



PASSION: FUEL THE FIRE WITHIN

ARTICLE WRITTEN BY SALLY BATTLE

Passion is the spark that ignites our deepest desires and fuels our greatest achievements. When it transforms from a fleeting feeling into a relentless driving force, we THRIVE. Passion propels us forward, helps us overcome obstacles, and allows us to live with purpose and fulfillment. As Dr. John Demartini says, "When you do what you love and love what you do, your life transforms." But passion isn't just about excitement; it's about aligning the things in life you value most with a purpose that serves both you and others.

FINDING YOUR PASSION

Discovering your passion begins with self-reflection and answering these questions can help uncover it.

- What excites you?
- What do you both love and are good at?
- What activities make you lose track of time?
- What problems do you feel compelled to solve?

Passion often lies at the intersection of your strengths, interests, and values.

To uncover your passion:

- Pay attention to what inspires you. What stories, people, or experiences give you a surge of energy and make you feel alive and engaged.
- Explore different interests. Trying new things can lead to unexpected discoveries.
- Reflect on your childhood dreams. Often, the things that excited us as children hold clues to our true calling.
- Listen to your emotions. Excitement, curiosity, and even frustration can signal what truly matters to you.

WHAT IS OR WHAT ARE MY GREATEST PASSIONS?

Eg: Creativity and self expression? Health and vitality? Music? Travel? Children? Cats/Dogs? Cars? Gardening? Sport? Mindfulness? Knowledge? Friendships and relationships? Financial freedom?



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LIVING WITH PASSION

Once you've identified your passion, the next step is to integrate it into your daily life.

Living with passion doesn't necessarily mean quitting your job or making drastic changes; rather, it means aligning your actions with your purpose and requires commitment, discipline, and balance. Passion should not be blind enthusiasm that burns out but a sustainable fire that keeps growing.

- Set clear goals. Define specific, actionable steps that bring you closer to living your passion.
- Stay persistent. Passionate people don't give up when faced with challenges; they see obstacles as opportunities for growth.
- Surround yourself with like-minded individuals. Being around those who share your enthusiasm keeps your fire burning.
- Keep learning and evolving. Passion deepens when you continually challenge yourself and expand your knowledge.

Tony Robbin's reminds us that "The path to success is to take massive, determined action." Start small but start now.

SHARING YOUR PASSION

Passion is contagious. When you share your enthusiasm with others, you inspire them to pursue their own dreams. Whether through mentorship, storytelling, or leadership, spreading your passion creates a ripple effect of motivation and transformation.

- Lead by example. Living with passion encourages those around you to do the same.

- Engage in meaningful conversations. Share your experiences and inspire others with your journey.
- Use your passion to serve others. When your passion positively impacts others, it gains even greater significance. As John DeMartini says "WHEN YOU LINK YOUR PASSION TO SOMETHING GREATER THAN YOURSELF YOU CREATE A LASTING LEGACY"

Your passion has the power to change lives—not just your own, but those of everyone you touch.

So fuel the fire within. Find your passion, live it fully, and share it generously.

In doing so, you'll not only thrive, but you'll also inspire the world around you.

- *Sally*

Our People Speak



Your review helps us improve and continue delivering excellent service and products.



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called "The Chiropractic Textbook". Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here's to a greater understanding of life and health.

Chiropractic Principle #26

Comparison of Universal and Innate Forces.

In order to carry on the universal cycle of life, Universal forces are destructive, and Innate forces constructive, as regards structural matter.

In Other Words...

The usual purpose of Universal force is to break down or destroy matter. Universal force is in ALL things. Innate force is in living things only; its nature is to build or positively improve upon matter. Both forces are needed to continue the greater universal cycle of life.

For Instance...

An earthquake is a destructive Universal force, being expressed through the earth's crust (matter). The force of pressure accumulates until it surpasses the strength of the earth's crust, breaking the crust apart.

