



Dr. Dennis Perman ::

Message of The Week



Miraval

February 10, 2014

Dear Doctor:

I have the privilege of being a member of The Winners Circle, an elite group of chiropractors and spouses who seek adventures that are designed to entertain, educate and empower, so we can emerge on the other side as better leaders, better healers and better human beings.

This weekend, we had the unique pleasure of visiting Tucson, Arizona, to partake of the nation's top-rated spa and wellness center, known as Miraval.

In addition to the world class all-natural gourmet cuisine, the cloudlike comfort of the beds, the Ayurvedic hot oil massages and the mountain hiking through cactus-laden, coyote-inhabited desert terrain, Miraval offers an outstanding team of teachers, trained in cutting edge wellness techniques.

For me, there were two significant highpoints. First, there was a one-of-a-kind presentation by thirty year therapist and transformational psychologist Wyatt Webb, who facilitated a horse whispering exercise known as The Equine Experience, which provides an opportunity for participants to enter a corral, approach a horse, and communicate effectively enough to lift, catch and clean his hoof.

At first it seems like just a good bar story, but ultimately, it was not about the horse. In the space of three hours Wyatt created a human laboratory where we got to examine our own authenticity, so we could confront and break through our fears, negative patterns and limitations.

As most of you know, I have studied personal growth technology for decades, working closely with Anthony Robbins through the eighties and nineties, and then with The Masters Circle into the twenty-first century. I can confirm that the artistry and mastery Wyatt demonstrated was top shelf, inviting us to discover and resolve internal conflicts, bringing them to the surface to pop like so many bubbles evaporating into thin air.

The second high point was speaker Anne Parker, who defined wellness as the confluence of balance, resilience and coherence. Using concepts from HeartMath, she wove a web of fun, love and vital health information, playful but laser-focused on providing insights into the healing process and the role of emotion in shifting humanity toward well-being and heightened consciousness.

We could ask for little more for our patients than to have them align and balance their spines and nerve systems, to help them develop resilience through enhanced adaptation to stress, and to exemplify the chiropractic promise, connecting the physical with the spiritual, the acme of coherence.

We completed the event with a gratitude walk through the labyrinth, a last chance to dial into the rocky splendor and explore our deepest feelings. This is The Winners Circle, a band of extraordinary chiropractors who remind me of Margaret Mead's famous comment – "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

So this, then, is the mission of the Winners Circle – to build chiropractors into advanced citizens who impact their communities and inspire a better quality of life, by example and by positive influence. Let's all aspire to doing so, and bring chiropractic to its rightful place in global healing and wellness.

Dennis Perman DC,
for The Masters Circle

PS - If you want to know how today's most successful chiropractors do it, come and see "How It's Done – The Art of Implementation, Productivity and Execution," in London, Chicago and metro-New York -- for info or to register, please call 800-451-4514, or go to www.themasterscircle.com.