

# *Creative Living* with Sheryl Borden



*Creative Living*  
with Sheryl Borden celebrates

*44 years!*

7800 series  
Miscellaneous - I

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**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Common Cat Health Problems” is in Section I on page 3, whereas “The Power of GET Statements” is in Section II on page 12.**



**K**eeping your pet healthy is not easy with dry, commercial pet foods. Dogs and cats are naturally carnivores, so it's imperative to feed them a diet rich in animal protein, but devoid of plant-based protein or over-processed dry food. Hound & Gatos is dedicated to producing grain free dog food and cat food that will help your pet avoid painful conditions like cat urinary tract infection or dog upset stomach. Our "Paleolithic pet food" will keep your pet feeling their best.

## Common Cat Health Problems



According to the American Veterinary Medical Assn., common reasons for pet owners to visit a veterinarian include an injured pet, routine vaccination, to be spayed or neutered, flea or tick medication. In 2012, the Banfield Pet Hospital's State of Pet Health report stated that cat obesity has risen over 90 percent since 2007, and people are beginning to look at their pet food as the source of their health problems.

Here are some of the most common cat health problems:

**Obesity.** Excess weight is a common condition in cats today, but the amount of pet food isn't to blame. Cat food that contains carbohydrates, such as corn and wheat, are fattening for your cat.

**Hyperthyroidism.** The most common glandular disorder in cats, hyperthyroidism, includes symptoms such as a weight loss or an increased appetite. It is most common in older cats, but treatable if diagnosed.

**Dental disease.** It's important to keep your cat's mouth clean; damage to a cat's gums, teeth, and tongue can lead to many health risks. Some pet foods create plaque build-up due to the unnatural, foreign ingredients.

**Skin problems.** Some pet food contains known allergens, such as corn and any type of gluten which can cause skin rashes, redness, bald spots and/or dry, flaky skin. Vets recommend feeding your cats a healthy, balanced food without fillers or artificial ingredients to prevent skin problems.

**Feline lower urinary tract disease.** Cats can develop FLUTD from stress, bladder infections, hyperthyroidism, or diabetes mellitus. Ingredients in your pet food, such as fish, which is high in calcium, can cause urinary tract disease in cats. To treat FLUTD, your vet may recommend dietary changes or antibiotics.

**COURTESY: Will Post**  
**Hound & Gatos Pet Food Corp.**  
[www.houndgatos.com](http://www.houndgatos.com)

# Emptying the Intergenerational Nest”

(without becoming a caged bird)

## TERMINOLOGY:

“**Middle Birds**” - Midlife adults who are providing support to emerging adult children and aging parents at the same time.

“**Baby Birds**” - Adult children (18-34 years old) returning to live at home with their parents.

“**Elder Birds**” - Elderly parents being cared for by their midlife children - but not necessarily living in their home.

“**The Nest**” - Literal or figurative home.

Ways to cope with the condition known as "The Empty Nest Syndrome." This occurred in the family when the last child left home. It was characterized by a feeling of loss so profound that it could cause depression, an identity crisis, and even crises in the family such as alcoholism and marital strife. It was an adjustment period that some parents really struggled with.

Fast forward to 2018 ... the "Empty Nest" has been knocked down and replaced by the phenomenon of the "Intergenerational Nest" which is where three or more generations of a family are linked together. This can be a huge challenge for the middle birds - their personal goals like retirement may be delayed, financial situations can suffer (student loans and elder care costs are high), and stress levels can soar. **Let's take a peek into this nest...**

## BABY BIRDS RETURNING TO THE NEST:

The U.S. Census Bureau states that 1 in 3 young people are returning to live in their parent's home. Some factors include:

- **Socio-economic conditions** - The global economic crisis of 2008 caused a rise in unemployment that hindered college graduates from finding jobs, yet they had staggering amounts of student loans to pay back. Moving back home is clearly an economic choice for some.
- **Illness and disability** - 54% of Baby Birds have a chronic illness or disability. Some are

unable to work and are relying on their parent's medical insurance. Their parents may provide emotional and financial support.

- **Emotional Support** - Being divorced, having a spouse in the military, or going through a rocky time in their life that they "need their parents."

