

Stein Chiropractic Center

Weekly Wisdom

January 31st – February 4th

Faith

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.

Only by believing in others do our personalities reach their fullest and highest state of development. In all human contacts and relationships, faith is the keynote of success. In the home, the community, the nation, and the world at large, faith in the people concerned is indispensable in securing lasting harmony, understanding, peace, and happiness.

We cannot find real happiness in love that does not also encompass faith. Romantic love may constitute the nature and basis of many a home, but the substance of faith is essential in assuring its permanency. Without this abiding trust, the home is but a dwelling place built on the foundations of shifting sands. Faith is the bond that perpetuates human understanding and friendship.

Did

You

Know...



Out of a desire to serve and to fill in a vitally important health care gap, our office has extended an offer of care for 1 year to any US military veteran returning from deployment in Afghanistan and Iraq, at no charge.

Haha!

(Thanks to Rabbi Lederman!)

Q: Why was the math book unhappy?

A: It had a lot of problems.

Q: Why was the magazine unhappy?

A: It had a lot of issues.

© Two mothers talking: "My son the psychologist has figured a way to combine his Jewish background with his professional work -- he leads a support group for people trying to overcome the fear of being called up to the bimah."



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Weekly Sudoku Stars:

Debbi Lederman and Sara Baila Lederman!

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

Puzzle by websudoku.com



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Temporarily Out Of Balance
Going Through A Phase

We are all almost always in the process of learning something new, developing an underused ability or talent, or toning down an overused one. Some of us are involved in learning how to speak up for ourselves, while others are learning how to be more considerate. In the process of becoming, we are always developing and fine tuning one or the other of our many qualities, and it is a natural part of this process that things tend to get out of balance. This may be upsetting to us, or the people around us, but we can trust that it's a normal part of the work of self-development.

For example, we may go through a phase of needing to learn how to say no, as part of learning to set boundaries and take care of ourselves. During this time, we might say no to just about everything, as a way of practicing and exploring this ability. Like a child who learns a new word, we want to try out this new avenue of expression and empowerment as much as we can because it is new and exciting for us and we want to explore it fully. In this way, we are mastering a new skill, and eventually, as we integrate it into our overall identity, it will resume its position as one part of our balanced life.

In this process, we are overcompensating for a quality that was suppressed in our life, and the swinging of the pendulum from under-use to overuse serves to bring that quality into balance. Understanding what's happening is a useful tool that helps us to be patient with the process. In the end, the pendulum settles comfortably in the center, restoring balance inside and out.

Quote of the week:

"If the world seems cold to you, kindle fires to warm it."
-Lucy Larcom