



Creative Living with Sheryl Borden 7300 Series Home, Hearth & Health - I



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Home, Hearth & Health

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Mindfulness of Body Practice” is in Section I on page 3, whereas “Projects From Minwax” is in Section II on page 9.

MINDFULNESS OF BODY PRACTICE

This practice offers space to experience sensations fully, openly and with awareness.

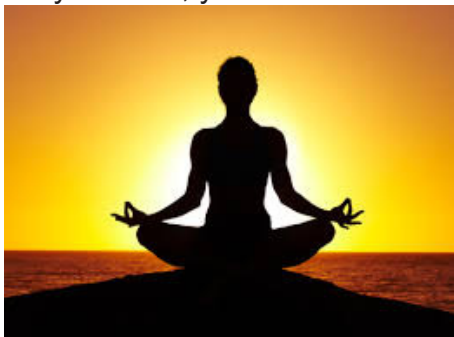
1. Find a place where you can sit comfortably, settling into an upright posture - perhaps on a chair with a firm seat, with the spine self-supporting, hands on thighs. Let the body be upright, but without straining or stiffening. You can close the eyes, or have them open, perhaps letting the gaze fall downwards. Notice how this posture feels right now.

2. Open up awareness and notice sensations in the whole body. Be aware of contact - texture and temperature in parts of you touching the floor, chair, clothes, other body regions, the air around - as well as internal sensations, such as tightening, relaxing, pressure, fatigue, heat, cold, aching, and so on.

3. As best you can bring interest to pleasant and unpleasant sensations, allowing them to be felt fully. Be aware of preferences - liking some sensations and not liking others - and notice when and how you're getting caught up in or resisting them. Be curious about any changes in location, intensity or quality of sensation.

4. When you see the mind wander into thinking, gently let go of thoughts and come back to feeling. When you notice the mind wandering elsewhere (e.g. to sounds), acknowledge this also, bringing it back, as best you can, with kindness.

5. If the mind feels very scattered, or sensations are particularly intense, you could come back to mindfulness of breathing for a time, using the breath as an anchor for attention once more. Open up



to the whole body again as you feel ready. Perhaps imagine that you're breathing into and out from the entire body.

6. After you've practiced, experiment with staying present to body sensations as you move into whatever comes next in your day.

How Meditation Helps With Difficult Emotions

How are you feeling? Meditation gives us a chance to entertain that question at a deeper level. In *Getting Started*:

Emotions, *Mindful* shares authoritative practices to learn how to tame raw, difficult emotions and foster feelings that are positive, powerful, and beneficial. For a sneak peek, here are some meditative practices for working more creatively with fear.

It's hard to imagine life without fear. Its raw power can save lives. It can also paralyze us and invade every part of our life. Taming it and directing it is one of life's greatest challenges.

Fear is primal. And essential for survival. It's highly energetic, and even exhilarating. Lots of people love horror movies, and kids (young and old) get a huge kick out of scaring each other. But fear is no joke. It can be a highly aroused state that overtakes us in response to a perceived threat, causing us to either fight, flee,

freeze, or faint. It can be a deeply unpleasant feeling.

As with all emotion, the practice of meditation can stabilize us enough in the midst of fear to help us see more clearly - to distinguish a false threat from a real threat that needs to be acted upon. The type of fear meditation can have the most effect on is the fear (and fears) that we continually generate in our own minds, the product of our rich imagination and our desire to control everything, rather than be tossed around in the risky and stormy world.

As our fear rises, we can start yammering in our heads to reinforce the size and shape of the threat: "They're not going to like me... they'll think I'm stupid...I'll never get another job...I'll lose my mind.. and all my friends... and my apartment..." By now, our palms are sweaty and we're in a total panic.

The good news: This is all natural. The very intense energy of fear, when we're able to let it dissipate, can become a powerful driving force. It's nothing other than the energy of life.

