

Life Expressions

Chiropractic



Center

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

Clearing Your Mind

Allowing Spirit in

*Set aside time each day to unclutter and settle your mind.
Whether through yoga, dance, walking or journaling.*

After a full day out in the world, stories, words, images, and songs from any number of sources continue to play in our heads hours after we encounter them. Even as we lie in bed, in the quiet dark, our minds continue noisily processing all the input from our day. This can leave us feeling unsettled and harassed. It also makes it difficult to take in any new information or inspiration. Like a cluttered house that needs to be cleared if it is to have room for movement and new life, our minds need clearing if they are to be open to new information, ideas, and inspiration.

Too often, the activities we choose to help us relax only add to the clutter. Watching television, seeing a movie, reading a book, or talking to a friend all involve taking in more information. In order to really clear our minds, we need a break from mental stimulation. Activities like yoga, dancing, or taking a long walk help to draw our attention to our bodies, slowing our mental activity enough that our minds begin to settle. Deep breathing is an even simpler way to draw attention away from our mental activities. Once we are mentally relaxed, we can begin the process of clearing our minds. Most of us instinctively know what allows our minds to relax and release any unnecessary clutter. It may be meditation or time spent staring at the stars. Whatever it is, these exercises feel like a cool, cleansing bath for the brain and leave our minds feeling clear and open.

Setting aside time to clear our minds once a day creates a ritual that becomes second nature over time. Our minds will begin to settle with less effort the more we practice. Ultimately, the practice of clearing our minds allows us to be increasingly more open so that we can perceive the world as the fresh offering it is, free of yesterday's mental clutter. — Daily OM

Life

Expressions

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Life Expressions

Affordable

Well-being programs:

Yearly, Monthly

Weekly play shops on
health and healing

Serving proactive wellness
care for children of all
ages

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

Feb 16th: **Creating Wholeness**

The world deludes us into believing that being healthy is the ultimate experience. But there is more. There is another world called wellness and even more there is another experience called wholeness. Learn what they are and how to achieve them— if You DARE.

Feb 23rd: *The power of LOVE*

The greatest force in the world
What is it ? How do we access it? How do we use it to heal, body, mind and spirit?

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

O u r M i s s i o n S t a t e m e n t

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.

The tendency to strive for perfection constrains far too many of us. Whether waiting for the perfect staff member, waiting for the perfect circumstances, waiting for just the right time to have a difficult conversation or waiting for a clear sign before making an overdue change. When you're burdened with perfectionism there tends to be a lot of waiting. However, success favors action, not perfection.

Software is routinely shipped with bugs. Cars are sold with minor defects. The best surgeons make occasional mistakes. And virtually every parent wishes for a "do over" from time to time. When you aim for excellence instead of perfection, you're in action, striving for improvement. Next time.

Ready? Fire! Aim. Actualization is better than intention. And even the smallest step taken in faith is better than a well planned leap never taken. Act! You can fix it, improve it, refine it and move towards excellence later. —TUT

InnerSea Yoga Events

'Partner Yoga Workshop' Sat., Feb 13th 2:00--4:00 pm

Connect with someone and experience the lightness and fun of that connection. Laugh, breathe, and explore yoga. Cost: \$20 each or \$30 for two people.

'Restorative Yoga' Sat., Feb 20th 3:00--5:00 pm

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses, and thus, surrender to the pose. (props are supplied). Cost: \$20 each or \$30 for two people.

Free Your Voice , Free Your Self Kaleo Wheeler Sat., Feb 27th 12-5 pm a comprehensive workshop to anyone who wishes to work on self-expression, self confidence and creativity through the healing properties of vocal sounds.

For more details of any of the workshops and classes schedule please go to www.innerseayoga.com