

Creative Living with Sheryl Borden



Creative Living
with Sheryl Borden celebrates

44 years!

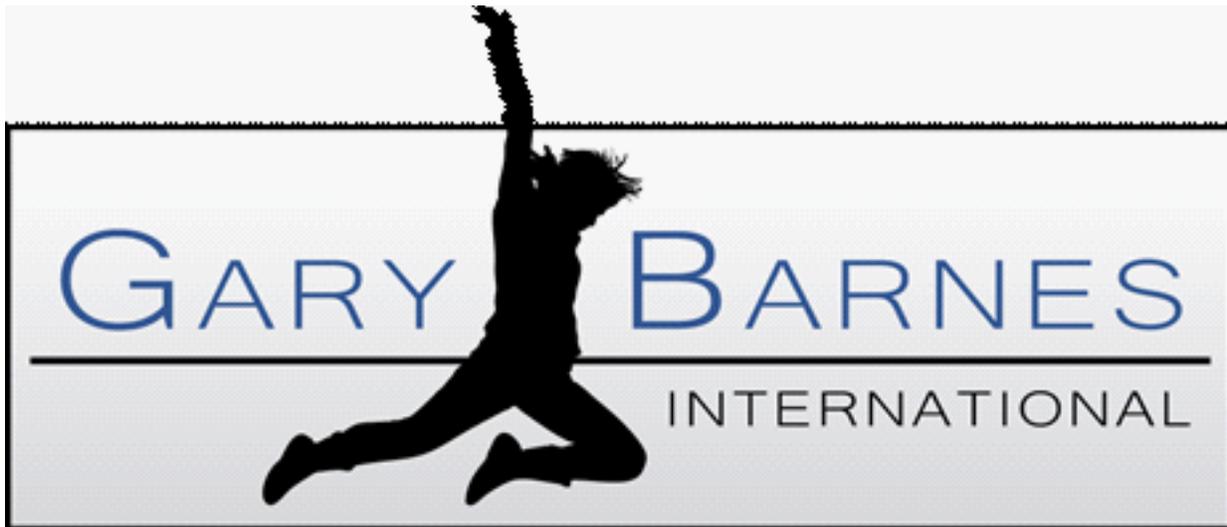
7800 series
Miscellaneous - II

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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.



THE POWER OF GET STATEMENTS

The Power of GET Statements, by Gary Barnes, can be found both online as well as in bookstores. Here is the first chapter to whet your appetite.

Creating Your Personal Vivid Vision

A GET Statement is simply a future result stated in the present tense. It is the spark that takes a thought or desire and links it to your Personal Vivid Vision creating a desired result. Without creating your Personal Vivid Vision before you start writing, GET Statements would be like having a high-performance engine with no fuel. Without fuel the spark has no ability to bring that engine to life. You are probably asking yourself, "But how do I create my Personal Vivid Vision?" I created a three-step process to develop your Personal, Vivid Vision. Again, it is very easy.

- ◇ First step is creating your dream.
- ◇ Second is developing that dream into a goal.
- ◇ Third is turning that goal into a Personal Vivid Vision.

Some of what I will be sharing, you may have heard before. The uniqueness is in the order and in the design of creating your Personal Vivid Vision. Once this is accomplished you can then utilize the process of the GET Statements to empower and make real your Personal Vivid Vision. So, let's break the three parts down.

STEP ONE - CREATE YOUR DREAM

I have been called a dreamer most of my life, and it was not meant as a compliment. I have asked audiences around the world by the show of hands, if they still do New Year's Resolutions. Regardless of the size of the audience, at most, I only get a few hands raised. I was curious as to why this was, so after my talks, I would ask audience members why they didn't do their personal resolutions or goal setting? Their answers were always almost the same, "Why would I want to feel bad on January 2, when I know that I'm already so far behind that I could never catch up!"

