

# Stein Chiropractic Center

## Weekly Wisdom

November 22 – November 24, 2010

### Anger

*Understanding the effects on the body*

During fits of anger, every function of the body operates in an extravagant fashion, and all bodily work is performed in a most wasteful manner. All the muscles become tense and contracted. This tenseness pervades even the sympathetic nervous system. As a result, sympathetic discharge creates pronounced circulatory changes. The heart beats more rapidly and with greater amplitude. The smaller blood vessels contract in spasmodic fashion. This constriction of the arteries, together with increased heart action, produces a higher blood pressure and more effective circulation through the organs involved in bodily action. Thus the heart is overworked, the circulation, digestion, and elimination are interfered with, and breathing becomes deeper and more rapid. The entire physical mechanism is disoriented.

Both brain and body perform an enormous amount of work when in a state of anger. However, it is a useless expenditure of vital physical and mental energy~and in addition it does a great deal of harm to both mind and body. People actively engaged in systematic and constructive mental and physical endeavors are not apt to become the victims of habitual anger and the harmful, useless, and unwholesome upheavals that result from this most destructive force.

*Learn how to maintain health in your body, mind, and soul in the **LAWS OF LIFE** study group. Join us every Tuesday at 7pm for a free class, led by Dr. Stein in our office. All are welcome!*



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### *Happy Thanksgiving Haha!*

Q: Why did Johnny get such low grades after Thanksgiving?

A: Because everything is marked down after the holiday!

Q: What happened when the turkey got into a fight?

A: He got the stuffing knocked out of him.

Q: Why did the turkey cross the road?  
It was the chicken's day off.



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

Puzzle by websudoku.com



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### ***Undistracted Energy***

*Empowering your thoughts and feelings*

If we make no effort at all, our thoughts usually scatter in a vast array of directions. They start and stop and move in surprising ways from one second to the next. If we try to follow our thoughts without controlling them, we will be amazed at how truly inconsistent they are. Yet, if we apply our minds to a specific task, especially one that interests us, they gather together and allow us to focus our attention, creating great power and energy. This is what is known as pure thought, because it is undistracted.

The law of attraction—like attracts like—influences all energy, including our thoughts, and this is what makes pure thought so potent. Our undistracted thoughts create a powerful magnet that draws similar energy into our vibrational field. As a result, the longer we are able to hold positive thoughts in our minds, the more powerful the positive energy around us becomes. We don't need to focus on action and controlling so much when we are surrounded by energy that draws what we want toward us. We can simply respond to the opportunities that naturally come our way. When this is the essence of our experience, we can go with the flow, knowing that we will be okay.

If pure thought is a body, it is our emotions that supply the heart that can really bring it to life. Our thoughts and feelings exist in relation to one another, and they form a feedback loop through which they communicate and empower each other. When we hold a thought in our mind without being distracted, we have achieved pure thought. When we have a positive emotional response to that thought, we enable it to dance and move and breathe itself into existence.

#### ***Quote of the week:***

*"Happiness is not the absence of problems but the ability to deal with them." --Jack Brown*