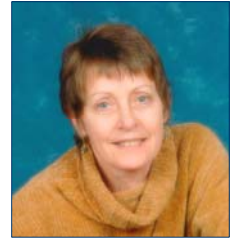


Bedtime And Toilet Training Solutions

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Bedtime and Toilet Training Solutions Ultimate Parenting Club: Weekly Email. Monday 29th – Sunday 5th October 2008.

Sayings for the Week:

“Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much because they live in the gray twilight that know neither victory nor defeat.”

Theodore Roosevelt

“Our doubts are traitors,
And make us lose the good we oft might win
by fearing to attempt.”

William Shakespeare

“There’s a two step formula for handling stress.
Step 1: Don’t sweat the small stuff.
Step 2: Remember its all small stuff.”

Anthony Robbins

Wisdom from “The Secret”

“The dictionary defines *blessing* as “invoking divine favor and conferring well-being or prosperity,” so begin right now to invoke the power of blessing in your life, and bless everything and everyone. Likewise with praising, for when you are praising someone or something you are giving life, and as you emit that magnificent frequency, it will return to you a hundredfold.”

“The vibrations of mental forces are the finest and consequently the most powerful in existence.”

(Charles Haanel – 1866-1949)

Wisdom from “You Can Heal Your Life” by Louise Hay.

“In the infinity of life where I am, all is perfect, whole, and complete. I see any resistance patterns within me only as something else to release. They have no power over me. I am the power in my world. I flow with the changes taking place in my life as best I can. I approve of myself and the way I am changing. I am doing the best I can. Each day gets easier. I rejoice that I am in the rhythm and flow of my ever-changing life. Today is a wonderful day. I choose to make it so. All is well in my world.”

Daily Words of Wisdom:

Monday:

Grain: *Today I give nurturing to the pure potential of love that I am.*

Seeds are potential plants, from redwoods to lettuce leaves. They grow all sorts of amazing foods, and they provide heat and shelter. Love is like water that nurtures the seeds of potential in our hearts. The more we love ourselves, the more we can grow to our full potential, nurturing the love that we are.

Tuesday:

Storage: *Today I sort what I have stored away and clean my house to prepare for the next season.*

How are you sorting your surplus and clutter? This is a good question to ask as our seasons change.

***** October *****

“Rejoice at your life, for the time is more advanced than you think.”
Chinese Proverb.

Wednesday:

Heart: *My heart is the centre of my being, the centre where my understanding meets the challenges that present themselves. It is where my inner child meets my adult and my higher awareness. I bring conflicting parts together in the garden of my heart and am at peace.*

Thursday:

Help: *I practice receiving. I can ask for help when I need it.*

There is no shame in not knowing how to go about something. When you ask for help from others, you give them an opportunity to complete their purpose and offer their wisdom.

Friday:

Colorful: *I enjoy the colors of the season. I allow the colors to stream forth into my heart and feed my soul. These colors of gold, red, yellow, and orange are full of vibrancy. I take in the vibrancy of color.*

Saturday:

Warmth: *As the weather changes, I notice the coolness of the season and the changes that come with the approaching winter weather. I notice the places in myself where I am feeling cool and warm toward myself and others.*

Sunday:

Changes: *This is a time of many changes in the weather, as well as changes in me. I notice what needs changing, and I give my attention to it. I am at peace sorting and letting go.*

***** Breathing Together *****

What better meditation than that of breathing together with someone you love either your significant other or your children? When you match your breath with that person inhaling at the same time and exhaling just a little longer than he or she, there is a powerful physiological and emotional resonance. Besides being calming, it helps connect you both in love and harmony.

Recipe for the Week



Trifle

Serves 4

Nut-free

- 12 sponge fingers or 1 bought sponge cake

- 1 packet raspberry jelly
- 1 cup frozen or fresh raspberries
- 1 cup canned or fresh peach slices
- 2 tablespoons custard powder
- 2 cups milk
- 150mL thin cream, whipped
- Grated chocolate to decorate

Line the base of a glass bowl (mine is 18cm diameter) with 3-4 sponge fingers. If you have a larger bowl, use a single layer of sponge on the base and the sides.

Dissolve jelly crystals in 250mL of boiling water and then add cold water to 500mL. Stir in raspberries and place in fridge to set (frozen raspberries speed up this process).

Prepare custard by dissolving custard powder in 1/2 cup of the milk. Heat the remaining milk in the microwave or in a small saucepan until near boiling. Stir in the custard powder mix and continue to cook for another 2-3 minutes until thick. Cover with plastic film and cool in the fridge.

Chop up set raspberry jelly and pour over sponge. Add another layer of sponge (if using a small bowl) and top with peach slices. Add another layer of sponge and pour in custard. Top with whipped cream and grated chocolate.

Refrigerate until needed.

Notes:

- Trifles are generally not very exotic, but they are such a tasty combination of sponge cake, jelly, fruit and creamy custard. Even better, they can be made in stages and feed a small army.
- I like to set the jelly before adding it to the sponge because I prefer my sponge to be 'spongy' and not soggy. But if you aren't bothered by this, just pour the jelly straight onto the sponge.
- Mum always decorated the top of our trifles with Crushed Nuts, which caused much mirth as we grew older. Unfortunately, they are now called 'granulated nuts'... nowhere near as amusing.
- Buy some thick prepared custard to make this recipe even simpler to make.
- Use low-fat milk to make the custard, or buy low-fat custard, and omit the cream to make this a low-fat dessert.
- And I love the idea of putting the trifle into smaller individual see through glasses.

Jokes for the Week

Continuing from last week Touching words from the mouths of babes.

What does 'Love' mean?

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does 'love' mean?'

The answers they got were broader and deeper than anyone could have imagined. See what you think... ..

“Love is when you tell a guy you like his shirt, and then he wears it every day.”

Noelle – age 7.

“Love is like a little old woman and a little old man who are still friends even after they know each other so well.”

Tommy – age 6

“During my piano recital, I was on stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling.

He was the only one doing that. I wasn't scared any more.”

Cindy – age 8.

“My mummy loves me more than anybody. You don't see anyone else kissing me to sleep at night.”

Clare – age 6.

To be continued over the next couple of weeks

Have a lovely week and I'll chat again next Sunday.

Yours sincerely,



Margaret Saunders

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And if I can help you in any way please let me know.