

January, 2014

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

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in Car Keys?**

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Starting Over

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It's About Time

By Mary Lloyd



I'm in a bar fight with Time right now. I'm not sure I can even figure out who started it. At the moment, I'm in the middle of a big transition—moving to new space in a new area to a place that's needed significant TLC before I moved in.

So I've been painting, cleaning, organizing storage areas, and trying to corral all the stuff I've managed to accumulate in the two years I've been living where I am now. All that takes time. And I want to Time to cooperate and give me enough to get it all done--to give me the sense that I have it under control. Time is not hearing a word of that. I am not in control. Nope. Not at all.



Time is not flying; it is *evaporating*, like needed rain that never gets all the way to the parched desert floor. There "should" be enough time. This move is certainly doable. I have good support from family and friends. I have good resources to call for paid help if needed. But still, I am in this absurd wrestling match with Time.

On the surface, it looks like it's my own silly fault. This cleaning that I've been doing....I've gone through three toothbrushes at it...plus a bunch of bamboo skewers...Q-tips...toothpicks. I've been manic about getting that last bit of gunk out of whatever it is that I'm sprucing up.

There is so much to get done! And yet I've been piddling around with a toothpick trying to get the dirt out of the ridges of a light switch. I've painted almost every wall and most of the ceilings of the new place. I've replaced the carpeting and refinished the hardwood floors. I've been absolutely anal about how I set up the kitchen.

Have I gone over the edge—to where cleanliness is no longer next to godliness but instead has moved into the marginally functional wing of a looney bin? How can I possibly get all the work done if I putz at little things? Why am I fighting with Time like this?

But as I admit this and look more closely, it's starting to make sense. There IS a lot to get done with this move. And I do like to start with things as clean as possible. (My motto is "Dirt is okay as long as it's mine.") But this move is one of a kind and involves more than getting my stuff from here to there. When I move, someone I love will remain behind—by choice, but still....

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Much of what I take with me will have to be replaced if he wants to be able to cook, clean, eat off a plate, etc. (He's a guy; he may not....) So this preoccupation with getting things clean was probably a good way to end up with the right pacing.

Is there anything in this insight that's useful for life in general?

Yeah, I think so. I've always been an exceptionally well-organized person. I have not been like that on this move. Instead of making list after list, I've been blindly doing whatever seems to need to get done next. It turns out I have been letting my heart lead instead of my General Manager of the Universe mind.



Sometimes a list is not the answer. Sometimes, you just have to trust it's going to work out and keep trudging along, even if what you're working on seems to be getting a higher priority than it deserves. Sometimes, your hands have a better sense of what must be done than your mind does.

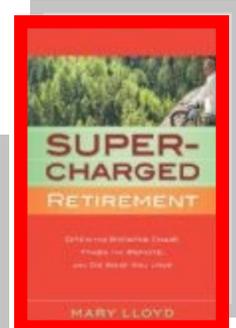
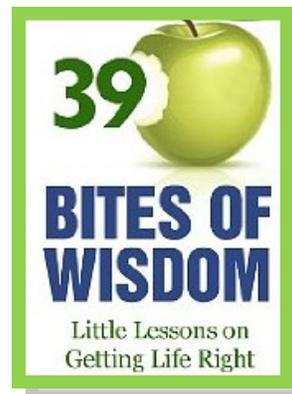
And that's a good thing to realize at the start of a new year. "Because I've always done it this way" is a weak reason not to grow. By now I would be a raving lunatic if I'd have tried to manage this move the way I've done them in the past. I would also probably be heartsick and very down. There are just too many layers, too many extenuating circumstances, too much room to cause emotional hurt--to myself or someone else--by steamrolling through this. What a blessing that

I had the chance to piddle around with a toothbrush cleaning up someone else's microscopic messes.

I guess I haven't been wrestling with Time after all. We were dancing, and I just didn't know it.

Happy New Year!! May 2014 be full of blessings and love.

Mary Lloyd is a consultant and speaker and author of [Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love](#), a blueprint for how to build your own best retirement. Her first novel, *Widow Boy* will be out in 2014. For more, see her website, www.mining-silver.com.



How a Visit to the Department of Motor Vehicles Is (and isn't) Like a Day at Disneyland

By **Barbara Morris**



California drivers over age 70 are required to take a written and vision test every four years at a Department of Motor Vehicles (DMV) office.

A DMV office used to be close to my home. No more. In the name of efficiency, and to save money, the closest office is 15 miles away. But that's okay. I know times are tough and the government is trying to save money. (Please stop laughing. I can hear you.) Unfortunately, the austerity measure has resulted in stressed, over-worked DMV employees who must deal with hoards of impatient and frustrated wanna be drivers who feel resentment about crowding, long lines

and having to travel so far. Disneyland it isn't.

