



## INSPIRED THINKING

### *Paralysis Interruptus*

*It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way...*

*Charles Dickens*

Even today these powerful words echo the sweet sounds of comfort reminding us that every generation experiences its fair share of challenges. The greater consciousness of the universe continues to urge us towards actively seeking and choosing harmony and alignment as foundations for living. This path confidently highlights that *the best of times* actually rest in our hearts while *the worst of times* live in our judgments.

During times like these it's easy to crawl under the covers and judge with righteous anger that everything happening around us and to us is bad. During times like these it's easy to choose a Rip van Winkle lifestyle rather than stay awake, be present and call forward levels of creativity that can be our eventual *solutions to bountiful living*. During times like these it's easy to say 'I'm not ready.' Whether your physical eyes are open or closed, it's wise to remember that it's the eyes of the heart and spirit that run the show regardless of how you choose to respond. To remain engaged and awake is a universal charge that tests our willingness to adapt and grow.

There is a beautiful and brilliant moment in one of my favorite movies *Moonstruck* where Cher and Nicholas Cage have stumbled across one another in an unexpected and spirited collision that only the moon and the stars could have orchestrated. Cher slaps his face saying 'snap out of it!' It's as if she is going to knock some kind of sense into him that makes him behave like *normal*, whatever that is.

We've all experienced *Moonstruck Moments* when the universe has snuck up behind us, spun us around and said 'Pay attention! You're missing your life!' *Paralysis Interruptus*, a cosmic 2 x 4, a whack upside the head, can feel like a tidal wave or simply a ripple depending upon how flexible and adaptable your sea legs are. This global wave is rocking everyone's world. It is a clear reminder that no one remains untouched and in this we share the memory and truth that what happens to one of us happens to all of us.

Becoming paralyzed is something that can happen in the blink of an eye or so slowly that we are unaware of our life force being siphoned off. How does this happen? We come face to face with forces, events, and relationships (*physical, mental, spiritual or emotional*,) that seem difficult for us to recover from; the impact of a car crash, the chastising from a friend, the repetitive scolding of a parent, self imposed judgments and insecurities about our abilities, or simply an economy running wild. Some of us have fallen from buildings or fallen from grace while others have been stained with the opinions or insults of others that they have embraced as their own. These life insults simultaneously trap and challenge us by their impact and timing. While physical paralysis (*the body has reached its limits of adaptation and cannot recover*) is a challenge unbeknownst to most of us, the paralysis of the spirit is something we can all attest to.

In truth, any paralysis that keeps us from living and **loving** is detrimental to the spirit. Losing the language of our soul is a paralysis that takes us farther away from the ease and fullness that defines alignment.

It's not an easy task for the angels in our life to interrupt habits that have a paralyzing effect. We hold on for dear life, as if they were life preservers, not recognizing that they may actually be sinking our ship. When holding on to the story becomes more important than letting go the heart and spirit will, with great clarity, up the ante. Recognizing these moments as *opportunities* is when we have chosen to melt into our own personal evolution.

*Paralysis Interruptus* will happen. Growing pains will prevail. They may take us by surprise and we may feel as though we have been singled out. But reflection and hindsight will clear that up. No worries either if willful blindness leads for a time. Opportunities for growth will continue for generations to come. *'It was the best of times, it was the worst of times...'* Life has staying power.

In the meantime,

1. **Find a new observation deck:** There is an elegance hidden in all living things. Beneath free will, ego, and paralysis, there is a gracefulness to how life unfolds. The immediacy of each passing crisis tends to overshadow this. It takes great courage to rise above, to reach for the overview that brings with it compassion and inner peace as well as the reminder that there is nothing for us to control.
2. **Get your eyes checked!** Change and expand your worldview. Give yourself permission to see and experience the world through fascination, upliftment, and opportunity. Make fear, worry, and punishment useless in your vocabulary.
3. **Let go of the story.** You've told it a thousand times. I know. I stopped counting after a thousand! It gets really, really boring after a while.
4. **Do all the other logical things that are good for you:** Hydrate, partake of colorful foods, stretch and strengthen (*yes, on all levels,*) listen with your other ear and expand your *Friends and Family plan*.
5. **Get Ahhhjusted.** If you are like most you have reduced the definition of chiropractic to the story the culture has told you. However, because it's only a portion, you miss out on the expansive benefits of this vibrant, science and healing art form. The *ahhhjustment* is one of the most profound and beautiful body meditations you will ever experience. It's like having your body finally tell you the truth, and the **truth always Interrupts Us. It also sets us free.** This is inherently good and that always feels good. The secrets of your universe come forward, reminding you of your purpose in a voice and language only you will recognize. The body always searches for truth, the soul for wholeness and their united path illuminates the way to freedom.

*When you come into greater alignment with your inner nature it becomes much easier to establish a place of balance with the nature of the world.*



*And the day came when the risk to remain tight in a bud  
was more painful than the risk it  
took to blossom.*



Anaïs Nin