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Doreen's News

Be Inspired and Live a Life of Passion

May 2009

MY LAST DAY IN THE HOSPITAL

MY GRATITUDE IS OVERWHELMING.

The sun is shining and the smile on my face stretches from ear to ear. There are tears but they are tears of gratitude and joy. It takes an accident like this one where I broke my hip, to realize how many friends I have, how many care for me. I want to share with all my friends, clients, family and readers, my appreciation for all the flowers, gifts, phone calls and the welcome gifts of homemade soup so generously brought to me.

It was a blessing that I was sent to St John's Rehab Hospital where I have been languishing for the last two months to let my body heal. I believe that there is a reason for everything. Was the reason for my being here that for me to meet such wonderful people? The nurses and staff are caring and wonderful. Christa just passed by and when I said to her that it takes someone like me who spends her life caring for others in the real estate market to truly appreciate what the nurses do and how they care for us in this hospital. Her reply to me was "We wouldn't be here if we didn't care".

This must be true because I see patients who are far worse off than I have been. They require much deeper care than I have needed. The nurses are there in the middle of the night comforting those with cries of pain. I take off my hat to all at St John's from the doctors, nurses and therapists who work directly with the patients, to those who keep the premises clean and provide the meals on time every day. Each one has their place in helping St. John's run smoothly and the caring and work they do is far superior to mine. I find and care for the homes where my clients spend their lives and raise their families. However, those at St. John's care for the lives of the patients, allowing them to live in the homes I find for them.

Only time will tell me the reason for my being here.

Check out our website for free information for buyers and sellers!

www.doreenbaran.com

See a Virtual Tour and imagine how your home would look presented to the world just like that. Awesome!

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A PITCH FOR MY DAUGHTER-IN-LAW

Barbara Lowden, my daughter-in-law, who has been looking to replace her lost position as a Human Resource Advisor, must have had my Dad, Bill Race, whispering in her ear because she has now, finally, after producing a specialized skin cream for the past five years, decided to make it available to men or women looking to improve their skin at a very low cost. She tells me it has to be low cost so she can start somewhere!

This cream is made of only very pure products! You don't keep it around forever because there are absolutely no additives nor preservatives in the creams. After shipping, the contents shrink a bit just like a very pure food would do!

I personally have used it for several years and my facial skin is surprisingly young and smooth. While in the hospital, I looked at my arms and they were very wrinkled! What an opportunity! I decided to do an experiment and put Barbara's cream on one arm only for the past two weeks. There is a decided difference! Now Barb and her husband, Ed, are testing it on one foot only where their feet are calloused and the results are surprising. Ed uses it for an after shave to give him a smooth skin and a healthy glow. To say the least, Barbara looks ravishing, using the same cream for cleansing and for softening her skin!

Oh, by the way, if anyone would like to know more about Barbara's products, she would be delighted to hear from you! Call Barbara Lowden, at 1-604-520-0526 and leave a message or email her at balowden@shaw.ca.

Bill Race was our Patriarch, my Dad, and will he be proud to see Barbara as an entrepreneur.

We wish you much success Barbara in being another entrepreneur in our family !

THANK YOU SAM ! YOU FIXED MY BLACKBERRY !

To be really up to date, I bought a Blackberry!

I can be at the office, at home or in California and the same phone number works. 416-487-0827. You can email me and I can respond. doreen@doreenbaran.com. Your phone number will be with me always☺

My Blackberry needed an experts touch! My friend, Florence, took me to her Rogers store in the Beaches and her friend Sam. She had been raving about Sam and he took his time and expertise to set it up properly along with systems. SAM IS GREAT !

Sam hadn't made the sale to me but he sure will in the future. No charge and an hour later he handed my Blackberry to me all ready to go complete with systems.

In appreciation, I am now referring you to Sam Shahram, Tri-Cell Communications, 1821 Queen St. East, Toronto. Tel. (416) 406-2355. cell (416) 457-8190



Remember “*Knowledge is Power*” and
Knowledge is what I offer my clients!
Don’t be shy!
Call Doreen at **416-487-0827**

THROUGH MY EYES

Dear Friend.

LOVE AND THE WHOLE WORLD CHANGES!

Thoughts of love, approval and admiration bring all sorts of positive actions and events to us. Your energy will build and others will feel the effects of the energy. Great things will come to you !

I have been aware of this for a long time and yet, being human, I occasionally slip and, repeat a story to myself. It is like reliving the past once more. If it is a positive and happy story, that is wonderful. If it is unfortunate or unhappy, I am inviting past emotions to visit me again. This is like reliving the event and our emotions, body and mind all experience it over again !

Do we let fear, anger, disappointment and criticism taint the world around us? Yes, we all attract negative thoughts and actions directly to us. With every thought comes a feeling. These thoughts are able to actually cause illness and I am personally able to confirm this in my own life.