Wow! We have literally taught ourselves how not to dream because of not wanting to experience dis-

appointment or failure. However, without the ability to dream, nothing is accomplished. Everything that we have in our physical world was once a dream, concept or wish imagined by a child or adult. Dreaming is the raw material from which all vision and reality is created.

THE DREAMING EXERCISE

Take out a blank piece of paper and find a location where you will not be disturbed for at least 10 minutes. Also, put on some instrumental music (no lyrics) in the background as it will allow you to concentrate and focus more easily. When you're ready, I would like you to answer these five questions:

1. What do I want to have?
2. What do I want to do?
3. What do I want to give?
4. What do I want to be?
5. Where do I want to go?

These five questions touch on every element of our lives. Our financial, mental, spiritual, business - family and relationships. My challenge to you is to set a timer for 10 minutes and not stop writing for the entire time. This may be harder to do than you think.

If your mind starts to wander, go back and ask yourself the questions again. Write down and capture any thought that comes to mind even if it sounds outrageous, and you think it could never happen. Let's say when you ask yourself the question "What do I want to have?" your first thought is a Lamborghini. At that moment you may have a voice in your head saying things like: "You've got to be kidding, who do you think you are? What makes you think you deserve a Lamborghini? Shouldn't that money be better spent helping someone else? Don't you know how much a Lamborghini costs? Can't you find something better to spend your money on?"

Please do not allow yourself to get distracted by questions like these. Even though these thoughts are very common and normal, this is not the time

to decide what you are going to actually place in your vision. This is simply the place where you'll capture options and you will decide which ones to engage in later. I call this my Christmas list.

When I was a kid the Sears catalog, which was called *The Wish Book*, showed up in the mailbox every October. Being the oldest, I would grab the book first and start going through it listing out all of the things that I wanted for Christmas. I even used carbon paper to have a duplicate copy for my records. (I know I'm showing my age now when I say using carbon paper.) Every year, I would have well over 100 things that I wanted. When I gave that list to my parents, I had the hope of having all those items under the tree on Christmas morning. The reality when Christmas morning came was that there were only a few items from my list, and one Christmas I remember no items from my list. I found myself over the years losing the ability to dream because of that experience.

When I started the dreaming exercise for myself, I had to give myself permission to dream again. I knew how - I hadn't forgotten - I simply had put it away because of my childhood experience. At the end of the 10 minutes stop. Why only 10 minutes? When you know you only have 10 minutes to accomplish a task you will be more focused and accomplish more than if you had given yourself one hour. Take a break and then come back and do another 10-minute session. You can do this as often as you like.

Chapter Two is on Writing GET statements and Chapter Three is on How to Create and Use GET statements. There is also a Bonus section by Tonja Waring on "The Manifesting Process." At the back of the book is your 31-day GET Statements journal.

**COURTESY: Gary Barnes
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THE POWER OF MANIFESTING

Knowing EXACTLY what you want is the first step in manifesting. Manifesting requires more than just “wishful thinking”:

*I wish I felt better.
I wish I had a boyfriend.*

*I wish I had a better job.
I wish I could write a book. And, so on...*

What happens with this type of thinking is we say we want something with no real intention to have the thing that we say we are wishing to have. We say it, but we won't change one single thing about ourselves to have it. That is just wishful thinking. That won't manifest a darn thing.

*Manifesting is not wishful thinking.
Manifesting is a learned skill that
you can easily learn.*

When I say, “Get clear on what you want,” I’m talking about the clarity of focus that comes with the desire to have something so much that it nags your soul not to have it. Because of this, you are actively thinking about and seeking way to get what you want. You focus on what you desire to manifest. It could be the desire to go to college. It could be the desire to be married to someone who loves to travel as much as you do. That desire that you have will resonate with every cell in your body and with your entire being.

Now, sometimes we desire something, but we aren't really focused on it because we have stuffed that desire down for so long that we aren't even aware of it. Or, we've given up almost every hope of having it, so we ignore it.