My license expires soon so I made an appointment a month in advance to take the required written test. Because I know the test is loaded with "gotcha" questions, I studied daily and aced several practice tests. As a result, I probably know more about California driving rules and regulations than any police officer. Nevertheless, I got two of those "gotcha" questions wrong. Am I annoyed? You betacha.

But I'm lucky. I aced the vision test – sort of.

Passing the vision test has always been a struggle. I usually have to get a note from my eye doctor certifying my ability to see well enough to drive. This time I was loaded for bear. I have had Lasik and my ability to see up close is now off the charts crazy good. My distance vision is not perfect, but it's perfectly good enough to drive. But I digress.

The woman who performed the vision test greeted me coldly with a foreboding scowl and instructed me to read the letters on the chart half way across the huge room. When I couldn't

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read the letters, she said in a here-we-go-again tone of voice, "We will have to use the machine."

Use "the machine"? The way she said it made it sound like it might be a medieval torture device called a rack. How scary is that?

I was in trouble immediately. The woman was now frowning. She ordered me to place my forehead against "the machine" and read the first line which I could not do, so without hesitation I read the second line hoping that would work but it didn't. "Read the first line. The first line!" she instructed. Then, with just a touch of exasperation in her voice, she said, "Okay, let's try this again. Read the first line." I tried again, couldn't read it and whack! -- she slapped one hand on the desk and the other smack against her forehead and in a tone of poorly disguised irritation she uttered, "You moved!"

Okay, so I moved. What did I do wrong? I just assumed that after I could not read the first line it was okay to take my head off "the machine," but alas, I assumed too much. I didn't understand that I had to keep my head attached to "the machine" until I was told it was okay to move away.

Long story short, she finally told me to have a nice day. I thanked her for her patience and with a hint of a smile she sent me to the camera line, which was about half a block long. I couldn't understand why the line was so long. How long does it take to take a picture? Then I remembered. I'm not at Disneyland, I'm at the DMV. At Disneyland you can have your photo taken with Mickey Mouse, get a Mickey Mouse hat, Mickey

Mouse ears, a hug from Mickey, and Mickey's autograph all in three seconds flat.

But look, God is good, all is right with the world, and I can continue to drive. I have nothing to complain about, so join me in celebrating with a glass of wine or whatever you have handy. But please don't drink and drive. It takes just one drink to impair your judgment. You cannot consume more than one drink per hour and drive safely.

While you and I are enjoying our virtual libation together, you might also like to know that a DUI conviction will get your license suspended for 6 months, and you are required to complete a DUI program.

To further impress you with the depth of my knowledge of the rules and regulations, here is other important information you might like to know: If you allow someone who doesn't have a license drive your car your vehicle will be impounded for 30 days. And if you don't turn on your right turn signal and drive to the right side of the road and stop when a police car is flashing red lights at you, it's a misdemeanor and you can spend not more than one year in the county pokey. And you must have \$30,000 worth of liability insurance if you kill two people but only \$15,000 if you kill just one. (Are you impressed yet?)

Questions relating to the above information were not on the test but that's okay. I got my license and that's what matters. I can continue to drive my jalopy for another four years. Would I have preferred to spend the day at Disneyland? Nah – it's crowded there, too.



START-UP SUCCESS STRATEGIES FOR BOOMER ENTREPRENEURS

Part I: STOP! What Are Your Non-Negotiables?

By Dr. Marie Langworthy

Without a doubt, entrepreneurship is alive and well among the Boomer generation. Several reasons contribute to this phenomenon -- among them, an ever-growing number of Boomers with the time, energy, and financial independence to compel this generation to strike out on their own, venturing into creative career areas heretofore inaccessible or unimaginable. Boomers are realizing that they do, in fact, have the power to create a vibrant last third passage of life pursuing a financial goal and a vocational passion in their own time and on their own terms.

But hold your horses! Wait just a minute! As a Boomer, you've survived enough personal, financial, career setbacks and experiences to realize that nothing worth accomplishing is easy, that the road to success, however each of us defines it, is paved with hidden, strategically placed minefields, and that you'd better do due diligence, do your homework, and aim several times before you fire into the field of entrepreneurship.

For starters, STOP! Define your non-negotiables, and determine not to negotiate them! Start by identifying those 'non-budge' aspects of your life which, at this enviable point in your life, you are not willing to sacrifice, to do without, or give up, no matter what. For example –



Dr. Marie Langworthy

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Non-negotiable #1 – As a couple, you don't travel separately anymore – anywhere!

For most of your married lives, you and your spouse saw each other sporadically. Yours was a commuter marriage, as both careers required extensive travel. You became expert at juggling work schedules, airline flights, and rendezvous destinations. You were on a first-name basis with hotel desk clerks, and accumulated volumes of frequent flyer miles. Yes, now you're joined at the hip, and prefer it that way.

Non-negotiable #2 -- You have banished winter from your lives.

