



# THE ART OF RECEIVING

ARTICLE WRITTEN BY KAREN

Receiving is often seen as the counterpart to giving, yet it is a skill and an art in itself. Whether it's receiving compliments, gifts, help from others, or simply the beauty of life's moments, the ability to receive gracefully is essential for our well-being and the health of our relationships.

## 1. The Importance of Receiving

Receiving is more than just accepting something from someone else; it's about acknowledging and appreciating the abundance in our lives. When we receive, we validate the giver, allowing them to experience the joy of giving. At the same time, we open ourselves up to the positive energy and connections that come with receiving.

## 2. Receiving Compliments

Receiving compliments can be challenging for some people. They may deflect praise or downplay their achievements.

Instead, try accepting compliments with a simple "Thank you." This not only acknowledges the giver but also helps boost your self-esteem.

## 3. Receiving Gifts

When someone gives you a gift, whether it's for a special occasion or just because, receive it with gratitude. Even if the gift isn't precisely what you wanted, focus on the thought and effort behind it. Expressing appreciation can strengthen your bond with the giver.

## 4. Receiving Help and Support

Many people find it difficult to ask for help or accept it when offered. Recognize that accepting help doesn't make you weak; it's a sign of strength and trust in your relationships. When you receive help, it can also deepen your connection with the person offering it.



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## 5. Mindfulness and Receiving

Practicing mindfulness can enhance your ability to receive. Being fully present in the moment allows you to appreciate life's gifts, whether they are the beauty of nature, a kind word from a friend, or a delicious meal.

## 6. Overcoming Receiving Blocks

Some individuals struggle with receiving due to feelings of unworthiness or guilt. It's essential to address these emotional blocks through self-reflection and, if necessary, seeking support from a counsellor or schedule and NET with your chiropractor.

## 7. The Balance of Giving and Receiving

While giving is often celebrated, it's crucial to strike a balance between giving and receiving.

Overemphasis on one at the expense of the other can lead to imbalance and strain on relationships. Healthy, reciprocal giving and receiving are essential for harmonious connections.

In conclusion, the art of receiving is an essential aspect of a fulfilling and meaningful life. By practicing the skill of receiving gracefully, we not only nurture our own well-being but also contribute to the richness of our relationships. Embrace the abundance in your life and remember that receiving is an act of gratitude and an affirmation of the interconnectedness of our human existence.

Yours in Gratitude,

*Karen*



**shazs.shares**

If I asked you to name all of the things you love, how long would it take for you to name yourself?

-Unknown



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# The 33 Principles Series



Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called “The Chiropractic Textbook”. Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here’s to a greater understanding of life and health.

## Chiropractic Principle #11

### **The Character of Universal Forces.**

The forces of Universal Intelligence are manifested by physical laws; are unswerving and unadapted, and have no solicitude for the structures in which they work.

### **In Other Words...**

Universal Intelligence is often destructive in nature. And, it is what it is, without adapting. It organizes whatever forces it needs to, to achieve its ultimate goal, with no solicitude, or concern, for the actual “thing” at its mercy. If its effects are harsh, then so be it; its focus remains on the bigger picture.

### **For Instance...**

Many scientists believe we are headed for another Ice Age. Why would Universal Intelligence allow such destruction to happen? Scientists would state it is Universal Intelligence’s role in renewing the earth. Before renewal is possible, conditions on the earth must be brought to extremes.

### **As Applied To You...**

A subluxation occurs when a vertebra misaligns, placing pressure upon the nerves; the dis-ease process has begun. Why doesn’t your body’s Intelligence simply fix it?! A subluxation is a destructive Universal Force; your body’s Intelligence is unable to adapt. Only a chiropractor can help!



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JACKIE'S RECIPE OF THE MONTH

# Sticky Asian Glazed Chicken

A STICKY GLAZE SAUCE ON CHICKEN

One of our team's favourite! Sticky Asian glazed chicken is tender and juicy chicken coated in a sticky-sweet Asian sauce. This meal is ready in just thirty minutes, and the flavor is incredible!

## Ingredients

- Chicken Breasts or boneless chicken thighs
- Olive Oil
- Brown Sugar
- [Soy Sauce](#)
- [Hoisin Sauce](#)
- Sweet Chili Sauce
- Ginger
- Dried red pepper flakes
- Minced garlic
- Juice of one lime

## Method

- 1. Heat a large skillet:** Place skillet over medium high heat and add 1 Tbs of olive oil. Add the chicken and salt and pepper.
- 2. Cook chicken:** Let chicken cook about 3 minutes on each side or until thermometer reads 165 degrees and brown on each side.



- 3. Remove Chicken:** Set chicken aside on plate.
- 4. Wisk together sauce:** In the same skillet whisk together brown sugar, soy sauce, hoisin sauce, sweet chili sauce, ginger, red pepper flakes, garlic and lime juice.
- 5. Bring to a boil:** Let sauce cook over medium heat for 1-2 minutes until sauce thickens.
- 6. Add chicken:** Place chicken back into the sauce and coat each side with the sauce. Garnish with sesame seeds and chopped green onions.

Recipe Source: <https://therecipecritic.com/sticky-asian-glazed-chicken/>



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A FEW CCK TEAM UPDATES

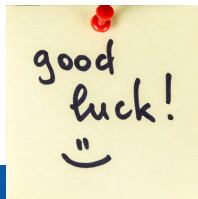


Tyler in Sorrento, Italy



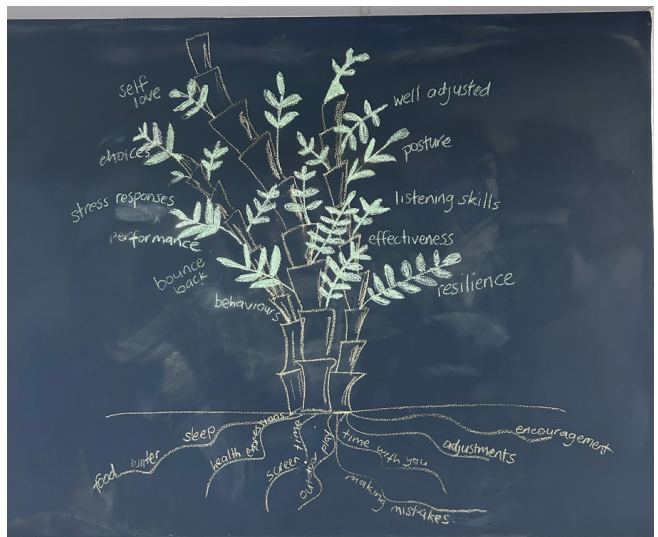
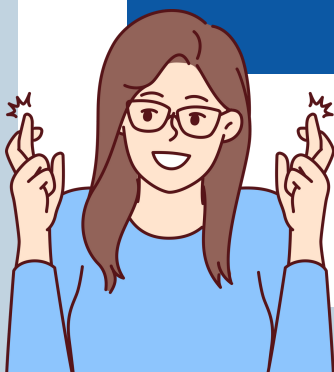
October Beer Fest in Munich

Update on Tyler's adventures...



Another team news:

We all wish Mariah and Zack all the best with their exams. Am sure they will both be relieve when they are done.



This was last month's black board to go with the theme. We had such great feedback about it.