Ignoring our innate desire and wants is a recipe for illness. **We cannot ignore what we love or want without hurting ourselves.** We are born with that desire for a purpose. It is like our life blueprint intended to pull us forward in the best direction. Each person knows what that is for themselves. It doesn't come from some other person.

Manifesting requires clear, focused intention of what you desire. I'm going to teach you how you can build your desires by listening to them and how to focus on what you really want. But, first you have to know what you want. If you don't know what you want, the rest of this book is useless. You cannot apply the next five steps without it.

Consider that when we know what we want, the Universe conspires to bring that to us. We don't have to know the how, we just have to know what we want.

Think of the power of the laser beam. Most light is traveling in waves or is randomly scattered. The laser organizes light into a power force that can even cut steel! The clearer and more intentional we are about what we desire, the more powerful and focused our energy is to attract to us what we want.

So why do we have such a difficult time focusing on what we want?

Because we have an infinite supply of options available to choose from. We can create anything! We can choose anything and there are no right or wrong things to manifest. You can be like a kid in a candy store and have whatever you desire.

MANIFESTING TIP: *Make a DAILY Habit of writing down what you want.*

One of the best exercises I know of to get crystal clear on what you want, is to start writing ideas and notions about what you want on a tablet -- white paper with blue lines preferably. Make a daily habit of it.

If we take the time to engage ourselves in what we want, and we start to see it in writing, over a little time, we get more and more clear on what it is that we really want. We may realize that what we thought we wanted may not be at all what we want.. so, then we can take it off the list.

And, for those things that we really do want? We grow stronger in desire and begin to desire them even more. Keep writing down your ideas of what you'd like to do, be or have. Ask your Divine Guidance Team (angels, God, Jesus, deceased relatives, etc.) to clearly

show you your desires and dreams. Ask for a bigger vision to be presented to you. Ask to remember what it really was that you wanted to do when you arrived here on this planet!

When you are out and about, start to be aware of those things you really like. Notice if you become envious and ask yourself, *Why?* What do you wish you had? What is the feeling you associate with what you desire that you wish you had? Become aware of how you want to FEEL.

What if you ask for something, receive it, and realize that you don't want it? Don't worry about it! Just let it go, and move on to what you really want. Or, what if you love what you receive, but then almost immediately you want something new or better? Don't worry about it! We are meant to continually want more in our life. Desire leads to our evolution.

Continually refine your list

Allow yourself to dream and keep on dreaming. You will notice that your dreams will begin to expand. When you have a rather clear picture of what you'd like your life to be like, write your Dream Life Story in detail.

Think about a day in the future 18 months from now. (Write the date 18 months from today in the upper right-hand corner.) Describe what you would like your ideal day to look like and feel like. Your subconscious mind is clear of the time available to manifest what you want. Most anything you want to accomplish is possible in that time frame.

Don't expect to get clear in one sitting. This may take days or weeks to figure out. The important thing is to keep writing down your ideas. And, this is a really, really good time to hire a coach or engage in a mastermind with someone who thinks as big as or bigger than you do!

Goal Setting

Studies have shown that an overwhelming majority of Americans (80%) don't have goals. Another Harvard study, uncovered that only 3% of people review their goals on a regular basis. As far as the fact that 80% of Americans do not have goals - that explains to me why we have so many people sitting in front of the TV and/or wandering the malls aimlessly. If you don't have a goal or destination point, there is no real point

in taking action outside of your comfort zone. You will not receive inspiration.

I believe one of the most positive things we can do for our kids is to help them get clear and excited about what makes them happy. And, help them to create a vision of what they want to achieve in their life with purpose. Let's teach them that they get to choose what they want to have happen in their life. Who are we to tell our kids they cannot do something or make them do something they really do not want to do?

Now, this doesn't mean that as parents we have to supply what they want for them. You are not the Universe. Let them know that the Universe is abundant and teach them how to tap into that - rather than your pocket book.