Based in the snow-belt during your prime years, you raised your family amid the fun and flurry of ice-skating, skiing, sledding, sliding and skidding. As boomers, you have since happily re-located to the sun belt, and the closest you ever want to approach even a facsimile snowflake is on the evening news, or on a greeting card you receive from snow-belt family and friends. You don't do winter, anytime, anywhere.

Non-negotiable #3 – You're allergic to cats.

When cats are near, your eyes water, your ears itch, you develop an annoying hacking cough, and your clothes magically attract seemingly magnetic fur and hair. No amount of promise of entrepreneurial success is worth your coming in contact with these feline beasts, which, you're convinced, conspire to target you as a helpless and hopeless victim.

What are your non-negotiables? It behooves you to define and determine these well in advance. Be ruthlessly honest with yourself about what and can or cannot, will or will not compromise, let go, give up. Otherwise, you run the risk of sabotaging your opportunity for success.

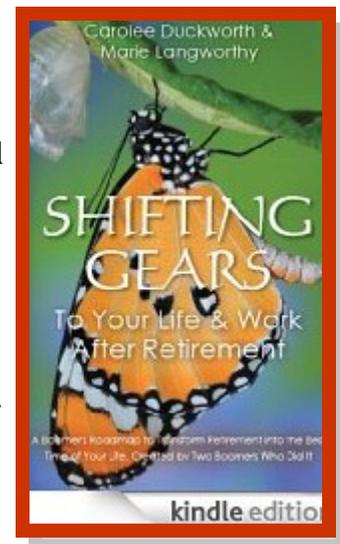
In Parts II, III, and IV, we'll talk about three more strategies that assure your successful launching of your Boomer entrepreneurial idea:

Part II: LISTEN! Competition Is Everywhere!

Part III: LOOK! Flood Light? No! Laser Beam? Yes!

Part IV: Do A SELFIE! Do you have the right stuff?

*Dr. Marie Langworthy is a retired educator and current author/editor. Through her online business, Super Writing Services (<http://www.SuperWritingServices.com>), she specializes in "writing it right"--the way you, the client, want to say it. Her recently co-authored and published book, *SHIFTING GEARS to Your Life and Work After Retirement*, is available on Amazon.com and on the Shifting Gears website (<http://www.ShiftingGearstoYourLifeandWorkAfterRetirement.com>). Marie is a contributor to Boomer-related publications, web sites, and blogs, and is available for interviews on the timely and broad range of Boomer retirement issues.*



STARTING OVER

By Lura Zerick



I don't make 'new year's resolutions' but I do think of January as a time for new beginnings. It is never too late to try again, to start over. Everyone makes wrong decisions, which might bring terrible results. Sometimes we almost drown in regret; we can spend any amount of time wishing we could redo some of those things. We can't do that but we CAN begin NOW to think more carefully before we make decisions. We can't change the past but we CAN change the future. It happens because we are learning, or have learned, to make better decisions in every area of our lives.

We have matured a bit when we realize that many of our 'miserable' years were a result of own decisions. Stop blaming everyone else; face up to the truth that YOU brought those times on yourself. I was SHOCKED when I realized that! Even when someone mistreats us, it goes back to the time when we had a wrong opinion about that person, the result of a decision. Yes, we *thought* he or she was an honest, good person. We are told to look for the best in people but we often make our decisions before we *know* a person very well. The truth is, sometimes we never really know someone. We know what we *hope* that person is but our opinion is often wrong. Isn't that sometimes true also of their opinion of us?

We can't change anyone but we *can* change ourselves. It begins with each of us. Do we *have the attributes that we admire in others? Are we honest? Is our word to be trusted? Do we take things that don't belong to us? Until we are the kind of friend that we would like to have, we should not mention the faults of others.* We never know who is watching us, trying to learn the kind of person we are. Our words and actions can influence many, whether in a good or bad way.

Do we act the same all the time or do we change our behavior when around different people? Can others rely on us when we make a promise or is that wasted breath? Do we know those who we can believe? Do they do what they say? Some talk one way and act another. These I

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avoid; my Mama used to say, “Actions speak louder than words.” When we say one thing, then do the opposite, others can and will see how false we are! The same happens when we realize that the words of others are not to be believed. DOESN'T THAT HURT!!!

The truth is, however, that each of us can become the person that we admire and others can trust. WE must decide to change, to begin again to be a person that others admire and RESPECT. This takes only the decision to change from the one we have been in the past. No one can do this for us; it is totally up to us.

I have found that in order to be the person I want to be, I must be in right standing with God. He sees our potential, not our faults. When we begin to use the abilities that He gave each of us, we, too, might see our potential to enjoy a wonderful life to the fullest. This is so much more rewarding than spending our days in trying to cheat others in some way. SELF-RESPECT is a precious gift; when we lose it, we are headed down a negative path to further unhappiness. Our mistakes will show up more often and we won't know that sense of achievement that might have been ours.

