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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!

Feeling Funky?

By Sue Dyson

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What can you do to make yourself feel more successful NOW even if you feel you aren't, even if you are so far away from where you want to be?

Whenever I was down, I used to think I just needed to wait it out. I used to think I needed to dig down and understand what my soul was trying to tell me.

I suppose it's a fine line. You want to dig down and extract the jewels available there, but you also don't want to get buried alive. In terms of Universal Law, being down, depressed, feeling bad, will only attract more of the same feelings. In metaphysical thinking, it is more beneficial to change your thought patterns to something 'feel good'. This will attract more good feelings towards us.

You really need to decide for yourself what you want to do with where you're at. As I said, it's a fine line.

Acknowledge where you're at, but don't dwell too long down there. If you can't mine a gem from there quickly,

cannot find anything positive down there, get out.

When in doubt, follow the Gambler's philosophy,

"Ya gotta know when to hold em, know when to fold em, know when to walk away, know when to run."

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So where do we start? Here are a few suggestions for when you're feeling down and not-so-successful. The most point is to get started. Doing something, anything, will send a message to the Universe of your intentions, and more begets more.

Exercise. I know, I know. It may be the last thing on your mind, however, doing anything physical, even slightly so, will improve your mood incredibly. The ol' endorphins kick in eventually (they can't help it) and chemical changes occur within our bodies which, in turn, elevate our mood. Even a 10–15 minute walk around the block will do wonders. Look at it this way,

too. If the walk itself doesn't elevate your mood, at least you can feel good about simply moving your body. A small success is still a success. A number of small successes increases your feeling of success exponentially.

Meditate. Connect with the Source/Universe/God/Higher Power. Most people are aware of a power outside of themselves overseeing our lives. Whatever you call it or feel it to be, there is something all knowing, other than our smaller ego selves. Connecting with the Source, getting quiet with ourselves, changes our thought patterns.

Think a good thought. Go to a good place in your mind. Imagine a good place where you can return to time and again. When you feel down, imagine that good place, go in, feel good, and get out. Visit often.

Declutter your space. Cleaning your space clears your mind. It also sends a message to the Universe that you are open for more, that you are capable of taking care of what you have and you're ready for greater abundance.

Journal – get your feelings out. Just write down whatever is on your mind. If you want your journaling to be really effective, continue with the next idea...

Be grateful. This should probably be at the top of the list. Being grateful for something, ANYTHING,

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in your life has the power to magically lift you out of your funk. Make a list of just 3 things you are grateful for. See what happens.

Read – pick up something that you've been meaning to read for awhile. Take a look at your community newspaper, connect with your world. Learn something new.

Pick up a hobby – do something that you completely lose yourself in. For me it's sewing and other needlecrafts.

Cleanse yourself. Physically – take a bath, shower, wash your face. Cleanse yourself any other way you feel fits. Light some incense with the intention of cleansing your space, your spirit.

Go see a movie. You get to sit in the dark and think of nothing but what's on the screen in front of you.

Forgive. Yourself and anyone you are holding anything against. Just let it go.

Create a positive vision for your life. Imagine, dream.

And dream big. Record your vision in a journal, on an index card and keep it handy. Then revisit it when you need a reminder or boost. Your vision should be positive and worded positively. More importantly, it should make you feel very, very good.

Any and all of these can get you out of a funk. The common denominator in all of these is action. Taking action to move you away from your funky feeling is what will move things along. If you choose to stay in your funk, recognize it as your choice, and take full responsibility for it. Don't make the mistake of victimizing yourself. Nobody else is responsible for how you feel. We create our own thoughts and choose how we want to feel about external events. So, if you really want to feel down and stay down, okay, your choice. But know there are alternatives. We just need to reprogram ourselves to think of them instead of

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wallowing in our funk.

Sue Dyson, a stay at home mom to three children and onelarge dog, publishes SuccessfulMama Ezine, offeringdown to earth tips and resources to help moms balancepersonal goals with the craziness of motherhood. Visit <http://www.SuccessfulMama.com>

Keep Up With Sock Fashion

By Sock Shop

Socks are increasingly becoming an important part of your fashion wardrobe. Don't overlook sock trends when it comes to putting together your look for each season.

It might be the colours, the patterns or the length, but there's always something that makes the next sock more fashionable than the last. For girls, bright over-the-knee socks have been the thing to wear, whilst a resurgence of 1980s fashion brought back legwarmer socks.

For men

Watch out for socks from leading designers. Never leaving a sartorial stone unturned, designers like Paul Smith make sure that there are eye-catching socks available to make an impact alongside his dramatic linings and classic cuts. Take a lead from this and, even if Paul Smith socks are out of your price range, try and find socks that follow the same principle - contrasting stripes and solid colours, or using bright colours and bold patterns.

For ladies

Socks, stockings and tights all change with the seasons. Patterned tights, or knee high hold-ups; tiny trainer socks or funky toe-socks, all have their place in the average underwear drawer. In the winter, the fashion for ankle or long boots means that ladies have to find something comfortable to wear inside the boots, and while bare feet and sandals is all the rage in the summer, there are times when they need feminine breathable socks for sports or travel.

For kids

With limited scope during term time because of uniform rules, kids love to have colourful, funky socks when it comes to leisure wear; and because kids' feet grow as often as fashions change, it's easy to keep up with the latest fashions in smaller socks. Character socks are consistently popular, depending on the latest film releases or TV programmes and socks that sparkle or make a noise are always fun. High street shops are usually well-prepared as far as children's socks go, so you'll have no trouble finding a great range of socks when you need to stock up.

Whether you're a fashion expert or not, socks are a cheap and easy way to keep up with current and future trends.

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The Sock Shop has a huge range of socks for men, women and children in its online store. Take a look now by clicking on

<http://www.sockshop.co.uk>



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