

Stein Chiropractic Center

Weekly Wisdom

May 16-May 20th, 2011

Greed

By Dr. Thurman Fleet

"There are thoughts and actions that scatter and destroy the life forces; forces on which the body, mind, and soul feed and depend for health, strength, light, power, wisdom, and even life itself. If we indulge in those thoughts and actions daily and hourly, then no advance in the science of healing, in intellectual accumulation, inventive genius, creations for gratification, or in artificial practices for spiritual development can keep pace with the destruction we wreak on the very essence of our being.

It is insufficient to comprehend all that is comprised in the Law. It must be as fully lived as comprehended. Neither can we half understand nor half live, nor fully understand and partially live. Even though we have fulfilled all the requirements except one, we are not trustworthy, for through that one weakness we may be led into darkness and confusion."

To read the entire chapter, you may purchase The Book of Life: Natural Laws of the Body, Mind, and Soul at the front desk.

The Laws of Life class is every Tuesday, at 7pm. Please join us. All are welcome!



We need YOUR YELP! Please find Stein Chiropractic Center on Yelp and leave a review! We greatly appreciate your comments.

How Men and Women Differ...

ARGUMENTS

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

FUTURE

A woman worries about the future until she gets a husband.

A man never worries about the future until he gets a wife.

MARRIAGE

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting that she won't change, but she does.

It was a tough Sudoku last week. Sara Baila Lederman is our Super Sudoku Star for completing it!

	9					7		
7	5	1	4	2	8	3	6	
	3	8						
8	7		9	1				6
		5				9		
9				6	4		7	1
						4	5	
	4	7	8	5	9	1	3	2
		2					9	

Puzzle by websudoku.com



Stein Chiropractic Center
4150 Regents Park Row, Suite 192
La Jolla, Ca 92037
(858) 587-7000
www.steinchiropractic.com

Conscious Evolution: Being Aware is the First Step

“Life is a journey comprised of many steps on our personal path that takes us down a winding road of constant evolution. And each day, we are provided with a myriad of opportunities that can allow us to transform into our next best selves. One moment we are presented with an opportunity to react differently when yet another someone in our life rubs us the wrong way; on another day we may find ourselves wanting to walk away from a particular circumstance but are not sure if we can. Eventually, we may find ourselves stuck in a rut that we can never seem to get out of. We may even make the same choices over and over again because we don’t know how to choose otherwise. Rather than moving us forward, our personal paths may take us in a seemingly never-ending circle where our actions and choices lead us nowhere but to where we’ve already been. It is during these moments that awareness can be the first step to change.

Awareness is when we are able to realize what we are doing. We observe ourselves, noticing our reactions, actions, and choices as if we were a detached viewer. Awareness is the first step to change because we can’t make a change unless we are aware that one needs to be made in the first place. We can then begin understanding why we are doing what we are doing. Afterward, it becomes difficult not to change because we are no longer asleep to the truth behind our behaviors. We also begin to realize that, just as much as we are the root source behind the causes for our behaviors, we are also the originator for any changes that we want to happen.

There is a freedom that comes with awareness. Rather than thinking that we are stuck in a repetitive cycle where there is no escape, we begin to see that we very much play a hand in creating our lives. Whether we are aware of them or not, our behaviors and choices are always ours to make. Our past and our present no longer have to dictate our future when we choose to be aware. We are then free to move beyond our old limits, make new choices, and take new actions. With awareness, our paths can’t help but wind us forward in our lives while paving the way for new experiences and new ways of being. It is through awareness that we can continue to consciously evolve.”

Quote of the week:

“For those who continue, failure becomes impossible.”
-The Universe (tut.com)