

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!

A Jar Of Sauce Can Make You Bigger

By Helaine Iris

A Jar Of Sauce Can Make You Bigger by Helaine Iris

A Jar Of Sauce Can Make You Bigger
Helaine Iris
(c) 2004

"We cannot become what we need to be by remaining what we are." Max Depree

It's funny how the seemingly simplest events in life can be doorways into profound moments of self-realization and growth. I had a meltdown this afternoon. Albeit brief, it had all the qualities of a full-fledged tantrum. It was no fun.

There I was in my kitchen making lasagna for the dinner guests I was expecting. All was going well. I was organized, had everything moving smoothly and was thoroughly enjoying chopping and sautéing and tasting bits and pieces of delicious ingredients. In the middle of my happy, creative storm the phone rang. It was my husband who has been away for the first week of a three-week adventure.

I was delighted to hear his voice; I was hoping he'd call. We caught up on the mundane details of his trip and how I was doing managing alone. Then he began to share some of the deeper layers of his inspired musings with regard to our life together. He told me his attention had been on some of the rather large life changes we've both been percolating on for a while.

My pulse began to quicken as he described from his fresh perspective, and the space between us, how he's ready and committed to step into a larger life for him/us. He talked about wanting to move on the ideas we've both been flirting with for a while. He asked me if I was willing to join him in pushing the envelope of our comfortable and somewhat out grown life.

I listened, felt the renewal in his spirit and could find agreement and admiration with what he was saying. He was determined to grow and push himself and us into new territory. We completed our conversation on a loving note both aware that there would be a "communication blackout" for the next week as he heads into the New Mexico desert.

A Jar Of Sauce Can Make You Bigger

I immediately went back to my lasagna project. The next task to be completed was opening the jar of sauce. I couldn't get it open for the life of me! I hit the bottom, ran it under hot water, banged on the top, dug out the rubber jar opener thingy— it still wouldn't budge. "Ok", I thought, "I'm smart". I know how to walk away from frustration and then reapproach with a new perspective. I put the jar down, walked away and returned a few minutes later and tried again. I still couldn't get that @#@% lid loose.

That was it. I began to cry, I wanted to throw the jar across the room. I was on the floor of the kitchen sobbing over a stuck lid. Fortunately, I was alone in the house, I'm sure I sounded ridiculous. After about a minute the thought crossed my mind, "What are you really upset about?" Instantly, I went back to my conversation with Jeremy. I realized I was scared. Scared of the inevitable growth that was on both of our doorsteps.

There on the floor, my favorite quote from Anais Nin sprang to mind, "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." I knew in my heart of hearts the bud HAD gotten too tight and he was right, it is, indeed, time to blossom.

For better or worse, what I've come to discover, is that it often takes the courage (or fumbblings) of one person in a partnership to lead the way into a growth cycle. For one person to be willing to push against convention and through the comfort zone into new and scary territory makes you both bigger.

I took a deep breath, wiped my eyes on the dishtowel and went for the jar of sauce. It opened with no effort.

I finished the lasagna. As it was baking I felt myself start to relax. Whatever we have to face we'll do it as a team. We'll blossom together. I can do that.

It's YOUR life...imagine the possibilities!

~~~~~Helaine Iris is a certified Life Coach, writer and teacher that loves her life. She works with individuals, and self-employed professionals, who want to thrive in their business while crafting a life that's in absolute alignment with their highest ideals and deepest values. For a solution focused free consultation visit her website  
<http://www.pathofpurpose.com>

## **Add Scented Jar Candles To Any Room In Your Home**

**By Andrew Green**

Any room in your home can benefit from the addition of some fantastic scented jar candles. The style of scented jar candles will never fade and they are durable and long lasting. The majority of scented jar candles will last anywhere from 50 to 120 hours. They always look great and they are some of the

## A Jar Of Sauce Can Make You Bigger

most affordable candles on the market today.

Everyone loves nice scented jar candles, that is why they are so popular and hard to keep on the shelves of stores. If you look in any home décor magazine you are going to see plenty of these scented jar candles in all different rooms. Decorators suggest putting scented jar candles in your bathroom to get rid of any lingering unwanted smells, in your front hall so that guests are greeted with a warm and inviting scent and even the dining room.

When you choose some scented jar candles for the dining room or the kitchen you should take the time to choose the scented jar candles that will promote an appetite. You do not want to choose a smell that will make people not want to eat. A more subtle scent is usually the kind that you want to go for in any room where eating will be done.

You can even use scented jar candles to create a romantic mood between you and your lover. Everyone likes to forget their troubles for awhile and what better way to do this than to light up some scented jar candles and sit back with the one you love. Perhaps have some wine and listen to some soft music or even just talk to each other. I am telling you that scented jar candles could make all of the difference to your night any day of the week. Light some up tonight and relax with your partner, you both deserve it.

Scented jar candles are easy to find and are very affordable. You can purchase scented jar candles online or by mail or even at your local grocery store. The best place to get scented jar candles for cheap is the internet. There is a huge market for these fantastic candles online. You will find many different brands for much less than you would find them for anywhere else. If you don't believe me check it out for yourself, you will be amazed at the savings that you can find on scented jar candles online.

If you do not yet have any scented jar candles in your home, there is no time like the present to get some. Start shopping for your scented jar candles today and get in on the after holiday savings, you will not be disappointed. Scented jar candles can really change the whole feel of your home for the better.

Candles HQ. Articles and information about all sorts of candles.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**