

Talking Points & Resources

Hello Pathways Connect Group Participants,

Preliminary note: There is no wrong way

To run your Pathways Connect Gathering, the steps below are to help guide you. However, we encourage you to embrace the flow of your gathering and allow for your meeting to take on its own momentum in whatever direction it might go.

Step 1: Select topics

Prior to your group gatherings, find and select one or more of the magazine articles that you found interesting and want to share. Pick topics that make you passionate, as these are the easiest to talk about and spark discussion.

Step 2: The Gathering

Welcome everyone present in the group and ask each person to introduce themselves and share a little about themselves. Be sure to share about yourself as well.

Step 3: Introduce the topic

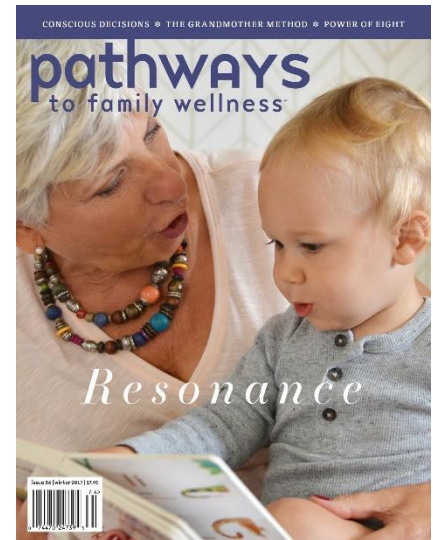
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

Step 4: Encourage conversation

We provide questions after each summary section that will help people to engage. Make use of these questions or devise your own.

Step 5: Make the chiropractic connection

At the end of each article summary are notes about how this topic relates to chiropractic. If you utilize these meetings to educate parents on the importance of chiropractic care you will be benefitting your office growth and the health of your community.



PW #56 Talking Points/Group Questions

CONSCIOUS PATH

The Power of Listening by Camilla Heinzmann

Article Summary:

Camilla Heinzmann is a grandmother and master listener. Her profession as a corporate trainer has taught her the value of listening and the impact it can have on all aspects of our lives.

The truth is in relationships; we often overlook the power of listening by being distracted with thoughts about what we are going to say. By actively listening to what our interlocutor is saying, we accomplish so much more than we could by simply 'saying the right thing.' Listening, as Camilla puts it, "transforms relationships, builds trust and understanding, fuels collaborations, defuses conflicts, circumvents wars...and can truly change the world." In addition, listening is contagious.

Grandmothers are in a unique position to be the role model of a true listener. Like an elder in the tribe, a true listener should exemplify understanding over the vanity of sounding smart or wise. No amount of eloquence or powerful words, which the grandmother may have in abundance, can match the beauty and serenity of a child's experience. Our role as active listener whether we are a mother, father, GRANDmother, GRANDfather, or friend is to tap into our surroundings and our relationships and experience a much richer, more meaningful world.

"So, let's hone our own listening skills. Let's joyfully listen to our grandchildren, teach them the value of really listening to bring about true understanding, and change the world for the better—one grandchild at a time." –Camilla Heinzmann

Questions for Consideration:

- Actively thinking/talking as opposed to actively listening with others, have mental and emotional causes. What do you think they are?
- Actively thinking can earn you money and cause you to succeed in your vocation. What are some reasons why?
- Imagine specific interactions you expect are likely to happen to you in the next few days. Perhaps with a partner, child, or friend. What would active listening in this scenario look like and feel like?
- How can we remind ourselves to employ active listening and overcome the habit of self-consideration?

Chiropractic Connection:

There is a difference between osteopathy and chiropractic, wherein the former treats the body biomechanically, and the latter sees the body's nervous system as an integral part of life. Active listening is an explicitly recognized component to the practice of chiropractic. It is the ability to hone in on the body's subtle nervous system.

Holistic healers understand the importance of listening to the body. Many conventional physicians do not. The continuum of healthcare options available today is an interplay of knowledge and understanding. If a practitioner exhibits knowledge without understanding, you are likely to experience arrogance when his knowledge is confronted. A practitioner exhibiting both knowledge and understanding—wise words with the quality of deep listening—will have the greatest chance to make a difference. With all our healthcare options as parents and individuals, we must learn to know our practitioner and understand what it means to be truly listened to.