Our minds can entertain only one thought at a time and we can choose whatever thought we wish to enjoy or to fear! Where does the loving energy come from? It is all around us. You can draw it from the air we breath, from the food we eat, from others who we interact with, from the sky, the sun, the rain, the lake or ocean and almost any positive beautiful source that you can think of. It is there for all of us if we reach out for it.

Try filling your body with love for all those around you Try this, knowing that whatever is happening in your life right now is meant for your best interest. Think back to times in your life when things were not quite right and, looking back after the unhappy event, you realized that the outcome was perfect and could not have otherwise happened. It’s all a perfect plan!

Yesterday, I filled my body, mind and spirit with love for all those in my life. I understood and forgave where it was needed. Today all good things are happening and I am grateful and waiting for what will come next!

GIVE OUT LOVE AND EVERYTHING CHANGES ☺

EXPERIENCE HAS NO EQUAL



ENTREPRENEURS FLOURISH WHEN TIMES ARE TOUGH

My father was an entrepreneur when times were tough. I grew up with my Dad and he taught me the old fashioned work ethic that I still value.

Dad always found a way to make those few extra bucks when needed. When jobs were scarce, Dad created his own. Necessity is the Mother of Invention. I remember a story he told about going from door to door selling motor oil for cars to feed his wife and small child...me! One Summer when I was only 14, he had a small garage in North Toronto. Around the corner on Yonge St. sat a small shop...empty. Not for long with Bill Race around! It was perfect to start an ice cream shop for my Mom and me to run. These were tough times.

That same year a man in a black bowler hat walked into the small garage and asked my Dad, "how is business?" Dad proudly told him that his was the busiest small garage in North Toronto. The man in the black bowler hat said "I'm glad to hear that. I'm from Revenue Canada!" All the grimy invoices were put into a box and brought home for me to deal with at the tender age of 14! I was overwhelmed and unsure of myself. I dug in, learned what I needed to learn and created a new skill.

Today, when the big companies are downsizing or closing, if you are no longer employed, you can reassess your attributes and build your own job. You may be further ahead to take this opportunity to try your wings at something you would never have considered before.

I challenge you to take your passion, whatever you love to do, perhaps what you now consider your hobby, and turn it into a business you would not have considered while employed in a nine to five job.

You may find like my Dad did, that you end up with a flourishing business and wonderful opportunities in the future that you have built up yourself.

Life with Bill Race was an amazing adventure. I miss him!

MY SPACE CORNER - - FENG SHUI

Spring Cleaning Getting Rid of Clutter

Clutter is anything that we no longer need, use, or even like. Don't continue to hold on to old clothes or other items for "just in case" situations. Clutter represents stagnant energy. Keeping clutter tells the energy that enters your home that you are afraid that you will not be able to afford to replace it. Live for today and create space for something new that we like and enjoy. Don't try to tackle everything in one day. Start with just one closet, cupboard or bookcase. Too much can be overwhelming. We tend to put it off and it never gets done.

Just promise yourself one or two hours dedicated to the task at hand and then go out and enjoy the nice weather.

To buy or not to buy, that is the question everyone is asking today!

My Client, Rob Taylor arrived back from Fort McMurray the other day and one of his first “to do’s” was a visit to me.

Considering that he took a position out West in the oil fields less than a year ago, to increase his investment in Toronto, I was curious to know what his thoughts are now that the market has changed. Rob feels that with the economic projections all over the map, none of us really know what will happen in the near future.

I have great respect for this man, for his knowledge and plans for the future. My question to him was “where do you believe the wealth and the safety lies in the investment of your money now and in the future”? Rob answered immediately, “Real Estate because everyone will need a place to live”.

Interesting? Doubly so because I have expressed the same thoughts for some time. Buy a home where you can rent a part of it and let your tenants pay the mortgage. With interest rates at an all time low and prices still dropping, WHY WAIT? I can provide you the history of homes you may be interested in living in or investing in. Together we can find you a wonderful “buy” and start you on your road to wealth and increase what you have already started.

BEHIND THE SCENES IN A REALTOR’S LIFE

The day was cold and I met my clients at a condo to help them find a new home. Within 15 minutes, all three of us were parked and I had fallen on the cold cement with a broken hip. My client used his cell to call 911 to get help for me.

I was picked up by an ambulance, transported to North York General Hospital and operated on within hours....no questions asked! There were caring people all along the way.

While waiting for the ambulance I used my cell to call Tracy Sheppard, who I had recently asked to join my team at Keller Williams. “Please, Tracy, come and take over the appointment. My clients need a home to live in within 17 days! This won’t wait!”

Tracy took over professionally, not only to look after our client but to find me a hospital bed. Once that was done, she and my client moved my car safely to its garage and Tracy raided my home to bring me clothing and toiletries for an extended hospital stay. That very same day Tracy helped my clients make an offer on a property. She was a very busy lady and did a great job!

