

DR. PHILIP C. AGRIOS

LIFE'S ONE
LAW



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TAKING THE GUESSWORK
OUT OF LIFE!

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**The names of the individuals in this book
have been changed.**

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ABOUT THE AUTHOR

Philip C. Agrios, DC, DACBSP, is a graduate of Logan College of Chiropractic, Chesterfield, Missouri. Dr. Agrios earned his Doctor of Chiropractic (DC) degree in 1985. Prior to his studies at Logan, he attended the University of Scranton, Scranton, Pennsylvania.

Dr. Agrios holds board certification in sports medicine from the American Chiropractic Board of Sports Physicians. One of his research papers, entitled, *Double Crush Syndrome of the Upper Extremity* can be found in the September 1999 *Journal of Sports Chiropractic and Rehabilitation*. Dr. Agrios' distinguished career includes not only that of lecturer, but also of team chiropractor for local, state and national sports teams. He is the proud father of two loving and supportive daughters.

In 2000, Dr. Agrios was no longer able to practice chiropractic due to a disability. He sold his practice to Monmouth Total Health Care in Eatontown, New Jersey and attained the position of Marketing Director. Marketing proved not to be rewarding and he felt he was not fulfilling his life's purpose. At this point, he believed he was destined to begin the quest to reverse his own disability.

Throughout the following year, he embarked upon his program encompassing a regime of nutritional therapy, chiropractic treatment and a unique specialized strengthening program. He decided he would achieve his own rehabilitation by applying the principles he discovered throughout his career. He calls these principles, "Life's One Law." This unique combination enabled him to resume his practice and continue to help others through his education, training and personal experience.

He now dedicates his life to teach the principles of "Life's One Law" to others. He has created seminars, DVD's, CD's, internet courses and other avenues so others may be helped using the same principles as he did to continue on their journey of life, thereby attaining optimal health, wealth and happiness. Dr. Agrios' life experiences, although filled with many tragic events, have prompted him to write about suffering. He shares his perspective not only from a clinical point of view but provides his readers with pertinent examples taken from his own personal life experiences.

DEDICATION

My life would have been even more of a struggle if I didn't have certain people in it that helped me through some of those tough times. I want to thank all of you.

To my two beautiful girls, Chelsea and Alexia, you are my life. Without you, life would not be fulfilling. I love you!

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Foreword

I want to first thank you for purchasing my book. This book is borne from my experiences; I did not write this book from textbook learning only; I lived it. In the past nine years of my life, I experienced seven of the ten most stressful things anyone can experience... simultaneously. They did not all happen at once, but they existed in different degrees within the same time frame.

I felt that no matter what I did, who I talked to, or how much I prayed, nothing seemed to help me get through those difficult times in the beginning. I had many conversations with God, including screaming in prayer and asking, "What is happening? How can I get through this?" I even fell into a depression without even knowing it until a psychologist mentioned it to me.

I felt lost and helpless. I was surviving on a daily basis. That is, until one day (and I still don't know for certain how it happened), I realized *I had to change something major in my life*. It might have been the shock and reality of my dad dying of brain cancer that forced me to realize that my own survival depended upon changing my problems into learning experiences. I learned through his suffering that if my dad, who walked four miles a day, was a young 71-year-old and was very giving to others, could suddenly experience such a severe life threatening circumstance, then life, no matter how good or bad it was, could always be worse. To me, this was a frightening reflection, one of the most jolting thoughts I had ever experienced.

I thought long and hard, while sitting at his bedside, about what was going to happen to me with all of the worry, anxiety and self pity. I realized how much worse things could and were about to become if I didn't change my own thought process. I knew I couldn't go through these many circumstances and for a lengthy period of time without some good or bad coming out of it. I knew deep down inside that it was my choice to determine if these situations were "good or "bad." I knew with absolute certainty it was necessary that I decide how *I* would view those choices. The choices belonged to *me* and no one else.

I knew that from these extreme, life-altering occurrences I could help others who were faced with similar situations.

As a chiropractor, I have technical knowledge of the body from many years of formal study, particularly how the mind affects the body.

I had these personal experiences waiting to be defined, to be given proper meaning and definition. Despite all of the chaos and confusion I was living through, I knew there had to be my purpose somewhere waiting to be discovered.

I finally found my purpose, my life's ability to evolve as a human being and to help others evolve with me if they chose to do so.

So I made a decision. I decided to always find the benefit in the situations that were occurring in my life. It's that straightforward. My book ***Life's One Law: Taking The Guesswork Out Of Life!*** is my experience laid bare. As you read it, you will learn exactly what I did to get through those situations that I deemed as "bad" and how I changed them into a benefit.

Chapter 1

WHAT IS A “BAD” SITUATION?

In today's world, mental anguish, emotional despair and physical disease are on the uprise. More and more of my patients are coming in with serious problems than ever before. They come in not just with complaints of physical pain and discomfort but also with complaints that their lives are in turmoil. Which of them is losing their home, whose teenager is in serious trouble, who has developed cancer, diabetes or cardiovascular problems, who's working to death just trying to make ends meet --the list goes on.

The one word that I use to encompass these types of problems is suffering. This book is not only about dealing with your problems and your degree of suffering since there are different degrees according to your perception. It's also about creating simple, real, concrete solutions, ones that allow you to learn from your suffering and use it to enhance your life. The method is so simple that it will astound you.

