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

By Dr. Barbara Becker Holstein

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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 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.

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.

PRACTICAL STEPS TO ENCHANTMENT – Part 1

By Dr. Barbara Becker Holstein

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In other weeks, you have learned many ways to get in touch with your personal enchantment. In this article, I would like to share several personal stories of enchantment with you.

Kay's happiest moments as a child were with a pencil and a sketchpad or watercolors. Her life as an adult has been very stressful: difficult teenage children, and a marriage that left much to be desired. One of her goals in treatment with me was to get back some of the joy she experienced as a child. She consciously practiced taking time for herself everyday, in order to draw.

Talking about her vacation to the Bahamas, which she went on recently, she said, "It was filled with the usual family bickering, but I'm proud of myself that every night, as the sun set, I was able to get out my sketch pad and draw. I didn't allow my family to get in the way of this wonderful part of me that I've rediscovered. Even the first night after we got home, I got out my paints and put in some personal art time. I love being able to own my own talent, and realize that no one can interfere with it. I share everything else in my life, but my talent belongs to me alone. I love every moment of my "me" time.

Tess enjoyed making doll's clothing as a child. The feel and the sight of the needle flying in and out of the cloth was very soothing to her. As a young adult, she had a boyfriend who at first seemed to be a perfect match with her. But soon his negativity got her down and made her feel unhappy. She found that she was not using her artistic talents anymore. She realized that she was trying to deny certain parts of herself in order to make the relationship work. But in spite of her efforts, it just wasn't working.

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

When Tess finally got the courage to suggest joint therapy to her boyfriend, he declined, and after much fighting he suggested that they split up. And they did break up.

Rather than feeling the depression that she expected, she found herself quickly able to return to many of her artistic areas of endeavors. She started to make handmade clothing and to work with other artists. Tess said it best when she commented, "I was able to tune into my younger self." Interestingly enough, she soon found a mate much more suited to her in temperament, a man who appreciated her artistic as well as practical side.

Tess is a good example of someone who had to make a decision in terms of meeting her needs in a relationship. Freeing herself from a man who did not have enough regard for her to work on her relationship allowed her to once again actualize her own enchantment.

We can come to enchantment only as we spend more and more of our time doing what suits us, either in both our personal and professional lives. Sometimes this is hard, as we struggle with other issues such as whether we 'deserve' to do what feels good. Sometimes it is easy to build in more time that really works for us as we thrive and see that the better it feels, the better we are at living and 'being'.

I can't promise you which road you will travel to achieve more states of well-being, to feel more whole, to feel more filled with positive purpose, but I can promise you that it is definitely the road to travel! Come back next week for more examples of recognizing what works for us as I share more vignettes

with you.

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