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**\$12 And 90 Minutes To Change Your Life**

**By Kate Hufstetler**

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Have you ever listened to self hypnosis tapes? Or listened repeatedly to certain music that carried a specific message? Or what about, have you attended weekly services within a specific religious venue?

What do all of these have in common? They influence and change your thinking and paradigm over time to whatever it is they espouse.

James Allen wrote "as a man thinketh in his heart, so is he". What we continually dwell on—consciously and unconsciously is what will shape our thoughts and the world in which we operate. That is why optimism allows some in poverty to believe they have a wonderful life. And another person in the same home, living the same conditions – yet suffering from a pessimistic attitude, will hate and struggle within their circumstances.

Self-hypnosis tapes work on our subconscious when we are relaxed so that we do not fight the message, nor answer it in our minds with refuting negativity as we overcome obstacles that we need help with. Music, repeatedly heard, eventually floats through our minds almost unnoticed. Its message—beyond just lyrics, begins to be woven within our ideology and outlook. There are enough news reports of teens over the years acting out in alignment with what artists call "just music". And there are as many within religious organizations that call upon inspirational music as what carried them over through rough times. Also, between scriptures, sermons, classes and books... those within any religious setting begin to shape their lives according to the basic tenants and premises of that line of thought.

But what about you?? You have goals, dreams, ideas too. You have things you wish to accomplish, things you wish to strive to. You have ideas about the way you want to feel when living on target. So how can we take a clue from programming in the three situations above to allow YOU - yourself, to begin to program your own destiny?

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Perhaps you have heard of the technique of writing down your goals daily in order to bring them into reality. Well that works well if you are one of society that learns through writing and visualization. We all learn in different ways. I have tried this method without much success mostly because I am not a visual or written only learner. And partly because I forget to keep at it day after day.

Good news!! I have found something that will work for those of us who learn audibly—through our hearing. Assuming that you are totally technology free in your home (which would be rare) all this will cost you is \$12 and 90 minutes of your time. For \$12 you can go to Walmart and pick up a small tape recorder with the capacity to record tapes. And also buy at least 1 low quality tape holding 90 minutes of possible record time on it. This will be fantastic to start. That is really all it takes to move you into a GREAT life that you design.

What you will do is make a list off all you goals—in EVERY area of your life. Then I want you to load up

the tape recorder and read your goals into that recorder. Read them as if your goals have been accomplished " I own a beach house on the east coast" , "all my debt is paid off", "I guest lecture twice a year" , "I have 42 motorcycles in my new display show room" etc. Whatever it is you want for work, leisure, love, retirement, etc! List them and read them. Then go back to the top of your list and keep re-reading them until you have finished a whole side. Then do it again for the other side.

A few suggestions—do this when you are having a great day! You want your voice to be happy, not down. Also, record on both sides of the tape so that when one side is done you do not have to rewind. This way, the next time you are ready to play it you simply turn it over and hit play.

Does it work? Well, I myself did a tape this past summer. I used to just play it as background noise while I would work on the computer, or while doing dishes or folding laundry. I lost it about a month ago when my son shuffled a bunch of our tapes and such around. I found it this past weekend and played it.

Guess what???

Several of the things I speak about on the tape are WELL on their way to becoming current reality!! From the types of people I wanted to begin getting more involved with, to specific speaking engagements, to simple things like the opportunity for a specific extra curricular activity for my son which "ironically" became available at his after school care program. That one is amazing because they haven't offered it before and not only will it be offered.. but it will be twice a week like I said on the tape. Those are just a few of the examples. But there isn't anything on there that has not begun. I will be honest and tell you there were a few things that did come into my reality and I have changed my mind now after having the opportunity to try them out. But every item has at least begun for me in less than 4 months.

We bring into our reality that which we focus on! So if you are a very busy person, as most of us are, this is a GREAT way to program your mind towards the achievement of your goals. The cost is minor—from scratch it is only \$12 and 90 minutes to begin living a life by design and not by default.

Until next time—all the best,

Kate

Kate Hufstetler is a well established Personal Life Coach. Her clients come from both the United States and overseas. She offers coaching services via email and phone consultations. For more information and current highlights please visit:

### **Walking for fitness, A Beginning Program**

**By Kevin Doberstein**

#### **Walking for fitness, A Beginning Program by Kevin Doberstein**

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Start of article.

#### Walking for fitness, A Beginning Program

Warm temperatures, sunshine, summery breezes just incite you to start something active outside. Maybe that walking program you were thinking about all winter. Well here is a beginning-walking program you can follow to help you along. First we will start with some pointers.

Don't use a 6-lane highway as you're walking path. Try to find a safe area to walk if you can.

Use a pair of comfortable shoes preferably with a cushioned sole. Better yet, if you are serious about walking, buy yourself a topnotch pair of walking shoes.

Wear clothing you feel comfortable walking in. Preferably bright upper body clothing if you walk along more heavily traveled roads.

Start gradually with your walking to avoid getting super stiff and sore. Give your muscles a change to get use to it.

Use some light stretching after you are done walking to help bring back some elasticity back into your muscles.

If it is hot outside make sure to drink enough water to keep hydrated.

Walk with good posture by keeping your head up and shoulders back and not slouched ahead.

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To reduce getting hit by a car try not wearing headphones.

**A Beginning Schedule:** This is an 8–week beginner's schedule. By the 8th week your total time will be 30 minutes. When you get done with each week you can progress to the next level. Each walking session starts with a 5–minute warm–up. The aerobic stage starts by increasing the walking speed. A rule of thumb to judge if you are going fast enough is you find yourself swinging your arms with each stride. Next slow down to relax your body and cool off for 5 minutes. If you think you are not ready to progress to the next week, stay at the same level until you feel you are ready.

Week One: Warm up 5 minutes, aerobic stage 5 minutes, Cool down 5 minutes

Week Two: Warm up 5 minutes, aerobic stage 7 minutes, Cool down 5 minutes

Week Three: Warm up 5 minutes, aerobic stage 9 minutes, Cool down 5 minutes

Week Four: Warm up 5 minutes, aerobic stage 11 minutes, Cool down 5 minutes

Week Five: Warm up 5 minutes, aerobic stage 13 minutes, Cool down 5 minutes

Week Six: Warm up 5 minutes, aerobic stage 15 minutes, Cool down 5 minutes

Week Seven: Warm up 5 minutes, aerobic stage 18 minutes, Cool down 5 minutes

Week Eight: Warm up 5 minutes, aerobic stage 20 minutes, Cool down 5 minutes

After week eight; Congratulations. You are ready to move up to the advanced level. Your next goal is eventually 30 minutes at aerobic stage.

Jeopardizing your health is the last thing Nature Boy wants. Please check with your doctor before starting a walking program. We want to make this a healthy start to a better lifestyle.

Kevin Doberstein has been a natural bodybuilder for the past 25 years. 15 years as a gym owner in Northern Wisconsin. Kevin enjoys walking on the Ice Age Trail in northern Wisconsin with Charliee the Wonder Dog. You can visit his site and join his newsletter at [www.nature-boy.bodybuilding.com](http://www.nature-boy.bodybuilding.com). You can contact him about articles or bodybuilding at [natureboy\\_bodybuilding@hotmail.com](mailto:natureboy_bodybuilding@hotmail.com).

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