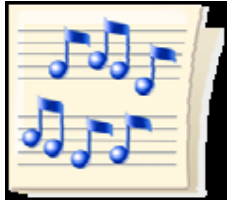
I wonder if Tracy ever expected to have such an experience when she decided to make real estate her chosen career? I do know that stepping into the void as she did, and taking over to help me and to care for my clients has proven Tracy can be trusted, big time!

I won’t forget what she did that day! You will hear more of her. She and the other agents on my team who helped me during such a difficult time will continue working for you to deliver World Class Service. Tracy is one of them. She showed a lot of class that day.

Tracy is also my newest stager! Keep her in mind when you are looking to prepare your home for the market.

MY MIRACLE FROM GOD

How can I question that this as a miracle from God?



T H E J A B E Z C O R N E R

I have been provided for financially to give me the time to spend 9 weeks at St. John's. My valued and necessary herbs and vitamins are with me. My cell phone is connected to my home phone and my complete contact list is safely with me. There is a whole community for me to become acquainted with. There are a wealth of stories here. A miniature copy of my precious book, "The Jabez Prayer", is in my bag.

Why am I here? I wonder but I have Faith and I am grateful for this opportunity to talk to and to encourage others who are spending their Winter months here in the warm and caring arms of Jesus. The doctors and nurses here at St. Johns look after us and care for us daily.

I pray The Jabez Prayer "**Oh, that you would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!**". Well, the Community of St. John's is certainly enlarging my territory, increasing those whose lives I touch in one way or another.

We affectionately say that we have a social club in the Therapy Room. There are those who have been damaged far more than me. We are all from different walks of life and all in the same boat.

The Sisters had a Hymn Sing in the Chapel on Sunday and it brought tears of remembrance from the time my Dad played Amazing Grace for me when I visited him years ago in Victoria. Was my Dad with me on Sunday, giving me his love along with the love of our Heavenly Father? I prefer to believe so!

Do take the time to do a search on Google to find out all about St. John's. My wish is to tell each and every one of you about St John's and I DON'T HAVE THE WORDS OR POWER TO EXPRESS WHAT A WONDERFUL INSTITUTION THIS IS!

The Sisterhood of St. John the Divine founded St. John's Rehab Hospital in 1936 as Ontario's first hospital focusing on rehabilitation care.

Thank you, Lord for giving me the strength to deal with these difficulties, strength I never knew I had. Why did I ever doubt You?

A handwritten signature in black ink, appearing to read "Daren". The signature is written in a cursive style with a long horizontal stroke at the end.

REVERSE AGING

....on a Shoestring

By Doreen

The sun is shining and Daffodils, Periwinkles and Jonquils are finally showing us that Spring is here. It's a nice day. Yesterday I walked for 10 minutes, today it's been a 30 minute walk...with my walker! That is okay because the therapist tells me that my damaged leg will grow stronger. I know that once the leg is strong and I can walk for 30 minutes without the walker, I will then be able to drive my car again.

I have to remind myself that having a broken hip can happen to anyone at any age. This, too will heal and I will continue with my long lasting hobby of health and longevity. My plan is to live until 120.

How do I feel? Not great! Today I realized that the reason I don't feel great is because I have lost my habits of what I do each day. Let's see how long it will take me to have my body and my mind grow accustomed to doing what they need to do each day, to do what makes me feel energetic and full of life. How long will it take for me to once again remember that "I am young, vibrant and full of energy"? Starting today I have my daily exercises, (this time for my leg/hip), my hot and cold shower in the morning, my hot Epsom Salts Bath at night must change to a hot shower, Epsom Salts Foot Bath and a cold shower at night. Arising in the morning with my routine, rather than staying in bed, and having my usual shower makes a huge difference!

For a long time I have been advocating the Epsom Salts Bath for those with Arthritis or simply aching bones. For those who are unable to navigate a bath tub, it will be interesting to find out how the Epsom Salts Foot Bath works!

I must remember to do my Energy Exercises daily! Listen to music! Before I was damaged, I learned what gives me the energy admired by one and all. I know that sugar and flour products are like a poison to me. This is not easy for me. Even one cookie, slice of toast or one candy bar can slow down the flow of energy for at least two days.

How long will it take? I know it will take a lot of determination and I know that once I have achieved it, I will be my old self! It's worth the struggle!

I promised you that I would test a new product that lifts the jowels and removes the wrinkles. It works. I call it the Wrinkle Iron and if any of you would like to test it for yourself, let me know and we can have a private or small group meet at my place, or yours. I can ask my friend, Cliff Sutton, to help us. My place is fine because it looks like I will be hanging out here for a while during my healing process ☺ This could be fun!

Let's all be "Young, Healthy & Full of Energy". Call Doreen at 416-487-0827.

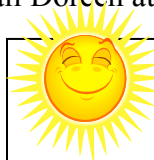
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