

8000 Series - Miscellaneous

Creative Living
with Sheryl Borden



Producer/Host

CELEBRATION

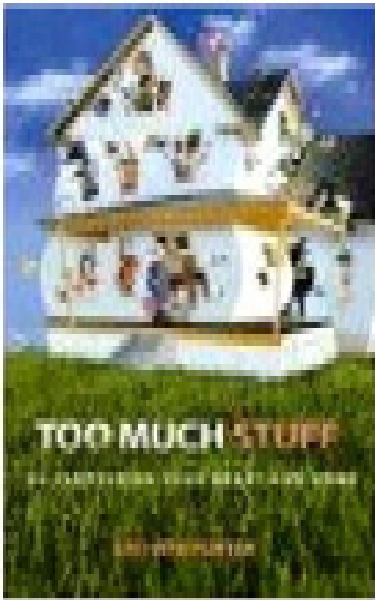
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YEARS
ANNIVERSARY

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FIRST THINGS FIRST: DEFINE CLUTTER

Does your home say ‘Come in!’ or ‘Abandon hope, all ye who enter here’?

It’s true - we can’t keep everything and keep a clean house. But how do we decide what to keep? How do we decide what’s

meaningful in all the clutter? Until friends gently pointed it out to me, I never knew so much of what I pictured as valuable amounted to nothing more than junk. To develop a deeper understanding, I created expanded definitions for this foe called clutter.

KNOW YOUR ENEMY

What is clutter? You will get different answers from different people. What holds value and utility to one person can hold the opposite to another.

Trash: Yes, one person’s trash can be another person’s treasure, but there are some things that are just plain trash.

Unorganized things: Be careful. Even organized things amount to clutter if you don’t use them.

Unfinished projects: I mean projects you have given up on. If you haven’t worked on it in more than a year, it is an unfinished project.

Homeless things: Good things become clutter when they are haphazardly strewn about.

Unused goodies: Consider frequency of use as well. You may want to keep the Christmas tree you use every year, but rethink the bicycle you haven’t ridden since college.

Unnecessary duplicates: Do you really need the extra blender?

Visually displeasing objects: Why keep something you think is ugly? But be careful on this one. You may not like your kitchen table, but if it’s the only one you have, it’s not clutter.

Broken items: If that coffeemaker doesn’t work, then toss it and buy a new one.

Clothes that don’t fit: How long have you been holding on to those jeans in case you can ever squeeze into them again?

Outdated or obsolete things: Still using a pre-Pentium computer? If it does the job, fine. Just don’t keep it as a paperweight because you paid \$4,000 for something that today you can’t even give away.

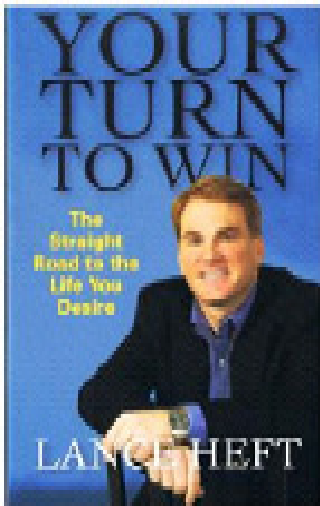
Too much of anything: Do you really need 50 pairs of socks? The less you have, the less you have to clean!

Did you ever think there could be so many definitions for clutter? Becoming familiar with them makes it easier to say good-bye to our “stuffaholic” tendencies. To free ourselves from the things that enslave us to extra and unnecessary housework, we first need to recognize these collections around our home for what they are—clutter.

But clutter goes beyond those things invading our homes. It also steals space in our hearts. There is a psychological realm where collections of bad feelings and negative emotions dwell inside us, cluttering our hearts.

For more about clutter and dealing with it, you’ll enjoy Kathryn Porter’s book “Too Much Stuff.”

