



A Taste of Enchantment - September 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.

- *Quote of the Month*
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Quote of the Month

A Chassidic master who visited Israel said, "I saw camels there. It was obvious that each camel could see the humps on other camels' backs but could never see its own."

— p. 182 from *Smiling Each Day* by Rabbi J. Twerski, M.D.

Coping as a Tool of Enchantment by Dr. Barbara Becker Holstein

Many of my readers write to me about the tensions of everyday life. Not only do people wonder how to relax, but people often ask, "How do I learn to better cope with what faces me? Can THE ENCHANTED SELF help with the overwhelming frenzy of everyday life? Can it

help when I am really down or something really goes wrong?" Absolutely!

In my newsletter, I often talk about the power of our positive memories. I emphasize this power because so often people focus on their negative and unpleasant memories. However, THE ENCHANTED SELF is much more than the retrieval of positive memories. It is the recognition of what works to make us thrive as human beings, and the courage to live fully. One of the marvelous ways we can use our enchanted memory banks is to look backwards in time to recognize our coping skills. For example, perhaps you came from a dysfunctional family, where one or both parents were alcoholics. You were the oldest child and you developed a multitude of skills, including organizational skills, running a household, and abilities to negotiate, calm and quiet others. These skills, although they had their origin in dysfunction, are precious gifts as an adult. Perhaps you are already using them in a career or in your personal life.

At times using a coping skill from childhood may mean giving yourself permission to do something as an adult that felt good as a child. For example, Marsha used to love to blow bubbles as a child. Now as a busy business woman, when she feels stressed out she will often take out a bottle of bubbles and let herself go back in time to that fun feeling of blowing bubbles, watching those magical spheres of light fill her office, creating miniature rainbows of delight.

Setting aside some time for myself, I recently experienced a way to cope with the hustle and bustle of my life. It is an activity which Peter Eno, our Tai Chi instructor calls a meditative walk. A group of people walk in a circle very slowly, taking their time and letting themselves experience open space in their thinking at the same time keeping pace in unison with each other. In a sense, one becomes a member of a very slow circular parade. This walk offers me a sense of connection with others and at the same time it gives me a chance for my mind to settle down in a peacefulness and comfort.

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phone: 877-B-JOYFUL fax: 732-531-1201 [url: www.enchantedself.com](http://www.enchantedself.com) [e-mail: encself@aol.com](mailto:encself@aol.com)

Random thoughts pop in and out as I walk around the room, but I also experience pleasurable feelings of comfort, relaxation and a warm sensation that goes way back to my grandmother's apartment in Brookline. Fresh air is coming in through the window as I wake contentedly to the bustle of sparrows on the windowsill. The birds chirp in a space that feels timeless yet totally safe. As I walk, I go back and forth in time from Grandma's spare bedroom to Peter's studio. At times I become aware of the sensation of being one with the weather, the noise of a lawn mower, the wail of a train's horn. After the meditative walk I feel refreshed. I feel ready to cope with everyday life. The meditative walk not only helped me get in touch with long ago Enchanted Moments at my grandmother's house, but it has replenished me so that I have coping skills to handle my life now.

If we can't cope, how can we find enchantment? If we don't learn to recognize enchantment, how can we have the energy to cope?

I have used walking as a coping skill since childhood. Ever since walking back and forth to school twice a day, I have been able to use walking to calm me down—giving me time to think and process what was on my mind. So actually a meditative walk gives me a time for enchanted memories, using a coping skill that began as a childhood routine.

Exercise:

Make a list of five coping skills you have. Examples are: determination, a sense of humor, running, cooking up a storm, reading romantic novels. Now look at your list and pick one or two of your coping skills. Play with them in your mind for the next week in two ways:

1. At least once a day, congratulate yourself on your wonderful survivor capacities.

2. Play with new ways you could use these skills to bring you pleasure. Perhaps it is time to take a gourmet-cooking course, time to write a romantic novel, or maybe time to send jokes via e-mail on the computer. Don't get discouraged. Just have fun! Hang in there. Remember you have an ENCHANTED SELF.

You are capable of achieving positive states again and again, and you have coping capacities to find personal enchantment, again and again.



Blessing of the Month

May we all be blessed with the capacity to see the good in others and ourselves.

May we also be blessed to have eyes that see beyond the camels' to only 'see' the flaws in others that we must see to protect ourselves or help. As far as our own 'humps', may we see them clearly, often recognizing that what appears to be a deficit may really be a talent. After all a camel's hump holds fat! Did you believe water? But still a wonderful hidden capacity, considering how long a camel may have to go without food in the desert!



Recipe for Enchantment #37

One way to bring Enchantment into One's Life is to Help Others ...

Here is a simple recipe:

Take some time over the next month or two to visit a sick friend, relative or stranger. Perhaps there is even a neighbor down the street who could benefit from some company. If you don't know who to visit, your minister, rabbi, or priest could easily assign you someone. Here are the simple ingredients to bring with you for the visit:*

- Make sure the time is convenient.
- Don't stay too long.
- Be a good listener.
- Be observant. Take an interest in what you can find out about the person just by looking around.
- Don't talk about your problems.
- Make easy, light conversation that includes positive remarks.
- Maintain a stance of hope and optimism.
- Listen for and encourage the person to talk about herself. Remember: everyone has a story!
- Be warm as you leave and give feedback as to what you learned and tell the person that you enjoyed being there.

Leave feeling proud of yourself. "Congratulate yourself on doing a good deed. You have just improved someone's health by showing her that someone cares."

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This is a great recipe because more than one person benefits!

*The ideas for this recipe and the quote come from *The Hessed Boomerang* by Jack Doueck. 'Hessed' means doing good.



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.



Announcements

There are free gifts available to you from my web site at 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/wlart0404-03.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

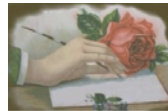


How to Order

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
- Call Toll Free: 1-877-B-JOYFUL
- Amazon: www.amazon.com
- Barnes & Noble: www.bn.com
- 1stBooks: 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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