

Be the Change



Discover the Secret Ingredient

By author and Doctor of Chiropractic (DC), Ari Diskin

Do you desire change? Is it because you want to move away from something undesirable or even painful that is not serving you, or towards something more enticing that is pleasurable?

You know if you want something different out of life, you have to change what you are putting in. This is true for in all domains of life. If you want to change the flavour of your food, you need to change the ingredients you put in. If you want to change your computer's capacity or output, you need to change programs or software. The same applies to your body and your life. In order to improve your health outcomes, you need to make changes to your life.

In my experience, easeful, transformative and sustainable change occurs when you actively utilise a Reorganisational paradigm. This approach involves an emphasis on self-awareness, contextualising the meaning of symptoms (the body's signals), stressors or problems you may perceive as negative, and considering their significance as gifts, using them as fuel for change with reorganisation for change, growth and evolution.

RESTORATIVE OR REORGANISATIONAL

Currently, Western healthcare operates primarily in the 'Restorative Therapeutics' model that largely focuses on reacting to obvious disease or illness. Western healthcare considers your presenting symptoms, conditions and problems, often in isolation separate from you as a dynamic whole being. This approach makes treatment recommendations in isolation to address the 'it', as a separate part, condition or event that you present with.

In the main, the objective of the Restorative approach is to eradicate, reduce or manage the 'it' to enable you to go back to living the life you were living before experiencing the disrupting symptoms, conditions or problems. It is an approach where you as the patient are being treated as a passive recipient, while an external resource such as a therapy is done to you, or drugs are introduced into your system. This is helpful and essential for broken bones, certain accidents, and life threatening illness, or when acute and immediate repair treatment is required, but it is not focused on personal awareness, empowerment or evolution.

Consider whether the life you were living from the choices you were making prior to 'it' presenting had a relationship to, interfered with or were causal factors of the symptoms, condition or problems being experienced, and

then ask yourself if you could glean wisdom from them.?

If the choices you make, consciously or unconsciously, affect you and your life's outcomes, why then are you, this intelligent whole being, mostly focused on treating your symptoms? Does it make sense for you to control, suppress, or eradicate your feedback signals, and return to living the same 'prior' life, expecting (or hoping for) a different outcome without making changes?

EMBRACING NECESSARY CHANGE

Briefly, Reorganisational Healing seeks to care for and sees each individual as a whole, bringing personal awareness to the fore, and is more process than event oriented.

It considers symptoms contextually as potentially helpful, and a precious resource to be understood. The person is engaged in his or her own healing, is self-responsible and embraces necessary change.

One goal is to identify and liberate your own resourcefulness, and track and utilise self-reported wellness outcomes. The practitioner is a facilitator, your partner and coach in the process.

For me, the practical application of this Reorganisational approach is the utilisation and integration of Network Care (also known as Network Spinal Analysis NSA) integrated with a comprehensive Wellness Education program. My focus is to interpret each person's health and life status, objectives and needs through the lens of their spine and nerve system's function and integrity.

Guiding parameters include people's history, recurring cycles, contributing stresses, tension patterns, pain, and posture. The nerve system is revered as the human master control system, ideally facilitating optimal function, influencing human potential for life expression.

CHANGE FROM DIFFERENT POSTURES

I invite you to reflect on and take note of the changes you want, firstly while your body is in a 'defence posture' and then again with your body in an open 'undefended posture'.

For the purposes of this exercise, exaggerate both of these postures to more easily notice the contrasting outcomes.

Figure A



Figure B



'Defence Posture' (Figure A) is the hunched, depressed, contracted and armoured position your body creates, to adapt to stress or the threat of stress as a protective response. Think of a boxer's stance when they are fighting, and notice the similarity with their spine being compressed and bent forward to protect the face and body's organs. In contrast, the open 'Undefended Posture' (Figure B) with your shoulders back and your chest raised; is erect, light, connected and at ease, with the broader appeal of a more well being.

QUESTIONS TO ASK YOURSELF

While in each posture ask yourself "What changes do I want?" and answer the question: "Am I wanting to get rid of something?" Examples may be 'getting rid of' pain, debt or an unhealthy relationship. Or perhaps ask: "Am I wanting to move towards something?" Your answer could be optimal health, abundance or greater connection.

I suggest you do not over think or plan this process, simply decide to undertake it and do it. Put pen to paper and write while in each posture. Make an exhaustive list, being as specific as you can be. There is no right or wrong. Now consider how different your responses are from each 'posture'. Which set of responses is more reflective of

your authentic self and what you really want at your core?

I find that people with more flexibility in their spine and nerve system, and a less defensive and more open 'posture', enjoy greater adaptability to making changes, with more resiliency to life's challenges. Such a posture and resilience is a worthy goal because adaptability is currently considered one of the most profound longevity and wellness influencers.

PAIN AS A MESSENGER

If in this exercise, if you sought to get rid of something, was it to return to something familiar or did you consider that "it" was a messenger to guide and aid your awareness and growth? An example could be if you had a headache. Did you seek to get rid of it because it was unpleasant and interfering with your life, and you wanted to return to and feel like you're familiar self? Alternatively, did the headache bring awareness as to why you might be experiencing it? Did you seek to utilise the pain as a messenger or lesson you could benefit from to change your behaviour and outcomes? Perhaps you realised that you were not

hydrating sufficiently and when you drank more water, you did not experience these headaches. You then made a Note to Self: "Remember to hydrate more, resulting in no headache or associated discomfort and more pleasurable pain free times."

UNCOVERING YOUR GOAL

Another view could be that the headache was a symptom of some deeper need. If you decided to take a pain killer and block the pain, restoring you to your 'prior' state (pre headache), your covering of the symptom could have robbed you of the opportunity to dig a little deeper and discover more diverse contributing factors. For instance, if in your digging you uncovered that your goal was to move

towards something, were you seeking to return to familiar patterns, or to add a heightened level of awareness with new potential to reorganise?

An example could be a goal to improve your relationship with your mother-in-law. Did you decide you were going to try harder using the current known and familiar strategies in your communication toolbox? Did you consider that if you saw your mother-in-law in a different light, with a new perspective or 'posture' your communication would be different? Think about observing your mother-in-law first from the 'defence posture' and then from the 'open posture'. You might find that the same person looks like two different people! Engaging in reorganisational approaches brings with it welcome and often surprising change.

THE PROCESS REQUIRES ACTIVE PARTICIPATION

Go back to your list: for each change item, identify whether you are seeking to move towards or away from "it" and why. Look at the possible outcomes, employing the Restorative and Reorganisational approach. Be kind to yourself, keeping in mind that our culture supports a Restorative approach, while a Reorganisational one requires development and nurturing of a new kind of 'posture'.

Self-awareness, growth and evolution is a process, not just a destination. involve processes; they are not a destination. Similar to building fitness, one workout or visit to the gym cannot suffice. Likewise, a Reorganisational approach requires active participation in your own process. Henry David Thoreau said, "Things do not change: we change". I encourage you to use the Reorganisational model and discover how you 'do you' (how you operate in your personal world) and how you can 'Be the Change'.

Dr Ari Diskin is a dynamic, passionate and innovative second generation US-trained Healthy Life™ Doctor of Chiropractic with 30 years professional experience. Ari is a Fellow of the Australasian College of Chiropractors and he has been recognised with multiple distinctions and awards in Australia and internationally, including Chiropractor of the Year three times (for service to the profession and community). He supports his clients to live an authentic life without limits, and to realise their optimal potential – naturally. Ari is a speaker, author, coach and educator based at Diskin Life in Fitzroy, Melbourne, Australia and has delivered in excess of 1000 presentations.