

Simply Speaking by Vivian Lavarney Dion

Turning the table is an old expression, and last week it had special meaning for me.

It's derived from the following: Years ago houses were sparsely furnished, and many pieces of furniture and household items served multiple purposes. For instance, an ironing board became a step stool. The kitchen table became a workbench, a desk, and a place to eat. Splattered with wax from candle making, stained with beet juice from canning, or scratched and gouged by a carpenter making a chair, the table was the centerpiece of the house. Many times, family members would eat lunch in the midst of everyday projects. However, with company coming the table took on a new life when turned, revealing a smooth and clean surface on other side. Thus, the phrase *turning the table*.

"Hi Viv, how are you doing?" rattled the other end of the phone line. It was my former boss, Mark.

For fifteen years, we were like gears of a machine, knowing what we had to do, and accomplished our tasks.

I remember hearing pride in his voice when he announced that his daughter was going to UNH. A few weeks later Mark, looked like

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a teenager as he walked into the office with a baseball cap on his head that carried the distinctive university letters.

His desk held family photos and one of his other loves: a beautiful boat docked at Winnepesaukee. Our day usually began with two words, "Good Morning". If Mark's words were smooth and long like "Goood Moorning", he was in a good mood, but, if he said "Morn'in", or nothing, I knew to keep out of his way. He didn't talk

much, and worked with focus and determination. He knew blueprints and construction like the back of his hand, paying attention to the smallest detail.

As our telephone conversation continued, he said, "I'm in the job market and have listed you as a reference. Is that okay?" "Sure, I'll be pleased to give you a reference", I replied. Other bits of information were exchanged, but our conversation lasted only a few minutes. I wished him well in his job search, and enthusiastically said, "Goodbye and good luck," thinking, my how "the table had turned".

As I turn back to my own writing table, I think it's a pleasure to help Mark. His star will shine brightly as the next phase of his live begins.

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IPPW Member Information

If you haven't signed up for your *In the Presence of Positive Women* membership yet, *what are you waiting for?*

There is no better time to get involved with other positive women than the present. Your involvement can be as simple as just reading your monthly newsletter (filled with motivational and inspirational articles), you can be actively involved by helping to start a chapter in your home town—or anything in between. The involvement is strictly voluntary, your membership is for you.

Our goal is to foster an environment where women meet to share tools of empowerment and find courage to reach their potential. We invite you to become part of a new wave of organization—one that is being created by you, for you.

A few of the benefits besides the newsletter include discounts on IPPW events, merchandise and advertising in the newsletter.

Visit our website www.positivewomen.com for a membership application.

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Change Your World with the Power of Your Words!

by Norene Freeman

Do you have a dream? Do you have the desire to look, sound, and feel your *best* as you communicate your ideas to the world? Do you want *results*? Then it's time to **c o n s i d e r** what you say and how you say it.

For many of us, it's hard to even think about our dreams. We're lost in the haze of taking care of others and often forget our own. But eventually, if we live long enough, we'll begin to take seriously the call of love that whispers in our hearts and urges us to talk about what we care most about.

What do you care most about? What do you long to create in your life? What do you wish to have? As we discover our answers to these questions, we're able to focus on what's right for us and bring our dreams to reality.

Several years ago my parents suddenly died eighteen days and a thousand miles apart. My inner world turned upside down, and I found myself flat on my

back with a herniated disk. I was "forced" to take a good look at my life and ponder whether or not I was making every day count. I was a responsible wife, mother,

that matter? And which ones cluttered my life with debris?

If you have a dream and want to feel, look, and sound your best as

you communicate your ideas to the world, get rid of the junk and focus on a vision that lights you up! Entertain thoughts that support your vision and focus on them until you *feel*

"If you have a dream and want to feel, look, and sound your best as you communicate your ideas to the world, get rid of the junk and focus on a vision that lights you up!"

and psychotherapist living "the good life" but felt unfulfilled. My spirit was chomping at the bit to express itself and began to lead me on a journey to my innermost truth.

