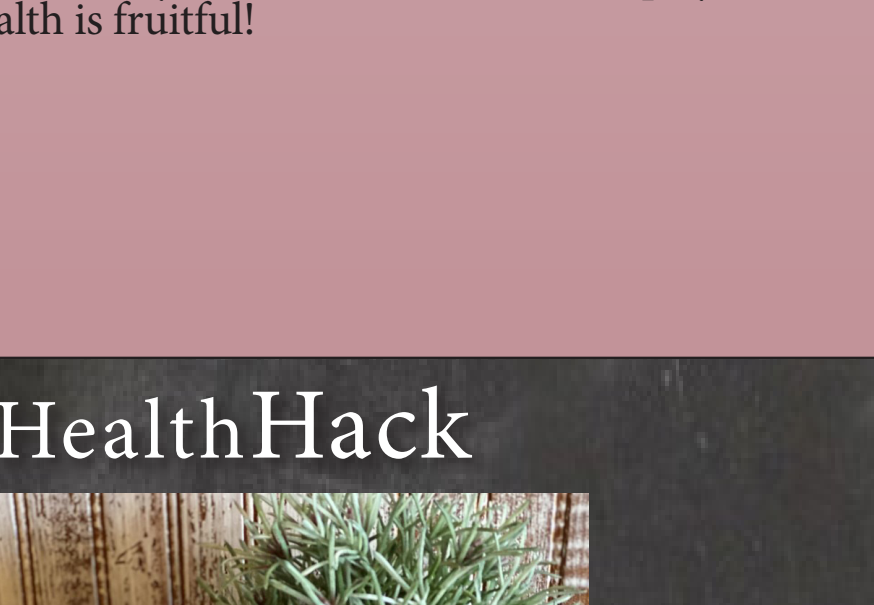


#2 Support your spine.

We have 5 curves in our spine that need support while you are sleeping. This is huge, especially if you are getting quality sleep - fully relaxing. To accomplish this, a pillow under your knees will create a supple low back by relaxing your hips. Palms face up while keeping a gentle bend in your elbows. Shoulders have a gentle Posturing Your Body for Amazing Sleep external rotation - think of tucking your shoulder blades under you. You can use a pillow under your head but keeping your neck neutral is important. I talk about the chin a lot! The position of the chin determines if your spinal fluid is flowing freely, pulled tight, or compressed while you sleep. Tucking your chin is the worst - side sleepers beware!

Keep your chin neutral as best you can.

My favorite is using a TriCore pillow or several pillows to have support around each cheek to keep your chin neutral while your chin is mid-range of motion.

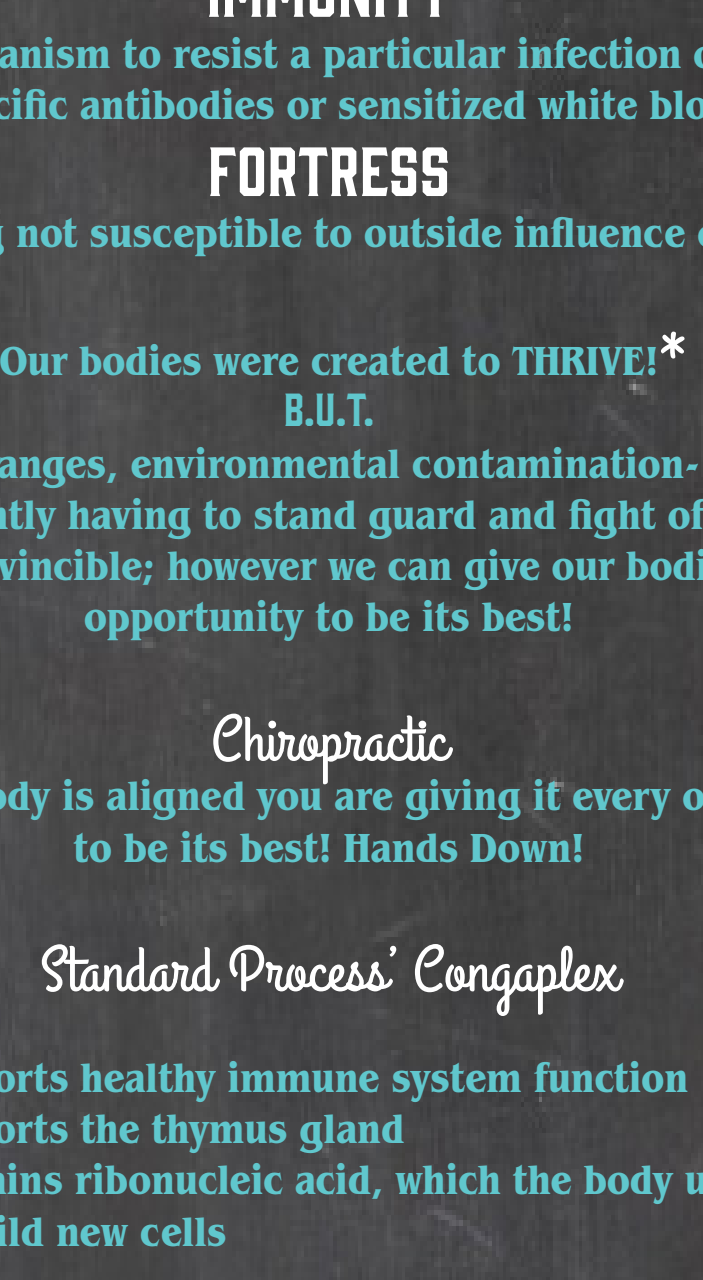


#3 Thought dumping and more.

Prepare your body and mind for sleep. Allow 30-60 minutes before you want to fall asleep for your body and mind to transition from busy-day mode to heal-and-repair mode. This is more important than you might think. If you fall asleep quickly from exhaustion, your quality (and probably quantity) of sleep will be compromised. This time could include prayer, meditation, deep breaths, journaling away your thoughts (thought dumping), self-massage (only very gentle touch), hot bath, essential oils, gratitude, gargling water, BioMat, and much more. The concept is to initiate the conversion of function in your body to the resting state. You could look up ideas online that surround "activate your parasympathetic nervous system." I wanted to include reasons why sleeping on your back add to your health, but I'll save that for another time :) Hopefully you can practice the posture, and then find those benefits all on your own! Until then, I hope your journey in healing and health is fruitful!

In Love and Service,
Taryn Lowery, DC

HealthHack



Your Immune Fortress

IMMUNITY

The ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells.

FORTRESS

A person or thing not susceptible to outside influence or disturbance.

**Our bodies were created to THRIVE!*
B.U.T.*

stress, seasonal changes, environmental contamination- our body is constantly having to stand guard and fight off. We are not invincible; however we can give our bodies optimal opportunity to be its best!

Chiropractic

When your body is aligned you are giving it every opportunity to be its best! Hands Down!

Standard Process' Congaplex

- Supports healthy immune system function
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells

Standard Process' Immuplex

- Supports a healthy immune system response function
- Helps maintain normal white blood cell activity already within a normal range
- Supports the body's normal inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Provides ingredients with antioxidant activity
- Excellent source of, Iron, Zinc, Copper, Chromium, Folate and vitamins A, B6, and B12 and antioxidant vitamins C and E

Standard Process' Echinacea

- Help enhance healthy immune system function
- Support upper respiratory tract health

Our mission is cultivating loving relationships to yield healing, movement, balance, connection and hope; providing a safe haven for all to be seen, heard, and valued. Peace of Life Chiropractic at Halcyon Village expects you will find our passion and skill, combined with your faith and willing mindset, makes amazing changes in your quality of life!