



## Retracing

Reconnecting to your inner healer is chiropractic's goal. Chiropractic care permits your body and mind to gently release old stress so your powerful natural healing ability may flow from your source and begin a process of reconnection.

The process of reconnecting and healing is a fascinating adventure. Sometimes this process appears effortless; sometimes it seems difficult and painful. Often it is both. As we reconnect, locked energies may be released, painful memories revived, stored toxins stirred, hurtful experiences re-experienced. This process of reawakening is called retracing.

As old energies dissipate you become sensitive to the deeper layers of your being. As your spine and nervous system release stress you begin to tune into the deeper laws of life that guide you and you become more sensitive to the unseen hand that is always directing you to greater wholeness, awareness, growth and wisdom.