



# Imagine Nation® Today!

## Volume 10

If this bi-monthly newsletter has been forwarded to you and you would like to receive it directly, send an email with your name and email address to: [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) and request to be added to the list! Additionally, I apologize in advance for any typographical or grammatical errors that may be found. Best efforts were made to avoid such mistakes.

Wow - who was ready for March to arrive so quickly, and so warmly? Spring break has descended upon my household leaving peace and quiet nothing but a distant, and fond, memory.

I'm writing this while my children, and others in the neighborhood, have decided that water fights are not just an outdoor activity! Amid the wet distractions, I struggle to stay dry and write this next edition of "Imagine Nation Today!" for March heralds more than just spring cleaning and blooming noses - for those with allergies.

We are three months into a new year that promised such possibility; especially this year. For those who are superstitious, the lucky 7/7/07 is just around the corner. This also means, however, that those resolute resolutions made on New Year's Eve are probably feeling a bit of a strain, if not total neglect. If this is the case with you, let go of the panic and discouragement. Although January 1<sup>st</sup> is a wonderful jumping off point for your dream realization journey, March 19 will work just as well and you can still lose a decent amount of weight before the swimsuit season. Or try April 18, the day after taxes are due (yes, taxes are due on the 17<sup>th</sup> this year) as a commitment to creating stronger, wiser financial habits. If you are the type of person who needs to plan ahead for change to begin, then choose a month, sometime soon, that works better than January did for the outcome you intend to achieve.

"January 1" is just a date. "Now" is always this moment. Resolutions can begin - whenever you want them to. To achieve those hard defined goals, however, may mean not just letting go of the traditional kickoff date, but letting go of some additional baggage as well. You'll learn more in a moment. Before we move on, I wanted to remind you of a few specials just for those who receive this e-newsletter.

### **A Reminder of Some Specials Just For You:**

First, as I said before, I will waive the initial session fee for new clients who sign up by March 31, 2007, a savings of \$90.00! It's time to finally take action on that dream that your imagination has been waiting for you to realize. Remember, gift certificates are available as a show of support for someone you love - with Mother's Day and graduations just around the corner this

makes a great gift.

Second, for those who feel they can journey to dream realization on their own but would like a few helpful tips and insights along the way, I offer \$5.00 off “The Imagine Nation Quickstep Guide to Dream Realization”. Buy it today for just \$10.00 but only as a download. It will be an additional \$5.50 for shipping and handling if you need it mailed. Visit [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz) to download your copy or to order one to be shipped to a family member or friend.

**Haven't heard me speak, yet?**

[Click here](#) and visit [createaway.com](http://createaway.com). Have a listen to a number of my topics on realizing your dreams!

Next, and just for kicks (as well as for a limited time), I have written a fiction manuscript entitled, Ah, The Tick! Discovery of An

Authentic Life. It is a fun, quick read that will both enlighten and entertain you and remind you of the value of your life. If you are interested in receiving a copy of this original manuscript, prior to its (possible) publication, click on the “other services” button on the website and request your signed copy. It will be mailed to you for just \$15.50 which includes shipping and handling. It will arrive by priority mail in a small leather portfolio which makes it a wonderful gift for someone whose dreams are important to you.

And don't forget about my “Power Project” booklet for teens. Jumpstart the new semester and help your youth create a future of choice with this wonderful goal-development tool. It's just \$12.50 (plus shipping and handling) and is a great way to encourage your teen to follow his/her dreams.

The moment is now for you to discover your place of purpose and be the person you were always meant to be. Let me help you travel to that destination successfully!

*As always, I wish you all the best and dedicate this to you in the hopes that you will... keep your dreams alive!*

## **It's Time for a Funeral**

This month's article is different than previous ones as I'd like to share a recent experience of mine. I'm hoping that in doing so, you'll learn the value of letting go and giving yourself permission to move forward in your life - moving forward as a stronger, more assured individual.

My recent revelation came about during a funeral for Young Self. Young Self was the twenty-something me who hadn't existed in over two decades. You may have a Young Self you keep close in your life: a younger “you” tucked safely in your mind, skinny and daringly extroverted. I know I will never again be that fresh, that carefree; that overly confident. Neither will I ever be that fat defying size again, with a figure that stored weight in secret abundance until it was released sometime in my mid-thirties. Nor will I ever again be that casual in my manner, free to flirt, feast, and fly, as I now have a better understanding of the word: “consequences”.

Being me, just myself, is scary but so liberating, as well. I find I am a happier person when I accept myself for who I am.

When I can pull it off it is so amazing and feels so good. I almost don't recognize myself!

When the time came, I found it hard to let Young Self go. She was how I saw myself with my mind's eye. This explains why every time I looked in the mirror I was surprised. That reflecting lie couldn't be me! Yet the simple fact was that under even the best lighting, I was not twenty years younger or twenty pounds lighter. It was time to say goodbye. As long as Young Self lived on in my mind, I would never seriously consider maintaining a healthier, more active lifestyle.