TODAY can be the beginning of our new life! What is *your* decision?

ABOUT LURA ZERICK

82-year-old Lura Zerick is the mother of 5, grandmother of 12 and great-grandmother of seven.

She has been writing since 1965. Her articles are published in regional and national magazines. She has authored five books: *Who Do You Think You Are?* (1989), *The Golden Olden Days*, (2002) *River Villa* (2007) *The House of Esther* (2011) *Getting Older and Enjoying It!* (2004) (The last book was one of three chosen nationally to be featured in an article written by Donna Childress and published by the *National Council on Aging* in the Fall/Winter issue of their publication, INNOVATIONS)

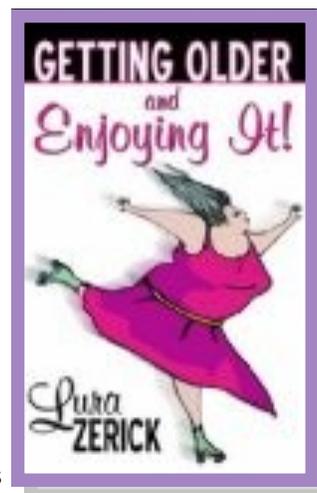
Lura has composed lyrics and music of 70 gospel songs and recorded 15 songs on 2 CDs.. She sang show tunes and popular songs in nightclubs, a cruise ship, with several TV guest spots.

She wrote and produced a weekly, then daily, radio program, “Encouragement for Today’s Woman”; edited and published “Living with Hope”, a quarterly newsletter of the writings of women across America; co-hosted a 2-hour weekly radio program, “The Saturday Morning Show”; participated in and co-produced a Sunday afternoon gospel music radio program.

Lura was Executive Editor of a regional magazine, *Grassroots South*; Editor’s Assistant for an international publication, “*Journal of Marital & Family Therapy*”; wrote a newspaper column, “Encouragement for Today” as well as features and news articles for various newspapers. Her articles have been published in *Alabama Living*, *Spirit Led Woman*, *Just Between Us*, *Writer’s Digest*, *Mature Living*, *Christian Single*, *Army Flier*, *Army Times*, *Looking Back* and other publications.

Lura is currently working on three books: *Bible Quest*, *Feeding Our Spiritual Selves* and *Another Woman; Another Well*, the story of her life.

As a survivor of years of domestic violence, Lura had no idea that her best and most rewarding years were in the future!



The Safe Driver Series Part 2: Hand Eye Coordination Exercises

By John Paul Ouvrier



Hello there. Welcome to part two of our three part series on how to improve your driving skills. In this article, I am going to explore some ideas that will introduce you to exercises that can improve your coordination while driving. It has been proven that if a driver can speed up their reaction time, they will be safer drivers. Yet while this article will introduce these concepts to you, they do not in any way replace a real driving classroom situation, or what your qualified medical professional will tell you. However, it is very exciting to think that with some great ideas, we can go out and get the help we need to drive safely for many more years to come!

Let me just review an important point we covered last time; when is the right time to give up driving? I break this down into two categories; “the you” that knows how to drive, and your body:

- There’s “the you” that knows how to drive: You are conscientious, considerate, know the laws, has a wonderful record, is a class act, and over all is a fantastic driver.
- Then there is your body which slows down as times goes on, isn’t helped by medications, is stiffer, and its’ reflexes slower.

You will always know how to drive, yet your body will not. Slow reflexes, whether from age, medications, diet, etc. is the same as having a drink or two in your system. Slow reflexes are the same as drunk driving. It takes a very wise person to say to accept this and voluntarily give up driving when the time is right. Something to consider. In the meantime however, let’s learn some driving coordination exercises to get you started.

Driving Hand-Eye Coordination Exercises:

Hand-eye coordination exercises, or in our case, hand-eye-foot coordination exercises remind the brain to make the eye and muscles of the hands and feet work together. And like most things in our physical body, if we haven’t done these movements for a while, while our brain may know what to do, yet our body may not.

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This particular area of skills is the world of the occupational therapist, and this is the person you should see for specific exercises based on your needs. In the meantime, let me share with you my favorite set of hand-eye-foot coordination exercises:

The Key Toss Stomp

I was lecturing at a retirement home in Pasadena years ago with a medical doctor and an occupational therapist. The topic was driving, and each of us was covering our fields of expertise. The doctor was speaking on vision checks and medications. I was speaking about posture and the Wizards Twist (Decembers article-Part 1 of this series), and the occupational therapist was showing exercises, the most popular of which was the Key Toss Stomp.

