

Stein Chiropractic Center

Weekly Wisdom

November 1 – November 5, 2010

Generosity

“True giving is wisely directed and helps others to help themselves. The person who merely flings a coin to a panhandler is not expressing true charity. On the contrary, the donor often encourages some vice in the individual to whom he or she gives and this endangers society in general.

To those who do not understand the Law of Generosity, this method of giving merely offers balm to their sympathetic nature or their false sense of duty. True charity is not synonymous with mere giving but is distinguished by discerning service, true helpfulness, kindness, and love. We must recognize the great truth that the best and only way to help another is to help oneself, and that poor, neglected individuals need friendliness and understanding more than they need donations. If, in our attempt to overcome selfishness, we concentrate solely on others and lose all interest in ourselves, then we defeat the purpose we set out to attain, creating a situation that is both unnatural and unethical. Individuals who cease to care for themselves violate the physical, mental, and spiritual laws of their being.”

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Haha!

- ☺ Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- ☺ Light travels faster than sound. This is why some people appear bright until you hear them speak.
- ☺ The last thing I want to do is hurt you. But it's still on the list.
- ☺ If I agreed with you we'd both be wrong.
- ☺ We never really grow up; we only learn how to act in public.

Thanks for the jokes, Rabbi Lederman!

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

Puzzle by websudoku.com



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Life As It Is
Making Life Work For You

Sometimes we have so many varying responsibilities in our lives, ranging from work obligations to caring for children to running a household, we feel we cannot possibly make it all work. We may feel overwhelmed in the face of it all, ending each day feeling hopelessly behind schedule. However, regardless of how frustrating this can be, these are the parameters that make up our lives, and we owe it to ourselves to find a way to make it work. Rather than buckling under the pressure of an impossible to-do list, we might take a moment to view the larger perspective.

Like the president of a large organization, we must first realize that we cannot do every job ourselves. The first step to sanity is learning how to delegate some of the responsibility to other people, whether by paying someone to clean our house or trading childcare duties with another parent. In addition, we might find places where we can shift our expectations in ways that make our lives easier. For example, expecting ourselves to create a healthy home-cooked meal every night after a full day of work, errands, or caring for an infant or toddler may be a bit excessive. We might allow ourselves to order in food once in a while without any guilt. Accepting the adjustments needed to make our lives work is an essential ingredient to being at peace with our situation.

At the end of the day, we must come to terms with changing what we can and accepting what we cannot change. Sometimes the laundry piles up, a sick child demands more of our attention than usual, and we temporarily get behind with our schedule. Accepting this momentary state of affairs and trusting in our ability to get back on track when the time is right, we gracefully accept our life as it is, letting go of perfectionism and embracing life as it stands.

Quote of the week:

Real generosity toward the future lies in giving all to the present.

--*Albert Camus*