"The major reason for setting goals is not the achievement of the goals; it is to compel you to become the person it takes to achieve them."

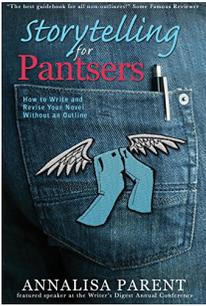
Strategies: Clarify Your Intension

What you focus on expands. Focus your attention on what you want and create a powerful intention to have it. Write down your intention in one or two sentences a few times a day in a notebook for at least nine days. Use blue lines on white paper. Write your intention in the shower with a dry erase marker. When you are in the shower, think about your intention. Visualize yourself having what you want, how will you feel when you have what you want? Let go of any attachment to how it is going to happen. The most important thing is to stay clear on what you want and review your intention/goals regularly. State your intentions in the positive.



COURTESY: Tonja Waring
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We All Fear Rejection...



At this time last year I received an email titled “Finalists Revealed.” This was for a big contest that my book *Storytelling for Pantsers: How to Write and Revise Your Novel Without an Outline* was up for. It was a big award and a real honor to even be considered.

When this email came into my inbox, my heart raced a little bit. I didn’t want to open the email because I was afraid of bad news. The fear of rejection is a real part of the writing process, something that one cannot get over even after publishing many times – even multiple New York Times bestsellers talk about this fear a lot.

We all fear rejection. The key is to learn strategies for coping with that fear. At the Writing Gym we deal with the whole person that comes with the writer. We deal with your baggage, your past, your inner critic – we talk about these things to create coping strategies.

I was a finalist for this big contest and that was a big honor for me. Whether or not I won the award, what matters is this: I had the courage to send in my book for a contest and to open that email to see what it said and to “face the music.” Maybe I was not going to be on that list. And that is ok. What’s important is to celebrate your accomplishments – whether it is just opening a scary email like I did. All of these are part of the writing process.

Did I win the contest? It doesn’t matter. Not right now. Maybe not ever. What matters the most is the courage to face our fears.

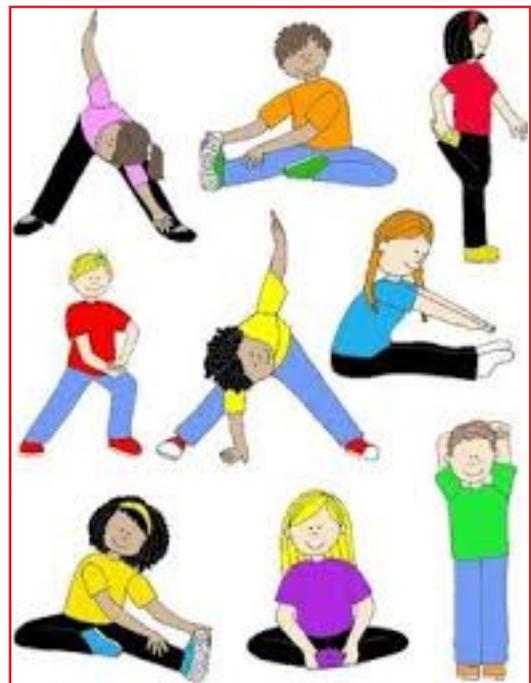
What is Creativity?

There are a lot of ideas out there that creativity only belongs to “creative types” such as Dickens, DaVinci or Debussy. Thank goodness this is just a myth. Creativity is something any person can access at any time - for painting, sculpting, writing. Sure. But for problem solving of any kind - cooking, engineering, or a roadside repair to get you home.

So, what are some of the simple steps you can take at home to jumpstart your creativity now.

