

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“Women need real moments of solitude and self-reflection to balance out how much of ourselves we give away.”

Barbara De Angelis
(American researcher on relationships and personal growth)

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www.kiva.org
www.girlsontour.com.au
EMMA program

Treat Yourself –
Wildly Wealthy
Women

Moments – September 2008

I love photography and although I am not in the league of Heidi our feature artist this month, I still marvel at the magic of a moment captured – a second in time imprinted on mind and paper. We love to turn those moments into memories and those memories into treasures, secreted away to be taken out and experienced time and time again. And yes those big events, both joyful and sad that demand our attention are important, but it is the multitude of smaller moments – the inbetween moments – that add colour and texture to the fabric of our lives. We are so busy living that the softer, subtle moments blur together and are lost. Yet the sound of a baby's laugh, the sight of a full moon, the touch of a loved one's hand, the smell of freshly cut grass and the taste of baked bread can be exquisite. So I encourage you today to slow down enough to embrace the little moments in your heart and to breathe.

Natalie

Creating a Family Journal (capturing moments)

Keeping a journal or diary, can not only be beneficial to you as an individual, but it can also be a benefit to your family. Do you remember the family vacation to Disneyland when you were 12? What about your parent's 20-year anniversary? Or your birthday party when you turned 15? The new house you moved into in 8th grade? High school graduation?

All those family memories from family events -- all those moments in time, now past.

A family journal is a book, or a series of books, where family members can journal about any event that has taken place. For example, there could be one individual journal that you take to every family reunion to capture current events year to year. It could have photos, memorabilia and journal entries from those who attended the reunion. The journal could also include letters, announcements and other updates from family members.

Parents can journal daily to their children and include photos, drawings and other memorabilia. Grandparents can create a family journal filled with pictures, thoughts, and experiences of the grandkids. Children can start a journal to their parents, sharing their experiences, dreams and desires. The family can keep a sports, singing, dance, or other activities journal to record memorable moments and events.

You can create a family travel journal. It is packed and taken along on every family vacation. Each family member can journal their daily or weekly experiences. This is a great place to add photos of your vacation as well as other items such as addresses and phone numbers of where you stayed, names of restaurants where you ate, or monuments or other attractions you visited. You can even include other souvenirs that were collected during each trip.

For those that take photos with Santa, this can be a wonderful family memory that you can record from year to year. From a child's first Christmas, the picture taken with Santa can document growth and memories. You can also take the family to a special place and take an annual photo. The special place can be in the back yard or at the mountains, anywhere your family enjoys being together. Then each

Recipe

Melting Moments

Ingredients

250g. butter, softened
½ cup icing sugar
1 teaspoon vanilla essence
1½ cups S.R. flour
½ cup custard powder

Citrus Cream Filling

100g butter chopped
1 teaspoon grated orange rind
1 teaspoon vanilla
1 cup icing sugar
2 teaspoons lemon juice

Instructions

1. Preheat the oven to moderate 180oC. Line two baking trays with baking paper.
2. Cream the butter and icing sugar in a bowl with electric beaters until light and fluffy, then beat in the vanilla essence.
3. Sift in the flour and custard powder and mix with a knife, using a cutting motion, to form a soft dough.
4. Roll level tablespoons of dough into balls and place on the trays, leaving room for spreading. Flatten slightly with a floured fork.
5. Bake for 20 minutes, or until lightly golden. Cool slightly on the trays before transferring to a wire rack to cool completely.
6. For the Citrus Cream: Beat butter and essence and rind in a small bowl with electric mixer until light and fluffy. Gradually beat in icing sugar and juice. Use to sandwich the biscuits together. Leave to firm before serving.

person can journal where they are and what they are doing that year. The younger children can draw a picture or write with a crayon in the family journal.

Your family journal can include the house or houses in which you lived. You can document your family homes throughout the years. If you never moved, you can take photos of when you changed the paint colour, or as the foliage grew. Each family member can write an annual memory of living in that home.

Another function of your family journal can be to record health histories of your family members. This becomes a medical journal for easy reference to past medical histories. At the same time, you can record your family tree.