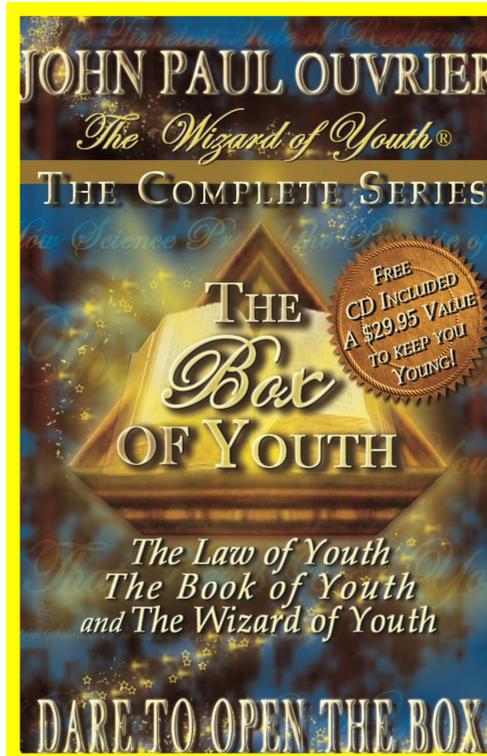
Here's how to do this:

Sit in a chair, with both feet flat on the floor. Put your keys in one hand, and toss them up about a foot or so, and catch them with the other hand. Now while you do this, pick up a foot, it doesn't matter which one, and gently stomp it on the ground. So as you toss your keys, stomp your foot. Then toss them into your other hand, and stomp the other foot. You can then make up other combinations, such as stomping one foot and then the other with each toss. Do this at least 10 to 20 times, once a day.

This is an example of the kind of hand-eye-foot exercises that can help speed up reaction times. Yet this is only a quick example, and quite incomplete; your best bet is to attend a driving class or speak to an occupational therapist for additional and specific exercises.

Thanks for your commitment to better driving, life, and sharing this! Best Blessings of Health from the Wizard of Youth.

John Paul Ouvrier, known as *The Wizard of Youth*, is a fitness trainer who specializes in working with older adults. Please consult with your doctor or medical professional before beginning this or any exercise program or advice. The contents of this article do not constitute medical advice. Contact him at John@wizardofyouth.com and bring him in to entertain your audiences! <http://wizardofyouth.com> and <http://fitness4charity.org>



Do You Have A Vision for Your Life?

By Joyce Shafer

Having no vision for your life is like being in a rowboat without oars: you go where the water takes you, or doesn't. If coming up with a vision frustrates or confuses you in any way or makes you anxious, this may help.

Hermann Hesse wrote: "Most people are like a falling leaf that drifts and turns in the air, flutters, and falls to the ground. But a few others are like stars which travel one defined path: no wind reaches them; they have within themselves their guide and path." We get the importance of his statement, and he's right that each of us has our guide and path within us; but if you feel you're drifting along in life without a vision and feel unsure what to do about this, his statement might cause you to judge yourself. I want to help you shift this. And about having one defined path, what if that's not about doing but is about being, say, joyful, instead? Does that shift your energy about this even a little?

Wallace Wattles said: "You must form a clear and definite mental picture of what you want; you cannot transmit an idea unless you have it yourself." Wattles is right as well; however, the thought of getting to this clear mental picture is intimidating for a number of



people. They concern themselves with questions like: What if they pick the wrong vision? What if by picking a vision, they limit themselves? What if their vision is too large or too small? What will others think about their vision, or how might they judge it?

The first thing I ask you to do is allow that if the thought of coming up with a vision for your life makes you uncomfortable in any way, we want to shift how you *think* about this so you can *feel* better about it, because it is likely your beliefs about this that hold you back. For instance, rather than think about your Vision For All Time, think about the vision of your life for the next year, or the next six months, or next month, or next week instead, to get into practice. This takes the pressure off of having to come up with The Grand Vision. And that's another thing you want to let go of: what anyone else will think about your vision; that your vision has to impress others or have their approval or it won't be worthwhile—not that you have to tell anyone. In fact, practice self-restraint for as long as needed or desired about this: keep your vision silent and sacred.

One thing that may affect your ability to come up with a vision, whatever time-period you now want it to cover, is believing it has to be practical (so you can appease others or your ego-aspect). **Practical isn't necessarily magical.** I recall going to a car dealership years back. I didn't like anything about that experience. When the saleswoman came back from having "the talk" with her manager about what kind of "deal" they could make for me, I told her no. She asked what kind of deal I was looking for, and I told the uncensored truth: "I want an attractive car with all the bells and whistles, and I don't want to pay a penny for it." And I meant it. She was, of course, shocked and told me that was unrealistic. I was completely serene and even joyful as I smiled and said goodbye and left. Within several months, I was driving a sporty Lexus with all the bells and whistles, and doing so without a penny ever coming out of pocket. I share this example so you can see that sometimes being practical can stand in your way. The Universe has an interesting way of filling our orders once we know and state what we want—fearlessly—at least to ourselves, then get out of the way.

