

Stein Chiropractic Center

Weekly Wisdom

January 24 - January 28, 2011

Fear

Fear is our greatest enemy, with all the evils of doubt, uncertainty, and apprehension that follow in its wake. To eliminate or at least control fear, we must conquer it. To conquer fear, we must face it. Fear is a challenge that we must meet. It has been said that we find our significance by *working through difficulty*, not by cringing in its presence. Whenever fear presents itself, it should be met, analyzed and, if possible, intelligently eliminated. If we cannot perform some intelligent activity when confronted with fear, then we should do something foolish but action is imperative.

Activity obscures the emotion of fear by bringing our thought processes and other constructive emotions into play. Furthermore, activity liberates and utilizes pent-up energy. Indecision leads to perdition. It is better to make a wrong move and later rectify the mistake than to remain undecided as to what course of action to pursue.

Weekly Sudoku Stars:

Debbi Lederman, Barbara Beeler, Sara Baila Lederman!

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

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!

Q: What's the quickest way to make a point in your writing?

A: Sharpen your pencil

Q: Who wrote all the fairy tales about princes and princesses?

A: King author

Q: How do chickens work out?

A: They eggs-ercise



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Do you want to make a change in your life, but aren't sure how? Are you ready to achieve health in body *and* mind? Join us to work toward health, happiness, and peace within at our free weekly *Beam Club*, Tuesday's at 7pm right here in our office.





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

Creating A Harmonious Home

At their best, our homes act as our sanctuaries. They are the nests we return to for rest and nurturing nourishment before we venture out once again to spread our wings and fly. But there are times that we may feel quite differently about our homes—times when we feel surrounded by turmoil rather than harmony, or mired in chaos rather than immersed in peace. It is at these times that we have the power to decide to bring more love into our homes.

When we choose love, we are choosing to begin within. With a deep breath, we close our eyes and ask that when we open them again, we will see where we can make shifts to create greater harmony. These may be inner shifts, such as accepting others' personality traits and working with them rather than against them. Or they may be changes we can make with items around the house--removing the ones that cause frustration and displaying things that make us feel good. Then, we reach out to the people with whom we share our homes--whether they are family members or another combination of people who share our space. We can help to shift their perceptions toward the positive by asking each person to think about their ideal living situation. After allowing some time for reflection, gathering to discuss each person's ideas may lead to the discovery that there are conflicting concepts about what your shared home should provide. Once this information is out in the open, we have a roadmap for creating balance and harmony from seemingly disparate desires. Together, agreements can be made to enable all to take the steps needed to create a unified vision.

When we have consciously chosen to make our home a place of harmony, then love's energy can expand throughout the lives of all who live there. Each person will be nurtured, allowing them to take that peace and serenity with them into the world, sharing it with whomever they may encounter; and making every space they enter a warmer and more loving place for everyone.

Quote of the week:

"You move totally away from reality when you believe that there is a legitimate reason to suffer." -Byron Katie