As Applied To You...

The Innate forces behind the growth of your bones is expressed through cells in your bones' growth plates. The job of these cells is constructive: laying down more bone. Your growth plates are opened at birth and close upon your reaching full height.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Garlic Butter Steak Bites

WITH SAUTÉED CABBAGE

Garlic butter steak bites with sautéed cabbage are a go-to in my kitchen—so quick, so flavorful, and super easy to throw together. Whether you keep it low-carb or pair it with pasta, it's one of those meals that just hits the spot every time!

Recipe from

<https://www.cookedandloved.com/recipes/garlic-butter-steak-bites-with-sauteed-cabbage/#recipe>

Ingredients:

For sautéed cabbage

- 1 tablespoon olive oil
- ½ medium onion halved and sliced thinly
- ½ teaspoon cumin seeds
- 1 teaspoon butter
- 1 lb cabbage shredded, about 450-5- grams
- ½ teaspoon salt
- 1 tablespoon lemon juice

For the garlic butter steak bites

- 1 tablespoon olive oil
- 14 oz rump steak cut into cubes, 400 grams of meat
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1.4 oz butter 40 grams
- 6 cloves garlic finely diced
- 1.5 tablespoon Worcestershire sauce
- Parsley for garnish
- Sides: Cooked pasta noodles and grated Parmesan cheese



Instructions:

- 1. Prep:** Shred the cabbage, slice the onions, and dice the garlic. Cut the steak into bite-sized pieces.
- 2. Sauté Cabbage:** Heat olive oil in a skillet, sauté onions and cumin seeds for a minute, then add butter. Stir in cabbage, season with salt, cover, and cook for a few minutes until softened. Add lemon juice, sauté for another minute, then set aside.
- 3. Cook Steak Bites:** Heat oil in a skillet, sear steak pieces for 2-3 minutes until browned. Remove steak, then melt butter in the pan, sauté garlic, and stir in Worcestershire sauce. Return steak to coat in the sauce.
- 4. Serve:** Top cabbage with steak bites, drizzle with garlic butter, and garnish with parsley. Enjoy as is or with pasta and Parmesan!

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You can only win when your mind is stronger than your emotions.



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Mark had the privilege of teaching the intricacies of chiropractic to this and 3 other groups of Chiro's in the UK before heading off to Austria.



Great apple strudels!



Which slopes will we test ourselves on tomorrow?



In Saalbach, Austria Mark gave a week long course on 'how you ski is how you do your life'. Most people thought that he was just going to play in the mountains but he can assure you that there were huge lessons had by all which will reflect on the quality of care that they give to their practice members.



Hi! I'm Robbie. You may remember me when I was a student from the ACC in Adelaide doing some placement at CCK in October last year. Since then, I graduated from college and have been gallivanting around Europe for the last few months. Unfortunately, I learnt that I'm not made for the trials and tribulations of a European winter and I have escaped back to an Australian summer on the Sunshine Coast!

So, a bit about me. I grew up in the southern land of Tasmania and am fortunate to have received chiropractic care since birth as both my parents are chiropractors. Of course, I couldn't do what my parents did, so I moved to Wollongong, NSW, to complete a Bachelor of Health Sciences. However, whilst there I developed a keen interest in the human body and the wonders of the nervous system and realised that one of the most powerful ways that I could help people to live a happier, more fulfilling life was through chiropractic. With this in mind, I moved to Adelaide to study chiropractic at ACC. Fast forward four busy years of chiropractic school and here I am!

When I'm not in practice, you'll find me outside. I have a deep love for the outdoors and fill my spare time with bushwalking, running, surfing (breaking boards) or really anything involving nature. I also have a passion for cooking and aspire to learn guitar this year, one of my biggest goals for 2025.

You'll see me in and around CCK over the coming weeks as I start to integrate into the practice. Please come and say hello! I look forward to meeting you all and caring for you in the future.

