

# Stein Chiropractic Center

## Weekly Wisdom

May 2nd – May 6th, 2011

### Envy

By Dr. Thurman Fleet

“If we have an inferior attitude, it shapes and colors our life, exerting a powerful influence over our behavior. Furthermore, such low self-esteem and constant dissatisfaction with life indicate that we have not yet reached a very advanced stage of our evolution. Having acquired a false interpretation of the laws governing the human being, we allow ourselves to be disturbed by the opposites in measuring others' success, their possessions, and personal qualities. Then, we allow others' opinions and accomplishments to guide our decision making and direct our activities, instead of permitting the Inner Light to illuminate our path. Soon, we become victims of a sense of neglect and feel discriminated against, despite the fact that we may actually be superior to others. These attributes are, indeed, unmistakable evidence of an unsatisfied vanity, of a desire to have more than another person has. As a result, we call the trait of envy into consciousness.

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

*The Laws of Life class will resume on Tuesday,  
May 3<sup>rd</sup> at 7pm. Please join us.  
All are welcome!*

### Tricky Riddles

I have six legs, but no arms. Though I may be small at first, I could swarm a mountain. One day I could become a man, but not for long. What am I?

I am as large as a castle, yet light as air. 100 men and their horses cannot move me. What am I?

There was a person that turned 4 but he could drive, had his license, and didn't look a day over 16. How?

Instructions:

Solve the 12x12 Sudoku so the letters A to L appear once in each row, column and 4x3 box.

			L		C	K	G				I
	K			L	I					D	
		A		H	D		F		L		
I		D		F	B			A	E		
L	C		J	G	E	A	I		H		
		E			J			I	K		L
F		G	C			D			B		
		B		E	G	J	L	F		I	K
		J	E			C	B		G		D
		I		B		F	E		D		
	F					I	H				K
B				D	A	G		E			

Puzzle by websudoku.com



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



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## *The Transformative Power of Healing*

*By: Ingrid Bacci*

In our culture, we tend to think of healing in one-dimensional terms. If we have a physical problem, the first thing we think of is finding a physical solution. We see the physical problem as having a purely physical cause, and therefore feel that the resolution to the problem must also be physical. Yet all true healing is multi-layered and multi-dimensional, because most physical problems also have an emotional, mental and spiritual dimension. While people tend to acknowledge this truth by talking about the mind-body connection, the depth of this connection, how it works, and how to address it remain a mystery to most people. As a result, the average person still seeks a primarily physical solution to problems that may never find resolution without addressing the emotional, mental or spiritual aspects of the problem.

Most people come down with a 'stress-based' physical problem at some point in their lives. All stress-based physical problems are manifestations of the simple truth that every thought we have, every emotion we have, is also a physical sensation. If you begin to observe yourself, you will soon see that having an emotion is identical with a physical sensation. While positive emotions are lightening, expansive and liberating, all negative emotions, such as anxiety, fear, frustration, impatience, etc., are also physical tensions. Those tensions can occur anywhere in your body. Ultimately, those tensions become identical with physical pathologies, because they create restrictions and lesions that must eventually manifest on a biological level. Similarly, mental stress is identical with physical tension in your body. To heal is to learn how to live with yourself with kindness and compassion, while also owning your own power of self-assertion and self-direction.

Each person has a unique way of manifesting mental and emotional stress. Each of us feels these in our bodies, and for each of us, the feeling is a visceral sensation. The visceral sensations of stress, however we process them, are key elements in the creation of chronic physical problems, whether those problems are neuromuscular, neurological, or organ-based. Learning to feel, observe, and detach from the tensions we create in our bodies in response to the stresses of our lives, learning to live in a more compassionate and peaceful relationship to ourselves, is an integral and vital dimension of true healing. That process is the process of coming closer to your body, living from the inside out with a deep commitment to growing your physical, mental and emotional calm. Mind-body healing is the exploration, in all its dimensions, of the profound power you have, through self-observation and compassion toward yourself, to heal yourself.

### *Quote of the week:*

*"Great opportunities to help others seldom come, but small ones surround us every day." --Sally Koch*