COURTESY: Kathryn Porter
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Your Turn To Win: The Straight Road to the Life You Desire

Are you satisfied with your personal relationships, your self-image, or your career? If you aren't, then Lance Heft's groundbreaking program, *Your Turn to Win*, is for you.

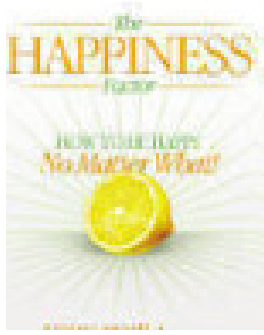
- Do you feel that your life lacks true purpose? Does your life feel empty or lack meaning? If you are, then you need *Your Turn to Win*.
- Do you often feel that you can never reach your personal, professional, or financial goals? If that's how you feel, then *Your Turn to Win* will change your life.
- Do you aspire to do or be things in your life, but fear gets in your way? Are you feeling trapped or stuck in your life? *Your Turn to Win* will teach you how to remove fear as an obstacle.

Your Turn to Win is a rare and unique gift. One that will ease your path through life, inspire and motivate you, and help you discover the life you desire. *Your Turn to Win* is filled with real-life stories that show you how the program works for real people in the real world.

COURTESY: Lance Heft

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The HAPPINESS Factor



How do you react to good news?

Emotional Generosity includes how you react to good news. When someone shares good news you can be emotionally generous by being sincerely and honestly glad for them. In fact, in relationships, how you react to your partners' good news is a better indicator of the strength of your relationship than how you react to their bad news. Being happy for others creates happiness for yourself.

The Law of Distraction

My dad always used to say that "how long a minute is depends on which side of the bathroom door you're on." I grew up thinking he was just being funny but soon realized just how true it is. A minute holding a crying baby is longer than a minute in my favorite restaurant. A minute on the treadmill is longer than a minute watching an action movie. A minute in the dentist's chair with a drill is longer than a minute eating ice cream. When we are doing something we like, time seems to fly by. When we are faced with doing something we dislike, then a minute seems to drag on and on and on.

You can use this to your advantage and unlock the secret of making time move faster. I call this the Law of Distraction – when you allow yourself to be distracted so that the unpleasant things you have to do don't seem so distasteful. Next time you are at the gym notice how many people are wearing headphones and listening to music. They are trying to distract themselves from the monotonous chore of exercising. The Law of Distraction works wonders and takes just a little practice.

Whenever you are faced with something you don't want to do or something you have to do though you dislike it – distract yourself with positive thinking. Listen to a favorite song, treat yourself to an ice cream upon completion of the task, or simply pick a reason to do the task that is meaningful and significant to you. You can distract yourself with positive thinking as much as you can be distracted by other things.

The Law of Distraction will help you enjoy things that you typically dislike. It will help you be happier. How long is a minute? Well, it's up to you!

It's not what you're eating – It's what's eating you!

As a fan of the Biggest Loser, I can't help but be interested in the weight loss craze. Just over two years ago my wife had Lap-Band surgery to reduce the size of her stomach to enable her to lose weight. Guess what! A tool only works if you use it, and it really helps if you learn to use it right.

If you are finding it hard to lose weight while following your diet religiously maybe your ability to lose weight has nothing to do with what you are eating but more about what's eating you. As a preparation for Lap-Band surgery my wife had to see a Behavioral Psychologist where she learned that she is afraid of being hungry. As she has learned to deal with the fear of being hungry she is able to lose more weight.

Are you hungry for food or something else? Perhaps you need to be 'filled' emotionally before you can have the weight loss you desire.

exactly that – giving you comfort through eating when what you really need is a great big hug! Next time, get a hug instead of dessert.

Refrigerators and invisibility

I have been in many homes around the world and only rarely I have seen a refrigerator without photos, drawings and important notes. I don't know how many days it takes but we stop seeing the things we put on the fridge as if they have become invisible. They don't really disappear; we just stop seeing them because they are so familiar. It takes special effort to keep paying attention to the things on the refrigerator so they don't become invisible to us. The same can happen to the people we live with. Unless we make a special effort to notice and acknowledge the people around us, they, too, can become invisible. Take the time today to express appreciation for those around you – don't let them disappear.

