

# Stein Chiropractic Center

## Weekly Wisdom

June 6<sup>th</sup> – June 10<sup>th</sup>

### Courage

By Dr. Thurman Fleet

"In our daily lives we meet obstacles that seem so great we wonder what's the use of going on. We are inclined to give up, to blame our bad luck, and to look pessimistically on the world. On such occasions we should recognize the fact that life was, is, and always will be full of obstacles. We should use these experiences to gain more and more courage so that, as we evolve, we will have an abundance stored up.

When we recognize that this universe is governed by Immutable Laws and that nothing happens by chance, that each difficulty met with has its own purpose in the Great Plan~then we cease to rebel against the great scheme of things. Through our struggles in this world of unharnessed Nature and endless difficulties, we gain experience and wisdom. Thus we evolve to higher and higher planes of existence until we attain our destiny.

As we grow spiritually, we acquire a better understanding of other people. And when we take the material of this world and through it allow our souls to find expression, then we have contributed something of value to humanity. Mental and material wealth contribute to character development only to the degree that they are used as a medium in serving the Divine for the good of humanity, and as a tool to promote our personal evolutionary progress. All of our resources are temptations to selfish desire, and unless we use them constructively they will lead us on the downward path. We must constantly exercise courage to guard against the downward pull of mental or material riches."

### Why men are so happy...

Your last name stays put.  
Wedding plans take care of themselves.  
You can wear a white T-shirt to a water park.  
Car mechanics tell you the truth.  
Same work, more pay.  
Wrinkles add character.  
Wedding dress \$5000. Tux rental-\$100.  
One mood all the time.  
Phone conversations are over in 30 seconds flat.  
A five-day vacation requires only one suitcase.  
You can open all your own jars.  
Your underwear is \$8.95 for a three-pack.  
You are unable to see wrinkles in your clothes.  
The same hairstyle lasts for years, maybe decades.  
One wallet and one pair of shoes -- one color for all seasons.  
You can do Christmas shopping for 25 relatives  
On December 24th in 25 minutes.

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

Puzzle by websudoku.com

### News

- Our office is closed this Wed, 6/8 & Thurs, 6/9
- No Laws of Life class this week
- This week, we're saying farewell to our intern, Chris. He's starting chiropractic college soon!



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### *Words of Wisdom*

*Our minds accept as truth the critical statements we tell ourselves, but it can also accept our positive affirmations.*

The words we speak and think hold great sway over the kind of life that we create for ourselves. Many people live their lives plagued by negative thoughts and never even realize this. They tell themselves and others that they are doomed to fail, not good enough, or not worthy of love, yet they are amazed when their reality starts reflecting these words.

Just as the subconscious mind accepts as truth the critical statements we tell ourselves, however, it is also equipped to instantly accept the veracity of our affirmations.

Affirmations are statements chosen and spoken consciously. Once they enter our realm of consciousness, they also enter our subconscious mind where they have the power to change our lives. The affirmations you create should be specific, not too long, worded positively, formed in complete sentences, and spoken in the present tense as if what you are affirming is already true. It is a good idea to repeat your affirmations daily. You may want to tell yourself that you deserve to be happy or that you are in control of your destiny. Or, you may want to focus on a particular goal, such as attracting new friends.

Rather than telling yourself you want to be well-liked, say, "I am well-liked." Your subconscious mind will pick up on these positive messages, and you will begin to live your life as if what you are affirming already has happened. Soon, your reality will begin to reflect your affirmations. If you find that you are thwarting yourself with negative thinking, try repeating your affirmations several times a day. Write your affirmations down and say them aloud or in your mind. Allow your conviction to grow stronger each time you say your affirmations, and your negativity will be overridden by your motivation and positive thoughts.

Affirmations are a powerful tool for creating our desired reality. We consciously and subconsciously invite opportunity into our lives when we say affirmations. Trust in the power of your affirmations, and you will very quickly create what you have already stated to be true.

### *Quote of the week:*

*"Every cell of the body is eavesdropping on your thoughts."*  
*-Deepak Chopra*