

Pocket Wisdom Chiropractic PLUS

The Adjustment Above The Atlas: Spiritual Intelligence



The foundations of chiropractic are expressed in the “Green Books” written by DD and BJ Palmer. BJ and DD were two men deeply committed to the foundational [33 Principles of Chiropractic](#). DD Palmer stated that “Many patients imagine that they have tried everything. True, they have used many remedies, but they have never had the cause of their infirmity adjusted” (DD Palmer). This implies that the foundations of chiropractic are rooted in defining and assisting in the adjustment of the cause of the problem; not merely treating the symptoms.

Chiropractic aims to improve brain and nervous system functioning, allowing the body to work optimally- improving vitality and quality of life. Chiropractic is proven to have a profound impact on the body (posture, muscle tone, organs) and mind (mental and emotional). Yet when it comes to long term change, many chiropractors have experienced frustration and failure in trying to teach people how to enhance their wellness paradigm and lifestyle habits.

Why does Chiropractic fall short? It is not the practice or the principles of chiropractic that are *wrong*. But we have failed to adequately address the mind in developing a *holistic*, concrete, viable and realistic solution. In simple words, we *have* lacked the ability to provide patients with *The Adjustment Above The Atlas*.

The Adjustment Above The Atlas: Spiritual Intelligence



Notably the intention of chiropractic was that “Chiropractors correct abnormalities of the intellect as well as those of the body” (DD Palmer). Therefore one can infer that the adjustment needs to occur not only below but most importantly *Above The Atlas*¹.

In defining *The Adjustment Above The Atlas* we draw on “the new [c. 2000], upgraded science of the human brain with its three different kinds of neural structures—**mental, emotional and spiritual** (Selman *et. al.*, 2005, p.23).

Thus *The Adjustment Above The Atlas* is not merely about mental functioning but rather represents our mental, emotional and spiritual functioning - how to optimize these processes and create a neural environment that works interdependently and

holistically. Most importantly *The Adjustment Above The Atlas* is about providing the patient with the tools: self-authority, self-responsibility, self-accountability to understand the **WHAT, HOW and WHY of Chiropractic care and their LIFE**.

In doing so we focus on developing each patient’s Spiritual Intelligence as a foundation to and augmentation of, their chiropractic care. We focus on the development of Spiritual Intelligence as it is our Spiritual Intelligence which facilitates the dialogue between the mind (reason/mental) and the body (emotional) (Selman *et. al.*, 2005). Ideally, based upon our brain design, our three basic intelligences work together and support one another, but each of them has its own area of power.

¹Top most vertebra of the neck

“Spiritual Intelligence is about having a direction in life, and being able to heal ourselves of all the resentment- It is thinking of ourselves as an expression of a higher reality.”

(Selman et. al., 2005)

“Thinking and beliefs are not entirely cerebral, not just IQ, as we think with our heads but also with our emotions and our bodies (EQ) and our spirits, our values, our hopes, our unifying sense of meaning and value (SQ), and whether mind has a quantum dimension” (Selman et. al., 2005). Our spiritual intelligence allows us to ask if you want to be in this particular situation (Selman et. al., 2005). Spiritual Intelligence can develop our capacity for vision, meaning, and value, our dreams, our happiness, our intuition, our beliefs and our subsequent actions (Selman et. al., 2005).



If we learn how to:

“rely on our Spiritual Intelligence we shall become less fearful, more accustomed to relying on ourselves, more willing to face the difficult and the uncomfortable, and more ready to live at the edge”

(Zohar & Marshall, 2000).

