

## FROM EVERYDAY LIFE TO HIGHLY SUCCESSFUL LIFE

By Amy Hallowes, Free Lance Health Journalist... An interview in Los Angeles with Dr John Hinwood



Amy

I have heard and read that Joy is fundamental to creating miracles in your life, and allowing the genius to come forth. Do you believe that?

John

Absolutely, and a mission I have been on over the last twenty years, is handing out over 50,000 cards personally that say, "Expect a Miracle." It is not something I made up but borrowed from a colleague, and nobody knows exactly where it originated. When I first give this card to people, they turn it over. There is nothing on the back. It is blank on the back. It just says, "Expect a Miracle." People usually say, "Your name is not here." And, I say, "It is not about me, it is about you. Do you want or miracle or do you not want a miracle?"

**Note: (John's cards are now available on his website and you can print them off at [www.expectamiracle.com](http://www.expectamiracle.com) )**

Amy

I personally got one of those cards from you when we first met and I loved it! This is such a selfless act too.

John:

Yes, and most people say, "Yes," I want the card. If they say "No," then I say, "Well I'll take the card back, because someone could use it." Then they say "No, No, I want it, I want it."

Amy

People want their good, but it is true isn't it, that some people have a hard time accepting their good.

John

Yes, or accepting that they are worthy of their good. It's about hope. I see what those cards do is bring hope into people's lives.

Amy

Their eyes light up.

John

Yes. And, I have seen people who were going to commit suicide, didn't commit suicide because of receiving a card like that. I have seen some people have miraculous things happen in their lives just through changing their mental, emotional, spiritual state, in order to allow themselves to receive something.

Amy

Would you call that an attitude?

John

Absolutely. But it is like anyone who has ever come to work in an organization – or in the organizations we have had – we only ever hire people based on attitude, not based on skills, because you can teach skills, but you can never teach attitude. Either they have it, or they don't. They are in the game of life, or they are out of it.

Amy

And, it's contagious isn't it?

John

You bet it is contagious.

Amy

I noticed during your talk, one of the things you said was that if you find people either in your practice, or in your office, who don't have a good attitude, you need to get rid of those "draino's."

John

Fire them. It's a 95/5% world. Five percent of the people in your life are draino's. People who will try to suck every bit of energy out of you. As fast as they arrive, they need to leave that fast! You need to move them on. It doesn't matter what area of life it is in, or your station in life. For instance in a chiropractic practice, if someone is coming in like that (let's call her "Mary"), when everyone on the Practice Team looks at the book at 6:30 a.m. in the morning, just before they start the day, and they see Mary's name in there. Everyone goes... "Oh no, not Mary," oh, ugh. 10:30 arrives, and everyone from 7:00 a.m. when we started, until 10:30 is actually ripped off because, everyone is focused on "Mary" coming in. So, we take care of Mary and move Mary on that day, and for the next hour or two we are getting over the trauma of Mary having been there.

Amy

So what is the compassionate way of dealing with a situation like this?

John:

The compassionate way would be to speak to Mary and say something like "Mary, we can no

longer support you, so it is best for you to move on and find somebody who can support you. We can't do that." Which is right, because we are not supporting her if we are feeling that way, no matter how much compassion we have for Mary. It's not about the amount of compassion, it's about something else I like to live by and it's "Tell the truth faster, with compassion."

Amy

In doing this, you are doing her a service as well. There could be somebody out there who might be able to address her issues more successfully. As practitioners, we may not know all the parameters concerning their issue, which may be hindering the healing work being done with a specific practitioner. It's something you spoke about in your seminar. That thing which is so very important, not only in our personal lives, but in our professional lives - relationships. "It's all about relationships." Can you talk about that?

John:

Everything is relationship based. That is a universal statement, but it is true. Because the first one which evolves is with ourselves. Are we in tune with that relationship? Then, are we in tune with the people closest to us? Then, are we in tune with whomever it is around us? Are we in tune with the people we work with? Are we in tune with the person we sit next to on the bus?

Amy

I've heard it said that this is "being in resonance." Do you have some techniques for people that they can develop a greater awareness of this essential quality that will help them in their practices and in all their relationships? That will support their relationships.

John

I think the first thing is we have to do is love ourselves. Do we like to be with ourselves, are we at ease with ourselves, can we be with ourselves without needing anybody else? If we are not in need, then when we do have relationships with other people, we are not having those relationships to be a "drainer."

Amy

In other words, not going into it to get something?

John

No, we are going there to give something to that relationship.

Amy

In the "Reconnection," seminar they talked a lot about this issue about not giving from ourselves, but rather receiving from a universal source (sort of like an antennae) the gifts that are available to us all, and allowing that energy to flow through us to others. In so doing, life becomes about what we can give to others, and not what we need, or can get from others. We are no longer "draino's," but are transmitters, and the giving is effortless, joyful, and infinitely abundant. It's a cycle of giving and receiving.

John

Absolutely. So, the more we are in the mode of giving out to the universe, the more that comes back to us and out again. I've practiced this for many, many years, and I saw in excess of 100 people every day when I was practicing. When I'd go home, it would take me

a couple hours to calm down, because the people I cared for gave me so much energy , joy and love.

Amy

That is great.

John

So I came home because of those people, with my endorphin levels so high, my serotonin levels very high. My body was just moving along in a state of joy. You know, I had a class reunion recently with people I went to college with to get my physical education qualification. One of those people is Vice-Chancellor of a major university in Australia. He asked me, “What gets you out of bed in the morning; you are always so alive and active.” I said, because “I just love what I do.” I only spend my days with people I chose to spend them with.

Amy

I noticed that about you at the conference. I was magnetized to you through your obvious sense of joy. You just seemed so very much at peace, very much in a sense of joy and loving what you were doing. I just had to speak to you more and find out what your secret was. Would you say that is one of those gold nuggets – enjoying and loving what you do and having that be in line with your purpose and core values as you said before?

John

When you live in a state of joy and you understand that your life on this earth is about service to others, then practicing by the adage of “loving service, my first technique” allows you to continually give to others. By always understanding that you can “expect a miracle”, then the universe continually showers you with miracles as you live your life in positive expectancy.