

LOVE

ARTICLE WRITTEN BY BRIDGET MELLING-WILLIAMS

There are some native Australian fig trees that require fig wasps for successful pollination, and conversely the wasps rely on the tree to complete their lifecycle. This relationship has evolved to the point where the tree and the wasp are completely dependent on each other. A vibrational symbiotic relationship. A love match perhaps? Is this an example of love in nature?

And what is love for us? Does it require a symbiotic exchange? If not distinct and separate to the fig wasp, what is it?

Love is not a thing. It is not tangible. It is also not a construct. Nor is it an idea or a fantasy. It can't be measured and it's not static or transferable. Love is simply vibrational, and as Zach Bush puts it so eloquently, "love is the experience of being witness to beauty."

Being witness to beauty.

Having gratitude.

When I think of all the obvious times I have been witness and been present and had gratitude in my heart, it has been monumental moments such as the births of my children, the death of my sister in law. In those moments everything was all right in the world, even if it wasn't, even if there was heartache, love was abundant and engrossing. There was no second guessing as to the experience of love - it just was. It was plainly apparent and transparent.

But being witness to beauty isn't confined to those magnificent life events. It's the nondescript stuff that knits itself into the fabric of our hearts; the cygnets waddling on the grass I see on my run, noticing the way my sons give attention to our dogs, the quiet moments with my husband. It's seeing the magic and beauty in everything, everywhere. In the small things. All the time. When we are present and have gratitude we experience love. Abundantly.

As a chiropractor, my practice within the adjustment is to be present and give an act of love



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and service, to see the beauty in the person I have my hands on and to hold a vision of health for them, higher than they can see themselves. BJ Palmer, the developer of Chiropractic famously said “The love you give away is the love you keep”, and I think he was referring to who we need to be in service. Always with gratitude and always standing for love.

Beauty exists in difference and contrast. Nature is spectacular in this way. A giraffes’ long neck, a camels hump, the blue tongue of a lizard. Uniqueness is beauty. We should do well to remember this when we feel pressure to conform and when we feel the need to label ourselves in negative ways. The way we see ourselves then reflects how we see the world.

Imperfection is beauty.

Again, consider the life of the fig wasp. “After mating inside a fig, which contains the minute flowers, the pollen-laden female flies off to find another fig. She burrows into it with her long head and sometimes loses her wings and antennae in the process. She then attempts to lay her eggs inside the flowers and, in the process, pollinates them with pollen from the last fig she visited. The fig tree chemically detects the presence of the egg and surrounds it with plant tissue. This provides the larva, which hatches inside the fig, with enough food to grow and restart the cycle. The males spend their entire yet short lives inside the fig, where they mate with females and die soon after.” - Australian Museum.

Unlike the fig wasp we are not confined to a life of service and attachment within such a narrow framework. We have perspective and nuance and the ability to spread our wings and fly. We have the ability to see the beauty in the mundane, in nature, in ourselves and in each other. We have the ability to hold gratitude, to be present to the vibration of love, and truly marvel.

A lovely gratitude practice is at dinner time, taking it in turns to name a number of things that you are grateful for. It is a lovely way of discovering the world through others eyes and being reminded to have gratitude for the little things.

It can be the smallest things that create the largest sense of gratitude and love and connection with your family because we get to be witness to the beauty in tiny detail.

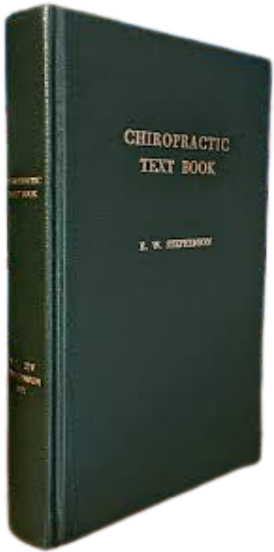
With love,

Bridget



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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 #19

Organic Matter.

The material of the body of a “**living thing**” is organized matter.

In Other Words...

You are more than a **random** collection of particles! The material of your living physical self is comprised of atoms, organized such that you can maintain the **5 signs of life**: assimilation, excretion, adaptability, growth, and reproduction. Your Intelligence designed you in this way, so you can maintain life!

For Instance...

What is a chameleon made of? Is it a random collection of atoms? No. **Its material is organized, so its color-changing Intelligence has a proper structure** through which to work. Changing color adapts chameleon to light, temperature and mood.

As Applied To You...

Sweating and shivering arises as your brain monitors your temperature, **adapting** you to change. They are vital functions, possible **only** because your Intelligence organized the physical material of your body, **for the very purpose of adaptation**. Interference to your nervous system threatens this ability!

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Apple Crumble

A family winter favourite dessert in the Postles house! I am sure many of you will have your own favourite recipe so feel free to share yours!

Ingredients

We do like our nuts and seeds so leave out if you prefer.

- 1 cup of oats (gluten free if you prefer)
- ½ cup of almond meal
- 1 cup desiccated coconut
- ½ cup of sunflower seeds
- ½ cup of pumpkin seeds
- 1 cup of chopped walnuts
- ¼ cup of coconut palm sugar (or sugar of choice) and more is a sweet tooth!
- 1 tsp cinnamon
- ½ cup melted butter

Directions

- Slice 6 large granny smith apples and place in large baking dish.
- Sprinkle cinnamon and coconut palm sugar (or sugar of choice) and a little water.



- Cover with foil and bake at 180 for about 20mins.
- The time here will depend on whether you like your apples well cooked or just cooked.
- Will cook more when add crumble on top.
- Mix ingredients together and add melted butter.
- Place on top of pre-cooked apples and return to oven for 10 to 15 minutes.
- Enjoy with your choice of cream, ice cream or yogurt.

**shazs.shares**

Did you know that the opposite of fear is love?



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COMMUNITY IS IMPORTANT TO US HERE AT CCK.

We aim to nourish and celebrate our external and internal community regularly.



Last month some of the team gathered for an event Sally style ... "let's climb a mountain", she says! Sally (along with the kids) led the way up, up and up some more. The challenge was well worth it, we were rewarded by the glorious sun and breathtaking view from Mt Cooroora.