Practice

NAME THE FEAR: Being able to recognize that fear is present can be hugely important in not allowing it to control you. As you **NOTICE** your heart pumping more, your chest tightening, your back stiffening, let an imaginary alarm bell go off in your head. Take 3 or 10 or 20 deep breaths, however many you need to **SLOW** your body down. Place your hand on your heart if that will help.

Acknowledge to yourself, "I'm scared. I'm afraid."

NAME THE FEAR so you automatically create a bit of distance between yourself and the intensity of the emotional reaction. Say a few phrases of **WELL-WISHING** toward yourself and for others:

- May (I/others) see the source of our fear.
- May (I/others) be safe and free from fear.
- May (I/others) be happy and at ease.

Practice



LEAN IN TO FEAR: Whenever you feel the energy of fear, **DON'T AVOID** the feeling. Sit with it. As fearful thoughts of dread and worry continue to arise, approach them with **FRIENDLINESS**. Don't treat them as a threat. Be kind toward yourself for being afraid. See what happens when you hold your ground and let the fear rise in your mind. You may **FIND CONFIDENCE** within.

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BEST BAGLESS VACUUM CLEANER



Unlike traditional vacuum cleaners, Sirena doesn't require bags to collect dust and dirt. A large 3.5L basin filled with water is where all dust and dirt gets trapped. Water never clogs the way most bags, or filters in bagless vacuums, do. Sirena cleans 100% of the time — at 100% efficiency.

When the air is pulled inside, it is forced to pass through the water where the contaminants (e.g. dust, pet hair, dust mite droppings, etc.) are trapped in a swirling bath of water. A rapidly spinning separator prevents the water from entering the motor. The air is then forced through a washable HEPA filter which retains anything that didn't get trapped in the water (usually less than 0.01% of all particles). Finally, the clean, water-washed air is exhausted back into the room.

Vacuuming with Sirena is a breeze. Begin by filling the basin with regular tap water. Make sure the water level is above the "MIN" line and below the "MAX" line. You can also add optional fragrances (from our Fragrance Pack) or a cap of our Ocean Breeze Deodorizer directly into the water before cleaning.

Adding fragrances or deodorizer doesn't affect the cleaning efficiency. You can also switch the scents half-way through. Simply inject a few drops directly into the intake, there is no need to turn the machine off or to open the basin! Our Fragrance Pack includes four natural fragrances: Pine/Tropical/Apple/Eucalyptus.

Sirena's water basin is designed to protect the motor from being damaged by large debris entering the machine. A special baffle is located right behind the intake port to help keep large debris away from the separator and to intensify the "rain storm" inside the basin.

Sirena's large 3.5L basin allows you to clean the entire house without needing to replace the water. When you have finished cleaning, detach the basin and pour the dirty water (it will be very dirty the first time you use Sirena) down the toilet or outside.



We want your Sirena to last a very long time! It is designed with safety and longevity in mind. The motor is bypass-cooled, so it will never overheat. Sirena also features an interlock system which prevents it from turning on if the water basin is not attached.

Make Your Indoor Environment Healthier



Health and safety of our children is a top priority for every parent. Kids love playing on carpets making it extremely important that the carpets are thoroughly cleaned. Sirena is designed to deep-clean all types of carpets. Here is how Sirena does it:

1. Sirena features a powerful 1200W Italian-made motor providing enough suction power to reach the lowest layers of carpets.
2. Our Power Nozzle features 3 user-adjustable height levels for best possible airflow and the ease of motion on different carpeting surfaces.
3. Unlike with bags or filters, water will always maintain maximum cleaning efficiency.



The United States Environmental Protection Agency (USEPA) warns that indoor air can be up to 20 times more polluted than the air outdoors. Dust mites, mold and airborne particulates can cause breathing difficulties and aggravate allergic reactions. Sirena improves the indoor air quality and eliminates allergens

1. Water is an impenetrable barrier for most airborne particles including dust, pollen, and dust mite droppings.
2. Some contaminants are non-water-soluble (e.g. sawdust, drywall dust, etc.). Those will be captured by our washable True HEPA filter.
3. Adding a few drops of eucalyptus oil into the water will quickly relieve nasal congestion.
4. You can run Sirena in the Quiet mode overnight or during the day to continuously purify the air in the room.



