



# A Taste of Enchantment - August 2003



*"Dedicated to helping you attain joy, happiness and well-being."*

Produced by Dr. Barbara Becker Holstein, Psychologist, Steps-to-Happiness Coach, and Originator of *THE ENCHANTED SELF*®



... to the monthly publication of The Enchanted Self's newsletter! The following is what you will find in this month's issue.

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## Quote of the Month

"I have nothing to offer except a way of looking at things."

– Erik H. Erikson

## Even a Banana Can Be a Miracle!

– Part One

by Dr. Barbara Becker Holstein

*Please stay with me for this two-part article: a wonderful story about the great Divine. This time we will take a journey with a mother and son to Germany. Next time we will learn how their journey ended wonderfully and follow up with an exercise that helps you remember a time when a small thing turned an awful event into a blessed memory.*

My daughter passed along the following true story—a wonderful example of the great Divine's ability to give us gifts, both great and small.

A few years ago a Rabbi's wife and their son had to go to Germany. The little boy was ill and the only appropriate treatment for his very unusual illness was to be found in a hospital in Germany. Mrs. Mandelson, being a survivor of the Holocaust, was not thrilled about going to Germany. However, it was the wisest decision, as her son's health came above all else.

Together mom and Yakov took the long, transatlantic, overnight flight, the bus ride to the hospital, and handled the complicated admitting process. Finally, fatigued, they settled into a hospital room for the son, which also contained a cot for mother.

A couple of days passed relatively uneventfully except for some preliminary tests and consultations. Now it was Friday, several hours before Shabbos. At home in Borough Park, Ruth would have been busily preparing for Shabbos. That morning she would have gotten up early to bake her own fresh challah. She would have worked to the stores early to find the best vegetables and fruits. All afternoon she would have cooked and cleaned until the house smelled delicious and shone.

Now, two hours before Shabbos, she was alone in a strange land that held certain haunting memories for her. She and Yakov had little to look forward to on Shabbos except the small bundle of goodies that she had brought with them. Thankfully, she had a little challah left over from last week. She had a special bottle of grape juice that her son loved and some other treats to round out the otherwise bland kosher food ordered for them in the hospital. It was minimal, but would have to do.

Yakov was feeling somewhat down this Friday, himself. At ten he was perfectly aware that his health was not good and of course he was keenly aware that he was lonely, away from his friends, brothers and sisters, and also in a sterile hospital setting. As the late afternoon

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shadows crossed their room his mood was quickly deteriorating. He was becoming blue.

Tears welled up in his eyes as he said to his mommy, "I hate being here. We're so alone. We have nothing to look forward to. We're all alone. This will be the worst Shabbos."

*\*This is based on a true story. However, I took the liberty, after hearing the facts once, to augment and dramatize the story in my own fashion. I hope my story is in the spirit on the true small miracle that happened.*



## Blessing of the Month

May you always have the mental and emotional stamina to look at things in a positive way and be rewarded by small easy to find miracles!



## Recipe for Enchantment #36

Think for a moment about a butterfly. Remember how shocked you were as a child to realize it started out as a caterpillar? It crawled on the ground in a strange fuzzy body only to then go into a gooey cocoon that to a child's mind was as close to death as one could imagine ... only to emerge as a beautiful painted butterfly able to soar, for its size, high off of the earth. Metamorphosizing for the butterfly met changing from a caterpillar into something else.

We have different recipes to follow for human transcendence. Here are just a few of the ingredients:

1. Never give up.
2. Take time to recover and recoup.
3. Honor your circumstances—they are the ingredients of your life!
4. Look for new solutions.
5. Move on when you know you should.
6. Be proud of your life's flight.
7. Start again if necessary.
8. Practice kindness to creatures great and small.
9. Be sure to include yourself in acts of kindness.

Can you add some more wisdom remarks that help us be butterflies?

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## Join the E-group

Find out "what's right with you—not what's wrong!" Chat with others at <http://groups.yahoo.com/group/encself>. Membership is free and you will have access to our on-line calendar, message board, chat room, and more. It's a great way to connect with others who are exploring, creating and sharing their own positive and satisfying lives.



## Sharing Enchantment

Share your positive stories and questions about enchantment with us and other Enchanted Self readers around the globe! Our mid-month newsletter focuses on YOU and reaches a subscriber list of almost 700 people from the US, Canada, Australia, the United Kingdom, and many other countries! Please send stories, comments, and questions to [DrBarbara@enchantedself.com](mailto:DrBarbara@enchantedself.com).



## Announcements

There are free gifts available to you from my web site at [www.enchantedself.com/freeitems.htm](http://www.enchantedself.com/freeitems.htm). Available for download is a picture of an enchantress in the background of a lovely poem that you can print out and enjoy, as well as some lovely greeting cards featuring Victorian era ladies.

Woman Links: Enchanted Self concepts are now available for you to read on Woman Links, an online magazine for women. To access the following article and enjoy the site, simply copy and paste the following link into your browser window. <http://www.womanlinks.com/archives/wart0404-03.shtml>

The Bright Side: When life is too much for you, visit my new column, 'A Happier Me' on the-bright-side.org. Just copy and paste the following link into your browser window. [www.the-bright-side.org/site/thebrightside/section.php?id=664](http://www.the-bright-side.org/site/thebrightside/section.php?id=664)

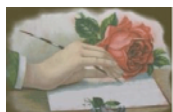


## *How to Order*

How about some autographed copies of 'Recipes for Enchantment' with a free copy of The Enchanted Self's paper newsletter and a bookmark? Perhaps you would be interested in my first book, 'The Enchanted Self', which is also available on audio tape? Here's how to order:

- Web: [www.enchantedself.com/ordering.htm](http://www.enchantedself.com/ordering.htm)
- Call Toll Free: 1-877-B-JOYFUL
- Amazon: [www.amazon.com](http://www.amazon.com)
- Barnes & Noble: [www.bn.com](http://www.bn.com)
- 1stBooks: [www.1stbooks.com](http://www.1stbooks.com)

Tip: When shopping online use keywords "recipes for enchantment" and "enchanted self" to locate the books.



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I also encourage you to include this material in other publications, such as self-healing and professional psychology newsletters. However, I do ask that you contact me beforehand for permission and send a sample issue.



*Have an "enchanting" month.  
I wish you all many enchanted moments!*

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