

# Stein Chiropractic Center

## Weekly Wisdom

March 28 - March 30, 2011

### Aspiration

“Aspiration is the guiding power that directs each of us to strive for loftier things. It motivates an exalted life. It elevates us beyond the plane of selfishness and desire, helping develop a pleasing personality and a noble character.

Desire and aspiration are not synonymous. To desire is to obtain; to aspire is to achieve. Aspiration points to the exaltation resulting from the purification of the soul and not to conditions or endowments that may follow. Whatever we aspire to be we can attain, so far as the spiritual organism is concerned.

Each of us, whether conscious of it or not, is evolving toward perfection. That is the Divine Plan. While there may be many reverses from which we learn valuable lessons and that enable us to advance more rapidly, still it is necessary that each of us retains within our consciousness a picture of the ideal. This is the highest human traits of character and these ideal acts as a guiding light to those who aspire toward perfection.”

Do you want to make a change in your life, but aren't sure how? Are you ready to achieve health in body and mind? Join us to work toward health, happiness, and peace within at our free weekly Beam Club, Tuesday's at 7pm

### Did You Know...?

Out of a desire to serve and to fill in a vitally important health care gap, our office has extended an offer of care for 1 full year to any US military veteran returning from overseas deployment in Afghanistan or Iraq,  
**AT NO CHARGE!**

### Can you solve me?

Ryan is younger than Eric who is older than Greg. Greg is younger than Nick who is older than Ryan. Greg is older than Ryan. Eric is younger than Nick. List the four of them from oldest to youngest.

Replace the missing vowels to find five different animals:

GRL\_ GZLL CHTH LLM CHHH  
(Thanks for the riddles, Rabbi Lederman)

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

Puzzle by websudoku.com

*Super Sudoku Stars: Ami Alpert, Tonya Montes, Rina Lederman, and Sara Baila Lederman (she completed it in 3 1/2 minutes and she's only 12!)*



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**Under The Hood**  
*The Importance of Looking Deeper*

“It’s easy to get caught up in examining our actions instead of really deeply examining ourselves. This can be deceiving because our actions may be very spiritual—we meditate, are nice to people, take care of ourselves and others—and yet, we may not be penetrating to the issues below the surface. It’s as if we’ve washed and shined the surface of our car without taking the time to check under the hood. We may appear to be in great shape, but if we aren’t engaging in the deep, inner work of self-examination, the chances are good that we are not deeply aware of the real substance of our lives.

We live in a very appearance-oriented, externally focused world, so it makes sense that we place a lot of value on how our lives look, sometimes to the detriment of noticing how our lives really feel. When we get too caught up in what we are doing and lose track of our core, we sometimes begin to feel dissociated, as if we are not fully awake, alive, and grounded.

This is a sure sign that it’s time to engage in the hard work of going deep within to rediscover the foundation of our lives. Without the substance that comes from looking at ourselves deeply, and working through the difficult things we find, our spiritual lives can start to feel hollow or shallow, as if there’s nothing at the center holding it all together.

Of course, the peace that comes with meditation and spiritual practice is an essential part of the whole picture of our development, but it serves us best in conjunction with the less settling, more chaotic work of digging around below the surface to see what needs to be healed, owned, or released. Then our actions are more than just an attempt to keep everything in control, looking pretty and nice. Fueled by the energy of a life in transformation, they become powerful expressions of courage and faith, further inspiring our own inner work and that of those around us.”

**Quote of the week:**

“Diplomacy is the art of letting someone else have your way.”

-Daniele Vare

(Big thanks to Jason Gordon for the quote!)