- 1.) **Exercise.** When we exercise, we give oxygen to the brain, which increases the firing of synapses and its overall functioning. Uplevel it by swinging your arms to cross the midline.
- 2.) **Breathe.** Deep breathing brings oxygen to our brains. For even more benefit, stand while doing it. Now we’ve got blood flow and oxygen flooding that brain with positive creativity starters.
- 3.) **Laugh.** Remember how joy and creativity overlap in the brain? Stimulating joy helps stimulate creativity too.
- 4.) Your **brain** seeks novelty. Take a risk. If you’re a poet, set a twenty-minute timer and write an essay. If you’re an essayist, write a poem. See what happens.
- 5.) Give yourself **permission** to flop. FLOP leads to FLOW.
- 6) Sign up for regular writing tips straight to your inbox, and invitations to upcoming opportunities to write.

COURTESY: Annalisa Parent
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New Spiritual HorizonsSM

Development of your Spiritual Gifts

A unique part of this program is the techniques that enable you to experience your spiritual (psychic) abilities so you can come to your own truth. Know, See, Feel, and Understand your spiritual (psychic) part, not simply hear or read about someone else's experiences, interpretation, or opinion.

Tap into your Spiritual Gifts consciously.

Receive Impressions and Personal Direction from your Inner Guidance

You will become very secure and proficient at tuning into your own inner guidance, TRUSTING yourself and understanding you can find your own answers within. The facilitator is not there to teach you what they know. What that person shares is right for them,

but it may not fit for you. Each person in the group shares their own wisdom and experiences. Simply by the act of sharing out loud you are relearning to respect yourself and the wisdom you have inside.

People are attracted to New Spiritual Horizons for the group involvement and the emphasis on loyalty to self first. If you have a real desire to heal yourself and are committed to living life to its fullest you are in the right place at the right time. Each of us has the ability to heal ourselves and tap into the wisdom within.

**COURTESY: Dorinda Fox
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Slap the Mosquito!

The saying goes: "Every living thing has a purpose." I am not sure what purpose is served by mosquitoes! In fact, mosquitoes are not only pesky, but as our climate warms up, more kinds of mosquitoes from the south arrive, some bringing new diseases including:

1. Zika
2. Several kinds of Malaria
3. West Nile Virus
4. Dengue
5. Yellow Fever

Screen doors and windows may stop them but we still bring mosquitoes indoors on our clothing. Likewise, dogs and cats bring them in because Mosquitoes often prefer their blood to ours. Be sure your AC has a filter in place to keep mosquitoes out-of-doors.

Mosquitoes usually emerge in the late afternoon or evening. For protection we can spray ourselves with repellents that contain DEET. The more DEET the better - some sprays contain 25% DEET. Because the spray may be toxic to pets, do not spray them - keep pets indoors. A wind or breeze will cause problems for a mosquito trying to land on us.

Mosquitoes can live anywhere as long as there are (a) animals to suck blood from and (b) reservoirs of water to lay their eggs in. Only the females bite. Our helpers:

1. Bats devour large numbers of mosquitoes.
2. Our biggest helpers: Hummingbirds, swifts, swallows and other birds devour large quantities of mosquitoes.
3. Don't kill the Dragonflies! Dragonfly larvae eat mosquito larvae.

Pushing back on mosquitoes; we can greatly reduce their numbers by destroying the larvae which live in water and eliminating the water where the female lays her eggs. Mosquitoes prefer small, sheltered, temporary ponds of water. Three or 4 days after the eggs are laid, the larvae or wigglers hatch and live in

small, quiet, protected pools of water. They have no gills, so they must breathe air through a snorkel.

The plan of attack can involve your entire family. The littlest children are often better than adults at finding hidden places where the mosquito larvae live.

Tiny pools of water must be eliminated because mosquitoes will emerge in 4 to 14 days, depending on the species. Find any trash and either pick it up or poke holes in the egg-cartons, plastic cups and any tiny pools. Water that may collect in the eaves trough overhead must be kept flowing. The most effective way to get rid of mosquitoes is to destroy their breeding sites, even the smallest little pools of water.