## THE AGED UNDERNEATH OUR WINGS:

Increased life expectancy of the elder birds is the biggest factor contributing to their corner of the intergenerational nest. Although they may be in a retirement home, or still living in their own home, the amount of support in and protection they need can be astounding. Approximately 25% of adult children provide personal care or financial help to an aging parent. It's a difficult situation when dementia is involved, and we become the parents and they become the children. We absolutely must be an advocate for the elderly!

## DEALING WITH THE FLUFF:

The middle birds can find themselves in a period of transition that they never planned on. Because of baby birds staying in the nest longer and elder birds living longer, the human life cycle timeline has shifted. Middle birds are finding their retirement plans changing and their family responsibilities increasing, causing them stress and anxiety. It's important for them to use self-care techniques to deal with the fluff. Here's how to keep from feeling like a caged bird:

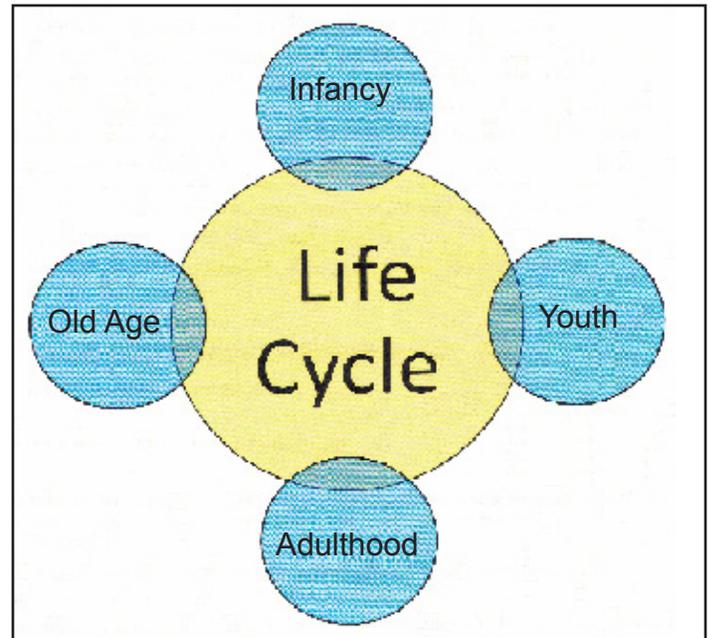
- Prayer
- Mindfulness
- Staying positive; sense of humor
- Accepting help
- Keeping in touch with dear friends
- Support groups
- Volunteering
- Seeking help if necessary

## RE-FEATHERING OUR OWN NESTS:

Although social timelines have loosened, and the intergenerational nest is becoming more commonplace, the ultimate goal of the middle birds is to teach the baby birds to soar, while protecting the elder birds underneath our wings until it is their time to finally fly away. Both need to be nurtured in a loving way. And when the elder birds have flown away, we can look back and know that we did the best we could ... and maybe then we can enjoy our empty nests!

## FLY-OVER WISDOM:

Today we have been talking about the Intergenerational Nest from the Middle Bird's point of view. Maybe empathy for the other two generations involved could be the best tool we have for making this family relationship work. And don't forget that the Baby Birds are watching and learning ... and we will be the elder birds someday.



**COURTESY: Becky Johnson**  
[www.facebook.com/beckyhomeeckyslfeunits](http://www.facebook.com/beckyhomeeckyslfeunits)



A wise old owl once said, "Sometimes you will never know the value of a moment, until it becomes a memory." ---Dr. Seuss

# *Painting with Brenda Pinnick*

## *en plein air*



It's so wonderful when the stars align for a plain air excursion. I had spent an hour looking for a decent place to park in downtown Marietta but to no avail. The public parking has a strictly enforced two hour limit which is insufficient for a painting session. I need 3 hours total to allow for walking and set up, sketching, painting and then breakdown. I was frustrated as the day was going by fast. I headed north on Old Canton Road and came across a wholesale nursery on my right, located on a service road behind the train which sits out of service.

