

Stein Chiropractic Center

Weekly Wisdom

March 7-March 11, 2011

Selfishness

"In overcoming selfishness, we must differentiate between egoism on one hand and extreme altruism on the other. If we view all people as actors on the stage of life, we see the slaves of selfishness playing a pathetic role. But no less pathetic is the picture presented by the slaves of mistaken unselfishness. When someone sacrifices at too great an expense of personal welfare, that person is no longer a contributing factor to society. Instead, he or she becomes a burden, actually contributing no more than the slave of greed. Eventually that person breaks down and has to be helped by those whom they hoped to assist. Thus altruism improperly understood causes suffering.

Ironically, the selfish seem to gain ascendancy, for those in whom evil predominates are clever in their schemes and take advantage of the good. Most individuals pervert the innate urge of self-regard by allowing it expression in the destructive force of selfishness. Others, however, in an attempt to escape from the evil of self-love, become the victims self-neglect.

If, in our attempt to overcome selfishness, we concentrate solely on others and lose all interest in ourselves, then we defeat the purpose we set out to attain, creating a situation that is both unnatural and unethical. Individuals who cease to care for themselves violate the physical, mental, and spiritual laws of their being."

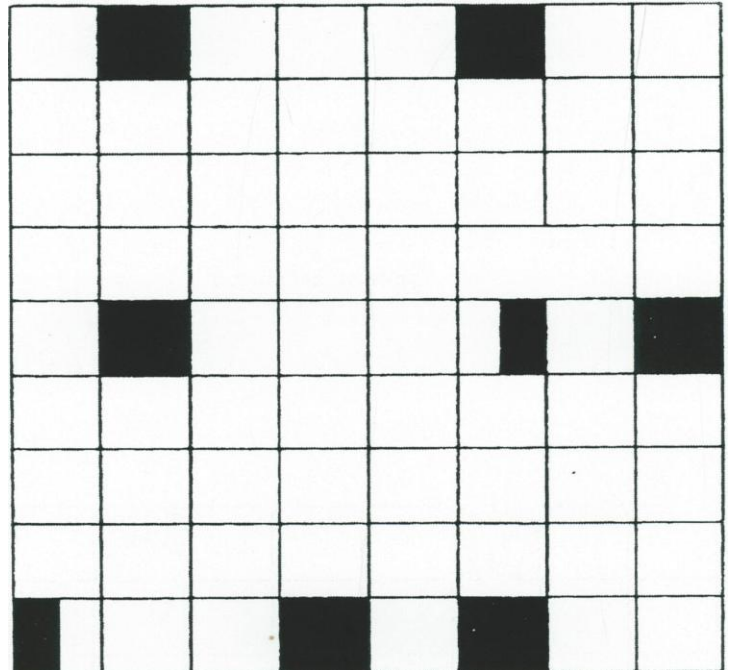
Laws of Life Class

Please join us Tuesday's at 7pm to discuss HEALTH in mind, body, and soul. Find the cause for disease with the **Laws of Life Class!** Also, pick up a copy of Am I All of That?, the children's version of The Book of Life It is a great book to read together as a family!

Can You Solve Me?

What do these words all have in common?

1. Banana
 2. Dresser
 3. Grammar
 4. Potato
 5. Revive
 6. Uneven
 7. Assess!
- If you move the 1st letter to the end, the word will remain the same when read backwards!**



Look at the image above. It may look like an empty crossword puzzle, but raise the image up so it is at eye level and tilt the page away from your eyes. Keep moving it to read the message. What does it say?



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The Alchemy of Forgiveness

By Dr. Rhea Zimmerman (A Zone Doctor in Napa, Ca)

I have recently fallen in love with the art and intricacy of forgiveness. While the journey in to this discovery began from the standpoint of forgiving the “big things” like feelings of betrayal and violation, it led to an ever energizing realization which is the application of daily forgiveness on the “small things” like saying the “wrong thing”, heading headlong into negative or worry mental states about any given subject, or simply stepping into the day, or moments of the day with assumptions about how it was going to go based on the past or even on a “wrong side of the bed” start.

Forgiveness is alchemical because it is like dropping an energetic magic pill into the otherwise stagnant vibration of the moment and allowing the freshness of the energy to permeate everything. It can instantaneously and without words or phone calls shift relationships, moments of opportunity, and the feeling of a sweeter inhale as breath and energy permeates deeper into the body and being allowing for new.

Forgiveness, which I now see as aliveness, begins in every moment. I like to think of it as a “refresh” button that can be pressed in any given set of circumstances. From the standpoint of fresh aliveness this forgiveness is like laying claim to the realization that it is never too late, there is no moment (as long as you are alive) when new is not possible, and life is ever changing, dynamic and responsive to the vibration that we are putting out.

Not only does this idea have great power to transform the experience of our outer lives, it has great power to transform the state of health in the inner life. Hanging on to resentments, self-judgements and blame creates inner toxicity. It clogs up the organs, it causes the wheels of the mind to stagnate, and lowers the energy. Reversing this tendency to create inner freedom and aliveness releases energy and allows for the organs and body to renew itself. Letting go unleashes creativity and incredible energy. I believe it is actually the wellspring of Joy. We owe it to ourselves to claim this freedom and use it to create the incredible lives that we have the capacity to lead, right now. It starts right now. Refresh.

Quote of the week:

“Blessed are the flexible, for they shall not be bent out of shape.”
-Anonymous