

Stein Chiropractic Center

Weekly Wisdom

August 30 – September 3, 2010

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 retain within our consciousness a picture of the ideal. This ideal acts as a guiding light to those who aspire toward perfection.”

-Excerpt taken from Dr. Fleet's book, Rays of The Dawn

Please Join Us

The Laws of Life Class is every Tuesday night a 7pm and is OPEN to everyone!

We are now studying a book by Tony Parsons As It Is, The Open Secret To Living An Awakened Life. It shows how a deep-rooted misperception of our true identity has caused us to live in "apparent" pain and fear.

Riddle!

I am strongest when you see me as round, but I am often viewed in other forms. I lift & drop the sea with my tremendous strength, and a man with a name like 'powerful bicep' was the first to tread on me.

What am I?

The Moon!

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

Puzzle by websudoku.com

Thanks Rabbi Lederman for the Bob Hope jokes!

BOB HOPE ...

ON NEVER WINNING AN OSCAR

Welcome to the Academy Awards or, as it's called at my home, 'Passover'.

ON PRESIDENTS

I have performed for 12 presidents and entertained only six.

ON WHY HE CHOSE SHOWBIZ FOR HIS CAREER

When I was born, the doctor said to my mother, "Congratulations, you have an eight pound ham."

ON HIS FAMILY'S EARLY POVERTY

Four of us slept in the one bed. When it got cold, mother threw on another brother.



Stein Chiropractic Center
4150 Regents Park Row, Suite 192
La Jolla, Ca 92037
(858) 587-7000
www.steinchiropractic.com

A New Approach

Sometimes we need to step back from what occupies our minds and take a break much like touching the reset button.

Sometimes we can get so wrapped up in our thoughts that we wind up going round in round in circles, finding it difficult to concentrate on things and, because we are so distracted, not really accomplishing much. There may be signals—mental, emotional, and physical—that tell us we need to slow down and relax. Since we are so involved in things that are external to us, however, we may easily overlook what is really going on inside of us. It is during these times that we need to step back from the things that occupy our minds and take time out to connect with our inner self, giving our minds, bodies, and spirits the time they need to reenergize and heal.

At first it may seem that by taking a break we may not be as productive as we would initially like. In reality, a healthy period of rest is something that gives us a real sense of the unlimited nature of our true potential. Spending a couple of minutes walking outside, doing a few yoga poses, meditating, or simply becoming attuned to the rising and falling of our breath enables us to let go of our worries. This act brings our focus back to the things that are truly essential for us, such as our sense of oneness with the universe and our inner peace and well-being. As we begin to get in touch with this part of ourselves, we will find that our usual everyday troubles and worries become less critical and that we not only have much more room in our lives to really reflect on the issues that mean the most to us, but we are also able bring to all the situations we encounter a much more positive and healthy outlook.

Giving ourselves respite from our daily concerns is like giving a gift to ourselves. By stepping away from the problems that seem to saturate our thoughts, we lessen the weight of our troubles and instead become more receptive to the wisdom and answers the universe has to offer us.

Quote of the week:

“The answer lies within ourselves. If we can't find peace and happiness there, it's not going to come from the outside.”

-Tenzin Palmo