

# That's It?

When people begin care in our center, one of the most common questions I get after an adjustment is, "That's it?" There seems to be some confusion initially about how the small amount of force that was put into your body in the location it was given is going to be enough to bring about the desired result.

There are really three different issues to cover here, so let's look at them one at a time.

**Issue 1: Why do you sometimes give me an adjustment where my pain is and other times you work somewhere else?** Think of the last time you were in a traffic jam. You noticed the problem where YOU were, but was this necessarily where the problem was? If you are the *cause* of a traffic jam, then it is necessary to work right where you notice the problem. However, what if the cause of the congestion is somewhere else down the road? Even though you notice the problem where you are at the moment, the cause of the problem (which is somewhere else) must be cleared, and then you will notice an improvement where you are as well. The same thing is true of the structural misalignment or shift. Sometimes, you notice a problem right where the loss of nerve connection occurs. Other times, you may notice it in a place other than where you have shifted (and many times you may not notice it at all!). We always give the adjustment in the place(s) that will most effectively empower the Life Energy of the body to resume NORMAL function in ALL areas of the body.

**Issue 2: How can those low force adjustments really make any difference?** Anyone who has ever gone to sleep with a mosquito in the room knows how a tiny thing can change an entire room! Here are three more examples of how small things can make a big difference. First, there are two ways to open a locked door. One way is to force your way through it with a battering ram; the other is to find the right key and gently turn it. Next, if you move a kaleidoscope just 1/4 turn, the entire picture changes. Last, if you change just one digit in a telephone number, it will take you to an entirely different place. You see, the truth is, some lightning bolts come in the form of a whisper. Our techniques allow us to be so incredibly accurate with our adjustments that we rarely have to use more than a minimal force.

**Issue 3: Will I get the results I'm looking for?** What is your ultimate goal? Is it to have less of something (i.e., *less pain, less spasm, less inflammation, less disease, less restriction, etc.*), or is it to have more of something (i.e., *more energy, more movement, more joy, more freedom, etc.*)? Our goal is to help you consciously express the Innate Intelligence of the body as completely as possible. But, it is important to understand that progressively expressing your purpose and potential in life is a PROCESS, and all processes take TIME! Understand that as the adjustment process continues, and as you progressively make health-creating lifestyle changes and improve your focus, your Life Energy progressively heals your body in the way and in the order that will most effectively allow you and your family to unfold into your potential. This is what "wholeness" is all about!

We like to ask the question, "How do you remove the darkness from a room?" The answer, of course, is that you don't! You ADD LIGHT. And, as light comes it fills in the darkness. The same is true of everything in life, including your health. We trust that as the conscious expression of your Life Energy is steadily increased, your natural state of EASE will progressively return. So if you ask me, "Is that it?" My response will likely be, "That's plenty!"



SUNRISE HEALTH INSTITUTE

526 E. LAKEVIEW STILLWATER, OK 74075 | P 405.707.3051 | P 405.707.3050 | WWW.SUNRISEHI.COM