Perfect! I pulled in and was immediately struck by the light hitting the hoop houses from the Southeast. I parked and wandered into the office to ask permission to paint there. The owner said it would be fine and delightful and encouraging. I'm so grateful for good people like these who are open and sharing with the beauty they are stewards of.

## *Oh the colors!*

Any chance I get to take color and push it to the nth degree, I take! Boats are a great subject matter and these little gems were screaming out to me to paint! I took a lot of pictures since I wasn't painting on location. My husband and I were there to spend time together celebrating our anniversary so I left my paints back in Rome before heading down to France this past June.

Back to the boats... did I mention they looked like gems floating in the water as the sun hit them in the morning hours? The colors shimmered in the reflections and they seemed to sway a bit as though they were teasing me. "c'mon.... "



I painted this piece with a selection of pastels, (I never keep track of the brand when I'm painting...) on U Art 400 Grit paper. First I toned it all over with a soft red using hard pastels and a wee bit of alcohol and a brush. I let it dry for 30 minutes or so and then jumped right in, working through to the finish in one sitting. (actually, I stand to paint.)

I'm very happy with the outcome of this piece and am really looking forward to making a companion painting from the same day and spot.

**COURTESY: Brenda Pinnick**  
**Professional Artist**  
<http://brendapinnick.com>

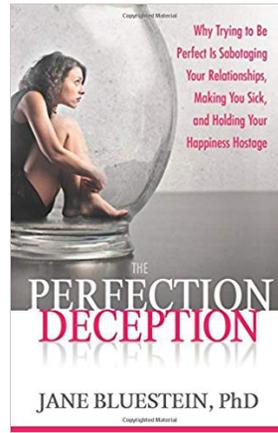


For information on developing a budget, tracking your expenses, as well as goal setting, visit Judy Lawrence's webpage:

<https://www.moneytracker.com>. Be sure to check out The Budget Kit, too.



**COURTESY: Judy Lawrence**  
Moneytracker.com  
[www.moneytracker.com](http://www.moneytracker.com)



## Perfection Deception

When Dr. Jane Bluestein would tell someone that she just finished writing a book on perfectionism, the common reaction was a blank stare followed by the question, 'What's wrong with perfectionism?' In-

deed, most people mistakenly confuse perfectionism with a healthy striving for excellence—but there is a big difference. One can lead to great achievement (or at least great learning) and the other is a psychological wound, the voice of the inner critic that screams 'failure,' 'loser,' or 'fraud,' regardless of the authenticity of our efforts, progress, or success.

Over the years, Dr. Bluestein has seen the toxic and corrosive effects of perfectionism on people's thinking, their bodies, their relationships, their work, and their sense of worth: now she exposes the truth: perfectionism is actually a mask for a fear of making mistakes, a desperate need to avoid negative judgments and rejection.

For those who are bound by the impossible demands of perfectionism and those who feel bound by someone else's perfectionistic standards, Dr. Bluestein emphatically shows that perfectionism is not a good thing, and it's not remotely the same as doing your best. Through personal interviews and the latest research, she explores how our culture fuels the dysfunction, how perfectionism develops, and how it can hurt our physical, mental, and social well-being. Further, she provides practical strategies for moving toward authenticity and wholeness to live with confidence, self-fulfillment, and happiness.

**Jane Bluestein, PhD**  
Instructional Support Services  
[www.janebluestein.com](http://www.janebluestein.com)



## The Hero's Journey for Highly Creative People

**Q.** Can you describe the Hero's Journey for a Highly Creative person?

**A.** Yes, there are four stages of discouragement for highly creative people, AKA CASIGYs, that are also a shortened description of the classical-hero's journey.

**1. In myth or fairy tale, a hero or heroine receives an invitation to this mythical inner journey by having an unsolvable problem in life. For a Highly Creative person, this often starts with the awareness of your differences and you feel like a Misfit who doesn't belong.**

**2.** This unsolvable problem is an invitation in disguise. When the unsolvable problem deepens, you as a CASIGY are treated and also may feel like an Outcast because of your differences. Children may be excluded or bullied; adults may be ostracized at work or in a social group.

