

Chiropractic at the Crystal Cathedral

BLENDING PHYSICAL AND SPIRITUAL WELL-BEING

Editorial Staff

Nestled between south Anaheim and the ever-advancing urban sprawl of Santa Ana, Garden Grove's Crystal Cathedral remains one of the most recognizable landmarks in southern California. The cathedral, which opened in 1980, has more than 10,000 tempered glass windows, can hold nearly 4,000 parishioners, singers and instrumentalists, and is the home base of the internationally-televised "Hour of Power" religious program. The host of the program, the Rev. Robert Schuller, played a vital role in the building of the cathedral and has delivered sermons there for two decades.

Rev. Schuller's only son, Robert Anthony Schuller II, has already been named his father's successor at the cathedral. An ordained minister, the younger Schuller occasionally participates in the "Hour of Power" program, helping spread the faith to millions of people.

Recently, Schuller II penned a book, *Possibility Living: Add Years to Your Life and Life to Your Years*, designed to help people discover the gifts and talents they possess and discover the possibilities that exist around them. Schuller's co-author on *Possibility Living* is Douglas Di Siena, a doctor of chiropractic who resides in Irvine, California, who spoke as a guest on the Hour of Power program this November.

Dr. Di Siena and Rev. Schuller first met approximately 15 years ago, when Dr. DiSiena became a member of the Crystal Cathedral. Both men share a zeal for natural health care and are well aware of the positive effects chiropractic care can have, even early in life.

As a child, Douglas Di Siena suffered from chronic asthma, a condition so serious he wasn't able to participate in sports. "My father had to watch over me as I slept," he said, "and he had to wake me up when he would hear that I was about to stop breathing."

When Douglas turned 17, he joined a local health club, which offered a free evaluation by a chiropractor. During the examination, the chiropractor discovered a misalignment in his neck, which he believed to be the cause of the asthma. After six weeks of treatment, the asthma disappeared completely.

"I was so thankful for being able to breathe," Dr. Di Siena said. "It was like God told me to help others through chiropractic care." That's exactly what he did, attending Cleveland Chiropractic College-Los Angeles and graduating in 1984.

According to Dr. Di Siena, the two men decided to write *Possibility Living* together after having several discussions about the relationships between physical health, emotional health and religion. Dr. Di Siena explains that chiropractic has taught him how to care for the whole body. He makes the analogy of the chiropractor tending to the physical aspects of health, and the pastor the spiritual side. Combining the two methods is what the book is about and the message that both men gave the congregation and television viewers.

Dr. Di Siena believes the book "addresses a large variety of issues that have never really been dealt

with on a holistic level." The essence of the book is to help people overcome the emotional, spiritual, and physical problems in their lives. Only then can people take what the authors call "their journey to wholeness."

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