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**Enchantment in a 5 and 10-Cent Store**

**By Dr. Barbara Becker Holstein**

**Enchantment in a 5 and 10-Cent Store by Dr. Barbara Becker Holstein**

The other night as my mind was wandering, at perhaps 3:00 AM, I had a lovely encounter with the past. I was remembering some wanderings of late childhood. I was about ten or eleven and the magic journey was a bus that took me downtown Bridgeport.

The first part of the magic journey was just waiting for the bus all by myself. I felt very grown-up and by today's standards I was! I would lock the house, put my key on a string around my neck, hide it, and walk the two blocks to wait by the telephone pole for the bus. When the public bus came I got on, said "Hello" to the driver—who I recognized from lots of trips—paid and sat down. I always sat up front, liking to be near him, just in case I needed help. Then I would read. Usually I had a great book with me, maybe Little House on the Prairie or Nancy Drew. Whatever it was, time flew and before I knew it, I was stepping off the bus on Main Street.

The downtown streets of Bridgeport seemed so busy and crowded! I was not afraid though. I knew my destination. Inside of my pocket I clutched my few dollars and made straight for my enchanted castle. There it was—the 5 and 10-cent store in all of its glory! A perfect palace! I had a wonderful food counter with stools that swirled around if I was hungry. I could just hop up and order anything I wanted—an ice cream soda or a hamburger. I had a bathroom so I didn't need to feel desperate, and I had this whole glorious store to walk around. The endless aisles with the glass counters just full of items to touch and dream about! There was a make-up aisle and I could imagine ahead a few years. I loved to look at the colors of make-up and especially the lipsticks. How would I look all dolled up—beautiful, yes? Then there was the pocketbook and wallet aisle. That was fun, and the candy aisle and even house-wares was interesting.

But the best aisle, and my purpose in this exploration of enchantment, was to the fabric aisle. Oh, the bolts of fabric were so wonderful. If only I had a ton of money and a real grown-up sewing machine I could make such wonderful clothes. I would design them myself and everyone would love them, but I had only a couple of dollars and just a tiny hand cranked sewing machine. Still I was in paradise. "I will take a quarter of a yard of this soft velvet-maroon and a yard of this lace trim, please. And may I have 1 quarter of a yard of this soft fake white fur? Oh, I am so excited." A very nice lady put them all into a

paper bag. I told her I was making a new winter outfit for my doll. She even threw in a package of buttons for trim. I was so lucky!

Sadly, my money was almost gone and the bus was coming. I left my enchanted castle of 5 and 10–cent wonders. I felt so enriched inside—another successful journey into the big world and a package of wonders to further play with when I got home. Life was good and I now looked forward to a few more pages of Nancy Drew on the way home!

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.

## **How Can We Build Enchantment Into Our Lives? – Part 2**

**By Dr. Barbara Becker Holstein**

### **How Can We Build Enchantment Into Our Lives? – Part 2 by Dr. Barbara Becker Holstein**

Thank you for staying with me for this two part article about how our environments add enchantment to every day living. This week I invite you to read about how my Virtual Assistant, Rebecca, put beauty, meaning and form into her home. Her story is different from mine, as each of ours are, but it is the same in the sense that it is her way of building enchantment into her life.

Building Enchantment  
By Rebecca Trelfa

I wanted to share a little note about creating enchantment in your home. I recently moved into an old Victorian house that needs serious redecorating. A previous owner loved dark woods and shag carpets. (Not my style!)

Since I work at home, I found it necessary to temporarily add some enchantment to 'this old house' because I spend so much time here. I took down dark drapes and replaced them with sheers to let the light in and, and sanded down and refinished some of the dark wood to give it a lighter appearance.

What a difference! Now I love my new home and am even happier to spend my days here. We have a nice back yard that I plan to plant some flowers and shrubs in once the weather is nice. I have even developed a new interest in Feng Shui and sit glued most nights to the Home & Garden channel watching dreary homes get enchanting face lifts.

I am reminded of an article of Dr. Holstein's called Positive Spaces, which focuses along the same lines. When you are surrounded by enchantment and things that really reflect your own personality and

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things that you love, you create new warm memories by bringing out the best of the past.

For example, my love of New Orleans has inspired me to create a Creole-style kitchen and my love of the Caribbean has inspired a soft bathroom with unusual colors. It is so fun to be creative and pull the best from your experiences.

### A Play Date with Building Enchantment

You have now read two different accounts of making a house come alive with personal history. Take a few moments to reflect on what you have loved in the past. Was it what you saw on a vacation? Perhaps, actual household items, as I talked about. Perhaps a certain style or time period makes you feel great.

What else would you like to bring into your life ... new things ... a new home ...a garden ... new clothes? Perhaps it is nothing physical, but things like more music, or time with friends. Whatever it is, take some time to daydream. Let our stories wet your appetite and give you encouragement to bring more enchantment into your life.

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