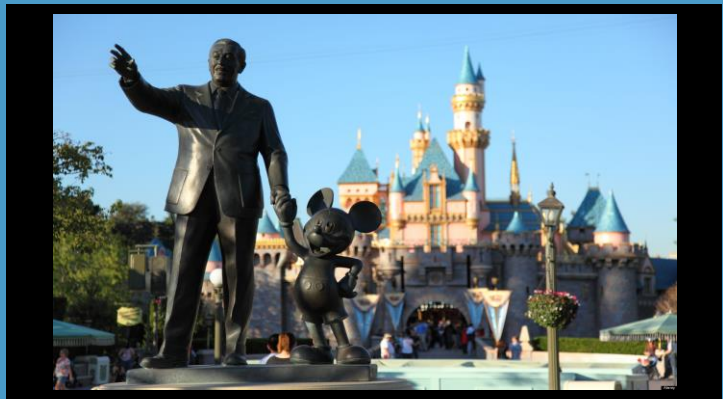


CEDAR SPRINGS CHIROPRACTIC

SEPTEMBER 2017 NEWSLETTER



Let Discipline for Your One Thing Take You Where Desire Alone Cannot

It was March Break 2008. We went to Disney World in Florida for the first time ever- my wife and three kids and myself. I was in awe of what Walt Disney had dreamed and created with the parks and a city of 70,000 employees. I thought to myself, "If Walt Disney created all of this for entertainment purposes, what could be done for optimizing the health of a community with a crazy dream?"

We went to theme parks for 7 days and got home late each night to our hotel with the kids usually asleep on the shuttle buses. We got to bed around midnight. Everyone awoke by 8:30 the next day but I was up at 5:30 for 7 days in a row. I would walk over to the main lodge and spend 2-3 hours of quiet time in the Bible and prayer. I remember every day of that week because God planted a dream in my heart for what was possible with a community designed to bring people, reliably, to optimal health in mind, body and spirit. My journal recorded, drew and captured the vision. I finished that March Break holiday with an incredible plan for my career and future.

*"All out dreams can
come true, if we have
the courage to pursue
them."*

~Walt Disney

So what happened to that vision? Well, after 9 years of many opened and closed doors, detours, rejections, and distractions with other issues I sub-consciously put the dream to bed. Comfort and mediocrity and a "settling" spirit set into my heart and mind. Worst of all, this happened almost covertly without me realizing it.

Lately, I've been reading a book titled "The One Thing" by Gary Keller. This book reminded me that a life worth living can be measured as a life with NO REGRETS. In the end when we are on our death bed our regrets will be the things we DID NOT DO, rather than the things we did.

In Bonnie Ware's book, "The Top Five Regrets of the Dying", she lists the top five as:

- 1) I regret NOT letting myself be happier. (Happiness is a choice!)
- 2) I regret NOT keeping in touch and investing in my friendships more.
- 3) I regret NOT having the courage to express my true feelings and be real.
- 4) I regret NOT living a life TRUE to myself; rather I lived a life that others expected of me.
- 5) I regret WORKING too much.

In the end we will regret what we *did NOT do more than what we DID do!* So what dreams have you put to bed? Do you resonate with any of the top 5 regrets of the dying? So what can you do about it? **RESURRECT THE DREAM!! LET IT PERCOLATE FROM YOUR HEART AND BACK INTO YOUR CONSCIOUSNESS AND WITH A PEN WRITE IT ON PAPER!**

This dream may be in ANY of the areas of your life: Career, Physical Health, Relationships with Spouse, Kids, Family and Friends, Spiritual life, Financial, Recreational, Hobbies and Talents.

Gary Keller suggests you pick ONE area and then pick ONE THING in that area. Then you need discipline to let that word become flesh; let that dream move toward reality. If you want more information on this I suggest you read Gary Keller's book.

So what did I do about my buried dream? I pulled out my old journal from 9 years ago and let the dream percolate back into my consciousness. A common character trait among many characters in history that were successful is that they had Faith and NEVER stopped believing in the vision God had promised them even when they could not see it. Abraham and Sarah are a great example.

What is the ONE THING you can do today for your dream, such that by doing it everything else will be easier or unnecessary? Do that ONE thing.

-Dr. Mark

