

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 gathering, 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

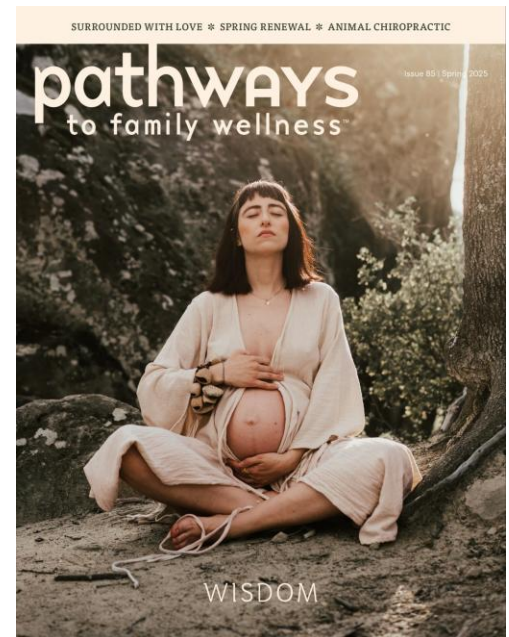
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

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 benefiting your office growth and the health of your community!



PW Issue #85: Wisdom

Every mother is divine
Filled with the power of Earth, who gave birth,
To the light in our eyes. An Organic Light that exists, for the strong and the wise.
A beacon of light, that the enemies can't know, for they only know lies.
Yet for the courageous, and the willing,
The ones who are filling their cup with Her song
In this light that is luminous,
We know we belong.

PW #84 Talking Points, Group Questions, and the Chiropractic Connection

Taking the Step

Inside the Chrysalis: Transforming Trauma Through Fluid Adaptability

By Satya Sardonicus, DC, CACCP

What if our kids aren't broken? What if the meltdowns, the anxiety, the refusal to eat certain foods, or the sleepless nights aren't "problems" to be solved—but signs that their nervous systems are working in a way that keeps them evolving in a world that feels overwhelming?

That's the message of Dr. Satya Sardonicus's story. Through the lens of her own life and the children she cares for, she helps us see that the body's expressions may actually be a call for a new kind of support—not a "fix" from the outside, but a shift in how we support the intelligence of the body as we move through the tensions held in our body and world.

This article can bring deep relief to families who feel that they have "tried everything." The key insight is that *healing and change happens as soon as the nervous system moves beyond "survival mode."* And for many kids (and parents), the tension patterns in the fascia, specifically the **Dural Fascial Kinetic Chain (DFKC)** offers a window into this process of evolution and change in which the body is intelligently engaged.

The fascia, like the nervous system, is an intelligent network woven through every inch of the body, communicating with the brain. The fascia is integral in how we interact with our environment, and in how well we can adapt and grow along the way. If there's chronic tension in this system, the brain reads the tension as a signal that the process of change or adaptation to the environment—or the process of evolving through a stage in our journey through life—is not yet complete. This keeps the nervous system in suspense and "on alert."

Often, we just need to move the tension pattern in the fascia with consciously learned skills, to let the process of change and evolution unfold to completion, so we can finally become the next integrated whole version of who we are. This is what allows the brain and nervous system to shift. Healing is often the immediate result.

So what can we do?

The tools Satya introduces aren't complicated. They're gentle, rhythmic, fluid movements and touch-based practices that allow the tension to move through and out—things like **“squeeze hugs”** – supportive pressures that ground the fascia network with a new sensory input and **“seaweed flows”** which are small wave-like spinal movements that open new lines of sensory perception. In developing the relationship with the body through an understanding of the fascia, we can help ourselves and our kids adapt fully through the various stored tensions.

Parents have seen profound changes with these practices. They help support the conditions for the nervous system to *shift*, to come out of an alarm state to find a new relationship with the environment. Sleep can improve. Emotions can be handled better. Food challenges can be overcome. And a sense of *resilience* grows, a bigger cup for life emerges.

We have to understand the body's expressions as part of a deeply interwoven intelligent network designed to manage and evolve through relational and environmental tensions. Then we can liberate the body in ways that “external fixes” of “symptoms” cannot. Satya reminds us that our real job is to listen, so that the wisdom of the body is called to unfold. Like a caterpillar dissolving inside the chrysalis, what looks like a “falling apart” is actually the start of becoming something beautifully new.

