

friday inspiration  
sept. 22, 2017

THE THEME FOR SEPTEMBER IS:

# *Adjustment*

**THE MAIN THING IS TO SEE ALL THAT IS HAPPENING AS A POSITIVE STEP IN THE DIRECTION OF CHANGE**

Your personal adjustment to changes in the environment, people, and situations outside of you requires receptivity, acceptance and just being with what is, allowing it to settle in around you so you can be in harmony with the change.

**THINK OF ADJUSTMENT IN TERMS OF YOUR BODY.**

Chiropractic subluxations interfere with your body's ability to play, focus, heal and enjoy life. In other words, if you are not aligned correctly, you don't function so well. You go to the chiropractor and get straightened out keeping the body working properly. Through the force of an adjustment, the nervous system is getting clear of those interferences and is better able to adapt to the changes in your environment more efficiently.

**THE MOST IMPORTANT THING IS TO BE IN ACCEPTANCE OF WHAT IS AND OF WHAT IS SHOWING UP.**

There is a big picture at work here and we have not yet been able to see or experience fully the outcome of what we are currently creating for ourselves. We need to recognize this as a collective co-creation and take what comes. We also need to embrace the adjustment necessary in this process.

source: [thepowerpath.com](http://thepowerpath.com)



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