

Life Expressions

Chiropractic  Center

Louis P. Corleto — Chiropractor & the L.E. Team — April 2010

Life
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Life Expressions
Affordable
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Promoting the Positive

If you find your thoughts and conversations stuck in a negative pattern, enlist others to break the habit together.

Sometimes we start out with the best intentions to think and speak only positive thoughts, but the people around us throw us off course. Not everyone fully understands the power our thoughts and words have, or even if they do, they may be stuck in old patterns of negativity. Much of our habitual communication takes the form of complaining and criticizing, and it can be hard to find a way into certain conversations without lapsing into those old habits. However, we always have the option not to participate in negativity or to find a way to influence the situation in a positive direction. In the right company, you may even be able to directly acknowledge the fact that things have taken a negative turn, thus freeing yourself and others from the negative pull.

Not everyone will respond to your cues, and there's no need to become overly attached to the idea of changing other people, because people have to choose for themselves how they will be in the world. Many people choose negativity because it is familiar to them and feels safe. It is important to give people the space to find their own way, but you can always set an example, subtly representing the power of being positive. At times you may interject an affirmative statement into the conversation, and at others you may simply change the subject. You may also simply withdraw your energy and presence, which also makes a subtle statement. If you feel comfortable enough with somebody that is always negative, perhaps you can have an honest conversation with them; after all, awareness is the first step to change.

A powerful way to free yourself from the negative pull is to enlist allies who are similarly minded. You and a friend, coworker, or family member may agree to work together to continually shift the energy in a situation in a positive direction. The power of two people working to promote the positive is exponentially greater than one person working on their own. As you and your allies work together to lift the energy around you, you will be amazed to see how quickly the positive pull begins to draw people into its orbit, freeing one mind after another from negativity into light. -Daily Om

The Empowerment Series... And The Rest of the Story!!

April 6th : No class

April 13th: Re-Thinking Illness

A new approach to keeping healthy

April 20th: Dr Lou speaking In Spain

April 27th : Creating Wholeness

“Those who know and do not act, in fact do not know”
Tell a friend about chiropractic and what it has done for you!

Our Mission Statement

To provide excellent principled Chiropractic service to the World, one person at a time, and to empower people with the wisdom of vitalistic philosophy with LOVE.

During the week of April 19-23 the Center
will be closed for the very first time.

Dr. Lou Will Be Speaking and Teaching in Spain as part of a Fundraiser
for the First Chiropractic College to open in Barcelona. To learn more
visit http://www.bcchiropractic.es/BCCweb_eng/index2.html

Dr. Corleto will be sharing the platform with the Presidents of Life Uni-
versity and New Zealand College of Chiropractic.

The Center will re open Monday 26th at 8:30 am

Dr. Lou has returned to serve in the Center - Monday ,Tuesday and
Thursday full days and Wed in the am.

Gardening

A Hymn to hope.

Some of the seeds planted tentatively in the fall have not come up.
They lie stillborn and unrealized somewhere in the spring soil decaying.

But others, the strongest and best ones, push up through the layers of
soil and leaves to stand there in the cold spring air,

nakedly green,
breathing.

That's the way it is with growing things, never knowing at the start
which will make it and which will not.

But the thing to hold fast to,
To never lose faith in, is simply, Sowing. ~~~~~TVT