

Stein Chiropractic Center

Weekly Wisdom

August 9 - 13th, 2010

Faith

"In the healing realm are many and varied systems, but all of them depend on faith for their effectiveness. Great healers recognize that faith is a necessary requisite to cure. Faith is the master key to great discovery, invention, and achievement. Faith is not blind, artificial, or credulous~nor is it synonymous with ordinary belief. Belief is of the intellect, but faith is of the soul.

There is a saying that no person is the whole of him or herself, those to whom we give our faith are the rest of us. When we transcend the limits of our being and reach out to others whom we understand and sincerely believe in~incorporating and blending our lives with theirs~then our lives become transformed, empowered, and enriched."

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

Advanced Pain Relief is Now Available!

We now offer LiteCure Laser Treatment, which has the power to eliminate or significantly reduce pain and inflammation, and promote healing! More info is at the front desk.

Mind Challenge!

These words belong to the same logical family:

UNDECEIVABLE
SIMULTANEOUS
ALIMENTATION
CAUTIOUSNESS
GLADIATORIAL
FORAMINIFERA

Which of these words belongs too?

Why?

PHILANTHROPY
SEISMOLOGIST
ONOMATOPOEIA
REAPPEARANCE

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

Please ask us about our referral discounts and bonus gift offers for referring a friend or family member!



© Big Thanks to Moty Friefeld, Walter Metcalf, and Jason Metcalf for solving the last challenging sudoku puzzle! This standard sudoku might be tough, but give it a try!



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

The Life of Your Dreams

Waking Up

Sometimes the life we planned for a limited conception of ourselves no longer fits as we evolve and change.

Many of us are familiar with the experience of waking up to the fact that our lives are no longer working the way we have set them up. Sometimes this is due to a shift occurring inside ourselves over time, and sometimes it is part of the larger shift that is currently affecting all humanity. Change is happening at such an increased rate that it is difficult to predict what the future holds. As a result, many of the old ways of planning out a life are no longer applicable, and if we cling to them we feel strangely out of tune with reality. If we are in tune with the energies around us, we will begin to question ideas that just a few years ago seemed sensible.

In the simplest terms, the shift we are undergoing right now has to do with recognizing ourselves as being more than human, remembering that our earthly aspects are a very small part of who we are. In truth, we are multidimensional beings. When we begin to realize this, the life we planned for a limited conception of ourselves no longer fits. We must meet the needs and qualifications not only of our bodies but also of our souls. This realization dawns slowly for some and with the suddenness of a bolt of lightning for others, and we all must find the way that works for us to integrate this new and larger sense of self into our life plan.

Sometimes a drastic change feels totally right, and overnight we might decide to sell our home and move to another country or quit our job and begin a second career. Other times, we allow the changes to proceed slowly, beginning perhaps with allowing ourselves to dream of a new life or just to ask the deeper questions that encourage us to discover our true purpose in life. Either way, know that this process is a natural sign of the growth we are all going through, and trust it to guide you to the life of your dreams.

Quote of the week:

Life is really simple, but we insist on making it complicated. --Confucius