A family journal becomes a treasured keepsake and a wonderful, memorable project and adventure that the whole family can work on together. This is something that becomes a priceless treasure book filled with memories that can be enjoyed for decades to come.

www.the5yearjournal.com
Article Source: <http://www.articleset.com>

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A Different Perspective On Time Management

By: James Delrojo

Most people think of time management as a system for organizing the day or week in order to maximize efficiency. I'd like to propose a different view of time management that is complimentary to the traditional view but has far greater implications for your quality of life.

Rather than viewing time on the small scale of a day or a week or a month or even a year let's think of how effective your time has been over a lifetime.

There are 8,766 hours in an average year. This means that by the age of 20 you have lived 175,320 hours, by 30 it is 262,980, by 40 you have lived 350,640 and by 50 the total hours lived adds up to 438,300 on so on.

My question is; are you getting value for those hours? If you were paying someone, by the hour, to build a magnificent life would you be happy that you had got your money's worth if that person had built your current life in the total number of hours that you have lived?

With traditional time management it is easy to become super efficient each and every day and yet when viewed over a lifetime you have really not achieved anything magnificent or inspiring.

In recent years the emphasis in time management has been to ensure that you are doing what is important rather than what is urgent but still it is possible that you achieve many small victories in the short term yet your life as a whole has not been a masterpiece.

My suggestion is this; that at the beginning of each week, before you plan your days and hours for the week, you imagine yourself looking back from ten years in the future. Then ask yourself; what do I need to do this week so that when I look back I will honestly say that those ten years were a magnificent part of my life and I am totally and enthusiastically proud to have lived them.

This Month's Poem

The Soul has Bandaged moments -- by Emily Dickinson

The Soul has Bandaged
moments --
When too appalled to stir --
She feels some ghastly
Fright come up
And stop to look at her --

Salute her -- with long
fingers --
Caress her freezing hair --
Sip, Goblin, from the very
lips
The Lover -- hovered -- o'er
Unworthy, that a thought so
mean
Accost a Theme -- so -- fair

The soul has moments of
Escape --
When bursting all the doors
She dances like a Bomb,
abroad,
And swings upon the Hours,

As do the Bee -- delirious
borne --
Long Dungeoned from his
Rose --
Touch Liberty -- then know
no more,
But Noon, and Paradise --

The Soul's retaken
moments --
When, Felon led along,
With shackles on the
plumed feet,
And staples, in the Song,

The Horror welcomes her,
again,
These, are not brayed of
Tongue --

The only time that you can actually use is the precise moment that you are presently experiencing. However without a frame of reference most people fritter away those present moments. By viewing each moment as a dot of paint on the canvas of a magnificent life then it is far more likely that you will treasure the moment and use it to enhance your life.

At the start of each month repeat the weekly exercise but instead of thinking from the perspective of ten years into the future think from the perspective of look back from the last few moments of your life. Imagine that you have finally run out of time and you are assessing whether your life was a success, a failure or just another average existence. What would you really like to see? What sort of life would you really be happy to have lived?

Once you have this picture in your mind ask yourself how you need to use your time in order to be contributing to that amazing adventure that your life should be. There are many different religious and philosophical views on life after death and reincarnation and planes of existence but the only things you can be sure of is that you have this life that you are experiencing now and that one day this life will be over.

Life is not a practice session it is the real thing. Every moment you live is a little piece that, when taken together with all the other moments, creates your unique life. The clearer the picture you have of that life as a whole, the easier it is to know where and how this present moment best fits into that life.

Try the weekly and monthly exercises outlined above as you will find your life taking a more inspiring direction.

Article Source: <http://www.articlesnatch.com>

About the Author:

James Delrojo would like to help you by giving you his ebook "Unleash the Success Power of Your Mind" (valued at \$27) completely FREE. Go to <http://www.YourSuccessMind.com>

Managing Moments More

Here are books to help you to embrace the magic moments in your life.

Real Moments: Discover The Secret For True Happiness
– **Barbara DeAngelis**

The Power Of Now
- **Eckhart Tolle**