



*“The real voyage of discovery consists
not in seeking new landscapes, but in
having new eyes.”*

– Marcel Proust

A New Year's Diet

The human brain thrives on novelty.

We are constantly looking, consciously or subconsciously, for something *new*, something different, something that will be able to satisfy our insatiable appetite to learn.

Our ability to perceive affects our ability to conceive. If we only saw the world in black and white, only heard one type of music, only experienced a few emotions, then how we saw the world and ourselves in it would be shaped by those limitations.

Our ability to dream, imagine, and create largely depends on the palette with which we choose to paint. New ideas, new experiences, and new memories allow us to expand that palette. As the brain is constantly searching for novelty, for new information, it is also constantly measuring it against past knowledge.

In many ways, the diet we feed our brains not only impacts our current state, but also future states, as what we learn and feel and experience today will tomorrow be part of our neural reference library.

If we consider that

(a) the brain is always looking for new information and

(b) the quantity and quality of the information we feed it has a direct impact on how we see the world, then (c) wouldn't it make sense to feed it good stuff?



OFFICE CLOSURES

This month the office will be closed

Thursday January 23rd

Friday January 24th

Saturday January 25th

We will reopen Monday the 27th
and have regular hours for the
rest of the month.

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OFFICE EVENTS

WEDNESDAY JANUARY 22TH

THE DISCOVER
SRI WORKSHOP

6:30 – 8:00 PM



Resolution

At the beginning of the calendar year, we have a tradition to make *resolutions*, usually with the hope and intention for self-improvement.

We often understand *resolve* to mean making a firm decision, a commitment, a determined choice. Originally, *resolve* meant to untie or to unfasten. Later, it referred to the dissipation of things into their basic parts. With regard to both music and the process of healing, resolution is about shifting from a dissonant state to one of harmony and balance.

In many ways arbitrary, the onset of the New Year does give an opportunity for re-evaluation and reorganization. Let it be a chance for you to untie old patterns, get back to basics, and create more consonance in your life.



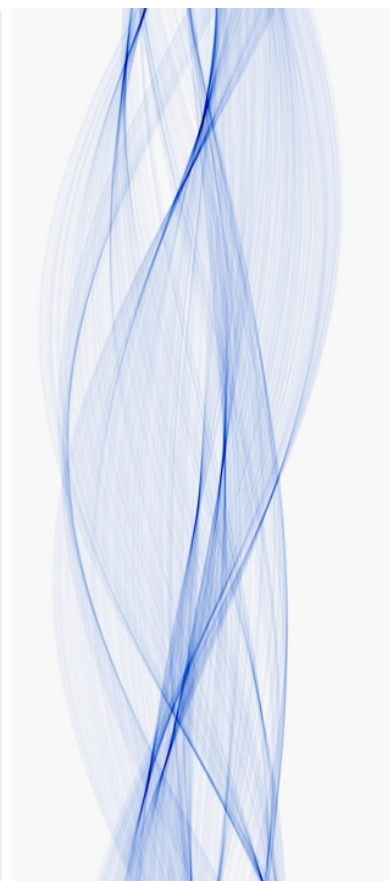
Farewell to Arlene

Arlene Bassarab retired this December after lovingly serving our practice for over two decades.

She has been a loyal staff member and a dear friend. Words cannot convey the depth of gratitude I feel for her support over all these years.

Any one from the practice is invited to send their well wishes to Arlene. You can leave any cards at the front desk and we will make sure Arlene receives them.

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Waves of Transformation Wellness Center, Inc.

Dr. Donna M. Mutter, DC
Dr. Daniel Eric Mutter, DC

309 Main Street
Toms River, NJ
08753

(p) 732 244 5008

wavesoftransformation.com
njwavesoftransformation@gmail.com