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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!

What Are YOU Making It Mean?

By Helaine Iris

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"You and I do not see things as they are. We see things as WE are" –Herb Cohen

It all started with a perfectly innocent question from my husband. "Honey, can we compare our calendars, I have some things I want to schedule and I'd like your input?" Happily I agreed and pulled my chair up to engage in the conversation.

After looking at the fullness of my husbands schedule and realizing he still had MORE he wanted to fit in, I responded, "Hey, what about some quality weekend time for us?" With an exasperated look he retorted, "what do you mean?" I could feel our defense postures setting in as predictable as night and day. We launched into an ever-escalating exchange.

The phone rang interrupting our conversation. I was called away to deal with a pressing matter. Afterwards I began to think about the interaction with my husband and wondered why I was so tweaked. Then it hit me.

All he did was simply ask me to look at the calendar with him! I was the one who made his request mean he preferred everything else to spending time with me. With out even being aware of it I started telling myself all kinds of stories about what I thought he meant which made me upset. Unsurprisingly, I soon realized the source of those thoughts: fear and lack.

Later, when we resumed the conversation I was able to share these new thoughts. It was like hitting the refresh button on my computer. It felt great to acknowledge my own "stuff" and hear his original intent for the conversation.

What Are YOU Making It Mean?

We as human beings are "meaning making machines". It's what we do best. We make meaning out of everything. If you look at the universe, unto itself, there is no inherent "meaning". A tree is simply a tree standing in the middle of a field. You fill in the rest, it's beautiful, or it's diseased, it needs to be saved etc. In fact, it's our job as people to tell stories and create meaning.

Here are some common examples of how we create needless pain for ourselves.

I was talking with a client who was telling me about her boyfriend not wanting to drive with her to pick up a friend at the airport. She made it mean that he didn't want the friend to come at all.

Another client was upset because her friend cancelled a lunch date without apparent reason. She made it mean the friend didn't like her.

My friend flew into a panic attack because his boss called him into the office in the middle of the workday. He was convinced he was about to be fired.

What do you make things mean in your life? Do you automatically jump to the "conclusion" that proves the worst about yourself? Here are some tips for staying in the present moment when confronted with a potentially "button pushing" situation.

1. When faced with an emotional reaction get in the habit of asking yourself, "What am I making this mean"? Stop the freight train of your thoughts and look for another option.
2. Connect with reality. Offer yourself the gift of truth. Is it true that "X " will happen? Can I really know what I'm perceiving and concluding is the only possibility?
3. Consider shifting from a limited view of yourself. Focus on what's positive, larger and perhaps more true about you. Let go of the negative self-talk.

Once you eliminate the endless mind loops of fear and self-doubt that come from second-guessing, from making meaning without the facts you free up your energy. Can you imagine how this could improve your relationships? How much more peaceful your world could be?

What would you rather be doing with your time? Personally, I'd rather have that quality weekend time with my husband.

It's your life...imagine the possibilities!

*****Helaine Iris is a Certified Life Coach She works with individuals, entrepreneurs, professionals, and leaders who want more out of life. People, who want to lead successful, balanced lives filled with love, passion and purpose. Are you ready to take a step that could change your life? For a complimentary session visit her website <http://www.pathofpurpose.com> or call her 603-357-8546 or email her helaine@pathofpurpose.com

An Introduction To Jewelry Making

By Steve Gargin

I think that one of my favorite crafts is jewelry making. Beads should be part of any well-equipped jewelry making kit. I love the choice of styles that jewelry making allows you to try. The range of materials that you can use for jewelry making also means that their possible uses are limited only by my imagination. Even though I was not a particularly experienced craftsman I soon found that I enjoyed jewelry making and created wonderfully original jewelry. Of course, I now wish that I was capable of far more intricate jewelry making but at least I am always improving on the ones I made before!

I enjoy jewelry making using a variety of different materials. It is fun to look at what I have handy that I can convert into pretty jewelry. One of my favorites is using strips of colored paper for paper mache jewelry. My kids love tearing pictures out of glossy magazines and we try jewelry making together, well, almost! They prefer to move straight to the decorating stage and I have found that dried macaroni makes an ideal bead. The tubes of pasta have a ready made hole for threading and can be painted easily. We also use clay quite a lot when jewelry making, probably because kids enjoy molding the shapes. I have to take over the baking part but once that is done they can decorate and varnish their creations and continue with their jewelry making.

Of course jewelry making is made more fun if you can give the jewelry to other people to wear. I like creating necklaces and earrings to give as gifts. People often appreciate handmade goods more than shop-bought ones, but more importantly I save a fortune with my crafty offerings! My kids like making friendship bracelets for their mates and have recently got into using lettered jewelry to make up people's names on necklaces. A lot of kids wear them round here and also have become interested in jewelry making too!

I use a lot of different materials as a base for my jewelry making. It would probably be impossible for me to remember all of them but I like using leather cord and jewelry metal the most. I have tried almost anything that I could thread a bead onto probably! Nowadays I do not have the time to dedicate to jewelry making that I once did, in fact I probably haven't made anything for over a year due to our latest addition but when she is older I may well teach her the basics too.

Steve Gargin is the administrator of

a website dedicated to

bringing you the latest jewelry news and information.

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