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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Adventuring–We All Need to Do it!

By Dr. Barbara Becker Holstein

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Even in times when we are being encouraged to be more careful there is a part of each of ourselves that needs adventure and daring. I certainly know that I have that part of me—it craved travel when I was young and nagged at me until I went to Europe on my own with a friend at 20. And it still nags at me. Fortunately, I have discovered as I age that we can often find adventure right in front of our noses. That is what happened to me this week.

On Wednesday, I went to NYC to do my monthly television show, The Enchanted Self. I took the subway (or I should say, I tried to take the subway) downtown to Chambers St. to do a bit of shopping beforehand. As I waited on the platform I saw one of those truly unique characters that could only be either a true eccentric living in NYC or a character actor. Which was he in his frock coat and derby hat? I was so busy imagining! Suddenly we were on the same train together. He asked how to get to Chambers St. and I told him. Then I suggested he cross the platform at 14th St. to hop the express, which I was about to do. He did and that was the beginning of an adventure. First of all, the subway car started and we suddenly realized it was going uptown, not downtown. Secondly, he told me that he had to get downtown to Chambers St. to stop in at the new home of The New York Sun magazine. He had been hired by them to promote the new paper. Ah! He was a character actor. I was so excited.

I asked him whom he was portraying. He told me that he does Teddy Roosevelt, all over the country. His name is James Foote. Well, the next thirty minutes were as if in a dream. He kept going in and out of character. He gave me Teddy's opinions on the world as it is today—by the way there was plenty of turmoil 100 years ago! He also explained that the White House was called as such by Teddy. Prior to that it had been the executive mansion! He told me the sad story of how Teddy lost his first wife and mother within a couple of days and how he went into the wilderness for a couple of years to restore his sense of well-being and optimism.

Interesting to me, optimism was one of Teddy's major personality traits. By the way, we were back going downtown again, on another train and I was still listening to Teddy Roosevelt—speaking to me! It may have been the hot subway, but it was music to my ears to hear: "Always do the best you can with what you have, and where you are." We certainly had to, as once again we were on the wrong train

and it actually started back uptown at 14th St. On the third try, we finally emerged at Chambers St. Mr. Foote reminded me (I never knew this) that the subways were first put in because there had been a snowstorm in NYC that paralyzed the city for weeks and weeks. Mr. Roosevelt was significant in getting the subways built. How ironic, that we were going back and forth, as we were on the line affected by 9/11 and as infrequent travelers, neither of us realized that most of the trains only went to 14th St. and then started back up. But then if we had realized this fact, I wouldn't have had such a great adventure!

I emerged from the underground a changed woman Imagine Teddy Roosevelt and myself in conversation? (PS. Do you know why Teddy Bears are called Teddy Bears? I do now.)

Dr. Holstein is the originator of The Enchanted Self and a psychologist since 1981. She is the author of two books: The Enchanted Self, A Positive Therapy and Recipes for Enchantment, The Secret Ingredient is YOU! Dr. Holstein speaks on radio, and appears on television in NY and NJ. She gives lectures, seminars, retreats and audio interviews on LadybugLive.com and is in private practice in Long Branch, NJ with her husband, Dr. Russell Holstein.

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

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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.

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