

One Piece of Advice for...

- ☞ Getting out of Pain
- ☞ Regaining Functional Movement
- ☞ Finding Quiet, Ease and Peace

Compiled by

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Functional Synergy Yoga Therapy

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Introduction

Very often when someone has a long-standing chronic issue such as pain, tightness, or tension, the person becomes used to it. It has been there for so long that it has become as much a way of life as getting up and going to bed.

However . . . although the person is used to it, he or she still feels limited by it. It gets in the way of life -- from the ordinary (walking up stairs, lifting groceries, concentrating at work) to the fun (skiing, hiking, walking, golfing, playing with your kids, participating in hobbies) to the extraordinary (experiencing your “best” race or your “best” day).

Know that if you are injured or ill, you can experience your body and your abilities differently. Very differently. Know that no matter your age, ability, athletic nature, state of injury, or illness, your body can change.

That is the purpose of “One Piece of Advice.” To give you suggestions and ideas to support you on your way to regaining pain-free movement, to experiencing more calmness and inner quiet, to feeling stronger and more stable so you can get back to living the life you want to live.

The Contributors to “One Piece of Advice”

The contributors to this compilation are highly skilled professionals in their fields -- NUCCA chiropractic, physiotherapy, massage therapy, herbalism, yoga instruction -- and I work closely with each of them.

They include:

Samantha Orthlieb, Herbalist
Jeff Scholten, NuCCA Chiropractor
Lorrie Maffey, Physiotherapist
Heidi Lauber, Massage Therapist
Deborah Catton, Herbalist
and me, Susi Hatley Aldous, Yoga Instructor

I hope these contributions make a difference for you.

Enjoy the read, Susi

SUSI HATELY ALDOUS

Breathe, Feel, Soften, Strengthen.

If your injury or illness is long standing, if you feel frustrated or agitated that you are just not improving as quickly as you want to be, or if your pain is nagging, annoying, and “always there,” consider the following 4 words: breathe, feel, soften, strengthen.

You can use these words whenever you are following your therapeutic exercise or yoga program. They will help give you greater gains.

Breathe: Close your eyes and become aware of your breath -- notice your inhale and exhale. Notice how your breath feels, how it moves. The trick here is not to change what you notice, but rather to become aware of what is already there.

Feel: Next, notice how you feel -- physically, emotionally, mentally, soulfully. Where do you feel at ease, where do you feel your breath? How was your day with you, how were you with your day?

Soften: Allow yourself to relax, to settle. This phase can be challenging, particularly if you have any bit of ambition, drive, or “type A-ness” within you. You’ll feel as if you are going slower, that you are doing nothing, and you’ll want to speed up.

Stop. Wait. Breathe.

Softening is necessary for finding ease. It enables tight muscles to release, which provides a great foundation for building strength.

(Remember that if you strengthen on top of tension or tightness, you’ll gain a false sense of stability. You will have gained strength, but without resolving the underlying tension or tightness, and it won’t be long until you re-injure yourself.)

