

# Stein Chiropractic Center

## Weekly Wisdom

May 31<sup>st</sup> – June 3<sup>rd</sup>, 2011

### Hypocrisy

By Dr. Thurman Fleet

“Kindness, operating under the light of love and guided by wisdom, may take many forms. When we act according to individual whim, independent of either love or wisdom, we do not express kindness but a mere imitation which often does more harm than good. Only when we are obedient to the laws of our being can we always know how to be truly kind. To gratify an indulgent nature is not kindness. That which helps the soul to rise above desire, or rid itself of weakness, is truly kind.

To be kind we must first be just and demand justice, to do right and demand right in return. We are kind when we can be merciful, charitable, and generous, whenever the occasion permits without cost to the higher nature. We are kind when we bless where such blessings enrich the soul and lead it toward the light. Let each of us who would grow be kind in nature, consciousness, speech, and acts~as opportunity permits, as love prompts, and as wisdom guides.”

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.

### Can You Solve These Riddles?

I'm a container with the inside golden than can't be opened unless I'm broken! What am I?

*An egg*

What can be chipped but still left intact, and hooked but not caught?

*A Golf ball*

I am myself until a time, I am told. When I am, I am contradicting my meaning! What am I?

*A secret*

I am in solid stone yet I move. I am weak enough to be broken with your hands; however, I am strong enough to break steel. What am I?

*Water*

### Super Sudoku Stars:

Neil Roeckel and Sara Baila Lederman

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



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## *Anticipating the Good, Anxiety about Change*

*Change will occur in almost every aspect of our lives,  
We can learn to embrace it while releasing the past with grace.*

“When we find ourselves going through any kind of change in our lives, our natural response may be to tense up on the physical, mental, or emotional level. We may not even notice that we have braced ourselves against a shift until we recognize the anxiety, mood swings, or general worried feeling toward the unknown that usually results. There are positive ways to move through change without pushing it away, however, or attempting to deny that it is happening. Since change will occur in almost every aspect of our lives, we can learn to make our response to it an affirmative one of anticipation, welcoming the new while releasing the past with grace.

One thing we can do is change our perspective by changing the labels we use to identify our feelings. We can reinterpret feelings of anxiety as the anxious butterflies that come with eager expectation. With this shift, we begin to look for the good that is on its way to us. Though we may only be able to imagine the possibilities, when we acknowledge that good is there for us to find, we focus our energy on joyful anticipation and bring it into our experience while allowing the feelings to carry us forward.

We can also choose to do a ceremony to allow our emotions to process. Every culture has created ceremonies to help people make the transition from one phase of life to the next. We can always create a ceremony too, perhaps by burning written thoughts to watch the smoke carry them away, thereby releasing them, or we can welcome new endeavors by planting flowers or trees. Some ceremonial activities such as a farewell send-off or housewarming party, we may do automatically. Society also has built-in ceremonies, like graduation and weddings, which may satisfy the need we feel. Sometimes the shift from denial to acceptance is all that is needed to ease our anxiety, allowing us to bring our memories with us as we move through nervousness to joyful excitement about the good to come.”

### *Quote of the week:*

*“Faith is a withholding of conclusion, so that you allow what is to arise.”*

*- Adyashanti*