Questions for Consideration

1. Have you ever experienced a time when everything felt like it was falling apart—but in hindsight, it was actually a turning point?
2. What messages do you think we (as a culture or as parents) tend to send kids when they're struggling emotionally or behaviorally?
3. How might your family dynamic shift if you saw your child's “meltdowns” or “dysregulation” as intelligent expressions signaling the start of something new in them?
4. Which tools or movement practices have helped you or your children feel more grounded or regulated?
5. What does it mean to you to “build a bigger cup” instead of trying to empty it? How might you create more capacity in your daily life?
6. Have you ever noticed that something worked for your child “a little,” but didn't last? How might addressing the *state* of the nervous system (rather than just the symptoms) change this?

The Chiropractic Connection

Chiropractic care is positioned to support families on this path to greater health and self-discovery. While chiropractic adjustments can unlock spinal subluxations for greater expression, techniques that unlock the messages of the fascial tension patterns can offer a new avenue of freedom and growth. The goal is the innate expression of our unique identity and purpose. Greater adaptability throughout the body allows us to achieve this. And the tensions held in the intricate network of fascial tissues offers a new layer to decode the body's intelligent processes, so we can support and "move" the body through our small or large transformations.

Taking the Step

Your Baby's Movements Are Building Their Brain—Literally

By Stephanie Libs, DC

From the earliest flutters in the womb to the tender grasp of your finger, your baby's movements are not random—they are deeply intentional. They are the language of growth. A sacred communication between body and mind that is laying the foundation for everything to come: emotional regulation, reading, crawling, bonding, even bladder control. These tiny movements are shaping a lifetime of brain and neural pathways.

What Dr. Stephanie Libs reminds us is that these movements begin long before we see them. Even in utero, your baby is engaging in the rhythmic choreography of reflex development. Reflexes like ATNR (asymmetrical tonic neck reflex), the moro, rooting, palmar grasp—these are part of an orchestrated sequence of survival and sensory awakening. They're also how your baby practices connection: moving in rhythm with the contractions of labor, responding to pressure, light, and gravity for the first time.

The birth process is your baby's first big workout. It's not just about "getting through it"—it's how the nervous system is primed to receive and respond to the world. But when this process is interrupted—through interventions, prolonged labor, positioning difficulties, or simply modern birth practices that override physiology—those essential reflexes might be skipped, stalled, or overstimulated. That means a baby's body may not be getting the precise input it needs to organize the brain for optimal development.

This is where the work of chiropractic care, especially in the pediatric and perinatal space, becomes a tool of attunement. Adjustments clear interference in the spine and nervous system—what we call subluxations—allowing for better reflex integration, smoother milestone progression, and a more adaptable, resilient baby.

It's also why care during pregnancy, particularly the Webster technique, is so vital. When the mother's pelvis is balanced and the nervous system is free from stress, the baby has more space and ease to move, grow, and develop those early reflexes that will later guide learning, motor function, and emotional adaptability.

And here's the beauty: even if the birth was hard, even if the reflexes didn't all activate in the "perfect" way, we still have tools. Skin-to-skin contact. The breast crawl. Baby-wearing. Infant chiropractic care. Loving presence. These are the nurturing inputs that continue the conversation between body and brain, mother and child.

Because every movement is more than muscle—it's memory. It's communication. It's development in motion.

What Dr. Libs offers is a reminder that you and your baby are already working in harmony. Your touch, your presence, your trust in the process—that's the foundation. The nervous system knows what to do. Our job is to clear the path, make space, and allow that innate wisdom to unfold.

Questions for Consideration

1. What movements did you first notice your baby doing—either in the womb or after birth—that felt like communication to you?
 2. How did your birth experience (or your baby's birth) influence the connection you felt with your baby's body and rhythm?
 3. Have you ever considered your baby's reflexes as part of their development? What did you learn about them through this article?
 4. What kinds of movements, touch, or interactions seem to soothe or stimulate your baby in helpful ways?
 5. In what ways do you notice your baby's body adapting—either during challenges like feeding, sleep, or tummy time?
 6. What's one small thing you could add to your daily rhythm—like baby-wearing, skin-to-skin, or a chiropractic check-in—that could also support your baby's neurological growth?
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The Chiropractic Connection

Chiropractic care helps remove the roadblocks—neurologically—that keep the body from expressing its full potential. For babies, this means supporting a system that is just beginning its lifelong journey of adaptation. By addressing misalignments that may have been caused by the birth process or prenatal stress patterns that affect the whole tension of both mom and baby, chiropractic opens up the highway of communication again to express the vital information between body and one's larger life.