Any pet owner will agree that pet hair can be a nuisance. Not only will it stick to nearly every surface in your home, it makes cleaning a nightmare. Pet hair can also cause or exacerbate allergies. Traditional vacuums lose cleaning efficiency very quickly as pet hair clogs the air holes. Sirena's water-based filtration is the ultimate answer to pet hair problems:

1. Sirena comes with a tool for every surface in your home, including soft furniture and hard-to-reach spots.
2. All Sirena tools (including the Power Nozzle) are designed for maximum airflow making it easy to pick up pet hair from carpets and floors.
3. The large 3.5 litres water basin capacity makes it possible to clean multiple rooms or the entire house without needing to change the water.
4. Discarding the dirty water is very easy. You can forget about dealing with clogged vacuum bags!

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IT'S ALL ABOUT THE AIRWAYS!

What is the most important nutrient for any living being? Why air, of course! We can't survive long without it, yet many cultures put no emphasis on either airway development or breathing skills, believing we lack control over these. Instead, we "manage" airway problems like snoring and obstructive sleep apnea (OSA) late in life, with great misery and expense along the way. Currently, about 1 in 15 adults have moderate to severe obstructive apnea. Most have no idea, though they may wake up exhausted, have headaches, a dry mouth, sexual dysfunction, and even depression.

OSA happens when something, usually the tongue, blocks the airway during sleep. Breathing muscles struggle to open the choked airway. Breathing generally resumes with a loud gasp, snort, or body jerk.

Can children have obstructive apnea? Absolutely! And it can cause severe behavior and learning problems as well as permanent brain damage. OSA in adults aggravates virtually every chronic disease and triples stroke risks, partly because a squirt of stress hormone enters the blood stream every time they choke, and that can be hundreds of times a night. This is what raises blood sugars, damages blood vessels, and shuts down the brain. It also reduces oxygen flow to vital organs and can cause irregular heartbeats.

Have you ever wondered ...

... why so many kids have crowded teeth, eventually need wisdom teeth extracted, or why growing numbers of children have ear infections, ADHD, asthma, jaw joint discomfort, you name it? These symptoms, and at least 30 other health issues, are generally late stage signs of incorrect breathing and underdeveloping airways due to poor oral posture. Yes, genetics play a role in how facial bones grow, but less than most realize. Think about it. How do orthodontic braces work? Slow, steady pressure over time move the teeth and reshape the jawbones into how they are set. Facial muscles, including the tongue, do the same – guide facial growth – and thus airways from birth.

For children who still have a lot of growth potential, correct answers to the following self-assessment allows expansion of the middle face's airway space and the forward growth jaws need to accommodate

all teeth without crowding. Adults benefit as well. Correct posture prevents further damage and actually builds more tongue and airway space.

Oral posture self-assessment:

1. Are your lips together or apart?
2. Right now, where is your tongue resting? Is it on the floor of your mouth or the roof? If it is up, is just the tip of your tongue resting up or is it suctioned to the roof front to back? Does the tip touch your front teeth?
3. The swallow is harder to assess, but basically a correct swallow involves almost no facial muscles. One should be able to swallow with the lips apart. Only the back part of the tongue should move. It lifts during the swallow.

How familiar is the left facial profile? The weak chin, flattened cheekbones, and strained face? She mouth breathed all her life and so had more vertical growth than forward growth. In fact, the lower 2/3 of her face did not expand appropriately, so her airway spaces are tiny. Within 3 years, an aware dentist using a novel orthodontic approach, was able to maximize the remaining forward growth potential she still had to allow her mid-face sinus spaces and both jaws to expand forward and out. In the right image, her face is less strained, her lips fuller, her cheekbones more pronounced. Even her nostrils are now larger because she started to use them. Her tongue has adequate space now as well!



