

FFC Newsflash

May 2008



"There came a time when the risk to remain tight in the bud
was more painful than the risk to blossom."

Anais Nin

Planting Seeds of Change

FOUR WAYS TO PLANTS SEEDS OF CHANGE:

How can any of us make our lives different from previous years? How can we actually create the changes we failed to make last year? Experts believe that we must see them not as things that must happen immediately but as part of a process of change. Processes take time and often involve more than a simple change in behavior.

Indeed, personal change often requires both an internal process of change as well as an external one. To actually create change, accomplish goals or make our resolutions become realities, we must treat the process of creating change like growing a garden. Indeed, we must 'plant seeds of change.' We do this by looking inward at the issues we have that prevent us from creating change. This can be likened to preparing the soil and weeding the garden. Then we must set our intentions for change -- plant the seed -- and carefully tend the garden by taking actions -- sometimes just small steps each

day or week to help nurture the change, to move closer to our goal. We help the plant -- the change we desire -- to develop deep roots, to grow strong and eventually to bear fruit."

Anyone can plant seeds of change and then watch them take root, grow and bear fruit. To do so, one need only take the following four steps:

1. **Cultivate the soil** -- This requires doing the inner work necessary to allow change to happen. "In this step, we must each look carefully and honestly at what stops us -- now and in the past -- from achieving our goals. Are we afraid? Does it feel too hard? We must explore these issues and find ways to move through them, thus preparing ourselves to become a fertile growing space for the change we desire. This can involve finding compelling reasons to change and developing a 'burning desire' to change when we know we need to change but don't necessarily want to change.

2. **Planting the seed** -- This step combines the inner work of step one with the outer work of actually

doing something to begin creating the desired change. In this step, we actually plant the seed of change in the soil we have cultivated. We define what it is that we want to create and state our intention in a clear, concise, measurable, and attainable way. This intention becomes the seed we plant and nurture.

3. Fertilizing and watering the seed -- This step involves taking action to make the change occur. Now is the time to help that little seed grow strong roots that will hold it up as it sprouts and begins growing strong in the world. We must nurture the seedling with fertilizer to make it strong and to increase the speed of its growth. We must give it the essentials, like water, food and attention, to be sure its growth is not impeded or stopped. This means visualize the goal, taking time to focus on the intention and being grateful for each little success along the way. Part of the fertilizing process is doing one thing a day or a week to help you move towards your goal. It means making small changes, taking baby steps, but always staying focused on the end result you desire and doing something -- anything -- to help you move in that direction.

4. Harvesting the fruit -- Over time, the love, care and attention given to the seed of change causes it to grow into a mature plant that bears tangible fruits. In this final step, it becomes possible to harvest those fruits -- change, enjoy them and be grateful. Just as your seed has grown, through the process of planting it and caring for it, you have also grown. You are ready to allow the fruits of your inner and outer labor to become real -- to actually experience the change -- and to become a part of your life and of who you are now.

By approaching change in this manner, change is allowed to happen naturally, organically, without being forced. Change may not happen over night using this process, but usually change does take time. Many people give up on their resolutions, because they don't see change happening fast enough. If they let the change they desire grow, like a flower -- indeed, if they help it grow by nurturing it and giving it their consistent attention, they will find they have accomplished much in the next year.

By actively engaging in the process of change by planting seeds in fertile ground, nurturing the growing plant and then consciously harvesting the mature, tangible fruits, you gain all the gems of knowledge and experience the process has to offer -- which is just as important as reaching your goal.



From the desk of Sandra Viaes, massage therapist ...

Spring is a time of growth. Whether it be new, like starting a new activity such as scrap booking or dancing lessons or reviving an old habit such as heading back to the gym or getting back in the garden. With spring comes the sun, fresh air and rain to wash away all the left over dirt and salt left on the street from this year's nasty winter. To me that also means its time to wash away any pesky habits adapted from the winter. The cold days and nights kept me from my regular healthy routines. When it was minus 20 degrees I would rather cozy up on the couch then go for a run. Or stay in my warm car and go through a drive through rather than walk into a grocery store to buy a fresh salad.

