

Premium Blend

Newsletter

The Seven Keys of Optimal Wellness

Harnessing the magic of The Big Picture

1 September

Have you ever wondered why some people achieve maximum wellness and others seem to continually be fighting symptoms of unbalanced health? There is no single way to find this balance, it requires no less than the full integration of all areas of life experience through the highest expression of your values.



The Seven Keys, or seven areas of life are Mental, Physical, Vocational, Spiritual, Familial, Social and Financial. I will dig a little deeper into each and talk very briefly

on how to master each of them in order to live optimally in wellness. I'll also talk a little on where Chiropractic and Functional Biochemistry fit into this picture and why we're so inspired to deliver this service to our community.

experiencing other peoples genius, reflection on your good and bad qualities, focused attention and authentic intention, and writing down your thoughts and ideas. One of the most powerful ways to kick start this process is to write down your thoughts and ideas. Use journaling as a means to capture your inner dialogue and therefore to replace the bad habits with new and empowering ones (reflection), give thanks for what you already have (gratitude) and master plan your actions (plan and clarify your intentions).

Your mental power and innate genius are within, it simply takes the persistence of applying it daily to express it to its fullest available potential.

MENTAL

I believe very strongly that everyone is, in fact, a genius. The expression of which brings forth our extraordinary gifts, talents and abilities and therefore our ability to live magnificently in optimal health.

Have you ever noticed that in doing the things you truly love, the things that inspire you, you are mentally powerful and creative? Living from this level of inspiration, from what matters most to you, you will find your genius and express your greatest self.

The actualization of your full mental power requires asking quality questions (e.g switch from "why can't I work out how to finish this task?" to "How can I most effectively complete this task using the wisdom I already have?" - the difference in these two types of questions is huge), gaining wisdom and knowledge,

PHYSICAL

Your physical body, the vessel which carries you through this journey called life, has the ability to be a spectacular enabler of optimal health or a devastating hindrance to it. The new science of epigenetics tells us that genes play a very minor role in any and all health outcomes and that it is indeed our environment - our thoughts and actions - which ultimately determine how our physical form manifests.

There are 2 sides to the physical body; #1 the Structure of bones, joints, ligaments, muscles and organs (realm of Chiropractic) and then #2 the Chemical component of all the internal biochemical reactions that occur to provide energy and nourish

us (Functional Biochemistry and Nutrition) - and these are **inescapably linked to our Mind and Spirit**.

For example: to make energy we require food, vitamins, minerals and water (*chemical*) but we also need the organs where the reactions take place and nerves (that come from the brain and spine) supplying them to be functioning well (*structure*), and to have the motivation or inspiration to act on that energy requires the *mind and spirit* to move us into action. Can you see how you can't have one without the other?

Your ability to jump out of bed in the morning by harnessing your body's potential energy and living with vitality is the power you can expect by maintaining a superior physical form.

You must be able to focus your energy when needed and subsequently *rest* and restore daily. Your body requires a few elemental 'foods' to be able to function highly and they are: pure *water*, a variety of natural *whole foods* that make you feel alive, daily *movement* and exercise, conscious *breathing, rest, sunlight*, and *self-healing*/recognition of symptoms as a message to seek treatment or change a disempowering habit.

Chiropractic and Functional Biochemistry practices are a tool to remove structural and chemical causes of *dis-ease* and allow the body to return to its intrinsic position of homeostasis - pure balance.

VOCATIONAL

Ask yourself the question "if I had all the time, money and energy in the world and I was guaranteed to succeed, what would I **love** to do?". In other words, what would you choose to do everyday for free. Once you've done this follow up by asking "how can I most effectively give my gifts, talents and abilities to the world in a service of love?". When you can answer these questions with a deep knowing of clarity and certainty, you have discovered your purpose in life.

The incremental rate of bliss experienced as you rise through the hierarchy of service to the world goes from lowest at the level of having a 'job', followed by working at a 'career' and lastly the deepest inner peace and joy is experienced when you live out your 'calling'. Is there anything more important in life than the expression of your highest calling? I'll let you ponder this as you think about why you're here on

this earth and how you can give to world by giving to yourself.

SPIRITUAL

Independent of a particular religion or philosophy, your spirituality is reflected in your daily practice of how you show up in the world. Your hierarchy of values determines your deepest spiritual desires and ultimately the spiritual 'work' you live out day to day. This is highly unique to every person, and there are no right or wrong ways to live your life.