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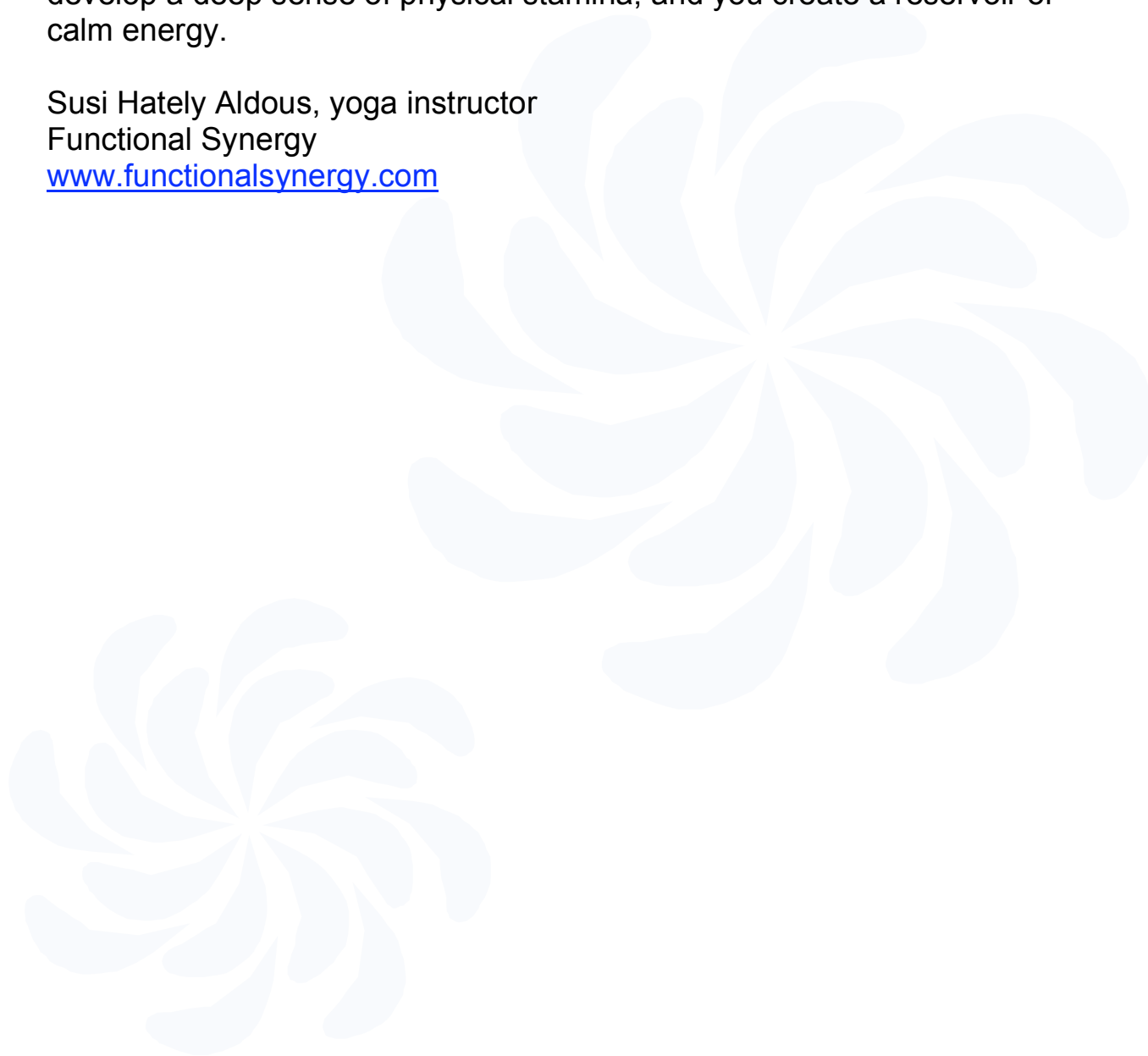
Susi Hately Aldous continued ...

So allow yourself to “let go.” Allow yourself to be at ease. You’ll get much further much faster.

Strengthen: It is now time to strengthen this place of ease, the place cultivated from becoming aware of your breathing, of feeling, and of softening. By strengthening a place of ease, you gain resilience, you develop a deep sense of physical stamina, and you create a reservoir of calm energy.

Susi Hately Aldous, yoga instructor
Functional Synergy

www.functionalsynergy.com



SAMANTHA ORTHLIEB

Mend your own life.

Know on this journey called life, that the only life you can mend is your own. Be responsible for your part in the larger world and everything else will fall into place as it is meant to be.

Samantha Orthlieb
Nurture Health and Wellness
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DR. JEFF SCHOLTEN

**True health comes from the inside out:
Everything you are looking for you have right now.**

Everything you need to truly be well has already been provided to you. If you want health, educate yourself, but be careful to not concentrate too heavily on disease. **Believe in your body, and be aware that health assistance provided from the outside should facilitate who you are and what you have.** Many interventions attempt to modulate disease by over-riding your innate intelligence instead of facilitating what is already “right” inside you. Although disease modulation is at times necessary -- in fact it may be critical for survival -- it will not bring about health.

