

## Chiropractor Heal Thyself

It's all rushing back now as I recall the fresh enthusiasm about the chiropractic premise and philosophy in those early formative years. I had applied a big idea to my life and began to share it as a gift to my patients. This would be my life's work and my way of being. I remained invigorated as I studied technique and philosophy and I gave my all to lend the best of intentions to my work as a young DC by delivering good adjustments.

Through the years this worked exceedingly well in thousands of cases, not so well in some and did not seem to make a difference in others. Fair enough, but my satisfaction level suffered greatly. It became evident that when I was centered, inspired and had clear intention, the efficacy of my work improved. Still, something was missing and I began to notice that I wanted to talk about the patient's emotional and spiritual considerations along with giving them adjustments. I would come to call this the psychological and spiritual components of the Vertebral Subluxation Complex. This was what was missing for me in the work that Doctors Reikman and Flesia so painstakingly taught us. I attempted to grasp or even master other's techniques that hinted at a mind-body-spirit approach, but they all fell away as someone else's constructs, not my own.

I started then to listen and really trust my own intuition for my patient's myriad presentations. A kind of ineffable language presented itself that was peculiar to my way of being and to the sacred context and field created by the doctor/patient agreement to intervene and heal. My chiropractic technique became my inimitable presence with another soul. My outcome assessment protocols lost importance as I realized that I did not have any metrics or barometers for measuring outcome to which I was no longer attached. My interest in employing just the somatic piece lessened as I came to understand that my forte, my *true* gift, was in the conversation and emotional domains. My early clinical management training strongly suggested refraining from talking to patients about anything other than chiropractic philosophy or referral dialogue. I understand the utility in this; however, it took the better part of twenty years to find out that what I really excel at as a doctor is cultivating a healing presence *through* conversation. I began to think that I was not a good or authentic chiropractor, as the measure of success in our profession is so very often spelled out in financial or statistical terms. I learned instead that I am as good and talented as chiropractors get, and that my own long and arduous healing journey had brought me to this undeniable truth that what I am best at is *my* way of being and not emulating someone else's style or technique.

What I am really good at is attraction, not promotion. What I do well is what the famous horse whisperer, Monty Roberts, calls 'joining up' with a wild mustang. In my case, it's a tame human being presenting a challenge. What I am best at is listening and asking questions to create a safe place for what wants to happen, *to* happen. I have learned that by paying close attention to a patient's language, body language and moods and emotions, I am best able to intervene with whatever modality, technique or force is needed for the 'desired outcome', which continues to be largely none of my business.

Getting out of my own way and out of the way of what wants to happen in a moment of potential healing is a miraculous event. I call it "limbic resonance". Call it what you want. It is available and happens to all of us in our practices. It is the promise of why we come to the profession; why we studied and why we continue to learn. It is what we do and why we get up in the morning. What is most precious to me is that it comes about uniquely and differently for each of us. It is my contention that honoring and nurturing this one-in-a-universe way of being that each of us has, along with honoring that of our patient's, is the

best chiropractic technique on the planet.

Quantum scientists tell us that if we were to spell out mathematically what we know about the universe so far, it wants three and only three things: Specificity, Differentiation and Communion.\* What I have learned about being a successful chiropractor is to surrender to just that. This is the biggest idea I know of, and in my life, truly where all meaning and satisfaction have followed.

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\*Brian Swimme, PhD - *The Universe is a Green Dragon*, Rochester, Vermont: Bear & Company Publishing, 1986.

## **FOR HOLISTIC PRACTICE AND LIFESTYLE**

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