Another thing that blocks creating a vision for your life is attempting to do this from a feeling of desperately needing to change or fix your life. **Desperation is not**

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the energy you want flowing through you when you consider your vision. For one thing, you aren't thinking clearly when you feel desperate for change. Your energy is focused in the opposite direction at such a time, like on lack, frustration, fear, and so on. Before you sit down to work with your vision, you want to take some deep breaths to relax your body and mind. You want to connect with the infinite love of Source, to relax your emotions and stimulate your spiritual connection to the abundance and flow that Source has made available for you to receive, as soon as you *allow* yourself to do so. When feeling desperate, you block alignment of your physical, mental, emotional, and spiritual energy with your vision.



Joseph Campbell said: "We're so engaged in doing things to achieve purposes of outer value that we forget that the inner value, the rapture that is associated with being alive, is what it's all about." Yes! You see, one thing that blocks people from crafting a vision, among the other blocks I've already mentioned, is they get so focused on Doing that they forget to focus on Being *first*.

I know it's recommended that you get specific when you craft a vision, but this may be so intimidating that you just abandon the idea of crafting one. Note: A vision for your life is NOT meant to be the same as a goals list and the steps to reach goals. So, try this: Write generalized specifics. What I mean is, for example, instead of coming up with a fixed number of the amount of money you want to receive each month, state that you want money to come to you from Source's infinite resources in the amount that is three times (or more) than what your actual monthly expenses currently are—or whatever feels realistic and possible at this time. Don't impinge on your alignment

with an amount your subconscious doesn't believe is even in the realm of possibility. Head and heart alignment is important here. As you move forward, you can always increase this. And, instead of stating the work you do in your vision, state that you do work that you love and enjoy and find fulfilling, if work is part of your vision. This suggestion to be generalized-specific is to help you get into practice of allowing yourself to have a vision for your life. When you get comfortable

with this process, and what I explain from here on, then you might want to craft a vision that is more specific, or, instead, also craft a goals list.

Do a rough draft of your vision, so you get started. Consider it an exercise only, so you ease up on yourself about this. Let this draft be more like play. Hand-write your draft, and write it as though it's happening now. Let how you want to feel about your life assist

you with this draft. Remember, let go of being practical, of impressing anyone or needing anyone's approval. Allow yourself the right to adjust anything in your vision that you feel the need or desire to adjust. This is for you and only you. It's like a garment you create for yourself: you must tailor it to fit *you*; *you* must love the color, texture, and feel of it. *You* must feel terrific when you put it on. It must feel exciting and empowering to *wear* it.

When you play with your draft vision, if you feel the need to be practical, go ahead and write out a practical one. Then, allow yourself to write one where practical isn't a factor. Again: Practical isn't necessarily magical. So if it will help you, create one draft titled My Practical Vision and another titled My Magical Vision, and cut loose with this one. What time do you want to wake in the morning, or what kind of schedule flexibility is desired? What do you want your day and what you do with it to *feel* like? How do you want to feel about your day and life when you go to sleep at night? How do you

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want to feel about your financial matters, secure or serene? And so on, with anything you want to add.

Remember: Write both versions in present tense, as though each vision aspect is already happening. Then read each vision in turn. After you read the practical version, add a paragraph about how it makes you feel when you read it and how it affects your energy; do the same after you read the magical version. Which one excites you? Which one feels like your right fit? Keep in mind that a magical vision will have practical aspects appear to support it. So don't be afraid of writing down what you really want.

Once you decide on a draft vision, read your vision aloud to yourself every morning and evening for the first seven days. Each following week, spend fifteen or so minutes once a week to read your vision and feel it, believe it, trust it, and adjust it in whatever way feels right to you, because you are always changing and growing. Allow your vision to change and grow as well. Each time you make major adjustments to your vision, repeat the seven-day morning and night read-aloud process so you really get your vision into your energy field and mindset.

Release the HOW. That's up to the Universe (like my car example), but pay attention to inspirations that lead you to actions then follow through. You can also use your vision to verify that any ideas or opportunities that show up in your mind or life as actions to take *actually match your vision*, so your ego-aspect doesn't lead you astray, which it often does, as it tends to operate from desperation and fear.

It's better to be still and wait for an inspiration you know is aligned with you and your vision than to rush into action that uses your time, energy, and other resources in spinning-your-wheels activities. Never confuse activity with productivity. Inspired action is what you want to follow, and these generally come to you when you're being quiet or still or doing something unrelated.

How do you want to feel about your vision? What feelings, thoughts, and self-talk do you need to support your vision? What would your vision need to include for you to feel joyful, enthused, fulfilled, excited, confident, comfortable being you, and—whole? Keep in mind that this is for the time-period you've decided it's for, whether it's for the rest of your life, the next year, month, or week. Take some time to craft your vision as described here. Then read it and ask yourself how much of your vision you are doing or living now and perhaps don't realize it. This may, or may not, surprise you.