Myofunctional Therapy

Her orthodontist didn't accomplish this facial and airway transformation alone. Jenny worked with a myofunctional therapist to help retrain her orofacial muscles and brain to gain correct oral posture by re-patterning habits – toning some muscles and extinguishing other patterns in a way that created more space for her tongue. The training created muscle memory, just as one would perfect a tennis swing. Myofunctional therapy is used to build better airways in children and adults.

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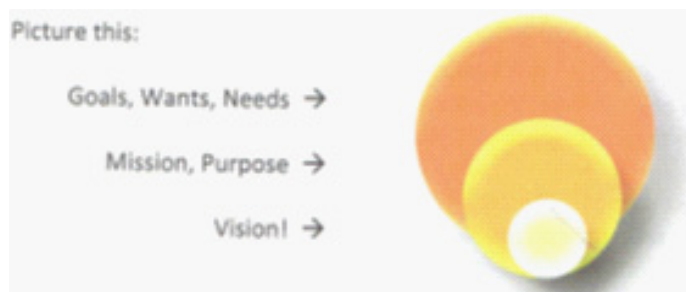
Creating a Life Vision

We were all put on this beautiful planet, in this abundant world, for a REASON, each of us unique. We all desire to be self-defined. So why do we spend so much time letting others define it for us? The best part of unleashing your Inner Hottie is finally understanding that this whole process is an inside job: to discover your life purpose, to live in abundance, to revel in self-love and acceptance, and to serve at your highest level in your greatest good!

You cannot live this way if you are letting someone else write the agenda. You are in charge of writing your own script! What stories do you want to be telling someday from your rocking chair? Come on! Make them juicy, exciting, and HOT!!

To unleash your Inner Sexy Fit requires **DAILY ACTION STEPS** so you can hit your Hottie bulls-eye. Sure, crappy things happen. Even tragedy will strike your life and knock you to your knees. But if you develop your resilience muscle and keep self-love and acceptance at the core of how you live on a daily basis, you will be AMAZED by how your life looks and feels.

Why is creating a life vision so important? Because creating a vision statement is the framework necessary to creating a powerful and amazing life! It provides the direction necessary to how you live each and every day.



At the center of you is your vision, your Inner Hottie target bulls-eye. That is what your ideal life is going to look like when you are living your life all in. This is where the good stuff starts and ends.

Let's start with creating your Living Sexy Fit vision! So you are ready to make a big change in how you live your life, but you just cannot figure out where to start.

What happens is, because we don't put a plan and structure around our dream, our commitment wa-

vers. And then the stinkin' thinkin' cycle begins anew, and BAM, we find our head in the fridge looking to feed our disappointment and disgust. Why do we keep doing this?

Well, unless you have a crystal clear vision of what you want and how your life will be different when you achieve it, you will end up beating yourself to a pulp because all you see and experience is your failure. So can we all agree to stop this nonsense?

Vision Statement: A guiding light that shines in the darkness, illuminating your hopes and dreams. Your vision statement is a written description of how you want to live your most amazing life. It serves as a guideline for how you live every day.

To create a vision that motivates, encourages and drives you, consider the following:

1. What is the most positive and affirming mental image you can create of yourself in the not-too-far-off future?
2. Where are you?
3. What are you doing?
4. Who are you with?
5. What are you wearing?
6. How is the weather?
7. What emotions are you experiencing as you celebrate your Living Sexy Fit life?

OK, now it is time to put pen to paper and write down IN DETAIL your vision for yourself, including what you will be doing and who you will be with.

- Be sure to write in the present tense
- Write about things you enjoy doing on a daily basis
- Write about what you value
- Write about what fulfills you
- Answer this: In my amazing living sexy fit vision, I am...

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