

A Message from Dr. John E. Upledger

Welcome to the ShareCare workshop. It is indeed our pleasure to share with you some basic concepts and techniques that you can use to help others and yourself during times of stress, pain and illness.

It is our desire to help you realize the healing potential that you possess as a part of your birthright. Many have surrendered their healing potential to advanced technology. It is easy to be intimidated and made to feel helpless by the scions of modern medicine. It is frustrating to feel dependent upon modern medical technology.

We want to help the pendulum swing back toward the middle. It has gone well into the zone of medical science in the past few decades. We do not want to discredit modern medicine and surgery. These sciences have worked wonders for many deserving patients. However, we should not lose sight of the healing that can be accomplished by each of us.

As you become more aware of your healing potential, and as you help accomplish healing results with your loved ones, your friends and yourself, you will begin to feel a little less dependent. With the recognition of your accomplishments also comes a feeling of increased self-esteem and worth. These feelings come automatically as you use the ideas and techniques we will share with you today. Once you and those with whom you have touched and shared the techniques begin to feel better about yourselves, frustration and anger will begin to dissipate. When the levels of frustration and anger begin to drop, the world will be a much healthier place in which to live.

So please learn the concepts and techniques we will present to you today. Then go out and use them. Share them with your friends. We will all live in a better place as the ShareCare work spreads.

Thank you for participating.

A handwritten signature in black ink that reads "John E. Upledger, DO, OMM". The signature is fluid and cursive, with the first name "John" being the most prominent.

John E. Upledger, DO, OMM