When I arrived at my destination, I began to appreciate the power of my thoughts and intentions. I began to realize that my outside world reflects my inside world and the power of my thoughts and words create it! I took a look at the kinds of thoughts that filled my head and the words that came out of my mouth. Which ones were in my best interest and for my highest good? Which ones were *true* for

the passion you have for your dream. Then choose to use words that empower you and your audience... *I can, I am, I will, I choose, I have, I love, I create and I enjoy*. Believe in yourself and your dream and you'll be amazed by the results!

Norene Freeman, MSW is a life coach who is passionate about living her potential and inspiring others to do the same. She enjoys speaking, coaching, and performing. She hosts and produces "DreamMakers", a life-changing reality-based television series about local people who are listening to spirit and reaching for their true dreams. To learn more, call 207-967-8802 or visit www.dreammakerproductions.org.

Confidentially to CB:

Sometimes, no matter how hard we try, we can not "get a break" in the game we call "life". When this happens, instead of thinking "how bad" we must be, why not think about changing our tactics.

You are not bad, dear one, you are good, deserving of great things. It might be time to invest in yourself by way of counseling. Remember, every one, from time to time, needs help.

♥ Debby

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the person I am supposed to be.

As I look back at how I have changed, there are three things that stand out in my mind as to how I have actually recreated myself.

- 1) I decided that my life was going nowhere and I sincerely wanted to change.
- 2) I kept forcing myself out of my comfort zone and kept doing the thing I dreaded the most (putting myself in social situations and where I would be forced to speak in public).
- 3) I put osmosis to work for me. I met people who I thought I would like to be like, and basically hung around with them, joined groups they were involved with and asked for their help with getting over my fears.

I absorbed their energy, I assimilated them. Whenever I would get myself into a situation where I didn't know what to do, I could ask myself, "Well, how would Jane do this?" Or "How would Linda handle this situation?" and then assume their personality and go about the task. It worked. Now, it must be mentioned here that I never tried to "pass myself off" for these individuals, that would be too weird. But what I found was, the people I tried to be like, were people who my real personality (one that I kept hidden, even from myself) was most like. I chose very outgoing people, and little did I realize at the time that I was actually even more outgoing than they were.

I also must point out that even

though I say I "absorbed" their energy, I was certainly not being an energy vampire. We all know who they are, the people that after spending time with them you always feel exhausted, like they have "sucked" the life out of

"It's sort of like love—if you give it away, it actually generates more for the giver."

you. No, I absorbed their positive energy, but in return I created more for them and me. It's sort of like love, if you give it away, it actually generates more for the giver. I absorbed their positive energy, and gave back more than I ever took.

Whenever I am "In the Presence of Positive Women", or positive people for that matter, I just plain feel better, don't you? It is through osmosis, that exchange of energy, which makes my heart sing. I need to be in their presence, I need it to survive and thrive.

Most people can understand the concept that being with happy people makes you happier. But what about negative or low vibration people? Does this concept apply as well? You bet!

Hang around with people who have a negative outlook on life, and it will begin to seep into your consciences. Be with people who feel that life is bad and nothing goes their way, and you will begin to think on those terms. Invite victims into your life and you will begin to feel victimized. Whiners will help create more whiners. If you are in a circle of liars, you will eventually start to lie.

My point in all this is to help people realize that this "osmosis" thing does happen, for good or bad. We need to start watching out who we spend time with, where our interests lie and what we can do to maintain a "positive" attitude.

I for one, try to fill my life with upbeat people whom have goals and actually take steps to achieve them. I don't "hang" with people that talk the talk but never walk it.

I like to be around nice people. People whom are caring, that wish to help humanity. I like their energy and feel good in their presence.

I also enjoy being around creative souls. I enjoy my "crafting" days, as much as when I am writing a speech or an article. I love creative people.

My point is this – life is short, there are only so many hours to a day – Try to be sure you spend a great deals of those precious hours in the presence of positive, truthful, fun, creative, caring people and put osmosis to work for you.

♥ Debby

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