

Lets Be Clear

Over the course of our lives, each of us has developed our own unique definitions of commonly used terms based upon our own associations and experiences. It is important that we all speak a similar language if we are to be successful in our quest for vitality and wholeness. In this light, we offer you our own explanations of these words and introduce a few new ones to you as well.

Life Energy – The Intelligent and Organizing Energy that is present in living things, absent in non-living things.

Health (Ease) – Normal function and the ability to successfully adapt to the average stresses of your daily life. Very simply, health is balance, harmony and EASE. It is the natural result of the adequate expression of your Life Energy in your body.

Dis-ease – Any LOSS of your natural state of balance, harmony and EASE as the result of an inadequate expression of your Life Energy in your body.

Misalignment – A structural shift most commonly caused by improper tension in the musculature of the body. This tension comes from the body's inability to adapt to added stresses such as injury, illness or emotional stress. The result of a misalignment is a break down in the brains ability to communicate to the body which leads to dis-ease – a progressive loss of your naturally healthy, harmonious and dynamic state of Ease.

Normal – Any change your body undergoes in order to restore or maintain your natural state of EASE.

Wellness – The ability to successfully adapt to greater than average stresses and actually integrate some stresses so that you continually grow stronger and move toward wholeness. Wellness is also an attitude of gratitude, positive expectation and trust. Wellness results from expressing your Life Energy at high enough levels to do more than just “get through” the day; wellness allows you to actually GIVE TO the day!

Wholeness – Complete integration of mind, body and Spirit so that you are lovingly expressing your purpose and full potential in every area of your life. It is the result of FULLY expressing your Life Energy in your body.

Healing Process – Any movement toward wholeness, regardless of where you are at any given moment. Healing occurs as you progressively increase the expression of your Life Energy in your body. It is a PROCESS that requires time and your active participation.

BioStructural Care – The philosophy, science, and art of helping restore and maintain normal muscular tone, tension and alignment within your body, through the application of the specific BioStructural adjustment, in order to maximize your expression of health and life.

BioStructural Adjustment – A gentle and specific series of impulses delivered by an instrument and given with the intention of restoring whole body alignment and function to re-establish the neurological CONNECTION between your brain and your body. This restores the normal flow of your Life Energy in your body and allows you to resume healing. We call this state of complete connection being CLEAR. Our goal for you is not only to get clear, but also to consistently LIVE clear!

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