



*“Oh, by gosh, by golly
It’s time for mistletoe
and holly.”*



Upcoming Events

Thursday the 12th
SRI Workshop
AWAKEN
6:00-7:30 PM

Wednesday the 25th
Christmas Day

Tuesday the 31st
New Year’s Eve

HOLIDAY CLOSURES

THE OFFICE WILL BE
CLOSED:

DEC 24, 25
DEC 28
DEC 31, JAN 1



Water Crystals
photographed by
Masaru Emoto.

Top Right:

“Love and
Gratitude”

Bottom Left:

“Eternal”

Bottom Right:

“Truth”

Resonant Attention

Not too long ago I was having a beautiful and enlightening conversation with a good friend of mine. As we oscillated back and forth between topics deeply philosophical and those lighter and ephemeral, she very clearly and insightfully declared, “the consciousness of my focus is the consciousness of my experience.” She then went on to finish her train of thought (brilliant, of course), but what stuck with me was that one phrase.

The relationship between how we view our world, how we act in response to it, and how our bodies adapt to it is so intelligently organized that we don’t always recognize it.

Her declaration not only acknowledges the interrelationship we have with the world, but also asserts that we can actively choose to participate in the experience. Perhaps the only thing we can have any control over is...



“The shape, tone, and tension in your spine reflects the shape, tone, and tension in your life.”

Let's measure it.

New Tech

We are excited to introduce a new element to the Waves of Transformation experience.

Starting in January 2014, we will be incorporating the Insight Millennium system into the practice. The Insight system is a tool that helps us (and you) to track the clinical and experiential changes in your body as you progress through care with us.

Each “scan” takes approximately ten minutes. We measure three different aspects of how your nervous system is coordinating – Heart Rate Variability, surface EMG, and thermography.

Based on these metrics, we are able to get an objective picture of how well your nervous system is able to adapt.

One of the coolest aspects of this technology is that gives us (and you) a

chance to *see a picture* of what your baseline was and how it adapts and improves over time.

Your next re-eval exam will be a chance to look at your neural scans, and to sit down with us one-on-one to discuss your experience and get a clear sense of what your wellness goals are moving forward.

See you soon!



whether and how we decide to present our thoughts, our actions, and ourselves to the world.

Imagine yourself, for a second, as an instrument. The whole world is a symphony of sound and in each moment, you have the opportunity

to play whatever melody you wish to, need to, or want to share. The music of your melody is the creation of your focus, and the sound that you play shapes the experience you have.

I wish you a merry, resonant, and love-filled holiday.

Deck the Halls

Ilex aquifolium is the Latin name for the spiny-leaved, red berry producing plant known as European holly. The variety native to America, *Ilex opaca*, has leaves of a more oval shape, and spikes less precarious.

There is a folklore tradition that identifies the holly tree as the king of the darker seasons, with his power at its zenith at the winter solstice. His counterpart is the oak, who reigns in the warmer, lighter months and reaches his peak at the summer solstice.

Regardless of the royal implications, holly is a classic and festive way to celebrate the season. Just don't eat the berries!



Waves of Transformation Wellness Center, Inc.

Dr. Donna M. Mutter, DC
Dr. Daniel Eric Mutter, DC

309 Main Street
Toms River, NJ
08753

(p) 732 244 5008

wavesoftransformation.com
njwavesoftransformation@gmail.com