Turn your inner critic into your biggest fan.

Who is that voice talking in your head? You know who I am talking about. The one that says things to you that no one else dare say. The one that ignores your triumphs and accomplishments and nitpicks every little thing you do wrong. You don't need to live with the constant nagging and criticism. You can change all that.

Your mood is a byproduct of your thoughts and thought process - not the other way around. If you are feeling down or in a bad mood you can mask the symptoms by taking something to improve your mood or you can attack your mood at the source – your thoughts. This can appear to be difficult because we are so used to hearing the play-by-play commentary from our inner critic. This inner critic only has the power we give it, and one way to reduce its effect is to simply dismiss the thought as trivial and non important. Just as you would dismiss bad advice as frivolous and unimportant, do the same to negative thoughts. By dismissing them you prevent them from taking root and spoiling what can be a great mood. By dismissing negative thoughts you can

turn your inner critic into your biggest fan.

Are you too comfortable with disappointment?

Are you so comfortable with disappointment that you now have come to expect it? When something good is about to happen to you do you automatically think about what is going to happen to spoil it? Maybe you sabotage your own success with unhealthy thinking or negativity. It is time to break out of your disappointment comfort zone and throw your negative self-talk out the window. I suggest you start a new conversation today, an internal conversation that sets you up for success. That conversation starts by creating a new story you tell about yourself – a story of success and joy. Not one of disappointments. Imagine it, visualize it and act upon it.

Kirk Wilkinson

Author of The Happiness Factor:
How to be Happy No Matter What!
www.thehappinessfactor.com

Do You Need a Sundew for your Plants?

Sundews and other carnivorous plants are typically native to warm-climate swamps and wetlands, especially in the tropics. There are many hobbyists who collect carnivorous plants, which can be purchased from growers via the internet. The plants are available on line, they are shipped alive in moss. Use care when unpacking them.

How does a Sundew work? A fly is attracted to, and becomes stuck to a Sundew leaf. Another sundew leaf can be folded over the insect. The folded leaf may function like a primitive stomach since the digestive fluids are relatively weak and need time to act— somewhat like saliva. After the insect is digested, the leaf unfolds and the fragments fall away.



What should you look for when buying a new Sundew? After the plant is repotted, it may open every day for 21 days. Seed pods remain attached. Seeds, smaller than a human hair in diameter, will

sprout in a bed of wet sphagnum. Most of the tiny plants will not survive but even at a microscopic size they have glue-tipped hairs and if they can capture microscopic-size insects they will grow and do well. The young plants need years to mature.

The glistening droplets on the ends of the leaf-hairs attract insects and when touched by the insect, act like a botanical "fly paper". Once stuck to the leaf, the leaf will then slowly fold over the insect.

How do you care for a Sundew? The plants are small and easy to maintain. They need to be kept in a pot that allows them to "keep their

feet wet", which would be a no-no for most other plants. Use distilled water. Also, they flourish in full sunlight. They do not require any fertilizer. The Sundew is very effective in attracting and eliminating pesky flies and other pests that might be a problem in a plant collection.



During the Carboniferous Period when giant insects proliferated and the forests of giant "horse tail" plants grew to 90 feet, were there any giant carnivorous plants at that time? Horsetail only grows to about 1.5 feet today. There are no fossil records, but what would they have looked like if they grew fifty feet tall and could catch huge dragonflies?

Ray reported during the segment that he tasted the stickum on the tiny stalks and there was no flavor. He said it tasted like saliva. There was some, astringency to the taste.

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Introducing a Small Lizard to your Indoor Plants

To "spice up" our indoor garden, we might want to consider giving our plants a small species of lizard, an Anolis. The lizard requires very little attention, even less than a Goldfish, and everyone in the family can get involved by watching the lizard's activities. Not recommended if you have a cat!

