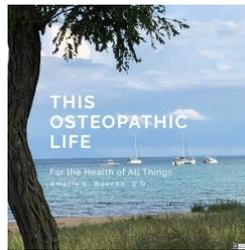


## Coaching for Rational Treatment



The fourth osteopathic tenet is a reflection of the first three: rational treatment is based upon an understanding of the basic principles of body unity, self-regulation and the interrelationship of structure and function.

Each one a journey into itself, what does it mean to bring them all together? Focusing on one can seem daunting, how on earth would you manage all three, all at once? The great news is that the work actually gets *easier* when you step back and view them all at once, in concert, directed by your awareness and amazing power within.

With a long lever, you can move the world – from the higher ground, you can hold these all for the best health of all things. There is unavoidable overlap, natural integration, a harmonizing that draws on the strength of each to enrich the other. Just as a rope is stronger when braided and a stool more stable on three legs, these principles reinforce one another, reminding and reinforcing your capacity to manage one through your willingness to appreciate all three.

When you see, acknowledge, honor and operate as a seamless whole composed of the beautiful unity of body, mind and spirit, self-regulation becomes almost automatic as you instinctively fine tune the choices of your life to create a solid yet flexible structure that functions to hold in graceful balance that magical triune.

Can you do this all on your own? Absolutely – you have all that you need to be successful on life's journey. Does our modern world pose challenges to this task? Yes, indeed – there are plot twists a plenty that will cause you to question your power and purpose, leading you to pause and even consider if it's worth restarting at times. Is there a way to stay or get back on track? Of course – what most of us need is a reminder, a reflection, reassurance that our best self is ever-present and capable. When the layers of doubt pile on and the torrent of thoughts swirl thick, a coach can remind you of all that lies beneath. When all you see are your failures and shortcomings, a coach reflects your most dazzling self back to you, shining bright with all your brilliance. When your dreams seem too big and the steps so daunting, a coach will reassure you that the solutions truly do lie within.

And if you are managing well, seeing success with confidence in your skills, a coach can serve as a base for your catapult – holding steady foundation from which you can grow – by steps or leaps and bounds, into all or more than you ever dreamt possible!

[Join me and see](#) how rational treatment through coaching can bring it all together, leading you through, to and beyond the health of all things!