If the water cannot be drained, put a drop of mineral, olive or other oil on the water surface. The oil will spread out and cover the water surface. One drop will spread across an area about the size of a living room - so use only a small amount of oil - 1 or 2 drops. The oil will suffocate the larvae.

Turbulence also kills the larvae. Using a stick, swish it through the water a couple of times to create ripples. The ripples will flow over the snorkels of the larvae and drown them.

One of the mosquitoes best friends is the cat. Cats in the U.S. kill over a million birds each year, including those that eat mosquitoes. Keep the cat indoors and to protect our bird friends.

COURTESY: Ray Pawley
Retired Zoologist

FUN & EASY WAYS TO RAISE \$\$\$ AT YOUR NEXT EVENT



GRAB & GO



Winnings: Certificates, gift cards, lottery tickets etc.
Supplies: Envelopes, display board, signage
Game Rules: Label each envelope with what the donation is, the donor's information, donation value and cost for the buyer. Buyers choose from the envelopes displayed and take it to the cashier. Once paid they will receive their certificate, gift card etc.

HEADS OR TAILS



Winnings: Cash prize-can be more than one cash prize
Supplies: A unique item, information sign, a coin to flip.
Game Rules: In place of a raffle ticket participants pay and get a unique item. For example if it is a Mardi Gras themed party they may receive a Mardi Gras necklace. At a designated time, all participants will stand and be instructed to put their hands on their heads or on their tails. A coin will be tossed and if it lands on heads all those with their hands on their heads stay in the game. All those with their hands on their tails sit down. The coin toss will continue until a single person is left standing. They win the big cash prize!

JEWELRY JAMBOREE



Winnings: Jewelry
Supplies: Raffle tickets, display board, signage.
Game Rules: Participants purchase tickets for a predetermine amount and when their ticket is drawn, they get to choose which piece of jewelry they want.

LUCK OF THE DRAW



Winnings: Cash
Supplies: Deck of cards, signage
Game Rules: Participants purchase a card. It is torn in half. Half is given to the buyer and the other half goes into the basket. A drawing will take place and if their half matches, they win a cash prize.

STRETCH RAFFLE



Winnings: Donated items-the more items offered the more money you can make.
Supplies: A roll of numbered, duplicate tickets, 3+ donated items, container for each item.
Game Rules: Guests can purchase an arm's length of tickets for \$20 or a hand's length of tickets for \$5. Half the buyer's ticket goes into the container placed next to the item they want to win. They can put their tickets into multiple containers for a chance at all the items or place all their tickets into one container. At a designated time draw a ticket from each container and announce the winner for that item!

WINE PULL



Winnings: Bottle of wine
Supplies: Single tickets, wine bags, signage
Game Rules: Display bags with various wines in them. Post a sign listing information on all the wines and their values. Sell tickets for a specific amount and purchaser gets to choose one of the bags of wine.

10 TIMES WINNER



Winnings: Ten times the donation inserted into the envelope.
Supplies: Coin envelopes, container for envelopes.
Game Rules: Coin envelopes that are pre-printed with \$20, \$10 or \$5 on the outside of each envelope along with a section for the donors name. The donor places one of the designated cash amounts in the envelope, places a check next to the amount and writes their name on the outside of the envelope. At a designated time, an envelope will be drawn from the container and the winner will receive 10 times their donation! Example: \$20 gets \$200! Must be present to win!

- Develop a donation description form (DDF) for donors to fill out. It should include all the necessary information to help in creating signage and promoting their donations. Require every donor to submit a DDF with their donation.
- Create an information sheet about your event. People love to support a good cause! They will not only donate an item but will attend the event, participate and join in all the games!
- Keep in mind that donated items translate into pure profit. Donations should be a variety of items unless it is a themed event.
- Never turn items away. You can bundle them into baskets of goodies and this equals profit!
- Good signage is a must. Clearly display all items and showcase them if necessary

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