

Life Expressions

Chiropractic  Center

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

Change the Universal Constant

The one thing we can count on, life will change. It has been said that “change is mandatory but growth is optional”. Meaning life changes but do we? Do we take the opportunity to change as well or resist to stay the same?

The month of Sept will bring us much change. Schools starts, the seasons change, the fall equinox is Sept 22 among a few.

One Big change we will experience at Life Expressions is the change of one of our team members. Ms Judy DeBord joined our team in 2003. This Thurs Sept 9th will be her last day running the show from her station at the front of the Center. Judy’s life is also experiencing major changes. She is engaged to be married to her new life partner. She is also stepping into her next line of occupational expression, joining the team at Wealth Advisors. If you are looking for someone to steer you right in these crazy financial times, call Judy, you know you can trust her!!! We will all miss her presence very much, and send her off with the greatest of blessings for the next chapter of this new journey in life.

Chiropractic turns 115 on Sept 18, 2010– Happy Birthday TIC!!!

My Teacher- Pasquale Cerasoli turns 99 on Sept 11, 2010

Congratulations to the Marinelli’s on the birth of their new baby boy! Jana gave birth to a “3rd grader”. Over 9 lbs and Jana doesn’t even weigh 90lbs herself. Born at home and all are COMPLETELY healthy. Jana was adjusted regularly throughout her pregnancy.

Dr. Lou will be teaching in Quebec at the university the weekend of Sept 17-19.

Lydie Ometto and Dr. Lou will be co-facilitating a powerful workshop Sept 11– The Catharsis and Breathwork Event”

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

Sept 11th : Catharsis & BreathWork Event

Sept 14th: Creating Wholeness

Sept 28th: Pregnancy and Birthing what are my options?

*"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.

Living life without a net can be just what we need to step outside of ourselves and make the choices we need most.

As we create the life of our dreams, we often reach a crossroads where the choices seem to involve the risk of facing the unknown versus the safety and comfort of all that we have come to trust. We may feel like a tightrope walker, carefully teetering along the narrow path to our goals, sometimes feeling that we are doing so without a net. Knowing we have some backup may help us work up the courage to take those first steps, until we are secure in knowing that we have the skills to work without one. But when we live our lives from a place of balance and trust in the universe, we may not see our source of support, but we can know that it is there.

If we refuse to act only if we can see the safety net, we may be allowing the net to become a trap as it creates a barrier between us and the freedom to pursue our goals. Change is inherent in life, so even what we have learned to trust can surprise us at any moment. Remove fear from the equation and then, without even wondering what is going on below, we can devote our full attention to the dream that awaits us.

We attract support into our lives when we are willing to make those first tentative steps, trusting that the universe will provide exactly what we need. In that process we can decide that whatever comes from our actions is only for our highest and best experience of growth. It may come in the form of a soft landing, an unexpected rescue or an eye-opening experience gleaned only from the process of falling. So rather than allowing our lives to be dictated by fear of the unknown, or trying to avoid falling, we can appreciate that sometimes we experience life fully when we are willing to trust and fall. And in doing so, we may just find that we have the wings to fly.

When we believe that there is a reason for everything, we are stepping out with the safety net of the universe, and we know we will make the best from whatever comes our way.

Daily Om