

## NETWORK ANSWERS YOUR QUESTIONS

- What is a Vertebral Subluxation?
- Are subluxations painful?
- Where then does pain fit into the picture?
- Do I have to figure out what actually needs attention?

### **1. WHAT IS A VERTEBRAL SUBLUXATION?**

A vertebral subluxation is a condition of a spinal segment (vertebra) that has lost its natural, peaceful relationship with the segment above or below, or both.

This distortion is less marked than a dislocation (called luxation), so it is a sub (less than) luxation.

This condition is associated with a change in the size, position, tone, or tension at the opening between the segments (vertebra).

This situation interferes with the transmission of information and vital life energy sent by your Innate (resident) Intelligence through the nerves to each of the cells of your body.

### **2. Are subluxations painful?**

Vertebral subluxations in themselves produce no pain. They instead interfere with the quality and quantity of life you can experience. Interference with the ability of the nervous system to relay messages (from your perfect, all knowing, coordinating, Innate Intelligence) results in a body-mind less capable of expressing its vitality, and peace. With altered life flow, one is less capable of effective and loving interpretation of information, less capable of recovering from life experience, and less able to properly deal with present information at hand without "bias" from past events.

### **3. Where then does the pain fit into the picture?**

Pain is an experience of awareness. Pain acts to alert the individual that the body-mind is being challenged in maintaining its status quo. It tells the body-mind that something has to shift or change. This is a means of the body saying "Wake up! Something here needs attention!"

#### **4. Do I have to figure out what actually needs attention?**

Yes, only you can figure this out. However, much of the figuring is not done by your "educated" or thinking intelligence. Almost all of the work is done by your Innate Wisdom, without conscious awareness. In a moment of inspiration, you suddenly may understand "Oh that's why!", or "I won't do that anymore!" or for some reason you just KNOW.

This happens when your Innate Intelligence has communicated this awareness to your subconscious, conscious, or educated mind.

Many times your body may simply cough, or develop a fever, or create a scream, or a laugh as a means of creating change. Your Innate Wisdom may suggest to your educated mind to eat a particular fruit, or to phone an individual, or to read a particular book.

By adjusting your vertebral subluxations, in this office, it is our intention to assist the flow of your Innate Wisdom to become easier and more natural. Rather than trying to control your body-mind's instructions, or awareness, we will instead simply detect interference and adjust it.