But now its time to plant that seed and get back into a healthier and more active routine! The warmer and brighter days help crush those winter blues, my mood is better and I feel more energized. But I also like to plant the seed with family and friends and to get them involved and help initiate their increased activity and health this season. I'm not telling to go round up your friends and enter to run a marathon but remember when it comes to your health a little goes a long way!

I called over some family and friends recently and had them help me with a huge spring cleaning. I will be moving out of my parent's home this summer and into a new home with my soon-to-be husband. We packed up some winter gear and went through some clothes to donate to the Salvation Army. I find having others help when

going through old clothes is more beneficial than doing it alone because they are honest when it comes to telling you "it's time to get rid of that striped sweater you have never worn and still have the tags on it", but you insist you will eventually wear!

So the seed is planted. I have gotten back to my regular exercise routine and eating habits and I feel more energized and revived than ever. And not to mention getting my friends and family involved.

Competition drives us (even if we can't admit it) so use the buddy system. Research proves that the buddy system helps you stick to your goals longer and are more likely to achieve them in the end. Start off small and make it a goal to get a little more active and eat a little healthier every day, week or month. And remember it's easier to do with some friends!

From the desk of Randy Ketterling, psychotherapist ...

Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders.

- Henry David Thoreau

Don't judge each day by the harvest you reap, but by the seeds you plant.

- Robert Louis Stevenson

The seeds of the day are best planted in the first hour.

- Dutch Proverb

If I was to plant some important seeds for the future I would remember to always acknowledge people around me; I would try to live with some intention each day even if it had to be doing the laundry *really* well. I would remember to *really* listen to what I was hearing; I would think carefully about what I said when I was speaking because everything is important. I would really *look* at what was going on around me and engage or observe but never ignore because I am part of the soil in which other people live. Any gardener knows that it is the soil you tend to if you want a plant to thrive.

UPCOMING EVENTS

OUR FULL SCHEDULE OF EVENTS IS AVAILABLE ONLINE @ www.fosterchiropractic.com (under workshops & events)

SUPER BOOST YOUR IMMUNE SYSTEM-Thursday May 29 7-8:30pm Sign up @ FFC. Led by Dr. Danielle Warner, DC. Knowing how to support your immune system, naturally, can change your life. Don't let stress get the better of you. Join us and discover ways to create a platform from which you can realize true health and optimize your full healing potential.

From the desk of Jenn Pike, holistic nutritionist ...

Please enjoy some personal thoughts inspired by one of my enlightening forces Jennifer Hough:

"When you shine the light of your purpose, you ignite the lights of hundreds around you. When you worry about those around you who are not yet ready to be lit up, you rob hundreds of others of your light. Look for those who are ready to be lit up, don't be dimmed by those who have yet to be plugged in."

J. Hough



Hi thereI have a question for you. What is more important: 1. Shining your light to inspire hundreds or 2. Worrying about things out of your control because you think it is justified? It is not more virtuous to worry.....after all, you have robbed us all of your magnificence when you do that.....and frankly, we prefer you when you glow!

SPEAKING TO YOUR SOUL: How do you make the biggest difference in the world.....Well, you make the biggest difference not by feeling badly for others.....but by using the struggles of others (in the 3rd World, in your family, on the streets), to inspire you more to Get Out of Your Own Way. For you see, until you know for yourself that you can shine, live in ease, generate joy and find a new path.....you can never know that reality is possible for another. In fact, without knowing that you can

do it for yourself, you will not be able to truly lift another up to their potential.....as you will have little to teach. Did you know when you feel down, worried or feel sorry for another, you are feeding into the concept of powerlessness on the Planet.....you don't want to do that, do you? Shine, my friend, time to shine! (ps. that doesn't mean don't comfort or soothe your loved ones.....just be conscious of where you are coming from when you do that).