The chiropractic concept of true health is the 100% expression of your potential in all areas of your life, a complete and vibrant expression of “lightness.” That is where the concept of subluxation originated and why it is used. The chiropractic subluxation can be dually described as a malpositioned vertebra and a “less light” condition. The idea is that a lack of health is any reduction in that expression, which over time will result in disease or a less robust condition. Chiropractic treatment is the attempt to facilitate and optimize your body's natural expression of self-defense, self-healing, and self-maintenance.

In your quest to overcome pain and regain function by finding ease, stillness, and quiet, there will be work that only you can and need to do. In this work, remember that you are not alone. The discomfort you are currently experiencing is a result of your body's attempt to adapt, as well as it can, to a difficult or less than optimal physiological situation. If you find yourself in that downward spiral where one negative health concern follows another, remember this concept of health facilitation and disease modulation. Once a disease is modulated, it does not bring you closer to the true expression of health. To find health, look for experts that can help facilitate and maximize your health potential; stay positive; and continue searching. Hundreds of people who have come to me for help had given

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Dr. Jeff Scholten continued...

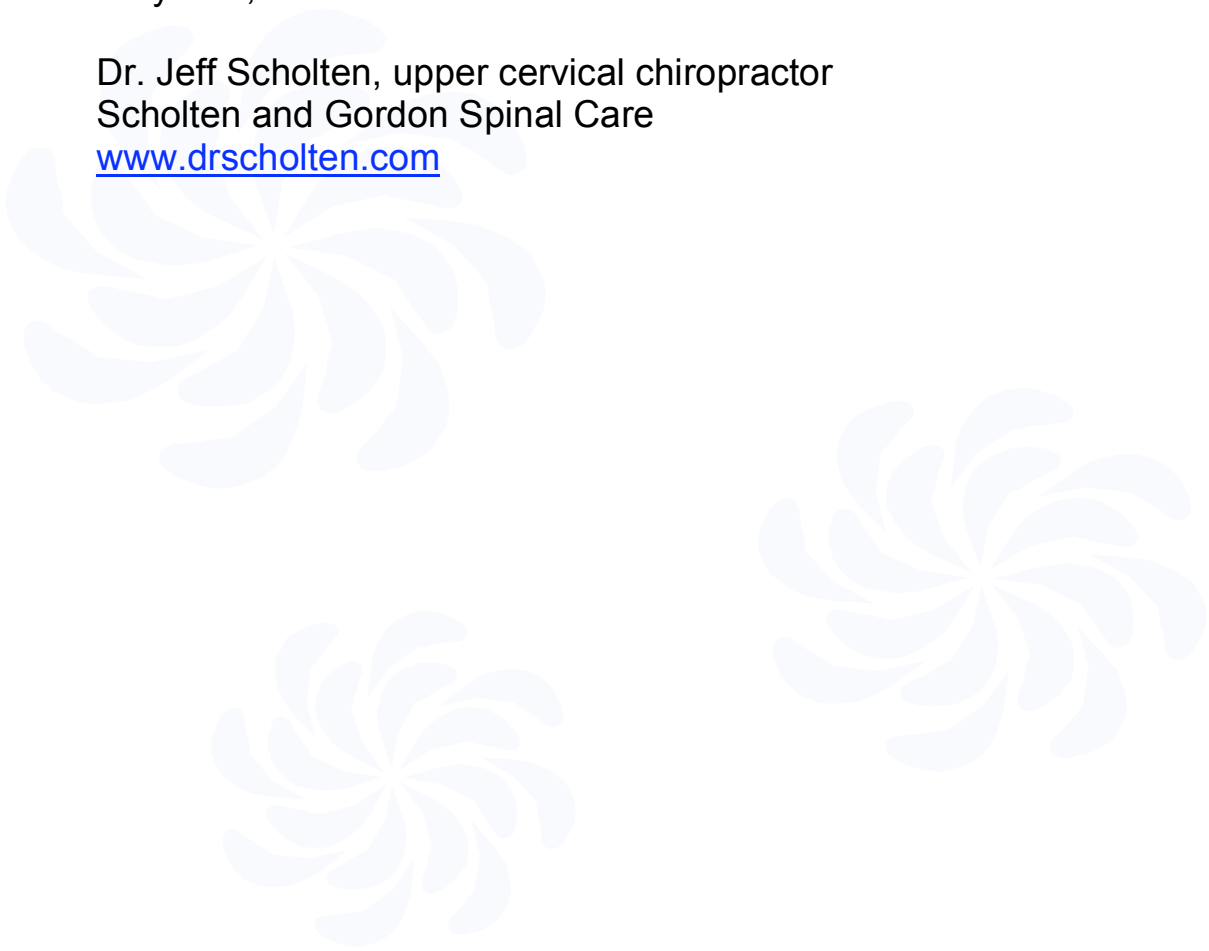
up on their bodies' ability to heal, only to see their lives turned around within a matter of moments, days, or weeks with the right assistance, at the right time.

