



Chiropractic Newsletter

Well-Being

Creating Security in an Insecure World

We humans need security. We want to know that we are safe and we are loved and it is all going to be okay. And yet...it isn't always safe, and it sometimes isn't going to be okay. Even being loved can be taken away. Enough good news? I certainly wouldn't blame you for walking away about now. Here's the thing. Love anyway.

Insecurity doesn't have to break us.

I want to believe that I will always be able to keep a safe roof over our heads and make the rent and feed my family. And all I can do is today. I want to tell those I love that I will always love them ...and yet my history says sometimes things change. All I can do is today.

I want to tell my kids they are safe at school and at the mall, and that nothing bad can touch them. And I want to tell them that I will never die. All I can do is today.

We cannot build our security on things being predictable.

We have to build our security on our ability to be responsive.

We cannot build our security on controlling the world around us.

We have to build our security on our ability to manage our inner world.

We cannot build our security on promises or guarantees.

We have to build our security on forgiveness and compassion.

We cannot build our security on the ability of one person to protect and reassure us.

We must build our security on the ability of love to protect and reassure us.

Anxiety is exhausting, and it doesn't do a very good job of protecting us.

Love means loss and broken hearts. Love anyway.

—Maureen Campion
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