The Anolis lizard is a small, diurnal insectivore that eats flies and mealworms. It can grow up to 8 inches long including its tail. It is in the Iguana family that contains some enormous tropical South American lizards that can reach 5 feet in length. The Anolis will be either green or brown, depending on the time of day or night, and its mood. In years past they were called "chameleons" and sold by Circuses to the public but they are not related to true Chameleons. They are now available in most pet stores.

The Anolis is found in Florida, Georgia and other southeastern states where they live among the foliage of small bushes and low trees. They are now being crowded out of south Florida by some other Anolis species that have moved in from some Caribbean tropical islands.

They are inoffensive, and eat insects, but they are fragile and should not be handled. They may occasionally devour a stray fly or other insect if one lands near them. They will not take a wasp or bee - those are too large and dangerous for them.

They are not pets in the traditional sense and do not come when they are called. If the Lizard needs help and a rescue is necessary the lizard can be picked up by a foot. Never pick it up by the tail because the lizard will twist free from its tail. In weeks to come, the lizard will grow a replacement tail. If you must pick up your lizard to relocate it, wait until the evening when the lizard is asleep on on a leaf. If picked up, the lizard may bite. The bite is almost painless. A



wife of a friend who worked in the circus would occasionally go outside at night near her home in Florida, pick up a couple of Anolis lizards and let them bite onto her earlobes for a few minutes to impress those around her, and then she would return them to precisely where they were found.

Seeing a lizard loose among indoor plants making its own decisions is hugely interesting - a great pleasure watching the lizard as it picks its favorite locations from day to day. We have had our lizard for almost a year; they can live easily 4 to 5 years. Anolis lizards can climb walls and windows but they prefer to be about 3 - 4 feet from the floor.



Anolis lizards do not need social company. They prefer having their territory all to themselves. They view other Anolis as interlopers and will try to chase them away, male or female, unless the female is giving off breeding pheromones in the Spring. They are easy to keep clean - they defecate and urinate in a packet that, when it dries, can be dusted away.

These lizards like to sleep next to a sunny window preferably one with plants. A tiny fountain is optional for water. A hand-operated mist bottle is perfectly adequate. Be careful - Don't suck the lizard up in a vacuum. If you do, just open the bag and let it out again.

They may choose to go on walk-about. You might see your little Anolis striding across the middle of the Living Room floor like a miniature T Rex. The house needs to be lizard-proof and climate-controlled; the doors and windows must be tight fitting.

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Outline All Yearly Periodic Expenses

Even after you think your budget is “set,” there is one missing piece. Outline an overview of all the OTHER expenses in the household that only show up periodically throughout the year like cars, home and yard maintenance, HOA dues, quarterly taxes, health or dental expenses, trips, gifts, holidays, annual fees, Amazon Prime, Costco, children’s camp and other events, such as pet expense and the like (i.e. all expenses that are NOT monthly.) Realize that these are above and beyond the monthly budget expenses.

1. List all Yearly Periodic Upcoming expenses. (Use the “Yearly Budget Worksheet” from the Budget Kit Workbook.) Include the amounts and months) due.

2. Include periodic, non-recurring, annual, quarterly, semi-annual expenses that occur throughout the year. Enter them under the proper category including the month and amount due.

3. Total all the expenses for the year and divide by 12. This helps you recognize the monthly impact on your budget (like a program running in the background but not being noticed every month.) This impact also often explains the growing debt on credit cards that gets paid off with HELOCs and consolidation loans.

4. Start a Reserve Savings for these upcoming expenses. Use that 1/12th amount for a guideline to show how much to ideally be saving to prepare for these upcoming “surprise” expenses. A bit like the lay-away concept.

5. Include this monthly amount that goes into a Reserve Savings as part of your Monthly “Fixed Expenses” Budget. “Pay Yourself First” as a Reserve Savings.