Don't rush crafting your vision. It's important enough to take the time you need, but don't put it off either or try to write the "perfect" draft the first time. It may take a few or several tries for you to feel comfortable enough to allow yourself to write a more magical vision. And keep in mind that you want to allow the flexibility to adjust your vision as you realize more of what you really want and want to feel and allow yourself to include these in your vision.

Once your draft vision is written and it feels right, don't try to rush it or force it into your experience. Watch for signs of it taking form in your life. Watch for inspired ideas. Allow

yourself to love and accept and approve of *you* so you allow yourself to receive your vision as your experience. It's a good practice, one you'll appreciate.

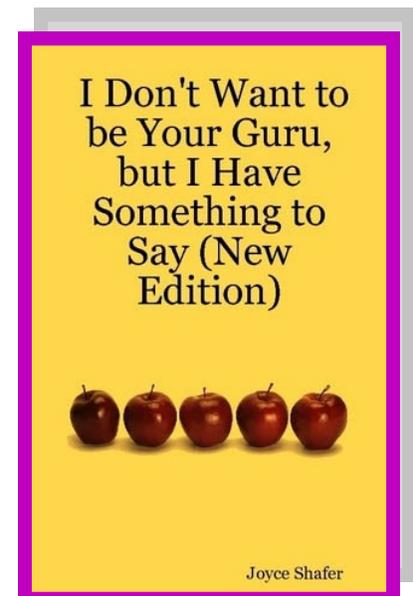
Practice makes progress.

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Joyce Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru, But I Have Something to Say" and other books/e-books, and publishes a free weekly online newsletter that offers empowering articles and free downloads. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>

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Information to Help Live and Feel Better

*****Omega-3 and vitamin D may help clear Alzheimer's plaques*****Biological Effects of the Popular Artificial Sweetener Sucralose***Artificial Sweeteners May Contaminate Water Downstream Of Sewage Treatment Plants And Even Drinking Water***Long-Term Use of Common Heartburn and Ulcer Medications Linked to Vitamin B12 Deficiency***Vitamin B12 May Reduce Risk of Alzheimer's Disease***How Marijuana Causes Memory Deficits***How Cannabis Causes 'Cognitive Chaos' in the Brain***Long-Term Cannabis Use May Blunt the Brain's Motivation System****

[Omega-3 and vitamin D may help clear Alzheimer's plaques](#)

Researchers have pinpointed the mechanism behind vitamin D3 and omega-3's ability to enhance the immune system's ability to clear the brain of amyloid plaques that are associated with Alzheimer's Disease.

[Entire staff walks out of old age home](#)

Janitor remains and cares for abandoned residents

[New Definition for Old Age](#)

A groundbreaking study published in the journal Population and Development Review by IIASA population researchers Warren Sanderson and Sergei Scherbov reorients the way demographers study population aging, providing a new toolbox of methodologies for demographers to better understand the impacts of an aging population on society.

[Open Access Article On Biological Effects of the Popular Artificial Sweetener Sucralose](#)

The artificial sweetener sucralose is a biologically active compound according to an extensive review published by Taylor & Francis in the recent issue of Journal of Toxicology and Environmental Health, Part B: Critical Reviews. "Sucralose, A Synthetic Organochlorine Sweetener: Overview Of Biological Issues" authored by Susan S. Schiffman, PhD, an internationally known sweetener researcher and Kristina I. Rother, MD, MHSc, of the National Institutes of Health (NIH), summarizes the biological properties of sucralose based on hundreds of archival, peer-reviewed scientific journal publications.

[Artificial Sweeteners May Contaminate Water Downstream Of Sewage Treatment Plants And Even Drinking Water](#)



[Available here](#)

(Continued on page 17)

(Continued from page 16)

Sewage treatment plants fail to remove artificial sweeteners completely from waste water. What's more, these pollutants contaminate waters downstream and may still be present in our drinking water. Thanks to their new robust analytical method, which simultaneously extracts and analyses seven commonly used artificial sweeteners, Marco Scheurer, Heinz-Jürgen Brauch and Frank Thomas Lange from the Water Technology Center in Karlsruhe, Germany, were able to demonstrate the presence of several artificial sweeteners in waste water.

[The Dark Side of Artificial Sweeteners: Expert Reviews Negative Impact](#)

More and more Americans are consuming artificial sweeteners as an alternative to sugar, but whether this translates into better health has been heavily debated. An opinion article published by Cell Press on July 10th in the journal Trends in Endocrinology & Metabolism reviews surprising evidence on the negative impact of artificial sweeteners on health, raising red flags about all sweeteners -- even those that don't have any calories.

