

WELLNESS LIFESTYLE

Dropping Love Bombs

By Dr. Rhea Zimmerman, D.C.
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Talking Points

- ❖ This article offers the back story for the making of the film *Love Bomb*. Dr. Rhea Zimmerman, the film maker, explains, “*Love Bomb* brings together a variety of voices on the topic of living love and weaves it into the story of how 9/11 opened me to this path of love and service. It catches me in action with a special team of two other chiropractors as we serve love through chiropractic in the Sacred Valley, Peru, in collaboration with a medical clinic called Kausay Wasi.” (52)
- ❖ “A love bomb,” Dr. Rhea explains, “is something that makes an impact in a positive way. Change is something that destabilizes the status quo. The love bomb infuses this change with love, so that as the transformation occurs, it is a transformation to a higher level of expression. The chiropractor’s love bomb is the chiropractic adjustment, delivered with love.” (53)
- ❖ Dr. Rhea quit her job at the World Trade Center nine months before 9/11. She was living in Brooklyn in 2001 and experienced this human tragedy as both a New Yorker and as a previous working resident of the WTC. She experienced 9/11 as a catalyst for change in her own life, one that urged her to ask, “What could happen if we human beings transformed enough to live more from our love than from our fear?” Her answer to this question was to become a chiropractor and to practice her profession as a calling to service and love.
- ❖ Dr. Rhea explains that chiropractic is connected with love because chiropractors work with the vital force of life. “When a chiropractor removes the interference to the life impulse, allowing its full expression from the brain through the spinal cord and out through the nerves to every cell of the body, the loving impulse of life is being freed up for expression.” (52)
- ❖ Dr. Rhea sees love as the opposite of fear, and that stress from fear (see DeMartini’s article “Fear vs. Freedom”) can be the basis of subluxation. This subluxation interferes with the flowing of loving life force, resulting in a lack of fluidity and decreased capacity to adapt to change or express life. From this place, “we cannot experience our life with ease, with joy, with love.” (52)

- ❖ Dr. Rhea considers giving chiropractic adjustments as a an act of love – “When I deliver an adjustment, whether it is to a newborn baby, a pregnant woman or an elder, I know that in that moment I am doing my part to contribute to a loving expression of humanity, one person at a time.” (52)

Resources

The official website for the film (including excerpts and interviews) – [Love Bomb: The Movie](#).