## The Wake

Obviously, a traditional funeral would not suffice, so I created one that best suited the occasion: a goodbye toast with a slice of wickedly decadent chocolate cake and a tall glass of skim milk! With a wistful sigh, I let go, albeit reluctantly, to that young, slender, audacious girl. In that moment I became a woman ready to take control of her life, more importantly, of her health. In letting go of that unrealistic image, I let in possibilities that were *more* realistic with goals centered on the knowledge that a healthier lifestyle ensured my life, or rather, *insured* my life for another forty or so years. Not as a twenty-something year old girl, but as a woman who has lived and learned and gained - more than just weight.

Is there someone inside of you that you need to say goodbye to? Letting go is difficult, and it can be painful emotionally. But in the end, you will find that you are not only lighter for carrying less of a load, but you will be happier with the person you are now.

I had a second funeral. Read below and learn about another self many of us tend to keep obsessively in our lives.

### ➤ Words To Realize By:

*"When an unconscious issue is not made conscious, it shows itself as fate." Carl Jung*

For those of you who have heard me speak, you know that I do not believe in destiny or fate. I believe karma is in the natural order of things, and that luck occurs more regularly than we accept. But when I first heard this line... well, I thought it was so apropos to the way we approach our inner demons. Possibilities exist all around us, however, when we have blinders on, placed there through our negative approaches, our "can't" mentality, our insecurities, we blame destiny or fate for our discontented outcomes. In reality, we are choosing to ignore our options, we are choosing to stay stalled in dissatisfaction, we are choosing to eliminate those possibilities before we can even process their application to our situation.

If your journey to dream realization seems stalled, if you are finding your life to be less than what you feel it can be, look inside. Once you do, take what you find, be grateful for the experiences that put it there, and then let it go so you can move forward toward those things that you not only "say" you want, but what you truly "know" you want and are determined to have.

Make conscious what has been held within too long and all that you desire will be yours to seek and achieve.

### ➤ Read, Listen, Or See:

The Secret Movie (on DVD; go to [www.thesectionmovie.com](http://www.thesectionmovie.com) to learn more)

Here's a currently unpopular opinion, but I wasn't crazy about this movie. Regardless of what the movie implies, there is no conspiracy and it is not magic. The concept it speaks of, however, does have merit - and when used well, can achieve great results. If you choose to watch this DVD keep this in mind: positive thinking can propel you forward, where negative thinking will kill any possibility of forward movement. See the movie, take what seems of value to you, and let the rest go. Feel free to contact me

([My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com)) with questions or insights of your own. Much of what is discussed in this movie you have heard me speak about during my workshops and lectures and within this publication.

If you have a question or a specific area of interest you'd like to share, please email it to: [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com). I will try to include it in an upcoming issue and will do my best to give you a concise response that will move you forward on your journey.

### ➤ Time To Share:

*"You've spoken before of having a funeral as a means of letting go of false ideals. What other funerals would you suggest a person have?"* Chandler, AZ

To answer this question, I'd like to share another funeral that I experienced. One that was, and sometimes still is, difficult for me to come to terms with. At about the time I said goodbye to Young Self, I realized the time had come to say goodbye to Non-existent Woman: the person I always thought I would be and never became.

Whenever I didn't handle a situation right, whenever I was not more, or I was too much, I thought of her. My Non-existent Woman handled everything just right. In my mind, she was more successful, more highly regarded, more perfectly groomed, and more well-mannered. She spoke at the appropriate times, always knew when to listen, and never worried about having said too much. She was the perfect person when I was not - the me I would become when I became a successful adult.

You may have a Non-existent Person in your life. That image of who you thought you would be by a certain age, yet haven't truly achieved, at least not in your eyes. That's the interesting twist. You probably have more of those characteristics than you think; more than you give yourself credit for yet do not see or appreciate. It seems our best qualities can only be seen in others, rather than in ourselves.

The problem with Non-existent Woman for me was when I realized: if I were always wishing I were more like her, who I was, who I *had* become... must not be good enough. With that thought, letting go of Non-existent Woman became much easier.

It was difficult to accept that who I was, was well, acceptable. I struggled with it, looking for my flaws, flinching at my defects, turning away from my blemishes. Moreover, when I *could* get around to accepting myself, there was usually someone whose words I took more to heart than I should have, confirming, once again, that I was an imperfect creature. Once I realized that Non-existent Woman had to go, however, I was able to accept those imperfections as qualities that made up my character; they defined me as a unique, and worthy, individual.

What helped get me to this place of acceptance was realizing that Non-existent Woman hadn't experienced as much as I had. She wasn't the one who had risked giving her heart to another. She wasn't the one who had gambled on starting her own business. She wasn't the one who had cried when life tore at her or rejoiced when she got more than she could ever have expected. More, she wasn't the one who had given birth to two beautiful, imaginative, and crazy kids. I was the one who had done it all, lived it all, and I bore the scares to prove it!