**3. This can progress to your feeling like you are wandering in the wilderness of Exile. Life is dark and dreary. You feel like you're lost in a desert and cannot find your way back. CASIGYs may experience this for months or even years before they wake up to what is going on.**

**4.** The final stage of the Hero's Journey is Returning from Exile to make a Creative Contribution. In myth and fairy tale, some heroes and heroines discover buried treasure and have to win a fight with a dragon to gain access to it. Then, also through great difficulty, they bring it back to help their people. Others die or get lost along the way. The return is as perilous or even more

so than are the earlier stages of the journey. For a Highly Creative person, the buried treasure is likely some creative endeavor that must be accessed through winning a great war with an inner adversary. Usually, it then must be also shared with others in a meaningful way for the return from exile to be complete.

**Q.** So how does a Highly Creative "CASIGY" accept this "invitation" and successfully complete their journey?

**A.** By activating each of four antidotes to discouragement, AKA Stages of Encouragement. These are also tools to use on the journey:

1. Creative, constructive coping tools and skills in how to use them.
2. Creative healing for the emotional wounds suffered on this journey
3. Creative transformation of your relationship to yourself and the challenges you face along the way.
4. Creative contribution - returning from exile with the treasure you have found along the way.

**COURTESY: Sharon Barnes**  
**Therapist for Sensitive and Gifted**  
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# How to Make Soap From Scratch Using the Cold Process Method

## 1. Gather the Ingredients and Equipment

Making soap is a straightforward process that uses ingredients and tools you may already have in your kitchen. The ones you don't have are available from soap making suppliers online. The basic method of making soap from scratch is called cold process.

You'll need a recipe for making soap. Although there are many recipes online and in books, a basic soap recipe requires the following ingredients and equipment:

- lye flakes
- distilled water
- oils (types specified in your recipe)
- fragrance (optional)
- color (optional)
- additives such as flower petals, natural exfoliants and spices (optional)

Necessary equipment includes:

- safety gloves and goggles
- soap pot
- kitchen scale
- glass pitcher
- mason jar with lid
- plastic pitcher with lid
- thermometer
- measuring cups
- spoons, spatula
- stick blender
- molds



## 2. Make the Lye-Water Solution

Start by putting on the safety goggles and rubber gloves. Lye is a caustic and dangerous chemical that can cause serious burns.

- Place a pitcher on the scale and zero out the weight. Add distilled water to the pitcher until it weighs the amount called for in your specific recipe.
- Place a mason jar or plastic pitcher on the scale and zero out the weight. Add the amount of lye called for in your specific recipe. Close the lid tightly and set it in a safe place. **CAUTION:** Static cling can cause lye flakes to fly up and stick to your gloves or shirt sleeves. If this happens, remove the flakes immediately.
- Slowly add the lye to the pitcher of water—not the other way around—and don't make any splashes.
- Stir the mixture gently until the lye is dissolved. The mixture will heat up, which is expected. Rinse the spoon you used immediately.
- Put the lid on the lye-water pitcher and set it in a SAFE place, away from children, pets and other adults.

### 3. Weigh the Soap Making Oils

It is time to weigh the oils called for in your specific recipe.

- Put the soap pot or a glass pitcher onto the scale and zero out the weight.
- Following your recipe, weigh the oils one by one into the pot or pitcher. Zero out the weight after you measure each oil.
- Pour slowly. You can always add more, but once the oil has been added, it's part of the mix.



**Tip:** Weigh the solid soap making oils like coconut, palm, cocoa butter or shortening in the soap pot. Weigh the liquid oils like olive, sunflower, canola or castor separately in the glass pitcher and set aside.

### 4. Heat and Melt the Soap Making Oils

- Place the soap making pot with the solid oils on the stove over medium-low heat. Slowly melt the oils while stirring gently. Monitor the temperature with a thermometer. Turn off the heat when the oils get to about 110 degrees Fahrenheit. Keep stirring until all the solid oils are melted.
- When the solid oils are melted, add the room temperature liquid oils to the soap pot. This brings down the overall temperature. You want the oil mixture to be at about 100 degrees when you add the lye-water.



### 5. Add the Lye Solution to the Soap Making Pot

Make sure all the soap additives that your recipe calls for, such as color and fragrance, are ready to go and are at hand.