The *edge* is the boundary of chaos and order (“chaorder”), between the known and the unknown, between creativity and self-organization---the frontier for information creation and the place of discovery (Selman et. al., 2005). In Pocket Wisdom terms the edge is the space of Spirituality, defined as:

- **Intuition** – What to do without any prior knowledge or experience
- **Creativity** – How to do it without any prior knowledge or experience
- **Spontaneity** – When to do it without any prior knowledge or experience
- **Faith / Discovery** – The courage to do it in the face of fear

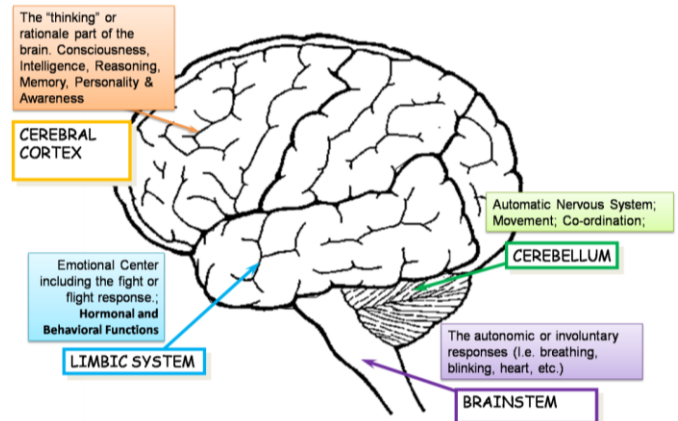
A space that is achievable and believable to all those who have walked the Pocket Wisdom journey and all those who seek spiritual intelligence² and the tools to transform their minds and empower their life’s.

In simple terms Pocket Wisdom Chiropractic PLUS defines *The Adjustment Above The Atlas* as the adjustment, improvement and development of:

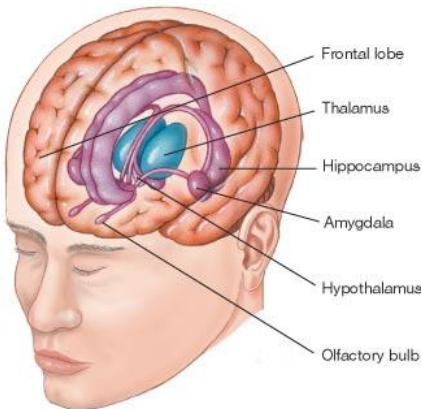
- Intellectual Intelligence
- Emotional Intelligence
- Spiritual Intelligence

² Spiritual Intelligence can be defined as *having a direction in life, and being able to heal ourselves of all the resentment- It is thinking of ourselves as an expression of a higher reality*

Traditional Chiropractic adjustment primarily impacts the **cerebellum**. The cerebellum processes information from the spine regarding its mechanics, function, alignment and mobility. Thus all chiropractic adjustments go through the cerebellum and so everything affected by the cerebellum is affected, in turn, by the spinal adjustment. The problem is that the cerebellum is only responsible for motor and supervised learning. *In the brain's information processing system the cerebellum is not the primary receiver of information.*



The primary receiver of information after our senses is the limbic system. The Limbic System is the brain's emotional and memory center -with the amygdala³ in the middle of the area, the hippocampus⁴ recording experiences into deep memory and the hypothalamus⁵ responsible for various autonomic responses. This primitive system stores information necessary for our survival (fight, flight or freeze), filtering and scanning information in order to protect ourselves. Thus the information needs to pass through the limbic system before it can be fully integrated into the long-term memory and executive functions of the cerebral cortex and eventually the cerebellum.



Additionally we need to emphasize the importance of brain wave frequencies. We know that the optimum state of learning is known as the alpha-theta state which represents a state of awareness, calmness and receptivity. The little known gamma waves, the fastest of the brain waves (40) Hz are found all over the brain, in different systems and different levels and are responsible for consciousness and the *Spiritual Quotient (SQ)*, that third intelligence that places actions-experiences in a larger concept of meaning and value, enhancing their effectiveness for arousing memories of transcendental experiences (Selman et al., 2005). This implies that the state of one's brain is determined by a number of factors: external stimuli, memories and frequency.

What does this mean for chiropractic? It means that while we focus on the nervous system, if the brain is not in a "State of Trust and Empowerment" the information is likely to be resisted by the brain and / or the perceived change will be fleeting. So although Chiropractic addresses the limbic system on a basic level, it does not provide patients with the opportunity to address the long-term memories associated with emotional reactions stored in the limbic system. And it does not provide the patient with the tools to put their brain into an optimum state - frequency and flow of learning and consciousness.

