

If there is one topic in Chiropractic that will separate self-gain from highest good, it's children. Our responsibility to the next generation is bigger than just your own needs.

I have always enjoyed adjusting infants and children because I knew how important it is for them to receive an adjustment. However, I needed you guys to help me realize the big picture regarding kids and Chiropractic. Even though I haven't been afraid to adjust kids when the parents asked I never pushed the issue or educated other parents who didn't ask to have their kids adjusted. I now realize I need to put the educational material out so the subconscious minds of these parents can be flooded with input of how important Chiropractic care is for the health of their children.

The conscious mind wants to see children, but the subconscious mind has been programmed not to see children.

Why has that happened? Kids are a lot more fun to deal with than adults. So why haven't I focused on getting more kids into my office? I don't feel it is a lack of integrity on my part instead I feel it is a lack of courage. I'm excited to have a vision practice. I'm excited to have found people to teach me how to do that.

For the DC's who think that a DC can't be successful on a Reservation, these are the same DC's who aren't successful where money is actually plentiful.

This is another lesson in mind set. You make your reality, not your environment. I'm getting it now. My mindset has been completely limiting my potential. It's all about energy. I have been sending the wrong energy out to the universe. I'm ready to set my mind free! I totally agree with the concept of Chiropractors being humanitarians. We are the ones whose foundation is based on innate intelligence. What will save this world? Innate intelligence will save the world if we allow it to flow out of us at 100% instead of being suppressed by negative emotions, chemicals or physical traumas. I know all this why haven't I been telling the world? What's wrong with me? I haven't been living up to my responsibility. I have felt stifled. My voice hasn't been singing out to the world. My spirit has been suppressed.

Children's health has never been worse.

No kidding and I find this disgusting. These children will try to be leaders some day and they won't be able to do it. They won't be able to do it because sick people can not lead. America will no longer be the world leader because we are a society of sick people. It's

pathetic and outrageous. Health; It's not rocket science. It's called Chiropractic care, proper nutrition, exercise and addressing your emotional, spiritual well being. But unfortunately, people haven't been taught how simple it is. They have been brainwashed by the herd mentality. You are right no leaders are stepping up. We as Chiropractors need to step up. It is our responsibility to teach people what health is.

If your practice is not exploding you must look to your past history (ego) and recognize how you wasted your personal power.

Well, then I must have a HUGE EGO!!! I got to get control of this ego and identify it. You are right; something is robbing me of my personal power. I totally waste my personal power. I feel constantly disorganized. I'm feeling a bit more organized since joining the program. I'm definitely moving in the right direction but I have a lot of work ahead of me.

When you embrace the highest good, your own self-good is automatically taken care of.

That concept truly resonates with me. I have always felt that way. But something is blocking me from going to the next level in practice. I realize what has been blocking me from having a bigger practice is a lack of patient education. I'm glad I have taken the steps to remedy that situation. However, I know I need to work on my subconscious which is blocking me from playing FULL OUT!!!

The beauty of universal law is we don't have to force them out of power, people naturally gravitate toward integrity. As Mentor IV warriors, we must realize that it takes time for the change in paradigm to occur.

You are right! A few things that really stuck out to me at the seminar were: "We want you guys to learn how to feel comfortable being uncomfortable." And "Teach strongly, Lead Softly". I need to remember those sayings when I'm educating people. Because not everyone is going to agree with me which can make me feel uncomfortable. And also, I can't force people to see it my way so I need state my point and let them follow me, if they choose which is leading softly. I can't get upset if people don't agree with me. I think the reason most people don't understand what true health is because they are bombarded everyday by the media and pharmaceutical advertisements. I need to stand strong with my philosophy and at least expose them to a different paradigm. Over time the truth will be exposed and people will understand and will want to embrace true health. I needed you guys to help me see that as the big picture. I was thinking small

before and didn't realize how important my message is. Thank you for waking me up to my responsibilities to humanity. Wow, what a great feeling!

Dr. Kevin thank you for everything you do. Keep up the good work. I have learned so much from TNR so far and everyday can't wait to learn more. My beliefs systems are being remolded or completely rebuilt everyday for the betterment of humanity. Thanks, you guys ROCK!!!!

