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

Expand Your Horizons

By Virginia Reeves

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Many people want to "do something" to make their life different but they don't want to make big changes. If you are looking to expand your horizons, here's some ideas.

1. Attend or teach classes. Most junior colleges offer 1 to 4 week courses that are reasonable in cost and don't use a lot of your time. You can learn by being a student or becoming the leader of the group (get paid for your expertise). Either way, you win.
2. Join a community group that caters to your interests. You'll gain more knowledge, meet new people, and probably influence others. You might want to try a group where you don't know that much about the topic or focus; challenges are good for you.
3. Work with the local youth through a school or social groups. Be a teacher's aide, a speaker for a particular cause that's close to your heart, or a mentor. Mingling with younger people will help you understand them better and vice versa, especially at sporting events, fund-raisers, or groups like Scouts or 4-H.
4. Listen to different music. I am fortunate for having been exposed to a variety of musical styles so I appreciate many types. Don't get stuck in one category – the world is alive with sounds and words. Give more of them a chance to enhance your life.
5. Seniors are always appreciative of extra attention. Senior centers, retirement homes, and convalescent hospitals are grateful for help from others. Lead a sing-a-long, call Bingo, help with easy craft projects, offer to entertain, or just sit and talk. You will be rewarded with a

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smile, the making of new friends, and learning more about your predecessors.

6. Do you go to the same events year after year? That's fine; it's also okay to try out new ones. Attend the "amateur" plays – some are terrific. Go to an outdoor concert. Check out another sport. Splurge on a dinner and theater show. Is there an auction nearby?

7. Change your environment periodically. Take a hike – literally. Drive somewhere different periodically; you'd be amazed and what you can find within two hours of your home. Go ahead and move the furniture or the pictures. Internally change too – let yourself daydream more

often. Use visualization to escape the doldrums or routines. Get out and have some fun.

There you have it. Seven techniques to expand your horizons. You really have no excuse to ever say "I'm bored, what is there to do?" None take much money – many are free. You don't have to devote a lot of time to any of them. Use your imagination and come up with more. Enjoy your life and bring pleasure to others while you do so.

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Expand Your Time

By Stephanie Yeh

In our time-crazed society, lots of time is what most of us don't have. Yet, all of us would like to have more time. So what can you do about that? Expand your time. It's simple.

You see, linear time is actually something that responds to our thoughts and feelings because time is a function of the Universe. The Universe responds to the way we feel about time by adjusting the amount of time we have.

If you feel like you're chronically short of time and that you're always **PRESSED** for time, that's what you get - compressed time. It's always a perfect match between the way you feel and what the Universe delivers.

So, if you want to expand your time rather than compress it, all you have to do is expand your internal feeling about time. How? Simple. Whenever you feel pressed for time, just begin to act as if you had all

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the time in the world. Think about it. How do you act when you have a lot of time? You move at a leisurely pace and you enjoy yourself. You rarely do any of the things that you do when you're in a hurry - drop things, forget things, bump into things.

So, even though you may need to get a task done quickly, try slowing down your actions and thoughts for a minute or two. Those minutes of "slow time" will literally expand your time horizon and something in your day will adjust to give you more time. It's Universal law. Try it - it works!

Also, one last quick tip: If you want to have more time, stop saying things like, "I just don't have time!" Remember, thoughts are things and words have wings. Good luck!

Stephanie Yeh is deeply committed to the study and experience of prosperity and to helping other people achieve and experience prosperity. With the help of a strong 15-year network marketing business, Stephanie and her partner have helped many people achieve their prosperity goals. Her current project, the Journeyman Wealth Program, is aimed at helping 15 people a year fully achieve their dreams. Stephanie's Prosperity Abounds website works on the basic principle that "You are the creator of your own reality!". Get more details on her website at

Expand Your Time

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