When reflexes are integrated well and the nervous system is clear, babies latch more easily, sleep more soundly, and grow with more ease. Their movements become coordinated expressions of a body in sync with its living environment. Movement is life. And chiropractic care ensures that this movement flows from a place of balance, communication, and innate connection. It's not about "fixing"—it's about *freeing* what's already wise within, so we can become aligned to our greatest innate potential.

Living the Journey

The Art of Motherhood

By Jennifer Olwig

The Living Prayer

What if becoming a mother is not a detour from who we are, but the most intimate way of becoming ourselves?

In this luminous reflection, Jennifer Olwig reveals the quiet initiation of matrescence—the invisible transformation of the mother’s inner world. Through the lens of her own creative path as an artist, she gently dissolves the boundary between artistic devotion and mothering presence to usher in something utterly human and sacred.

Before motherhood, creativity was a calling she followed with brush and canvas. After her son was born, that devotion didn’t disappear—it moved. It moved into breastfeeding in the early hours of the morning, into the quiet pulse of presence in a sleepless night, into the subtle energetics of the home. Motherhood, she shares, is not the absence of artistry. It is the reorientation of it. The practice becomes *embodied*, relational, surrendered.

This is not the story we usually tell. We don’t talk about how our identities dissolve, how the freedom we once knew becomes transmuted into power—the power to attune, to hold, to listen for what is ripe and ready in each moment.

Jennifer introduces us to a new rhythm: not the hustle of productivity or the pressure of creative output, but the wisdom of *natural timing*. She speaks of the seasons in the soul. The fruit that must not be forced off the vine. The inner creator that must be honored through *readiness*, not rush.

So much of the postpartum experience—especially in our siloed, individualistic culture—can feel disorienting. But Jennifer reminds us that it is not a loss, it is a deepening. It is the art of being re-formed, not around productivity, but around presence.

We are not what we used to be. We are what we are becoming.

We are mothers—and in that, we are the living prayer, the walking ceremony, the silent celebration of life unfolding through us.

Questions for Consideration

1. Have you experienced a moment when your creative or professional identity felt like it had to dissolve in order to meet your family's needs?
 2. What has motherhood taught you about natural timing, space, and order in your own life's unfolding?
 3. How do you sense the difference between forcing something to happen and waiting for it to ripen?
 4. In what ways has your child reflected back to you parts of yourself you had forgotten or lost touch with?
 5. What does the phrase "we are the living prayer" stir in you?
 6. How might your relationship with power and freedom have shifted since becoming a mother?
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The Chiropractic Connection

Chiropractic care is not only a physical support for the changing maternal body—it is a doorway to the deeper coherence of the whole family system. As we move through matrescence—the metamorphosis of becoming a mother—our nervous systems are reorganizing to hold more, sense more, and respond to life in profoundly relational ways. A well-adjusted spine supports not only posture and physical ease, but clarity in the body's felt sense of *readiness*. Chiropractic helps remove interference so the mother's nervous system can access its own rhythm, its own timing, its own power to hold space for others without depletion.

Just as Jennifer learned to attune to the ripeness of what is ready to be harvested, chiropractic helps attune us to the natural timing of the body's wisdom. It allows us to participate in life not by straining, but through greater alignment. It is care for the connection to nature's intelligence so we can steward the organic light.

Living the Journey

The Cranial Nerves and Infant Digestion: A New Lens for Understanding Constipation

By John Ohm

Feeling Into Function

It's not unusual for a parent to come back after a first pediatric chiropractic visit and say, "*My baby finally pooped!*" And while this may sound simple—or even amusing—it's often a profound moment of relief, clarity, and trust. Something shifted. Something released. Something realigned. And the question becomes: *What actually happened?*

In this article, John Ohm opens a new lens for understanding infant digestion—not through the narrow frame of symptoms and solutions, but through the expansive relationship between **emotion, neurology, and physiology**. He introduces a layered and dynamic view of the body, where cranial nerves carry not just motor or sensory signals, but the imprint of emotional experiences that engage our adaptive responses. The function of digestion is shaped not only by the food in the belly, or the structure of the tissues, but by the **felt sense** of safety or its lack.