No one can ever dim your light, without your distinct permission. Do the world a favor, and wake up to who you are.....incredible, magnificent, powerful, loved, adored, juicy, special.....after all, you wouldn't want to rob us all of that, would you?



Lululemon Athletica

I am thrilled and honored to announce that I have been blessed with one of six Ambassador positions with Lululemon athletic for their new location in Upper Canada Mall. As Ambassador is my role to educate, motivate and cultivate continuing relationships with those of you in the community and enlighten you in the areas not of our products themselves but more importantly the culture that Lululemon speaks for. I have currently hosted 2 yoga events with store and will partake in a fantastic photo shoot in the weeks to come along with promoting seminars, cooking classes and workshops that I offer through FFC and through my company Balancing Bodies.

I will use this opportunity to invite you all to enjoy one of our complimentary yoga classes held at

Lululemon in the Upper Canada Mall every Sunday from 10-11am. I will be teaching again on Sunday June 1st. These classes are held by instructors throughout the region and for all levels, just bring a friend, a mat and your awesome self and enjoy double pleasure...yoga & shopping rolled into one!

For more info please find me at FFC, visit the store directly or hop online to www.lululemon.ca



From the desk of Julia Chotowetz, massage therapist...

"It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power."

Alan Cohen

I came across the quote in a book and it seemed to speak to me. I started to look around at things in my life I didn't like and thought about how I could grow with movement. I realized that the thing I was most unhappy was the thing I had total control over: My Own Health! I started to look at my eating and exercise habits and subsequently realized I needed to change. I also realized just how hard change is especially when your comfortable. In the past 3 months I have come to a very big realization which will affect me both personally and professionally: **Being healthy is hard and being unhealthy is easy!!**

From the desk of Dr. Laura Foster, family chiropractor ...

There are times when I know I need and want a change in some aspect of my life, but I can't 'exactly' name what I want. So instead I've got in the habit of envisioning the 'feeling' of my life that I am looking for. Perhaps I want it to feel relaxed and gentle and so I see myself going about my daily activities with that 'feeling' occurring. Once I can recognize the feeling of what I want to move my life towards then it's a matter of dialing in to that memory whenever I need to make life choices. If the choice moves me towards that 'feeling' that I am seeking then that's the choice I make. The end result is usually getting me exactly where I need to be.

From the desk of Pipet Martin, classical homeopath ...

Homeopathy & Vaccination Lecture:

On April 18th I held a vaccination informed choice lecture. This is the fourth time in a year that I have given a vaccination lecture as more and more people are questioning the routine vaccines we give our children. The attendance has been high at all of the lectures and I feel it is very valuable to meet with other people who are working their way through this challenging decision making process. Some of the struggle comes from the very fear based thinking that surrounds the question of vaccination. If this is a question that is coming up in your family consider participating in the next lecture - educate yourself and think outside the box.

Nourishing Ourselves

- Do you ever consider how you feel when you are shopping for food?
- Do you think where the food comes from makes a difference in how it engages with your body?
- What would it feel like to be connected to the food we nourish ourselves with?

We are very fortunate to have a number of places and options to buy our food. Here are some choices in our community:

- Clean Food Connection - www.cleanfoodconnection.com

- Nature's Emporium - www.naturesemporium.com
- The Village Market - Waldorf school, Thornhill - www.villagemarket.ca
- WOW box both Clean Food Connection and the WOW box are home delivery options - www.wanigan.com
- Hallujah Organic Meats - Newmarket - www.hallelujah.ca
- Bagel Flame Bakery - Aurora
- Ambrosia
- Caldrons
- Farmer's Market - seasonal - Aurora and Newmarket - begins May 24 weekend.
- Maunders Meats - Aurora

From the desk of Dr. Danielle Warner, family chiropractor ...