Chiropractic has failed to lead the [health and wellness movement](#) for one simple reason, *until NOW* there has been: **no structured educational process associated with Chiropractic that can reliably and consistently address the mental, emotional and spiritual dimensions of the intellect and assist the brain in adjusting its frequency to optimum levels of functioning.**

³ The Amygdale: is the [brain's 911 system](#), which reacts to incoming survival and emotional information. The amygdale are the brain's primary gate keeper. It plays a crucial role in the processing and filtering of information as well as memory recall of emotional reactions.

⁴ The Hippocampus: plays a principle role in [learning and memory](#). It checks new information with stored experiences. The hippocampus thus creates new meaning and converts short term to long term memory.

⁵ The Hypothalamus: is responsible for several metabolic processes and other activities of the autonomic nervous system. It synthesizes and secretes certain neurohormones, often called hypothalamic-releasing hormones, and these in turn stimulate or inhibit the secretion of pituitary hormones. The hypothalamus controls body temperature, hunger, thirst, fatigue, sleep, and circadian cycles.

Physical, chemical, and/or emotional stresses that we do not properly adapt to become stored in our memory; invoking a conditioned fear reaction when the stressful situation arises. As more stress and fear accumulate in the mind, a physical reaction occurs that twists and distorts our spine, resulting in subluxations. Subluxations have become an epidemic in our society BECAUSE we live with too many physical, chemical, and emotional stresses and ***lack the Life Skills (spiritual intelligence) to deal with them in a healthy way.***

Chiropractic can induce a theta state in which learning is known to occur. Chiropractic can and does induce a relaxed state, and changes often occur on a physical and emotional level. However, ***if an individual is not consciously aware of what is being shifted; no real and lasting change can happen (See hippocampus above and [Simon Sinek](#)).***

If the mind cannot take ownership of a real and tangible experience, the mind reverts back to old hardwired conditioned responses (neural pathways) (i.e. like going for the pantry when we feel depressed) and subluxation patterns return.

Additionally we are reminded of the work of Daniel Simons and Christopher Chabris who show us how much we miss through selective attention. “[The Invisible Gorilla](#)” video demonstrates just how much we don’t see that on close inspection is intuitively obvious. Dan Dennet renowned philosopher talked about how our conscious mind deceives us in his [TED Talk 2007](#) saying that *not only don't we understand our own consciousness, but that half the time our brains are actively fooling us.* Lastly Simon Sinek in his [TED Talk 2010](#) clearly states that in order to truly value something one needs to understand not only WHAT is happening / valuable, but HOW it is happening / valuable and WHY it is happening / valuable.



In order for people to learn and change they need:

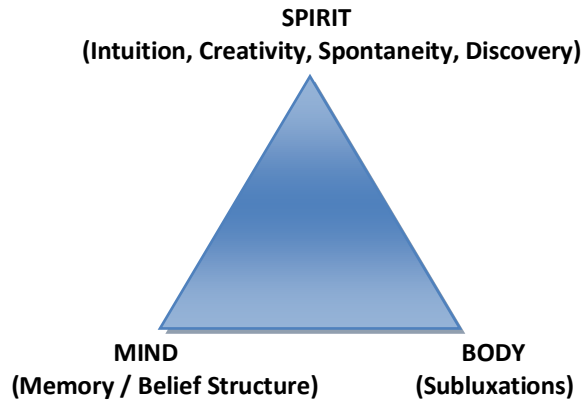
1. **To be in a State-of-Trust / Empowerment:** One in which an alpha-theta state is induced while simultaneously being provided the opportunity to experience whole brain learning (so that the gamma waves are stimulated and the mental-emotional and spiritual center of the brain learn how to work together);
2. **To Know WHAT The Problem Is on a Conscious Level; and**
3. **Be Presented With the Compliment to The Problem- The Solution (the HOW and the WHY)**

These are elements that people need in order to experience real learning –as defined by the ability to understand, retain and apply information. What is needed is therefore a process that provides the tools to facilitate the unlearning of old beliefs to allow for the relearning, discovery and uncovering of a new way of being.

