

Stein Chiropractic Center

Weekly Wisdom

December 20 – December 22, 2010

Duty

“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.

Each of us has an assigned job to do in this world~a mission in life, a duty we must perform to the best of our ability. We may be inclined to believe that one type of work is more commendable than another in the eyes of the Divine. But whether our work is humble or dignified, perfect or imperfect, divine or secular, depends on the manner in which we perform it. Great souls have labored at menial jobs faithfully and well, realizing that these tasks were just stepping-stones, necessary experiences in their evolution. The merit or fault, success or failure of a work is determined by the spiritual qualities accompanying it.”



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Can you solve this riddle?

Four cars come to a four way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go.

How is this possible?

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

Puzzles by web Sudoku.com

Congratulations to Moty Freifeld and Jason Metcalf for completing last week's sudoku.

**Happy
Holidays!**

Our office will be closed
12/23-12/31 and we will
Re-open Mon. 1/3 at 8:30am

Also, our Laws of Life Class will
Resume Tue. 1/18 at 7pm



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Putting Our Tools to Use
Bringing Inspiration into Form

Every craftsman has a toolbox full of tools and a number of techniques to help them bring inspiration into form. In the same way, throughout our lives, we have discovered our own life tools and techniques—the ways and means that have helped us create our lives up to this point. Sometimes we forget about the tools and skills we've acquired, and we wonder why we aren't moving forward. At times like these, it might just be a matter of remembering what we already know, and rediscovering the tools we already have at our disposal.

In the process of becoming who we are and creating our lives, we have all gone through the experience of being inspired to do something and then finding the tools we needed to do it. If we look back, we may be able to remember that we used, for example, the tool of writing every day in order to clarify our intentions. We may also have used the tools of ritual, meditation, or visualization to make something happen. In addition, we may have been fueled by a new idea about how the universe works, which is what gave us the inspiration to use these tools.

In order for ideas to be powerful, they must be imbued with the energy of our engagement with them, and in order for tools to be effective they must be put to use. This sounds obvious, but often we fall into the habit of thinking we are engaging with ideas and using tools by virtue of the fact that we are reading about them, or listening to other people talk about them. In truth, using our tools is a very personal action, one we must take on behalf of ourselves. Like artists, we are each unique and no two of us will receive the same inspiration, nor will we bring it into form in the same two ways. To discover the truth of our own vision, we must take action by remembering our tools and putting them to use.

Quote of the week:

"It is said that we learn through pain until we evolve to learn through the joy."
-Buddhist Saying