Place all the spoons, measuring cups, spatulas and whisks you're going to need nearby. Once you begin, you need to move steadily.



- Grab your handy stick blender but don't turn it on.
- Slowly add the lye-water mixture to the soap pot. The oils immediately start to turn cloudy. Using the stick blender as a spoon - not turning it on - to blend the lye-water into the oils. This is the beginning of the saponification process - the chemical reaction that turns your mixture into soap.



Set the lye pitcher aside in a safe place.

### 6. Mix the Oils and Lye Together Completely

While stirring the lye water and oil mixture with the stick blender, turn on the blender in short bursts. To start with, blend for 3 to 5 seconds. Then, turn it off and stir some more. Repeat this process and keep blending in short bursts until the oils and lye-water are completely mixed. At this point, it is nearing trace, the indication that emulsification has occurred.

To test if the mixture has reached trace, dip a spoon into the mixture and let it dribble back into the pot. If this process leaves a track on the spoon, the mixture is ready, even if it isn't thick yet. It just must be well mixed.

If you were to hand-stir the pot of soap, like soap makers used to do, it might take up to an hour to reach trace. With the introduction of stick blenders to soap making, the trace can be reached in a few minutes.

### 7. Add Fragrance or Essential Oils to the Soap Mix

After the soap mixture is completely blended, but before it gets too thick, slowly add any fragrance or essential oils called for in your recipe to the mixture. Stop stick blending the mixture and just use the end of the stick blender like a spoon.



## 8. Add Additives or Extras to the Soap

If your soap making recipe calls for additives such as spices, natural exfoliants, flower petals, herbs or special moisturizing oils, now is the time to add them.



As you did with the fragrance, gently stir them into the pot using the stick blender as a spoon.

Before you move on to adding the colorant, give the mixture a brief blend with the stick blender to make sure that the fragrance oil and additives are well blended in.

## 9. Add Color to the Soap

Next, add color to the soap. If you want the soap to be one single color, add the colorant to the pot and stir. If you want to achieve a swirl effect:



- Ladle about 1/2 to 1 cup of the soap mixture into a measuring cup
- Add the colorant to that bit of soap.
- Hold the measuring cup several inches above the pot and slowly pour the colored soap into one corner of the soap pot.
- Using a rubber spatula, swirl the colored soap through the pot. Don't stir too much or you'll end up just blending the color in with the entire batch.

The color is one of those variations where soap making becomes an art, and where you can create your custom soap masterpieces.

## 10. Pour the Soap Into the Mold

- By now the soap has thickened. Pour the raw soap into a mold using a back and forth motion to make sure that the soap spreads out evenly. Scrape the last thick bits of soap out of the



pot with a rubber spatula.

- If the top of the soap in the mold is uneven, smooth it out with the spatula.
- Pick the mold up and gently tap it on the countertop to dislodge air bubbles that may have been trapped in the mixture.
- Set the soap in a warm, safe place to set up and begin curing.

The soap mixture heats up as the saponification process starts. If the temperature of the room is chilly, lay a towel around or over the mold to keep it warm and keep the reaction going strong.

## 11. Clean Up and Let the Soap Saponify

Set the soap in a safe place and leave it alone until tomorrow. It takes about 24 hours for the soap to harden enough to take it out of the mold and slice it.



While still wearing your gloves and safety goggles, wash all the utensils and soap pots with hot, soapy water. The oily raw soap residue that's left in the pan is caustic and can cause irritation and burns. After everything is clean, put all the ingredients and equipment away.

After the soap has set for about 24 hours, it should be hard enough to unmold and slice. Pop or slide the soap out of the mold. Slice it into the size bars you like and set it aside to cure. When the saponification process stops in several days, the soap is technically safe to use, but it is best to cure it for about four weeks before use.

For David's instructions on How To Make Melt and Pour Soap, go to the following website:

[www.thespruce.com/how-to-make-melt-and-pour-soap-517100](http://www.thespruce.com/how-to-make-melt-and-pour-soap-517100).

**COURTESY: David Fisher  
Soapmaker & author**