Everyone perceives his or her suffering at different levels. Though what you perceive may be a monumental problem to you, another may not think it's a big deal and vice versa.

Have you ever observed a person who was frantic and very stressed out over a situation that he or she was experiencing? Then when you asked what the situation was and heard the details thought, "That's it? That's no big deal. Man, talk about melodramatic! Get the Oscar ready for this one!"

Similarly, you may have found yourself in a stressful situation and completely frantic. As friend's often do, one of yours asked, "What's the matter?" And so you told them your story. Upon hearing it, your friend looked at you and said, "Relax! It's not as bad as you think." As well intentioned as your friend may have been, you went ballistic. "What do you mean, not as bad as I think? Are you kidding me? Do you know that if I don't get this done on time...blah, blah, blah!!!"

Why was the first situation not a big deal to you, yet it was for that person? How about when you were under stress of your own?

In the first example, you felt secure within yourself about that person's stressful situation. You most likely went through it sometime in your past, dealt with it and learned from it. If it happened again, you were confident you knew how to handle it and that the outcome would not be bad, so there was no need to worry.

It's like being asked "what 2+2?" and having no problem answering "4". But if you were a first-grader who was being tested on it and didn't know the answer, you would likely feel nervous and stressed out. In the first example, you were also most likely not emotionally involved.

On the other hand, in your situation, you were not only emotionally involved but your uncertainty about whether you were going to finish the project on time caused you to call into action your defense mechanisms. You felt insecure, and when any of us feel this way, we feel vulnerable.

Such emotional reactions go far back to our primal instincts when faced with that Saber-Toothed Tiger. Do we fight, or do we flee from the situation? Our security and safety were being breached, so we needed all our energy to be focused on the target that may annihilate us.

During that time, if you faced an "animal" that you killed easily every day, you would feel confident because your security would not be in that much jeopardy. There would be little reason to be alarmed. However, if you came across an animal that you never encountered or one that almost killed you before, you would feel more insecure about the situation. You would need all of your energy to fight or flee. If not, you may die.

We still face our problems the same way today. When we feel that our security and safety will be endangered, then our defense mechanism is summoned. Regardless of whether it is a project due by Friday, an argument you are having with your spouse, or being held up at gun point, the same mechanism is called upon to help you reclaim your security and safety.

Since many situations we encounter today are not life-threatening, it is how we view them that leads us to be wounded, thus causing us to experience various levels of stress. Over time, stress can damage our bodies. I will later show you how that occurs. For now, know that it is our observational skills that determine whether our problems are viewed as friend or foe.

So when I ask different people, "What is a bad situation?" I get a multitude of diverse answers because there is no right answer. What can be labeled as "bad" to some may be quite easy to handle for others. It is up to each individual person to determine if a problem can be handled with ease or if it's time to release the dramatic actor within us so it can show off its stuff. "Oh! Woe is me!!!"

Am I playing down suffering? No. Are there situations in our lives that are horrific? I don't know. That is up to YOU to decide -- not me because I am not in your world, your reality.

What I mean by that is there are over six and half billion people in this world and there are over six and half billion different realities. Everyone has his or her own take on life. Everyone lives in his or her own little world in which he or she observes life differently. What is a big problem one is no big deal for another.

Again, who is right and who is wrong? If you choose to step into another's reality, you play by that person's rules, the rules that he or she thinks is right. It is your choice to do so. It is the same if someone steps into your reality or your world. Your playing field -- your rules.

What is a relationship? When two or more people meet and connect with each other.

Relationship problems start when the other person does not want to play by your set of rules because they conflict with that person's rules and vice versa. Then you have three basic choices to pick from. You can stay and continue to play with conflict, leave, or negotiate a compromise by combining both set of rules into one set that is specific for the two of you. This is called a working relationship.

Think about this for a moment. When is anything bad? When do we suffer?

When there is something or somebody that comes into our world or reality and does not play by our nice set of rules. It causes conflict.

That's it! It is very simple.

Don't buzz by this so quickly! Think about this for a bit. This is an **AH HA!!!**

If everyone and everything plays by our rules, then life is great. The only time we look at someone or something as "bad" is when they don't fit into our mold of what we think is the "right" way of doing things.

So depending on the relationships we decide to be part of, this will determine if we suffer or we are happy. In reviewing the first two examples I gave, we can substitute happiness for the word "bad."

For instance, have you ever seen a person who was ecstatic about receiving a gift? You ask what the excitement was about and upon hearing it, you thought, "That's it? That's not a big deal."

Suffering and happiness are a mindset. What is "bad" for one person may be "good" for another. Take death. When a person dies, it's "bad" for the family who loved that person but "good" for the funeral director.

Everything is relative, which means it is up to you to decide whether something or someone is "good" or "bad." It is up to you to determine if your situation is a problem or an opportunity.

Worksheet for Chapter 1:

- 1) What do you consider a "bad" situation? Write down some examples and then determine if you would consider them as an inconvenience, difficult or horrific. You can also use a "Difficult Scale" from 1-10, 10 being horrific. This gives you an idea of your perception of what "bad" is.
- 2) You can give those same examples to your significant other, a family member or close friend and see how they would view them.

- 3) What is your set of rules when you deal with others? What rules when broken really annoy you and how do you handle it?
- 4) What “bad” situations are you experiencing right now? Give each situation a number on the “Difficult Scale”.