

June is about growth! Gardens are growing. The corn has been planted. Farmers are praying that it rains or doesn't rain depending on the crop. June is the half way mark in the year. And the year is nearly half spent. I am seeing a greater resistance on the part of many to grow, to move on, to release the past. The most common statement is "I want it to be like it was."

In an interview by Roger Juline in *Science of Mind*, June 2002, Brother Wayne Teasdale says "Growth is not easy; it is extremely inconvenient; it puts you down; it frustrates your desires and goals; it overwhelms your schedule; it makes you rethink your priorities." In his books *The Mystic Heart* and *Monk in the World* Teasdale talks about growth and suffering as *Tough Grace*. He says "Here in the West, especially in America, we don't want to hear about suffering. We try to avoid it. It is viewed as something to be avoided at all costs. The belief seems to be that if you are suffering you are somehow not measuring up to some standard."

Teasdale also says, "Anything that looks back eventually stagnates and dies. You cannot stop change." So the statements like I used to be able to exercise/work all day or I used to be able to eat /drink all I wanted don't apply anymore. Unless you have been extremely diligent with your habits your health is probably changing also. This can be scary. Some people will totally ignore the changes, believing they will go away. Some people, not knowing where to begin making changes, will just let it happen and others will search to the ends of the earth and knowledge to find a solution so they can move on.

So in honor of change, growth and moving on here are some suggestions to make it easier. The following Laws of Life or Breath of the Dragon are important rules that govern a successful life. Dr. John Amaro, who is my acupuncture teacher and mentor, shared these rules in *Breath of the Dragon: How to Create a Successful Life, Dynamic Chiropractic, May 20, 2002*. He learned them when he studied in China. Many will sound familiar to you.

“Post these laws in a conspicuous place and read just one or two of them each morning. Don't try to study them all at one time. Make these laws an integral part of your life and know them by memory. You'll reap incredible rewards. What will become of your personal development and life adventures will be forever positively altered by knowing and using these laws.

The Law of Creation: Whatever we think about and focus upon grows into reality. We create the situations we think about throughout the day. If you think you will succeed, you will. If you think you will fail, you will. If you think you are old, others will perceive you that way. The same is true for youthfulness.

The Law of Attraction: We attract people, places, things and circumstances into our lives in direct proportion to our wants, needs and desires. People and situations come into our lives not by accident, but by our creation of the need.

The Law of Controlling Our Own Lives: If we are not specifically controlling our own lives and creating the circumstances necessary to meet our desires, we become instruments used by others to meet their missions.

The Law of Relaxation: With physical laws, the harder we work, the more we accomplished. With mental laws, the more we relax, believe, and expect to succeed with ease and confidence, the better the results.

The Law of Reciprocity: Whatever we see in the universe sees us! Whatever attitude, feelings, thoughts and desires we put out, regardless if they are negative or positive, return to us.

The Law of the Universe (Karma): Like the law of reciprocity, which deals with mental factors, the law of karma deals with physical manifestations. This law is what may affect our personal belongings, physical health and financial status. This law works negatively or positively, depending upon what we have put out to the universe.

The Law of Return: Our rewards in life are in direct harmony with the value of our products, services or ideas.

The Law of Substitution: Consciously substitute all negative thoughts with positive ones immediately upon experiencing the negative thought. We can only experience one thought at any given time, therefore by

substituting a positive for a negative, only positive will reach the subconscious.

The Law of Belief: Whatever we believe with strong feelings becomes our reality. We are not limited by what we think we can do but by what we think we can't. Self-limitations are not based upon reality, but are based on negative beliefs.

The Law of Present-Time-Consciousness: It is imperative that we live in the present, as opposed to "tomorrow" or in the past. Preparing for tomorrow with righteous living and positive thoughts prepares us for what we will manifest; however, it is what we do today, right now (present-time-consciousness) which is important to achieve the rewards of life.

The Law of Personal Growth: To become a successful practitioner, businessperson, parent, athlete, etc., become, act and feel as if you are already successful. The human spirit will act upon what it is given.

The Law of Expectation: We must know what it is we want to accomplish or obtain before the universe can manifest our desires.

The Law of Clarity: The clarity of our mind and thoughts is in direct proportion to the physical clutter in our lives. Take a look around you!

The Law of Cause and Effect: Within universal law, our thoughts are the cause; the conditions, either good or bad, are the effects. The outcome is totally dependent on our creation of thought.

The Law of Perseverance: People who succeed never stop trying. People who stop trying never succeed.

The Law of Forgiveness: Forgiving all others is a necessary and effective purgative for a successful life. The law doesn't demand that we like other persons or situations, just that we forgive them and let go of the mental chains that entrap us.

Lao Tzu observed that "A journey of a thousand miles begins with a single step." Best wishes on your life journey; you've taken the first step!

John Amaro DC, FIAMA, Dipl.Ac(IAMA), Diplo.Ac.(NCCAOM)

There are some rules or laws about the body. One is you need to breath

and move. “In case you need more convincing, here are eight specific benefits from regular exercise:

Exercising improves your sleeping habits.

Exercising improves your energy levels.

Exercising relieves stress and anxiety.

Exercising protects against injury.

Exercising promotes a healthy posture.

Exercising relieves digestive disorders.

Exercising enhances your self-image.

Exercising expands your longevity. “

Extracted from *The Power of Focus* by Jack Canfield, Mark Victor Hansen and Les Hewitt

Two, you need to fuel the body, at least three times daily, with nourishing, fresh health promoting foods like veggies, seasonal fruit and clean, lean meats. Breakfast is the most important meal of the day. Turn your dining habits upside down and eat dinner at breakfast it will help you stay on a healthy food track during the rest of the day.

Three, no liquid takes the place of water. In fact most liquids are either processed as a poison, dehydrator or food. Half your body weight in ounces equals your minimum intake requirements. Water

Cools the body

Cleans the body

Plumps the tissue to increase blood and lymph flow

Can prevent afternoon headaches

Improves memory and thinking--the brain is 80% water

Hot water can improve distressed digestion.

4. Rest and sleep. Americans are the most sleep and rest deprived people in the world according to research. Sleep 7 to 9 hours and rest at least an hour a day. Rest in unscheduled inactivity. It does not include talking on the phone or using the TV or computer. The best rest is meditation, active contemplation or reading inspiring mindful material.

Enjoy the changes. Promote change in your life and it will be more

stimulating. As Anais Nin said, "Life shrinks or expands according to one's courage." Be courageous!

This is allergy season, dump the drugs. Ask us about natural anti allergy solutions.

Summer is a great time

To get Kid's the health problems adjusted including learning issues.

Clean out/purge the unused, unnecessary, unneeded stuff

Visit Bowers Museum/Kidseum in Santa Ana

Start healthy food habits

Leave the cell phone home. Always turn it off in our office..thanks

Attend group Emotional Release sessions. **June 10 is on Father scars**

Start a Love Your Liver cleans. Talk to Beth at **562-594-8669**

Release frozen emotions with an Emotional Release Sessions

Make a list of 108 reasons to be grateful

Make another list of 108 things you would like to do with your life

Throw out expired prescriptions

Leave off wearing perfume, a leading cause of allergy including depression

Get back on your schedule for adjustments.

Get in shape to handle what ever the future hands us.

Many times I wonder if I am making a difference in life. I get some feed back by your referrals which I greatly appreciate. If in passing, something I have taught you strikes a cord or as one client said, "I heard your voice when I reached for the cookie" please send me an "E" or a post card letting me know.

We are available to speak to your group or facilitate a group for Emotional release. Give us a call at 562-594-8669 Thanks and have a great day, week, month, life.