6. Find “Seed Money” to get the Reserve



Savings account started. Use tax refunds, bonuses, gift money and other infusions of cash for “seed money” to set up a Reserve Savings initially and continue to add to it each month. When periodic expenses show up early in the year (like meeting the medical deductibles), having that seed money in the Reserve Savings account will make it easier to start using this system sooner. Funds could be available in the Reserve Savings when needed early in the year.



For information on developing a budget, tracking your expenses, as well as goal setting, visit Judy’s webpage: <https://www.moneytracker.com>. Be sure to check out The Budget Kit, too.

The Budget Kit includes a section titled “Monthly Budget Worksheet. This section is designed to provide a guideline for coordinating your monthly bills and expenses with your *take-home* pay. Your monthly bills are often easier to remember because most bills come in the mail or through email. Forgotten, however, are the expenses each month such as meals eaten out, haircuts, gifts, books, DVDs, seminars and the like that often throw off the monthly budget.

Judy has sample worksheets that help you get started.



Judy Lawrence, founder
MoneyTracker.com
www.moneytracker.com

Why Houseplants Are Good For You

Most people agree that plants look nice, but there are more reasons than just aesthetics to have more of them in your home. Plants do positive work for your home's air quality that you may not be aware of, and they can also benefit you in other healthy ways. Not only will they give your home a more natural feel from bringing the outdoors inside, you can enjoy the mind/body benefits that come with it. Here are some of those benefits.

1. Plants Purify the Air

Your indoor air quality may not be as good as you think; in fact, experts say indoor air is usually a lot worse than outdoor, even when pollution indexes are high. Plants in your home convert carbon dioxide into new oxygen and help purify the air (just like outdoor plants do on a larger scale) The right plants can neutralize harmful airborne substances in your home.

2. They May Assist Immunity

Plants are truly your friends and can even help protect you against certain illnesses. Plants increase the humidity indoors through a process called transpiration, which is "a gift" during the drier months. Adding additional healthy plants indoors can reduce your chance of developing a cold, sore throat or a dry cough. Apparently, higher "absolute humidity" may help wipe out the spread of the flu virus.



3. They Boost Workplace Performance

A number of sources tout the mental benefits of having more plants indoors. Environmental psychologists have offered that indoor greenery can not only make you work more effectively, but be happier while doing it. Some articles point to office plants leading to "an improved emotional state, reduced negative mood states, reduced distraction, increased creativity, and improved task-performance."

It would seem reasonable that if you work from a home office, you can expect the same benefits.



4. They Improve your I.Q.

Perhaps Einstein had many houseplants, because according to Scientific American, indoor plants can actually make you smarter. The points made in the article follow closely to the ones we've already made about better workplace performance related to plants, but this one is slightly more specific. There is a thing called "directed attention", which is how long we can remain focused on one task (Scientific American uses staring at a computer spreadsheet as an example). According to the article, natural foliage can help regenerate our directed attention capacity, which can drop off quickly (as you know). A study cited by the article showed subjects in a room with plants fared better at cognitive tests.

5. They Speed up Healing

Perhaps there are more good reasons than you think to bring flowers to a loved one in a hospital, other than making their drab room look nicer. According to TreeHugger.com, a study has shown plants to be "noninvasive, inexpensive, and effective complementary medicine for surgical patients." Yes, it refers to indoor plants as a kind of medicine.

6. They're Safe and Relatively Inexpensive

You can buy mature plants or grow them from wee seedlings; the choice is up to you. However, compared to buying medications or enrolling in regular yoga classes, houseplants may actually have an edge in some ways as they are low-maintenance and are not needed in abundance to have a positive outcome. How many plants do you need to purify the air? At least 15-plants (that are in at least 6-inch diameter pots) are suitable for 1,800-square feet of indoor space. For other health benefits such as stress and fatigue reduction, you'll need one large (8-inches diameter) potted plant for every 129-square feet.

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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 ways 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.

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.



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