

# A Deep and Abiding Peace of Mind

May, 2013 Newsletter

Last year the Dalai Lama spoke to a gathering of thousands of people saying that while education and knowledge are important, compassion and basic kindness are the qualities most needed in working with the challenges we face today. Underlying his message was the contention, drawn from Buddhist philosophy that everybody wants and deserves happiness.

D.D. Palmer, the founder of Chiropractic spoke of Innate Intelligence, the individual essential nature present in each of us that is the source of health and well being. This Innate Intelligence is also the source our peace of mind, our compassion, our basic human kindness and our genuine interest in happiness for ourselves and others.

In working with Chiropractic and Cranio-Sacral therapy as a practitioner and in my own process of healing I see that our Innate Intelligence does not need to be developed or created. It is always there. The work is about finding and letting go of that which obscures who we are, what closes off our hearts and our minds.

There are certain requirements for this process of self-discovery. First, there must be a genuine desire for awareness. Moving beyond our habitual patterns and fixed ideas and concepts is not easy. We must really want something different. There must also be the discipline to stay with the process of unfolding and a willingness to receive help from people who can reflect back to us things as they really are.

In discovering our true nature the ego dissolves - a necessary and sometimes painful proposition. For all of us, a deep and abiding peace of mind requires a desire to know the truth and the discipline to stay with it when we see and feel things we don't like. By leaning into these states and accepting them with curiosity and compassionate awareness, we find the gold that lies beyond them: our presence and our joy.

Our true nature patiently awaits our arrival. As our cherished thoughts and emotional and physical armoring are released they too need to be honored with dignity and kindness. In the economy of a benevolent universe they've been the currency that brought us to where we are now. We can release them gently and move closer to the vitality and generous nature that defines us.

In a sense this whole business is a matter of finding solid ground. Paradoxically, as some or many of the circumstances in our lives fall apart we have the great opportunity to find the unwavering solid ground that exists within us.

"The gloriousness of our inspiration connects us with the sacredness of the world," says the Buddhist teacher Pema Chodron. "But when the tables are turned and we feel wretched, it softens us up. It ripens our hearts. It becomes the ground for understanding others. Both the inspiration and the wretchedness can be celebrated. We are big and small at the same time."

I invite you to explore this amazing life journey of the innate expression of the body, the heart and the mind through Cranio-Sacral therapy and Chiropractic care. Call (845) 255-4424 for an appointment.

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