

On Connection

Chiropractic for Life – Satya Sardonicus, DC, CACCP
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Talking Points

- ❖ Author and chiropractor, Satya Sardonicus, has come to recognize “that all difficulties arise out of a sense of disconnection in one form or another.” (44)
- ❖ Due to Satya’s upbringing with her parents pulling from Native American, Buddhist, yoga traditions and ways of thinking about spirit she has come to believe that we are “deeply connected to one another and to what one might call Great Spirit or Great Mystery or God.” (44)
- ❖ There is a Lakota phrase *Mitakuye oyasin*—“all my relations” — that captures what she means. Everything, our entire universe and everything in it, is interconnected. *Namaste* carries a similar message.
- ❖ Compassion comes easier when we realize we are all from the same mystical source. We are all more similar than different.
- ❖ How does all of this relate back to chiropractic? “We experience the power of connection in our nervous system, which controls and coordinates every function of our physical body, from perception to integration to expression.” (44) When there is disconnection because of interference in our nervous system we are able to fully express who we are.
- ❖ What happens when there is a disconnection between friends? It may not be obvious at first but that slight miscommunication can escalate into something that neither party ever intended.
- ❖ Our bodies can act in a similar way. Everything may seem OK when there is slight miscommunication however, “Various bodily systems can withstand a significant (30 to 60 percent) loss of function before we experience pain or other symptoms—this is not thriving, but surviving.” (45) As with friends, miscommunication can escalate and this slight problem will eventually turn into a blowout.
- ❖ There are disconnections in many different aspects of life: our sense of ethics and our actions; a disconnection between our relationships; a disconnection from our food, our environment and our ecology.

- ❖ Sardonicus explains, “Wars and pollution and bullying and eating chemical garbage and social inequity and dying species all stem from a sense of severe disconnect.” She believes “The way of healing—the way to the center—is through honoring our interrelatedness.” (45)
- ❖ Just as a community relies on each other to survive and to thrive so does our body. With communication in our bodies working at 100% it is able to communicate and thrive. Chiropractic helps to ensure that our bodies are working with as much communication as possible so we are able to live life fully.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

“Kids Out of Balance” by Jennifer Barham-Floreani, B.App.Clin.Sci, B.Chiropractic
<http://pathwaystofamilywellness.org/Chiropractic/kids-out-of-balance.html>

“Live Life Fully: Chiropractic Adjustments Restore Normal Nerve Function and Enhance our Overall Expression and Quality of Life” by Jeanne Ohm, DC
<http://pathwaystofamilywellness.org/Chiropractic/live-life-fully-chiropractic-adjustments-restore-normal-nerve-function-and-enhance-our-overall-expression-and-quality-of-life.html>

“Interbeing” by Charles Eisenstein <http://pathwaystofamilywellness.org/Inspirational/interbeing.html>