The vagus nerve—the tenth cranial nerve—is central to this story. It innervates much of the digestive tract and acts like a tuning fork for our internal and external experiences. Specific experiences in fact... When the infant feels a sudden lack—a lack of milk, lack of access, or lack of connection—the vagus can respond by *slowing down* the digestion, leading to constipation. This isn't a dysfunction—it's an adaptation. A wise conservation mechanism to hold on to what little is available.

Alternatively, the vagus can attune to another kind of experience. When the body perceives something to be "stuck"—whether a food morsel that can move through, or an emotion that can't be processed (often anger)—the vagus can activate a response that causes cramping or colic-like muscle contraction, designed to *move the "stuck morsel" along*.

Then there's the accessory nerve—the eleventh cranial nerve—connected to the sternocleidomastoid and trapezius muscles. Seemingly unrelated to digestion, these muscles are in fact vital for latching, nursing, and orienting to the mother. In a world where a baby's survival depends on *access* to nourishment, any tension or strain that limits range of motion in the neck or upper back becomes not just physical discomfort, but a **biological distress**. And here's the insight: the accessory nerve connected to these muscles are closely interwoven with the portion of the vagus that governs our digestive smooth musculature function. If an immobility in the neck is perceived with a sense of emotional urgency, both cranial nerves can respond in unison, causing a vagus-mediated *intestinal immobility*—or constipation.

What this shows us is that **constipation isn't simply a "gut issue."** It is an expression of a story written through the emotional map of the nervous system, and is innately part of the body's survival strategy as we adapt and move through the experience of distress.

And this is why chiropractic care—especially in the pediatric realm—can be such a quiet miracle. By addressing the specific subluxations in the cervical spine, cranium, or vagus pathway, we're not just "freeing up restricted function," we're also resolving the actual emotional distress that is attached to that restriction, which has encoded itself in the body's functioning. The baby feels freedom. Their nervous system no longer resonates to the signal of alert.

It's not just about digestion. This whole healing knowledge is about trust. It's about coherence. And that's what parents start to sense in those early visits with a chiropractor: a brighter light in the child's eyes, a softening of digestion in the belly, and greater ease in the system. A new language of safety unfolds because the baby, at the vital dimension of his or her experiencing structure, has been met with love and deep understanding.

Questions for Consideration

1. Have you noticed how your baby's digestion aligns with their experience of relational distress, or self-processing of emotion?
2. What does it feel like to imagine your baby's "symptom" as an adaptation to something they're experiencing emotionally?
3. How do you personally respond to the idea that distress—or an unresolved conflicting experience—can shape the physical function in the body?
4. In what ways has touch (your own or a practitioner's) helped restore trust or ease in your baby's experience?
5. What are ways to observe restrictions in head and neck mobility which may affect your baby's emotional state?
6. What would it mean for you, as a parent, to hold a healing space—not just for your child's body, but for their experiences of life?

The Chiropractic Connection

Chiropractic care works at the intersection of structure, neurology, and consciousness. In the case of infant digestion, it's not about "treating" constipation—it's about releasing the *emotional-physiological tensions* that are traversing the cranial nerve-to-organ pathways. Adjustments to the upper cervical spine, cranial bones, and surrounding tissues allow the cranial nerves to rewire its connection to the innate state of harmony that lies in the soul of the body, the psyche. Through love and care for the nerves, we can pattern new levels of experience and higher levels of perception. At the heart of biological functions, our renewed experiences

translate into better digestion, better feeding, and a clearer channel of connection with others. The chiropractor's role is not just technical. It's relational. With skilled, sensitive touch, the chiropractor sends a message: *"I'm with you. As you grow."* And when that message lands, the nervous system changes. The body remembers its path and its innate ability.

We're not just aligning bones—we're aligning new **biological truths with human culture**. And that has the power to change everything.