We could talk for a whole week about how our values determine our destiny but for now just understand that what you *think about, visualize, talk about, fill your space with, spend your time, energy and money on, what you react to, and where you are most organized and disciplined* will give you your own unique set of values from what's first most important, second, third, fourth most important and so on. Spend a little time to ask yourself these questions; the clarity it gives is truly transformational to all the seven ares of life. I promise that once you're clear on your true values, you'll realise that you're entire life is a result of living according to your values and where you're motivation and more importantly your **inspiration** comes from - you can more effectively master plan your life.

There are some practices and wisdom that will connect you more deeply to your spiritual nature. Self-inquiry and quietening of the 'false-self' inner chatter to compete or compare, is at its foundation. Other spiritual food includes doing what you love and loving what you do, giving of yourself by maintaining a connection or bond with earth's creatures including other human beings, and giving to the world what it is that you desire for yourself; the easiest way to create joy and inner peace within yourself is to give that to the world and help other people to achieve the same thing.

FAMILIAL

We are brought into this world by the coming together of two souls sharing a connection and a moment of love. Whether you have a close biological family or instead a set of individuals or experiences that bond you to a feeling or group is what defines a family; when your personal life intertwines with others, they are your family members.

Having a feeling of family is having a bond to other beings and serves to energize our own inner power. It

also serves to equilibrate the parts of ourselves we have disowned. Look carefully at the members of your family and realise that the traits in them that push your buttons and also the ones that you admire are just parts of yourself that you are yet to realise are already there, just in a different form. This may seem like a challenging concept, but I promise if you take the time to look, those qualities are *always* there in you too, the good and the bad.

I believe that Family serves to balance you and make you aware of your wholeness. Recognize that your family - out of love - will support *and* challenge, be nice *and* mean, be happy *and* sad, be close *and* far, and its all to equilibrate your soul. It's all a lesson in learning how to love unconditionally.

SOCIAL

Mastering social relationships permits a certain kind of inner empowerment that affords you to communicate broadly your souls message to the world. It involves developing the skills of leadership (service, specialized knowledge, speaking), being magnetic to other people who share your vision or who you may help or be helped by, self-worth to be able to extend your circle of influence in your community and the globe, and satisfaction of the deep desire every human being has to feel connected to a group of people that when added together constitute more than the some of the parts.

Try immersing yourself in the presence of other people who have made contributions to the field you're passionate about; this is wildly inspiring, reduces fear of failure and builds confidence to grow yourself. If you can't spend time in their actual company, spend time in their 'virtual' presence by reading, viewing and meditating on their great achievements.

The more social dexterity you possess, the greater your ability to give yourself to the world.

FINANCIAL

Having material abundance in the form of wealth is the easiest way to enable you to live out the path you've set for yourself. In this way, money is a great *enabler* of your dreams and your well-being. It certainly isn't everything, and it will only bring a fraction of happiness, but it is the most convenient way to exchange services, products and ideas in this world. To achieve unlimited abundance requires a shift in mindset. Essential ingredients include finding your souls purpose and living it daily, providing a service of love to the universe, understanding money is neutral; its merely a means of exchange, feeling your fear and

doing it anyway (action cures fear), build your self-worth and personal power, being thankful for the abundance you already have, helping others achieve affluence, expanding your comfort zone around money, and detaching from the outcome and trusting that when you live in accordance with your highest values and follow your purpose, abundance is guaranteed.

I want you to know that money is like blood, it is life energy that needs to flow. If you can't freely give and spend the money that has already flowed to you as a result of the service you have provided to the universe, then the Universal Law will not allow it to flow freely and easily back to you. To gratefully receive is an expression of the dignity of giving.

And crucially, until you *link* financial wealth to whatever is highest on your list of values, money will always be a fleeting presence in your life. Ask yourself, "how will having abundant wealth serve me and my highest purpose?"

PUTTING IT ALL TOGETHER

As you may have surmised already, all seven areas are tightly linked to each other in a way that creates the overall picture of a persons health or lack thereof. But I believe it goes further than that as well, I think mastering these principles takes you to a level where life is not just observed as it passes by, but instead is embraced and everyone in your presence will automatically raise their level of well-being as a result. This is the ripple effect.

Our primary aim here at Premium Health is to inspire and assist you in your physical manifestations of wellness by releasing dysfunctional areas of the spine, peripheral joints, organs, muscles etc, clearing out toxicity and feeding the biochemical pathways to function at their highest.

Remember that if you don't have the energy, vitality or are pain-free to jump out of bed in the morning, how can you expect to master the other six areas of your life?

Dr David Pierotti

All my newsletters, past and present, are available online at premiumhealththerapies.com.au