

Stein Chiropractic Center

Weekly Wisdom

August 23 - 27th, 2010

Vanity

“Whenever the desire for recognition assumes control of our psychic life, it results in a constant striving for power and superiority. This expresses itself in thoughts or activities that seek to display and glorify the self. We soon lose contact with reality, fail to contribute to society or to cooperate with others, and sadly lack a sense of appreciation and understanding of the laws that govern human life. Being primarily concerned with our own reputation and the impression we make on others, our thinking becomes inverted. At this point, our most obvious character trait is vanity.

Vanity is defined as an inordinate desire for the notice, approval, or praise of others. Although vanity is a phase of pride, we may be proud without being vain. But a vain person, ever seeking for approval or commendation, is excessively proud when the desire for personal worth is gratified.”

-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?

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

Puzzle by websudoku.com

Wow last week's sudoku was a hit!
Congratulations to Ashley Montes, Tonya Montes, Debbi Lederman, Rina Lederman, Yechiel Lederman, Lederman, and Rabbi Lederman (whew what a family!) for completing the challenge. Good Luck this week!



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A Matter of Priorities

Letting Go of the Little Stuff

We experience numerous disappointments each and every day. Our expectations go unmet, our plans are blocked by circumstance, our wishes go unfulfilled, and we discover that our lives are subject to a myriad of forces beyond our conscious control. In some cases, our response is powerful because we must invest ourselves and our resources to overcome genuine hardship. In others, our reactions are far more passionate than our circumstances likely warrant. The tension that permeates our bodies and minds when we are late for an event, interrupted at work, or sitting in traffic is not inappropriate, but it can interfere with our well-being in profound ways. When we stop worrying about relatively unimportant matters, we can be at peace and devote so much more of ourselves to what is truly important.

The small frustrations and irritations wield such power over us because they rob us of the illusion of control. But every problem is a potential teacher—a confusing situation is an opportunity to practice mindfulness, and difficult people provide us with opportunities to display compassion. There is a natural human tendency to invest copious amounts of emotional energy in minor dilemmas and frustrations in order to avoid confronting those more complex issues that are largely outside the realm of our control. The intensity of our response provides us with a temporary sense of personal power that helps us cope with challenges that might otherwise overwhelm us. But it is only when we let the little stuff go that we discover that the big stuff is not really so devastating after all.

In the stress of a singularly tense incident, differentiating between an inconsequential annoyance and a legitimate challenge can seem a monumental task. Ask yourself whether the emotions you are feeling will be as vivid in a year, a day, or even an hour. As focused as you are on this moment in time, your reward for letting go of your emotional investment may be the very happiness and harmony of being whose loss you are lamenting. Needless aggravation is seldom worth the cost it exacts. You cannot distance yourself from life's inconsistencies, irritations, and upheavals, but you can relinquish your desire for perfect order and gain peace of mind in the process.

Quote of the week:

There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts.

-Richard Bach