That made *me* remarkable.

The funeral for Non-Existent Woman was quite special; she was very well thought of, after all. I admit that I miss escaping into her ever-welcoming perfection whenever I squirm after the fact or second-guess my next step. However, her services are no longer required. I committed to not only stand on my

own two feet, but to be proud of where those two feet take me. I realized I was not perfect, but I definitely had character, which perfection tends to lack. In recognizing this, I was able to appreciate who I was, which made the person I would become, someone to look forward to becoming, imperfections and all.

Interestingly, although no one has ever met *my* Non-existent Woman, I am told that I have many of her qualities that I have always admired. Maybe I do, or not. I accept who I am, and look forward to the flawed person I will always be.

There are many sides to ourselves that we hold onto more out of habit, than necessity. Saying goodbye to our inner hang-ups can be a healthy alternative to the life-long self-beatings we usually like to indulge in. Maybe you have an inner-relationship that you need to end. Do you have a Negative Ninny who criticizes all the time or a Jealous Jerk that always envies others? Or do you harbor a Snippy Sibling who picks at her family or a Bitter Baby who wallows in self-pity. Take a day and say a fond farewell to those negative hangers-on for good. Recognize who you truly are, acknowledge your imperfections, and **let go of that which binds you to unrealistic expectations**. In accepting that you are less than perfect, that yesterday is done and over, and that life creates character, not failures, you can move into tomorrow with a more positive and productive attitude.

Check out my website at [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz)

My website has undergone some dramatic changes. Visit it often to see what's new and feel free to share your thoughts on the look!

## Coming In May: Something New!

In other words, I haven't got a clue. But you know it will be something useful for your journey to dream realization. How about: getting along with others in a positive and productive manner? That just might work! But you'll never know, until you read your next "Imagine Nation Today!" e-newsletter!

## Taking Care Of Business

### Ready to Hit The Road? Start Here!

The Imagine Nation® Method of Dream Realization is the most effective means to achieve your dreams. As your goal strategy partner, I will work with you to identify your dream, develop it into a concise goal, and then give you the guidance and insights needed to achieve it. This method, along with the support and accountability of a professional strategist, will enable you to turn your dreams into reality.

You will also receive a comprehensive handbook (a \$149.00 value) that details my method, allowing you to keep your dream alive between sessions and throughout your journey. It includes several precept/maintaining motivation cards to keep

### Looking To Travel Alone?

I've created a wonderful tool to utilize if working with a goal strategist isn't in your immediate future. "The Imagine Nation Quickstep Guide to Realizing Your Dreams" is a synopsis of the method that is used with my clients. It won't replace having a goal strategist as your partner, but it does highlight the tips and insights needed to help you identify and achieve desired outcomes: great for the independent traveler. Included is an overview of the method, areas to take notes, a planner, Two-Do sheets, precept/ motivational cards, and a cheat sheet. Also, it is now available to download so you can have your copy today! At just \$15.95 (plus shipping if you don't download) it's a cost-effective way to jumpstart your journey to dream

around as handy reminders, Two-Do sheets, and a cheat sheet to help you stay on track during the realization of your goal.

Give me a call today at (480) 940-4562 or email: [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) (note underscore between words). Let's schedule the start of your dream realization journey now. Isn't it time to invest in you?

realization, and it makes a wonderful gift for fellow dreamers!

**Purchasing Information** - If you're interested in purchasing the guide visit [www.Imagine-Nation.biz](http://www.Imagine-Nation.biz) and click on the Services link today. You can download your copy immediately or have your guide sent to you by priority mail for just \$5.50 extra.

## Interested In Receiving Back Issues of "Imagine Nation Today"?

If you are interested in a previous issue, or know someone who is, just email me at [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com). Let me know which issue you want and I'll forward it to you immediately.

### Not Interested in Receiving My Emails?

To be removed from this mailing, just email me at [My\\_Imagine\\_Nation@hotmail.com](mailto:My_Imagine_Nation@hotmail.com) and type "remove" in the subject line. Be aware, however, that you will be completely removed from my database unless otherwise noted in your email.

### DISCLAIMER!

As your goal strategist, you will find me an effective navigator on your journey to dream realization. However, as I am not a psychologist, therapist, or mental-health professional, I will not take on inner demons best treated by trained counselors; nor should any other goal or life coach of any sort. If you have issues that are beyond your ability to control, take them to a licensed professional, then come back to me, and let's work together to realize your dreams!

*Until we meet again... Keep the dream alive!*

Nancy Nordstrom

Goal Strategist with Imagine Nation

[www.Imagine-Nation.biz](http://www.Imagine-Nation.biz)

(480) 940-4562

©2006 N.E. Nordstrom. All information in this newsletter is copyrighted. No reproduction of material is allowed without the express written authorization of Nancy Nordstrom. Imagine Nation is a registered trade name.