The development of our nervous system starts at conception and continues to adapt, change and redefine itself until the day we die. Here's the thing: You have to use it, or you will lose it. Nervous system connections are formed at a very rapid rate during the early months of life and achieve a maximum density 6-12 months after birth. There is a decrease after this due to disuse or natural attrition and the infant's brain forms and retains only those connections that it frequently uses. In other words, the things we do to support and nurture the neural health of our children will set the stage for later learning and developmental capabilities.

Let me expand on this further:

Babies start practicing muscle control almost immediately. However, integrating reflex motor movement into controlled patterns takes a long time. At first the infant's movements seem random, but as she gets the feel of her own body in space (proprioception), connections build between different areas of the brain to help the child organize her muscles around independent plans of action. Development of myelin (the substance that nourishes and expands the nervous system) proceeds from the top to the bottom; therefore mouth, eyes, arms and hands are used before legs and feet. Babies need many things/textures to touch with their body, mouth, and hands. For an infant, experiencing different sensation around the mouth helps establish proper neural patterns. A

great playtime activity for an infant for example is brushing their face, particularly around the mouth, with a feather.

Movement and exploration allows the child to make connections between the upper, lower, and side-to-side brain areas. This will lead to later reading, comprehension, math, and organizational skills. Tummy Time for an infant provides a wonderful opportunity to explore the environment through movement and integrate sensory information.

If a child (person) has a disorganized response to sensory input they may appear hyperactive, hyperverbal, distractible, emotional and disorganized.

Chiropractic care works to support the development of the nervous system by freeing the body of any stored tension that may inhibit growth. A chiropractic adjustment helps to connect the brain and spinal cord with the rest of the body and in doing so establishes a platform from which one can appropriately and effectively integrate the sensory information received from the environment.

Life is cumulative and everything that we are exposed to starting from conception has an effect on our present state of health. When we plant a seed, we need to provide it with sunlight and water so that it will grow. So too must we support the growth of our children by creating an environment that establishes and enhances optimal growth.

We learn through our senses. What we see, what we hear, what we touch, and what we experience through the perception of movement from our joints and muscles are our foundations for learning ---Ayres 1994

In Our Community ...

We are pleased to announce that Newmarket's Trillium Scouts has been granted our charter and we are excited to begin meeting.

We would like to invite you and your children to an information evening, where you can meet the leaders of Trillium Scouts, our children can begin to get to know each other and we can discuss the details of this new adventure!

Discover what SpiralScouts is all about, what children can expect at meetings, costs involved, etc.

Our information meeting will be held on Thursday May 8th, at 6:30pm. If you are interested please email me (spiralscouts_trilliumcircle@hotmail.com) and I will provide you with the details of the location. Feel free to invite other families that may be interested. This is an information meeting only. Do not feel that by attending you have to register your children for SpiralScouts. Any questions or concerns, please ask! I look forward to meeting everyone!

Blessings from,
Dana, Daniela and Jeff
Leaders of Trillium Scouts

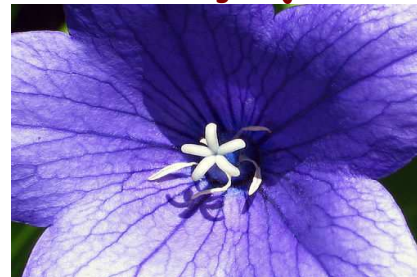
Soaring Studios Open House
May 10th 9:00 - 5:00
Come Give the Pottery Wheel a Try!

Pottery Demonstrations

Show and Sale and one of a kind designs by Practice Member Jamie Cafissi. Take Mom out for a Creative Pottery Adventure.

