

Natural Healing Express Weekly

Column 302 Football

Since I have decided to write more about things I enjoy and still attempt to be informative, my topic this week is FOOTBALL. I very much enjoy the game, from the young ones throwing the ball around after a holiday meal to our highly tuned professional athletes peaking at the Super Bowl. I enjoy the power, strength and stamina it takes to become a great athlete. I enjoy the strategies of good coaching and the determination of great coaches. I like the fact that football teaches winning and losing and sportsmanship.

I like the fact that winners adapt to their environment; from the sweet warm Friday Night Lights games in early September to the "bundle up in your Eddie Bauer Down jackets" at the State Finals.

Winners commit. Winners work hard. Winners prepare their bodies and their minds. Winners strategize.

Winners adapt. I have been asked several times what it is that I do to help people become their best.

The first question I ask a client is "what is your goal?" One thing I consistently notice as I work with the many athletes, both amateur and professional is that true Winners keep their eyes on the goal. It does not matter if that goal is one yard away or 99 yards, they have a strategy and a determination to get there. They think long term and they commit to getting there.

Well, sometimes when writing these articles, I get interrupted and need to pick back up at a later time.

Of course with a very busy family, extended family, multi-state practice and community, it was bound to happen sooner rather than later this week. Usually, you as the reader don't see this as there is no gap in topics. But this week, it's different. I just cannot stay silent any longer.

So, what started to be a great article about football, has now turned into a 'what the sam heck is happening to our country' rant. It is Monday morning. Yes, just 24 hours before some of you receive this paper. And, I am still in shock about what has happened at that small church in Texas. So many innocent lives, including children were lost...while worshipping. This is getting ridiculous. I am not going to rant on

politics or gun control or religion on anything just as wasteful. I am not going to engage in the blame game.

In my humble opinion, acts like this begin in the heart. There is an old saying, "hurt people HURT PEOPLE". Acts like this can happen because one individual becomes way removed from society on an emotional level. They lose the "love connection" and depart to an unstable, dark place. There are plenty of psychological terms I can throw in here, but you know what? I don't think we need big words to describe things at this point.

If we were to be honest, we all have that one or possibly two people in our lives that we may have doubts about their emotional stability. Just think it through. Do you drive by them? Do you purposely avoid them at the grocery? Do you not take their calls because they whine too much? Do you talk crap behind their back? Ya, well, maybe we are ALL part of the problem. I am guilty.

This week, even if it is under the guise of potentially protecting yourself and others from harm, I challenged you to reach out. Reach out with a POSITIVE gesture. You never truly know what is going on with these folks, but many times just a friendly notion will help to reset the serotonin in their brains. I am not saying that this is the end all fixer for deep issues, but it could prevent an diabolical action today. And for shep's sake, be vigilant and smart with your actions.

But, be bold. Be strong. BE POSITIVE. What happens in these cases is that these individuals want us to live in FEAR. That's what terrorists want to accomplish. (I am not saying this was a terrorist attack, just citing the example) Terrorists and those with terrorist behavior want us to stop going to church, stop attending concerts with artists that we love, stop going to big cities that offer us culture and knowledge. They want us to stay home, STOP living our God Given American Freedoms and breed more hate. DO NOT BUY INTO THIS. Too many folks died fighting for YOUR right to live free! Live your life and be the LIGHT.

Out here in God's country, we take a lot for granted; we live in beauty every day. But darkness and spiritual warfare is spreading. We need to band together, make a difference and keep evil far and wide from those we love. We need to lead with Friendship and sincerity. And that includes looking out for one another. I know in your heart, you probably are already thinking of that one person in your close proximity that has had way more than their fair share of burden, stress and drama. Life has beaten them down for some reason that only God understands. I need you to extend a hand UP to that person. Today. Buy them a meal, give them a smile, talk to them about God, or tell them they matter. I don't know, you guys are way smarter than me on what they need, but take a small action. You never know how many souls are depending on you. Just ask the lady who lost 4 relatives in this recent shooting. We all just need to start with one small action. Sorry, my love of football still runs deep and possibly we can return to it in the future. For now, God bless you all... And, of course, Go Le-Win Panthers....

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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