While Chiropractic care improves brain efficacy and efficiency, alone it cannot effectively help people change, find emotional and mental balance, and improve their spiritual intelligence. ***So what is the solution?***

Pocket Wisdom Chiropractic PLUS

Pocket Wisdom Chiropractic PLUS is a holistic treatment plan that addresses the mind-body-spirit connection. Our treatment plan empowers clients with the tools to take charge of their lives and balance their mind-body-spirit. We assist people in learning how to resolve their physical and emotional problems.



Our approach is one of understanding and appreciation of the body-mind-spirit. Like the theory of spiritual intelligence proposes our premise is that the mind and body need to be connected in order for us to be connected spiritually. And when there is a disconnection between the mind and body we lose our spiritual connection (our spiritual intelligence) and experience *dis-ease, stress, and fear*.

When one is in a State-of-Fear your spiritual connection is blocked, we are no longer in a state of grace- we are in a State-of-Fear. The mind expresses fear as wishful thinking, magical thinking, and entitlement. In a State-of-Fear the mind sees the solution as gaining control of external situations, people, and things (dependency or codependency) as opposed to accepting reality, support, and love.

The **Life Skills U** educational process, **Pocket Wisdom** (mind) provides the balance to Chiropractic (body) - helping to balance the mind and emotions, and to create a long-term resolution for subluxations (and spiritual intelligence). Assisting **chiropractors correct abnormalities of the intellect (emotional, mental and spiritual) as well as those of the body.**

The educational process is facilitated through a scientifically proven system that provides patients with a foundational understanding of the [core principles of Chiropractic](#) as well as empowering them with the spiritual intelligence to take charge of their lives and get the most out of their Chiropractic care.

The process is structured and clear - delivered through certified Life Skills U Pocket Wisdom educators and coaches. The process incorporates computer viewings, interactive workbooks, feedback assessments, coaching classes and peer groups. The educational process is designed to be done within the Chiropractic Community for the purpose of environmental support and group process.

This educational process incorporates innovative learning technology that empowers patients with the tools to unlearn and relearn information that induces lucid learning, right brain / left brain balancing, and whole brain thinking that ensures that **“people can’t not learn.”** Lucid learning allows for the mind to enter a relaxed state so that their minds can be open to new experiences and information- resulting in unlearning and relearning (transformative learning that shifts paradigms).

The educational process gently introduces possible challenges that people may be facing in their lives while providing people with the complementary to the problem- the solution. The educational program addresses all five dimensions of the human system: perceptions, attitude, thinking, feeling and behaviors- thus ensuring real and lasting change and personal growth, which allows people to truly live what they’ve learned!

References

Publications

- Gardner, H., (1993), *Frames of Mind: The Theory of Multiple Intelligences*, Basic Books, NY.
- Selman V., Selman, R. C., Selman, J., & Selman, E. (2005). Spiritual-Intelligence/-Quotient *College Teaching Methods & Styles Journal – Third Quarter 2005 Volume 1, Number 3*
- Zohar, D & Marshall, I. (2000). *SQ: Spiritual Intelligence, the Ultimate Intelligence*, Bloomsbury Press, New York.
- Zohar, D & Marshall, I. (1994). *Quantum Society: Mind, Physics and a New Social Vision*, William Morris and Company, New York.

Videos

- Dan Dennet [TED Talk 2007](#)
- Simon Sinek [TED Talk 2010](#)
- Daniel Simons and Christopher Chabris “[The Invisible Gorilla](#)”
- Derek Sivers [TED Talk 2010](#)