PATTERN INTERRUPT

LOVE for the unknown by Stephanie Libs, D.C.

Article Summary:

This article is about carrying on after a miscarriage. Stephanie Libs shares her own personal story about a much feared event in pregnancy and shows us the way to appreciate life's unknowns. After Stephanie's exciting announcement of her conception with friends and family, she experienced the first signs of what became a miscarriage. Her shock, shame, and devaluation formed a wound which led to a healing process that showed her how far-reaching love and connection can go.

With miscarriage afflicting so many," says Stephanie, "it's become normal to hide our vulnerabilities during those precious first few weeks... For me, I wanted to share my pregnancy with everyone as soon as I found out. I'm glad I did, because it was the most exciting thing in my life. Telling everyone I was pregnant...then telling everyone that I miscarried, surprisingly facilitated an amazing amount of support." Stephanie explains how the number of women and men who reached out to her saying they had gone through the same thing was astounding. "I realized I was not alone."

When we lose connection, fear is instilled in us. But, "when women connect with each other, it's the storytelling that helps breed confidence and trust in the process." It is this trust that we all seek, even when we hide in fear of the unknown. As Stephanie shows us, there is love right around the corner. "During those short six weeks," she recounts, "I sensed that he was a boy. I often wonder what he would have looked like, how his birth would have been, and what he would have grown up to be... Thank you, little one, for you have taught me great things—to love and connect deeply. I hope we meet again."

Chiropractic Connection:

Beyond the battle between good and evil, there is balance. It is one thing to learn what it means to be good but beyond this is the lesson of appreciation for all things.

Chiropractic seeks to remove imbalances to your nervous system. Once the template of the body's nervous system matches its inherent design we automatically project that template outward into our external life, choices, and perceptions. We begin to experience our day to day lives differently. The capacity to appreciate what we might have otherwise cursed is evidence of our awareness connected to a grander design. Health and well-being is a form of this connection, and hands that heal the body must also heal the mind from false notions of universal unfriendliness.

NEW EDGE SCIENCE

The Miraculous Mirror Effect of Group Intention by Lynne McTaggart**Article Summary:**

Do thoughts change matter? We know observation can shift a quantum particle, but can intention heal us and heal the world? Lynne McTaggart's article, and her book *The Intention Experiment* intended to answer these questions scientifically. She gathered a consortium of scientists from prestigious universities and invited her Internet audience to send one designated, specific thought to affect some target in a laboratory. As it turned out, the experiments did work.

Of around 30 experiments, one tested whether her global laboratory of international 'intenders' had the power to lower violence and restore peace in a war zone in Sri Lanka. Of course, the result could have all been coincidence, but the months that followed the week-long intention experiment proved to be the most pivotal to the entire 25-year conflict. During that very week, the Sri Lankan army had won the most decisive battle of the 26-month pivotal period which enabled them to turn around the entire course of the war. The war ended nine months after the intention experiment and whether or not the intention experiment had anything to do with it, who really knows?

More interesting than the possible effect made on the target object of the experiment, in this case the Sri Lanka war-zone, were the short-and long-term effects on the participants themselves. "It's as if my brain is wired to a bigger network," wrote one participant. "The first day, I started sobbing," wrote Diana from New Orleans. "Not from sadness, but from how overwhelming it felt to be connected to so many people. It was *powerful*..." Deep psychological transformations and improvements in daily lives were also reported to carry on long after the experiment was over, and for later experiments thousands had reported physical improvements. "My carpal tunnel injury improved..." "The pain in the knee is completely gone..." "No longer experiencing sciatic pain..."

Perhaps these participants were afforded a glimpse into the whole of the cosmos as a result of their group meditation experiment. Perhaps an approach to the miraculous is possible through human connection. And it may be that it changes you forever.

Questions:

- What are some reasons why individuals and societies at large may ignore the potential of group experiments like these which appear to show such promising results?