Studio is located at 4265 Vivian Rd. Cedar Valley.
jamiopottery@yahoo.ca OR www.soaringstudios.ca

Guerilla Gardening Project - 2008



As some of you may remember I suggested a while back looking around your neighborhood or work environment to see if there were places that could use some greening up. Next to my house is a small apartment building with three empty flower beds that fill with cigarette butts and garbage as the summer progresses. I decided to start allowing my perennial flowers to drift over to the flower beds and see what happened. Last summer I planted hostas, violets, forget me nots, chamomile, bachelor buttons etc. in these beds and watched them become full and green. In the fall I planted bulbs and now they are poking up. It is very exciting. I can't wait to see how

things will have spread and developed over one season. I also noticed that some of the neighbors had decided to participate and donated plants from their gardens....So far there are less cigarette butts and more plants. I'll keep you posted..... in the meantime, take on a wild patch of your own and see what you can create!

Piper Martin

On the web ...

Looking for something different in a spa?

A Water spa for women

www.bodyblitzspa.com

Organic and heirloom seeds and or started plants. She also sells at the Waldorf Market in the spring-early summer.

www.urbanharvest.com



The Teachings of Abraham

You are a Physical Extension of that which is Non-physical.

All-That-Is, or God, is not finished and waiting for you to catch up. You are the leading edge of thought, here seeking more: more of all that feels good to you, more of that which is fresh and gloriously uplifting. (You are, in essence, bringing heaven to earth.)

You are here in this body because you chose to be here.

You wanted the opportunity to experience this delicious contrast in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

The basis of your life is Freedom; the purpose of your life is Joy.

You are free to choose to discover new avenues for your joy. In your joy you will grow; and in your growth you will add to the growth of All-That-Is. (However, you are also free to choose bondage or pain... but everything anyone chooses is only because they believe it will help them feel better.)

You are a creator; you create with your every thought.

You often create by default, for you are getting what you are giving your attention to wanted or unwanted but you know by how it feels if what you are getting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)

Anything that you can imagine is yours to be or do or have.

As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you. (It is as easy to create a castle as a button.)

You are choosing your creations as you are choosing your thoughts.

Your loving Inner Being offers guidance in the form of emotion. Entertain a wanted or unwanted thought and you feel a wanted or unwanted emotion. Choose to change the thought and you've changed the emotion and the creation. (Make more choices in every day.)

The Universe adores you; for it knows your broadest intentions.

You have come to earth with great intentions, and the Universe constantly guides you on your chosen path. When you are feeling good, you are, in that moment, allowing more of that which you have intended from your broader perspective. (You are Spirit Incarnate.)

Relax into your natural Well-being. All is well. (Really it is!)

The essence of all that you appreciate is constantly flowing into your reality. As you find more things to appreciate, your state of appreciation opens more avenues to more to feel appreciation for. (As you think you vibrate. As you vibrate you attract.)

You are a creator of thoughtways on your unique path of joy.

No one can limit where you can direct your thought. There are no limits to your joyous journeys to experience. On the path to your happiness you will discover all that you want to be or do or have. (Allowing others their experiences allows you yours.)

Actions to be taken and money to be exchanged are by-products of your focus on joy.

On your deliberately joyous journey your actions will be inspired, your resources will be abundant and you will know by the way you feel that you are fulfilling your reason for life. (Most have this one backwards, therefore most feel little joy in their actions or their possessions.)

You may appropriately depart your body without illness or pain.

You need not attract illness or pain as an excuse to leave. Your natural state coming, remaining or leaving is that of health and of Well-being. (You are free to choose otherwise.)

You can not die; you are Everlasting Life.

In grace, you may choose to relax and allow your gentle transition back into your Non-physical state of pure, positive Energy. Your natural state is that of Foreverness. (Have fun with all of this. Lighten up! You can't get it wrong.)



***We invite you to consider
all possibilities.***

FFC Team, June 2006

Around the clinic ...

We're off and away! The entire FFC Team is off and away to our annual clinic retreat. This year we are having it in Collingwood. Three gruelling days of research, planning and professional collaboration. Well, okay ... maybe not, but it is our finest attempt to improve upon our experience as a team and bring more to our practice members.

Stay tuned for more details!