[Long-Term Use of Common Heartburn and Ulcer Medications Linked to Vitamin B12 Deficiency](#)

Long-term use of commonly prescribed heartburn and ulcer medications is linked to a higher risk of vitamin B12 deficiency, according to a new study published in the Journal of the American Medical Association.



[Available here](#)

[Low Vitamin B12 Levels May Lead to Brain Shrinkage, Cognitive Problems](#)

Older people with low blood levels of vitamin B12 markers may be more likely to have lower brain volumes and have problems with their thinking skills, according to researchers at Rush University Medical Center.

[Low Vitamin B12 Levels Increase Risk of Fractures in Older Men](#)

Older men who have low levels of vitamin B12 have a higher risk of having fractures. These are the findings of researchers at the Sahlgrenska Academy as a part of an international study of a total of 1000 older men.

[Vitamin B12 May Reduce Risk of Alzheimer's Disease](#)

A new study shows that vitamin B12 may protect against Alzheimer's disease, adding more evidence to the scientific debate about whether the vitamin is effective in reducing the risk of memory loss.

[Junk food can junk your memory in a week, suggests new study](#)

A new study has suggested that even a short-term diet of junk food can have a detrimental and damaging effect on the brain's cognitive ability.

[Heavy Marijuana Users Have Abnormal Brain Structure, Poor Memory](#)

Teens who were heavy marijuana users -- smoking it daily for about three years -- had abnormal changes in their brain structures related to working memory and performed poorly on memory tasks,

(Continued on page 18)

(Continued from page 17)

reports a new Northwestern Medicine® study.

[How Marijuana Causes Memory Deficits](#)

Memory loss associated with marijuana use is caused by the drug's interference with the brain's natural protein synthesis machinery, according to a study published in Nature Neuroscience.

[How Cannabis Causes 'Cognitive Chaos' in the Brain](#)

Cannabis use is associated with disturbances in concentration and memory. New research by neuroscientists at the University of Bristol, published in the Journal of Neuroscience, has found that brain activity becomes uncoordinated and inaccurate during these altered states of mind, leading to neurophysiological and behavioural impairments reminiscent of those seen in schizophrenia.

[Long-Term Cannabis Use May Blunt the Brain's Motivation System](#)

Long-term cannabis users tend to produce less dopamine, a chemical in the brain linked to motivation, a study has found.

[Marijuana Consumption in Washington Higher Than Previously Estimated, Study Finds](#)

Marijuana consumption in Washington state is about twice as large as previously estimated, according to a new RAND Corporation study.

[Significant Minority Think Doctors Should Help 'Tired of Living' Elderly to Die If That's Their Wish](#)

One in five people believes that doctors should be allowed to help the elderly who are not seriously ill, but who are tired of living, to die, if that is their stated wish, reveals research published online in the Journal of Medical Ethics.

[Sugary Drinks a Factor in Endometrial Cancer?](#)

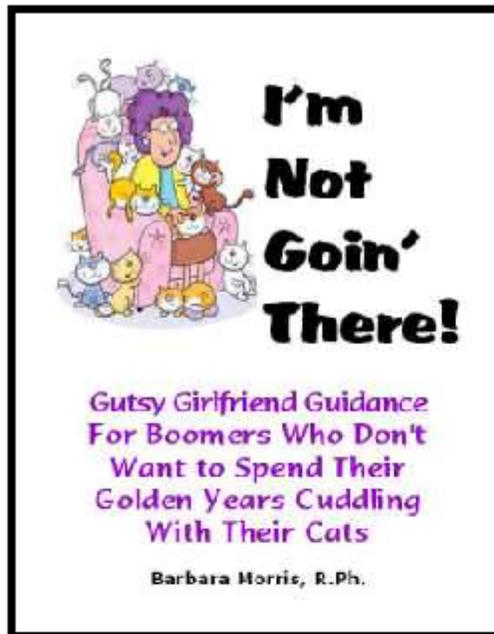
The most common type of endometrial cancer occurred almost 80% more often in postmenopausal women who regularly consumed sugar-sweetened drinks as compared with women who consumed none, a large cohort study showed.

[Music-based program may boost seniors' brain function, mood](#)

A music-based training program that challenges both the body and the mind may improve brain function and mood among seniors, suggests a new study from Switzerland. "The take-home message is that 6-months of music-based multitask training (i.e., Jaques-Dalcroze eurhythmics) - a specific training regimen which was previously shown to be effective in improving gait and reducing falls - has beneficial effects on cognition and mood in older adults," Dr. Mélanie Hars, of Geneva University Hospitals, told Reuters Health in an email.

[Post-Menopause Brain Drain Tied to Progesterone](#)

Estrogen levels after menopause may have no impact on cognitive function, but progesterone levels might, researchers found.



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- How to eliminate outdated family and cultural traditions that encourage premature aging.
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- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
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