All processes require time, and healing is not exempt from that basic law. In your journey back to optimizing your health, remember that healing occurs like the tide coming in; there are times of regression and perceived failure, but there are also times of joy and acceleration towards how you want to be. Don't let the regressions overshadow the joy. Health doesn't come from doubt and darkness. Health comes from light and belief.

Stay well,

Dr. Jeff Scholten, upper cervical chiropractor
Scholten and Gordon Spinal Care

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LORRIE MAFFEY

Become aware of your own potential.

In order to best assist recovery from a major or minor injury, it is often best if people come into their rehabilitation with an aware and open mind. This will allow them to be involved with their recovery process by understanding where they are now in body, mind, and spirit as well as where they want to be and where they are capable of being. They must also recognize that healing will be a process and a journey, and they will need to invest energy in their recovery at a time when energy might be lacking.

An individual may have a problem with her hip, which has an influence on her relationship with her entire body. As her hip recovers, her relationship with her body will change . . . her movement will change and her awareness will change. She may walk differently, stand differently, run differently, and golf differently because as she heals, her body, mind, and spirit will potentially change. This process of recovery may not always be easy, but if a person trusts that the energy he or she invests will contribute to positive changes, then the outcome is worth it!

Lorrie Maffey, physiotherapist
Consultant to Functional Synergy
www.functionalsynergy.com

HEIDI LAUBER

There Is nothing more to be than what you are right now.

When you allow yourself to be what you are right now, magic happens. When you know in your heart that there is nothing more to be than what you are right now, you experience yourself as being perpetually more amazing than you ever thought possible.

How do you discover “what you are right now”? Be ruthlessly compassionate with yourself. This means acceptance, acceptance, acceptance. **Infect yourself with self-acceptance.** This allows you the freedom to honestly assess where you’re at.

Now you can **be ruthlessly honest with yourself**; your ruthless compassion gives you a sweet cushion for anything you discover to be less than desirable when you hang out with where you’re at right now.

What do I mean by “ruthlessly honest”? Here’s an example: When I work with clients, especially for the first time, I observe their posture. As my clients stand and walk around, I often see them reorganizing or holding themselves in a posture they think is “right.” This is a “counterfeit” or “artificial” posture. This isn’t a natural posture. It is a posture they think they *should* have. We’ve all done this at one point or another. I could tell you stories about my own “counterfeit” postures (yes, that’s plural), but that’s a book unto its own. . . .

The point is, this “should be” posture is often indicative that we are *trying* to be something other than what we genuinely are right now. By allowing our thoughts of what “should be” to dictate, our genuine posture is, unfortunately, suppressed. Not to mention that it takes a lot of energy and effort to hold oneself in an unnatural position.

If you apply this postural analogy to your entire life, maybe you can begin to see more clearly where you are faking it (hint: compassionately hunt for

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Heidi Lauber continued ...

the “should-be’s” in every aspect of your life).

Allow yourself to be completely as is. Hang out with what you are right now. This gives the innate intelligence of your whole system the space to express itself. The expression of this intelligence is incredibly healing. It is the stuff magic is made of. I’ve seen it work wonders time and time again.

If the thought of hanging out with yourself with ruthless honesty scares you, consider yourself human! This fear is a very natural experience for everyone. However, please realize that if you feel scared or threatened by this kind of honesty, you are an especially perfect candidate to hang out with it. . . . Courage friend, courage.

One fine day, perhaps even tomorrow, after you’ve played with this ruthless compassion, honesty, and innate intelligence stuff for a bit, you may just discover yourself naturally coming across your ideal posture/career/relationship. Heck, maybe even life. . . .