1. Transcending the ego means breaking free of the stranglehold that your past limiting beliefs have on you.

I know this to be true. BUT, I have an awful habit of letting the past take its toll on me. I have a big problem of letting go. As Paul says "I should have been a history major in school". As you say, on the CD's, I need to just get OVER it! Whether it is a basketball coach that continually called me the "Dumb Freshman" that allows my subconscious to believe I'm not intelligent enough to educate people or for me to believe that I'm not intelligent enough for people to see me as an authority figure on health. Or having a block about not feeling I have lived up to my full potential because a ruptured ACL in high school shattered all hopes of playing ball in college. After that happened my grades dropped and I didn't care about anything. I guess I lost my purpose because I was totally focused on sports. With athletics I had a goal, a mission. Not to sound conceded but I was really good. But when I couldn't play anymore it was an eye opener. I wasn't the center of attention and you find out who your friends really are. I lost a lot of friends because I wasn't the star athlete anymore. That hurt inside and it especially hurt my ego. Seriously, I need to let that go. I feel I have but sometimes I think it creeps into my subconscious. Why should any of that have a grip on my present or future? This is very annoying to me. Now with the health problems that have resulted because of my neck, that is another gigantic blow to my ego. Because I have always been so proud of how strong and muscular my body is and my athletic abilities but that has been diminished because of the neck problem. Not being physically strong has made me less outgoing. I feel weak physically and mentally. I'm getting better but I find it to easy to focus on what I have loss instead of focusing on what I have gained back. I'm trying to be better about not focusing on what I see in the mirror in regards to loss of muscle mass. It's aggravating to me. I need to be positive and that is that!

2. Are you doing your homework?

Yes, I'm doing my homework but I'm not playing FULL OUT! I need to have better time management. I like what was said in the Contrarian Mind Set CD's about getting up earlier in the morning. For some reason I want to sleep my life away. It's like I'm afraid to get up and face the new day. There is some deep underlying problem with that. I have had this problem since high school, wanting to over sleep and not wake up to face the day. There is a deep seeded issue there that I need to work on and find out what it is that holds me back.

3. It takes a steady constant input to overcome dominant subconscious beliefs that don't include family Chiropractic.

The CD's are so helpful in obtaining constant input to overcoming subconscious beliefs. I have listened to them more than 5 times now. Each time I listen, I get something new out of them. It's too easy to go back to our old way of thinking because that is comfortable and the path of least resistance. I'm glad I signed up with TNR because I'm the type of person that needs the constant reminder to stay focused. Also, I've always enjoyed playing on a team and being coached as long as I liked the coach. When you have a coach that you like and respect you want to do the best you can for them.

4. Intent.... Are you here to survive, to have a big practice or to change the health paradigm of the world?

I have always wanted deep down to help change peoples paradigm on health. But I have never taken the steps to do so. I don't know if it is simply that I didn't know how or didn't have the tools to do so. Maybe I just never believed that people could see it the way that I see it. I have at times felt that people were hopeless cases to understanding what I believe true health to be. Maybe I need to give them a chance. Maybe it is my EGO standing in the way because of my fear of their rejection to my beliefs. But now I'm seeing it as a bigger picture through the help of you and Dr. Ed. It's my responsibility to educate them as to what their options are for health. It's not only helping them but me as well. When I wasn't educating them as to what Chiropractic truly is all about it was robbing me of my spirit. What a NIGHTMARE!!! Why wasn't I taught in school to see it as the Big Picture? Maybe I missed that day in class. Me not educating people about Chiropractic has been a disservice to the profession but to all the people that have come into my office over the past 7 years. That is PATHETIC and unacceptable.

5. Behavior modification. The ability to change behavior is one of the foundations of success. Each tool we have created for you promotes behavior modification and repositioning for the practice member. If you resist these tools, you are still under the effect of your ego.

The ability to change behavior, has never been easy for me. I have a tough time with that. I don't know if it's because I'm lazy, get bored easy or if it is easy for me to fall back into my comfort zone. I love listening to the CD's. But I need to get crackin on

the book work and implementing the new procedures into my office. I need to be better about my time management. I'm going to get up earlier and stop sleeping my life away, I have lives to save. On a positive note though, I finally got the ball rolling on getting an X-ray machine in my office. My goal is to have it installed and ready to take my first X-ray by the first of December. Then I feel I can do the progressive report of findings. What are your thoughts on doing the progressive report of findings with out X-rays?

I want to tell you that I'm so pleased to have found you and Dr. Ed. I constantly nod my head in agreement every time you guys speak on stage or on the CD's. This gives me courage to educate other people. I got to the point of feeling that I was a complete freak when it came to my beliefs about Chiropractic and health. I was beaten down by the herd mentality. I'm pumped up again about Chiropractic and it is nice to hear about how well other practices are doing out there. This helps me realize it is possible to educate open minded people about the benefits of Chiropractic care. I realize that it has been my beliefs that have been the limiting factor in my life. Now it's time to let go of those beliefs and change the world for the better. What a great feeling!