

Stein Chiropractic Center

Weekly Wisdom

July 11th - July 15th

Duty

By Dr. Thurman Fleet

"Humanity's duties extend to the physical, mental, and spiritual planes. It is our duty to utilize our powers to best assist others, to develop our own higher self, and to meet the challenges of life. In short it is our duty to seek knowledge and understanding of the laws governing our own being~body, mind, and soul~and to obey them, thus becoming an outlet or channel for Divine expression.

Ignorance and transgression of the Laws of Life bring confusion, pain, and suffering. But a knowledge of and obedience to the Laws shows wisdom and results in the highest possible development attainable on this earth plane. When an individual lives in antagonism to the rest of the universe, his or her growth is checked. We must maintain harmony among all the parts of the whole, and we each must contribute our dutiful share."

To read the entire chapter begin on page 183 in *Rays of the Dawn* or *The Laws of Life*

Free Laws of Life Class!

Join us here every **Tuesday at 7pm** to discuss this and other ideas on maintaining mental, physical, and spiritual health!

Can you solve me?

There are 2 guys Ted and Fred. Ted bets Fred \$100 that he can guess the score of the game before the game even starts! He is right, and Fred is flabbergasted! How does Ted know and what is the score?

I know this girl named Marie and her dad is an English teacher. He is obsessed with vowels. He has five daughters. He names the first one ChaCha, the second one CheChe, the third one ChiChi, the fourth one ChoCho. What does he name the fifth one?

You can break me but I don't weigh more than paper. What am I?

Do you have a puzzle, joke, testimonial, or quote to share? Let us know and we'll put it in the next article!

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

Puzzle by websudoku.com

Super Sudoku Stars: Debbie Lederman solved last week's puzzle. Congratulations!



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A Reason to Smile

Five Minutes to Happiness

It can be so easy to get caught up in the rigors of modern life that we tend to forget that happiness need not come with stipulations. Happiness becomes something we must schedule and strive for — a hard-won emotion — and then only when we have no worries to occupy our thoughts. In reality, overwhelming joy is not the exclusive province of those with unlimited time and no troubles to speak of. Many of the happiest people on earth are also those coping with the most serious challenges. They have learned to make time for those simple yet superb pleasures that can be enjoyed quickly and easily. Cultivating a happy heart takes no more than five minutes. The resultant delight will be neither complex nor complicated, but it will be profound and will serve as a reminder that there is always a reason to smile.

So much that is ecstasy-inducing can be accomplished in five minutes. Alone, we can enjoy an aromatic cup of our favorite tea, take a stroll through the garden we have created, write about the day's events in a journal, doodle while daydreaming, or breathe deeply while we listen to the silence around us. In the company of a good friend or treasured relative, we can share a few silly jokes, enjoy a waltz around the room, play a fast-paced hand of cards, or reconnect through lighthearted conversation. The key is to first identify what makes us dizzyingly happy. If we do only what we believe should bring us contentment, our five minutes will not be particularly satisfying. When we allow ourselves the freedom to do whatever brings us pleasure, five minutes out of 14 wakeful hours can brighten our lives immeasurably.

It is often when we have the least free time or energy to devote to joy that we need to unwind and enjoy ourselves the most. Making happiness a priority will help you find five minutes every day to indulge in the things that inspire elation within you. Eventually, your happiness breaks will become an established part of your routine. If you start by pursuing activities you already enjoy and then gradually think up new and different ways to fill your daily five minutes of happiness, you will never be without something to smile about.

Quote of the week:

"I do not know bad people, I only know myself. I see no saints nor sinners, only living beings."

-Nisargadatta