



A Taste of Enchantment - October 2003



*""Bringing delight, meaning and good feelings
about ourselves into our lives everyday!""*

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

This is a paraphrase from a great Chassidic Rabbi:

Don't focus on what went wrong. Remember, if you stir dirt around and around, it is still dirt. Rather it is better to spend your time focusing on what good you can accomplish. Before you know it, you are stringing pearls on a necklace, fit to make its way to the heavenly chambers.

Your Personal Treasure Chest

by Dr. Barbara Becker Holstein

Sometimes it is helpful to review several of the basic components of THE ENCHANTED SELF. That's what I've decided to do this time.

Discovering your ENCHANTED SELF is a new way for you to achieve better mental and physical health. It is based on research documenting that within each of us there resides the capacity for achieving states of well-being again and again.

What makes THE ENCHANTED SELF different from other holistic therapies are the tools we use on the journey. One of the major tools I use is to encourage people to tap into their own personal memory banks, looking for positive memories that either made you feel good or contained within them aspects of your talents, skills, or potential.

Usually I talk about memories that we retrieve via our mind. However, I want to mention that memories are not just housed in our minds. Memories also reside in our bodies. Learning how to look for positive memories and listen to the wisdom of our body is also part of THE ENCHANTED SELF journey or process. I talk much less about the body than the mind. However, it is very much a factor in the experience of delight and maintaining a sense of well-being.

If I enjoyed rocking on the porch as a child I may well enjoy the slow circular movements of Tai Chi as an adult. If I hated roller skating as a kid and feared falling, I may not want to do anything that involves slipping and sliding as an adult.

Searching for your ENCHANTED SELF is akin to going on a treasure hunt. It is very thrilling to reach into your treasure chest of stored memories and discover strengths and talents that were never recognized or validated. It's like finding a diamond in the rough just waiting to be polished.

In my book, THE ENCHANTE SELF, A Positive Therapy, I discuss how I too had to reframe some of my past.

To learn more about *The Enchanted Self*® ... an educational approach to positive psychology,

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)

I was amazed to look at myself and what I did again and now see strengths and talents that I had not celebrated.

Like any new endeavor, people may sometimes find it difficult to begin the journey. What really helped me was seeing that even parts of myself that I had not valued earlier because I felt uncomfortable about them or the culture didn't support those traits, ultimately helped to define me, give me shape as a person and literally became the components of my life story.

Those details are presented in my first book and are way beyond the scope of this little article, but here is a simple play date with Enchantment to get you started:

A Playdate With Enchantment

Quickly review the past twenty-four hours. Write down ten positive happenings that occurred in your life during that time. Positive happenings could be just continuing to breath, receiving a phone call from a high school friend, watching beams of sunlight sparkling in a puddle of water, playing a game of basketball or tennis, or taking a dance class.

For me, I succeeded in cleaning out one more little pile of papers, had lunch with some great friends and fought my way mentally out of a bad mood! And I haven't finished the search. Perhaps the best moment was holding Blackie, my big obviously black cat, on my lap while sitting in the dark outside. He felt really good!

In reviewing the list we can break down these positive experiences into several categories:

1. Those that give a general sense of well being.
2. Those that reflect specific talents and interests.
3. Those that suggest potential capacities.

As we begin to realize our ENCHANTED SELVES, one of the first steps is documenting and learning to recognize what already works for us. Because the shoe already fits and feels good does not trivialize it! Celebrate what is already working for you. You enjoy your cup of coffee in the morning and the paper? Great. That is a wonderful small habit that works for you!

In our society, we have a tendency to disregard and diminish our personal small successes and states of well being. I believe this is a reflection of our tendency to

focus on our dysfunction and what is not working for us, rather than what does work.

The more that we can recognize and validate what does work for us, the closer we come to achieving states of well being. That's why I want you to really make a list of what did work and felt good in the last twenty-four hours. You may be very surprised at how much went right! As they say, try it. You'll like it!



Blessing of the Month

May you have the courage to move ahead in life and not to dwell on the past, except to take pleasure and meaning from what has already been!



Recipe for Enchantment #31

By special request, we are republishing the following Recipe for Enchantment. This recipe for Enchantment has been around the world on the web. It is worth us 'cooking' with:

- Remember that silence is sometimes the best answer.
- Live a good, honorable life. Then, when you get older, think back. You'll be able to enjoy it a second time.
- A loving atmosphere in your home is the foundation for your life.
- In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
- Be gentle with the earth.
- And lastly: approach love and cooking with reckless abandon!



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.

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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.



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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.



Announcements

The Latest Audio Shows on LadybugLive.com!

Dr. Roberta Allen, Author of *The Playful Way to Knowing Yourself*. Learn more about our guest at www.prairieden.com/roberta.allen

To listen to the show go to the link below:
<http://ia-connections.com/audio/live/enchant31.ram>

Susan K. Perry, Ph.D., Social Psychologist, Writer, Writing Instructor and Consultant/Coach as well as the Author of *Writing in Flow: Keys to Enhanced Creativity*, *Catch the Spirit* and *Playing Smart*. Learn more about our guest at www.BunnyApe.com

To listen to the show go to the link below:
<http://ia-connections.com/audio/live/enchant30.ram>

RealAudio Player™ required. If you do not have this software, you can download it for free from www.real.com



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



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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