



INSPIRED THINKING

Deer Heart,

...the story has been told among young and old that hearts in love blossom in red and dark chocolate, and an occasional diamond with a tie on the side for equality. Valentine's Day... a mid winter teaser... a cultural distraction (thank you Hallmark!), like no other that can induce spontaneity, buyer's remorse, laughter, and yes, a renewed awareness of the many joys that do exist, even in the smallest of places.

Consider the full spectrum of colorful emotions that pulsate through the heart...fear which inspires separation and limitation to love which calls forward participation, sharing, growth, expansion, vision, joy, and gratitude. The heart holds the key to recovery, adaptation, forgiveness and grace.

With beguiling wisdom it deftly reveals a palpable vulnerability that serves up the opportunity to grow inward and upward, enhancing it's strength and resiliency. The wisdom that resides in your heart holds all the answers to your most pressing questions even if they have yet to be translated into a language you understand.

During times like these it is more important than ever to be free and clear of the subluxations that limit your ability to listen to that still, small voice that resides in the heart. While ahhhjustments inspire health, wellth, and vitality (clearly a bonus in today's world,) they also make room for you to find that breathable center, that place where only the faint echo of a distant truth can be found...awakening an inner peace that is yours to behold.

As we move into more heart centered living, be clear, be loving, be kind. Invite agility and tenderness into your heart, and as this inner sanctum continues to open take note of how sharing becomes more than a season, and love, more than a day. They become a testament to your humanity.

In honor of this beautiful reminder of heart centered living, on the 1st Monday of every month we will be collecting donations for the food pantry. Consider dropping something off as the spirit moves you. You will be gifted in kind, in all sorts of surprising ways. Currently they are in need of paper towels, napkins, coffee/tea, detergents, shampoo, rice. This list will be updated as needed.

In the meantime, get ahhhjusted regularly. With each ahhhjustment you create a flexible body and spirit, and it's simply a great way to live.

As always, live in the direction of your joy,





*I will love the light
for it shows me the way,
yet I will endure the darkness
for it shows me the stars.*
Og Mandino



Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer, has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 17 year career. She is a writer, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher) and Nutrition. Whether you are in transition or merely wish for a smoother life experience, the personalized plans created by Dr. Lauren will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit at her sanctuary in Mechanicsville, PA., minutes from Doylestown.