Principles of Chiropractic

- ✓ **Principle #1:** The Major Premise: A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence.
- ✓ **Principle #2:** The Chiropractic Meaning of Life: The expression of this intelligence through matter is the Chiropractic meaning of life.
- ✓ **Principle #3:** The Union of Intelligence and Matter: Life is necessarily the union of intelligence and matter.
- ✓ **Principle#4:** The Triune of Life: Life is a triunity having three necessary united factors, namely, Intelligence, Force and Matter.
- ✓ **Principle#5:** The Perfection of the Triune: In order to have 100% Life, there must be, 100% Intelligence, 100% Force, 100% Matter.
- ✓ **Principle#6:** The Principle of Time: There is no process that does not require time.
- ✓ **Principle #7:** The amount of Intelligence in Matter: The amount of intelligence for any given amount of matter is always 100%, and is always proportional to its requirements.
- ✓ **Principle #8:** The Function of Intelligence: The function of intelligence is to create force.
- ✓ **Principle #9:** The Amount of Force Created by Intelligence: The amount of force created by intelligence is always 100%.
- ✓ **Principle #10:** The Function of Force: The function of force is to unite intelligence and matter.
- ✓ **Principle #11:** The Character of Universal Forces: The forces of Universal Intelligence are manifested by physical laws; are unswerving and unadapted, and have no solicitude for the structures in which they work.
- ✓ **Principle #12:** Interference with Transmission of Universal Forces: There can be interference with transmission of universal forces.
- ✓ **Principle #13:** The Function of Matter: The function of matter is to express force.
- ✓ **Principle #14:** Universal Life: Force is manifested by motion in matter; all matter has motion, therefore there is universal life in all matter.
- ✓ **Principle #15:** No Motion without the Effort of Force: Matter can have no motion without the application of force by intelligence.

- ✓ **Principle #16:** Intelligence in both Organic and Inorganic Matter: Universal Intelligence gives force to both organic and inorganic matter.
- ✓ **Principle #17:** Cause and Effect: Every effect has a cause and every cause has effects.
- ✓ **Principle #18:** Evidence of Life: The signs of life are evidence of the intelligence of life.
- ✓ **Principle #19:** Organic Matter : The material of the body of a "living thing" is organized matter.
- Principle #20:** Innate Intelligence: A "living thing" has an inborn intelligence within its body, called Innate Intelligence.
- ✓ **Principle #21:** The Mission of Innate Intelligence: The mission of Innate Intelligence is to maintain the material of the body of a "living thing" in active organization.
- ✓ **Principle #22:** The Amount of Innate intelligence: There is 100% of Innate Intelligence in every "living thing," the requisite amount, proportional to its organization.
- ✓ **Principle #23:** The Function of Innate Intelligence: The function of Innate Intelligence is to adapt universal forces and matter for use in the body, so that all parts of the body will have co-ordinated action for mutual benefit.
- ✓ **Principle #24:** The Limits of Adaptation: Innate Intelligence adapts forces and matter for the body as long as it can do so without breaking a universal law, or Innate Intelligence is limited by the limitations of matter.
- ✓ **Principle #25:** The Character of Innate Forces: The forces of Innate Intelligence never injure or destroy the structures in which they work.
- ✓ **Principle #26:** Comparison of Universal and Innate Forces: In order to carry on the universal cycle of life, Universal forces are destructive, and Innate forces constructive, as regards structural matter.
- ✓ **Principle #27:** The Normality of Innate Intelligence: Innate Intelligence is always normal and its function is always normal.
- ✓ **Principle #28:** The Conductors of Innate Forces: The forces of Innate Intelligence operate through or over the nerve system in animal bodies.
- ✓ **Principle #29:** Interference with Transmission of Innate Forces: There can be interference with the transmission of Innate forces.
- ✓ **Principle #30:** The Causes of Dis-ease: Interference with the transmission of Innate forces causes incoordination of dis-ease.
- ✓ **Principle #31:** Subluxations: Interference with transmission in the body is always directly or indirectly due to subluxations in the spinal column.
- ✓ **Principle #32:** The Principle of Coordination: Coordination is the principle of harmonious action of all the parts of an organism, in fulfilling their offices and purposes.
- ✓ **Principle #33:** The Law of Demand and Supply: The Law of Demand and Supply is existent in the body in its ideal state; wherein the "clearing house," is the brain, Innate the virtuous "banker," brain cells "clerks," and nerve cells "messengers."