- What are some key factors that may be necessary for shared awareness to take flight within groups of people?
- Can a family group be more powerful in its intention than a group of friends or strangers?

Try it out:

Assemble a group of 6-10 like-minded friends who are open to the possibility of healing and intention. A virtual connection will work as well.

1. Ask if any of the members of the group with a healing challenge of some sort (emotional or physical) would like to be the target of the healing intention. Allow the person nominated as the recipient to describe his/her problem in detail.
2. Spend a few moments talking over and designing the intention statement that you will all hold together.
3. Gather around in a circle. Either join hands or place the nominated subject in the middle of the circle, as every other member of the group places one hand on the subject, like the spokes of a wheel. (You can embody this process virtually, through visualization, as a way to increase your intention and focus.)
4. Have the members of the group close their eyes and concentrate on inhaling and exhaling. Each should hold the intention statement in their mind while imagining, with all five senses, the intention recipient as healthy and well in every way. All members should then send out the intention through their hearts. The intention recipient should remain open to receive.
5. After 10 minutes, gently end the healing intention and have everyone take a few moments to “come back” into the room. First ask the intention recipient to describe how he feels, and if he has experienced any changes, positive or negative. All the other members may then take turns sharing experiences. Take note of any feelings of palpable oneness, as well as any improvement in the conditions of both senders and receivers.
6. With time, begin to select targets outside your group.
7. Keep a careful note of any monthly progress in your own life: your health, your relationships, your career, your life’s purpose.

PARENTING***5 Ways Mothers Give Away Their Power*** by Chantel Quick, G.T.A**Article Summary:**

“Dear Mama, You have more power than you might think,” begins Chantel Quick in a decisive article about the main avenues where power is lost and handed over to some other. It is no help that mothers tend to throw shame on each-other for their choices, but we have to recognize as parents that this is part of the game in the sense that we have been trained to prioritize other people’s opinions and live for systems beyond what we intuitively know. Your deep, internal knowing is the source of your power but it means standing up for it, not fearing backlash from those who feel confronted by it. “Otherwise,” says Quick, “you’re living for others, out of alignment...”

“Here are 5 places I see mothers giving away their power:”

1. **Doctors During Pregnancy.** “I cringe when I hear a woman say, “My doctor won’t let me...”
2. **Parenting Experts.** “We are filling our kids’ bodies and heads with things that we don’t even have the slightest clue what they are, because we think we must. It doesn’t even occur to many people that there could be another way.”
3. **Your Mother-In-Law, or Your Own Mother.** “Honestly, the problem isn’t your mother-in-law; the problem is lack of boundaries.”
4. **Pediatricians.** “Remember, you are not obligated to keep a care provider who makes you feel horrible.”
5. **Schools.** “These things affect the entire family unit, not just children. Did you choose a life and learning path based on the wants and needs of your family?”

To conclude the article, we remember that changing the environment means taking a hard look at our deeply held beliefs, and it is often easier to try and change our child than to see reflected in him the things we need to change about ourselves. “But this is why children are so great and magical. We just have to look and listen.”

Questions:

- Is it worse to suffer push-back from a loved one, a friend, or a complete stranger, about your choices as a parent?
- How can you deflect shame-naming and distain from external sources about parenting choices?

- Do you value being right, more than feeling peace? (read Kelly Brogan’s “My New-Years Resolution” at the end of this issue of Pathways)

Chiropractic Connection:

Many chiropractors have embraced the role of pediatric care substitute for families looking for a holistic approach in their kid’s health. We live in a dark time where our choices hang by a precarious thread due to dogmatism in science and politics, but the future is not grim. Rather it is up to each of us to hold a place of protection for our children. In the battlefield of healthcare, upholding this space has been the responsibility of chiropractors and holistic doctors for over 100 years, and the wave of recognition is growing today more than ever before. By aligning yourself with the people who honor your innate potential you will likely reciprocate their belief in yourself and feel empowered to claim your own family’s future. With the chiropractic adjustment comes a chiropractic philosophy and way of life that liberates your innate potential to truly choose your own life.