All the best on the adventure,
and, of course, Namaste.

Heidi Lauber, massage therapist
Momentum Manual Therapy
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DEBORAH CATTON

Understanding the nature of healing.

What is health? What is illness? What is healing?

If you can recognize illness or disease as a balancing factor, a part of your wholeness that has been denied, then you will be able to find healing through expanding your awareness and seeking alternative concepts other than those that attempt to eradicate the illness through conventional treatment, leaving the body drained and fragmented.

It is when you get to this place of understanding that your entire personal philosophy undergoes a transformation that changes your attitude about illness and disease and automatically activates your basic healing system within.

Illness or disease is a call to the transformative potential within us. As soon as we stop resisting the illness and experience it fully, this is the moment we begin to heal.

Healing and change are one and the same thing. Healing does require taking action -- it is not a passive event.

MYTHS ABOUT HEALING

First myth about healing: **My life is defined by my wound.**

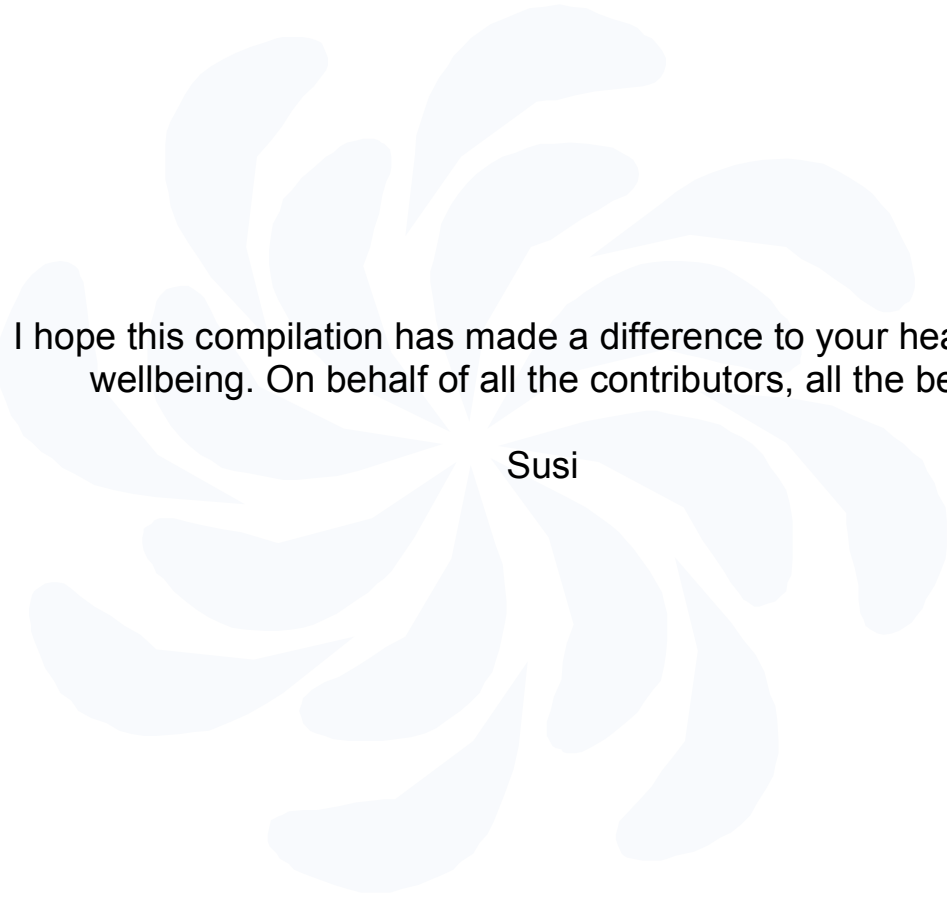
Second myth: **Being healthy means being alone.**

Third myth: **Feeling pain means being destroyed by pain.**

Fourth myth: **All illness is a result of negativity.**

Fifth myth: **True change is impossible.**

Deborah Catton, herbalist
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I hope this compilation has made a difference to your health and wellbeing. On behalf of all the contributors, all the best,

Susi