

Stein Chiropractic Center

Weekly Wisdom

May 9th - May 13th, 2011

Non-Interference

By Dr. Thurman Fleet

"Consider how the rays of the sun individually function to produce part of the great light illuminating the universe. Each ray is an integral unit while being a composite part of the whole yet they function without interfering with each other. So each individual soul must play its part cheerfully and willingly, contributing to the whole and yet refraining from any interference with another soul's function.

Each person has a role to carry out in accordance with higher laws. To perform that mission, no one should be unduly interfered with. We see so many people who, in their egotistical manner, assume the responsibility of instructing or otherwise impeding the destiny of others who do not desire such instruction. This is a violation of law. God, with Divine Wisdom, has ordained the true course for all, and each of us should be allowed to pursue that course without unwarranted interference."

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 is every Tuesday, at 7pm. Please join us. All are welcome!



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

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?

A Snowflake

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

A castle's shadow

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

He was born on February 29th, Leap year!

Sara Baila and Debbi Lederman were the only patients to successfully complete the 12x12 letter Sudoku puzzle last week! Great job!

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

Puzzle by websudoku.com



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When you realize that you always have the answers within yourself, you can stop searching outside of yourself.

“Many of us seek the answers to life’s questions by looking outside of ourselves and trying to glean advice from the people around us. But as each of us is unique, with our own personal histories, our own sense of right and wrong, and our own way of experiencing the world that defines our realities, looking to others for our answers is only partially helpful. The answers to our personal questions can be most often found by looking within. When you realize that you always have access to the part of you that always knows what you need and is meant to act as your inner compass, you can stop searching outside of yourself. If you can learn to hear, trust, and embrace the wisdom that lives within you, you will be able to confidently navigate your life.

Trusting your inner wisdom may be awkward at first, particularly if you grew up around people who taught you to look to others for answers. We each have exclusive access to our inner knowing. All we have to do is remember how to listen. Remember to be patient as you relearn how to hear, receive, and follow your own guidance. If you are unsure about whether following your inner wisdom will prove reliable, you may want to think of a time when you did trust your own knowing and everything worked out. Recall how the answers came to you, how they felt in your body as you considered them, and what happened when you acted upon this guidance. Now, recall a time when you didn’t trust yourself and the results didn’t work out as you had hoped. Trusting your own guidance can help you avoid going against what you instinctively know is right for you.

When you second guess yourself and go against what you know to be your truth, you can easily go off course because you are no longer following your inner compass. By looking inside yourself for the answers to your life’s questions, you are consulting your best guide. Only you can know the how’s and why’s of your life. The answers that you seek can be found when you start answering your own questions.”

Quote of the week:

“Blessed are they who see beautiful things in humble places where other people see nothing.”
- Camille Pissarro -