

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

12 Vitality Secrets Right Outside Your Door

By Keith Varnum

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Mother Nature can teach you how to be more:

FREE

Animals constantly demonstrate how to shift the energy—and outcome—of any situation. Nature also illustrates that there's always a ready source of free energy available anytime, anywhere you need it.

FLOWING

Modeling animals activates key body points to increase our energy, grounding, relaxation and joy. Natural Re-charging enhances vitality, clarity and balance—and decreases sickness, confusion and accidents.

FRESH

The dynamics of Wildness force you to step outside the boundaries of traditional thinking to get where you want to go. Outside Adventuring naturally breaks you out of habitual mental ruts to generate fresh, imaginative approaches and make new, inspired life choices.

FLEXIBLE

Nature is the best teacher of how to steer change to one's advantage. Most human systems are fixed, static, inflexible and unresponsive; they take energy; and they react mechanically and

inaccurately to past fictions. Nature is flexible and malleable; it gives you energy; and it responds accurately to current facts and reality.

FOCUSED

The energy fields of Natural Power Spots awaken you to your Destiny Soul Agreement, stimulating recognition of your deeper purpose in living.

FRUITFUL

Learn to use recurring Energy–Flow Patterns in Nature to predict future life events and create miraculous and lasting results in your everyday world. Learn how to track the Universal Movement of Energy as seen in Nature to manifest more meaning, magic and money in your daily life.

FORGIVING

There is no aspect of life more willing to forget the past and embrace the present than Mother Nature. Guided by the precise, practical mirror of the Outer World, you open to loving without fear, enjoying without judgment and allowing through real understanding.

FEARLESS

Hanging in the Wild develops your ability to hear, trust and act on inner intuitive direction and outer natural guidance. You can reclaim the power to stand in your Personal Truth and awaken the Wise Shaman within.

FLUID

Enrich yourself by going to places of Primal Life Force to purify and cleanse with wind and water. Experience the Outdoors as an ever–changing river, bubbling past obstacles, washing away what is no longer needed, carving out new niches, flowing into expanded territory and providing life–enhancing energy.

FACTUAL

Learn to employ the physical universe as an accurate and liberating reflection of your consciousness. Use the natural

physical world to reveal the true workings going on behind the surface appearance of all earthly form.

FRUGAL

Wilderness demands you seek the shortest, easiest, most pragmatic, do-able way to address any endeavor, which develops a keen eye to see the most efficient and effective way to proceed under in any situation. You cultivate the art of improvisation, quick adjustment and rapid adaptation.

FUN

Open to the joy of life as a spontaneous, wondrous treasure hunt. Ignite Kundalini energy in sacred springs. Hike a rainbow! Embrace cosmic ecstasy and then ground that joy into your

everyday experience.

Drawing from the wisdom of native and ancient spiritual traditions, Keith Varnum shares his 30 years of practical success as an author, personal coach, acupuncturist, filmmaker, radio host, restaurateur, vision quest guide and international seminar leader (The Dream Workshops). Keith helps people get the love, money and health they want with his FREE "Prosperity Ezine" at www.TheDream.com.

Secrets We Keep From Those We Love

By Timothy Cole

Everyone keeps a few secrets from a husband or wife, boyfriend and girlfriend. And people keep their secrets for a lot of reasons. Often people are embarrassed or they are fearful of a partner's hostility or possible rejection.

And research shows that it is in one's best interest to keep some things private, especially when partners or spouses are likely to respond poorly to the truth. Being rejected, scorned, or stigmatized does not help any one work through a serious issue.

But, keeping secrets can also be harmful.

Keeping secrets often prevents people from dealing with the problem at hand. Keeping secrets leads to increased stress, anxiety, and it often makes people think about the issue (event or topic) more frequently.

For instance, people who have a secret crush on someone often dwell on their feelings more than people who are able to talk about their feelings out in the open. More often than not, keeping

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something secret makes it seem more important than it really is.

Likewise, revealing secrets is very helpful when it is done right; that is, in a safe, non-judgmental environment. Revealing secrets can reduce stress, it helps people let go of an issue and think about it more clearly.

If a secret is bothering you, it really does help to get it out – as long people don't respond negatively or use the information against you.

In fact, research shows that the simple task of writing down a secret, even if no one ever reads it, makes people feel better. Writing a secret down reduces stress – it is cathartic.

With this in mind, we have created a place where people can anonymously reveal the secrets they keep. Maybe you will find that letting go of one of your own secrets is helpful and not so embarrassing after all.

Article by Timothy Cole, PhD. Take a look at the secrets people keep from their romantic partners at



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