

## **Centrum:** Your Onboard, Personal Navigator!

There are many sources of good advice—friends, neighbors, counselors, family-members, etc., but someone else’s great advice might be wrong for you. Fortunately, you come factory-equipped with an almost impeccable direction finder, your centrum. Unlike other sources of advice, centrum knows your spiritual path, and therefore is uniquely positioned to tailor advice just for you. Centrum is your direct link to the divine, your onboard, personal navigator. Therefore, if you are having trouble determining your current location, ultimate destination, or the best itinerary, give centrum a shout.

Dr. John Upledger, D.O., and his colleagues discovered centrum in the 1990s. The popularizer of CranioSacral Therapy, Dr. Upledger has made several world-changing discoveries, among them that it’s possible to dialogue with and enlist the Central Nervous System and its numerous structures in identifying, troubleshooting, and correcting problems within the CNS and elsewhere in the body. (He also showed that it’s possible to do the same with the thymus gland and other immune system components. That work is described in the reading Dr. Thymus.)

Centrum has told us that it has an external, virtual antennae but is broken off around the time of birth in shipping and handling, leaving a small, pyramidal structure, running midline from your third-eye back to the base of your occiput and down your spinal chord to the area behind your heart. To my knowledge, nobody has dissected a centrum or found one on an x-ray or MRI, yet. However, were it ethical to do so, we could probably find centrum with a brain scan, if images were taken when we were working with it. In any event, centrum is there, ready to help.

According to Dr. Upledger’s research, centrum receives God and cosmos energy and transforms it into thought forms and structure, radiating wisdom directly to cells. By being quiet and receptive, you can learn to work with your centrum. You can do this on your own, but it’s nice to have the assistance of a trained therapist to introduce you and get you started.

What you hear when you work with centrum may reflect your own conception of the divine. In other words, for some centrum may come off high and mighty, for others, deadly serious or humorous and joyful. And centrum’s voice isn’t necessarily male. What really matters is that you connect with centrum and hear what it has to say. When centrum’s advice is unclear or vague, ask increasingly specific questions until you are confident that you understand-- and can implement--the instructions.

Given how complicated we humans can be, it seems only fair that we would come equipped with a **help! desk**. So if you need help, if you need answers to any of those larger questions, dial 1-888-CENTRUM now. **Your** operator is standing by. If you’d like me to help you get started, please give me a call.