



# Joseph's Update

## on Real Estate

By **Joseph Barry Martin**



December 1, 2006

### LEARNING HOW TO BE HAPPY

Christmas is a time when we plan events with family and friends, enjoying laughter, meals and outdoor events. Yet, most of us feel stressed, even miserable in these social situations that should be fun and relaxing events. Stressed with time, finding gifts, dysfunctional family relationships and too much work, we over-indulge as a way to avoid. Wouldn't it be better and more life-enhancing if we could just be in each moment and enjoy ourselves in every situation?

Here are some tips on training yourself to be happy, whether at work or in your personal life:

- learn to choose to take self-responsibility in every situation and area of your life—victim no longer
- learn the basic skills and techniques to change negative thoughts & feelings into positive ones
- learn to breathe and enhance your physical well-being through diet, exercise, & more sleep
- learn how to “change state” when you're in a negative funk—just do something different
- omit negatively toned words from your vocabulary—exude positive warmth and consideration
- create energizing thoughts, intentions and images in your mind and body to give you the “zone”
- learn how to listen and communicate clearly and with heart so that every conversation “shines”
- learn how to create an inner smile that radiates through your face and body—people respond!
- learn how to motivate yourself when you don't feel like it; create inner zones of competence
- learn how to build and maintain positive sensations and thoughts of strong, confident self-worth
- learn how to be playful, spontaneous in the moment, and come straight from the heart

### HEALTH AND HOLIDAYS—REVITALIZE WITH RAW FOOD

Turkey time is coming, with the drowsy napping sensations that come with it. This year you may choose to add some zesty raw food alternatives to give you more clean food energy so you can participate in all the holiday fun! Raw foods have all the natural components that strengthen your vital life force. Yet when cooked, the food's amino acids and enzymes can break down and become inert. We know that much illness and lethargy comes from too much acidity in the body based on processed and fast-foods. The answer is anything green to alkalinize the cells and tissues to optimal energy efficiency. This would be all the greens in salads, broccoli, Swiss chard, beet tops, celery, asparagus, and other vegetables like carrots, red peppers with beta-carotenes. Most of the vegetables are healthy anti-oxidants that we need on a daily basis. Protein from nuts & seeds are essential; almonds, walnuts, brazil nuts, pumpkin seeds & sunflower seeds can be carried daily for snacks. Omega-3 and -6 oils are found in many oils such as flax, fish and other nuts. Try at least one raw food meal per day. Mornings are great for a green drink, raw fruits and bran or oats for fiber. Lunch is the time you need the most energy, so try fresh salads with at least 7 mixed vegetables including avocados, perhaps with fish. Eating raw saves natural resources that would otherwise power the food industry. Raw foods take less preparation and there is less clean-up. Eating raw can also save you money on food. Mostly, eat raw foods to experience the benefits of increased energy, and mental and emotional power and pep!

## POSITIVE CHANGES IN BUILDING DESIGN AND IMPLEMENTATION

LEED (Leadership in Energy and Environmental Design) is a rating system developed by the U.S. Green Building Council (USGBC) to assess the environmental sustainability of building designs. A Canadian version of LEED was developed by the Canadian Green Building Council. LEED is a point-based rating system in which points are earned for building attributes considered environmentally beneficial. A building design can be certified to one of four levels: Platinum, Gold, Silver and Certified.

Several Developers in Victoria and Canada are using the Triple Bottom Line of Economics, Natural Ecology and Social Equity to change the face of housing and Real Estate. Innovations include healthy buildings (creating healthy people—our #1 challenge), energy performance savings, energy efficient appliances and lighting, decreasing light pollution, sewage treatment and reuse of water, water conservation of potable water, treated stormwater, alternative transportation, durable eco-friendly materials and resources, biomass fuel systems, and overall energy efficient Building Design.

### QUOTABLE QUOTES

“The higher up you go, the more gentle you have to reach down to help other people succeed.” Rick Castro

“Be the change that you are looking for.” Mahatma Gandhi

“Imagination is the source of all happiness in life and creates your reality. What you can imagine, you can achieve.”

“What you see and hear depends a great deal on where you are standing; it also depends on what sort of person you are.”

### GRATITUDE AND ATTITUDE

The choice to have the attitude of gratitude could be one of the best things for your all-round health. On a physiological level, there is new scientific evidence to show that it lowers blood pressure, regulates heart rate, stimulates positive biochemicals such as serotonin and enkephalins in the brain and improves digestion. Mentally, with thoughts of appreciation running through your mind, your outlook during the day is hopeful, strong, well-intentioned and supportive.

Heart Math [www.HeartMath.com](http://www.HeartMath.com) scientists have found that when you have a feeling of gratitude running through your body, computerized galvanic skin responses show optimal heart-brain coherence, enhanced mental functioning, a greater electro-magnetic field around the heart, the brain and the body, and a greater resistance (measured in ohms) that provides a more healthy immune system and protection from disease.

When you are grateful for living in a beautiful country, with good health, caring family, friends and pets, there is a sense of delight and adventure that comes into your day-to-day experience. Living in an on-going state of gratitude creates not only good health of spirit, mind and body, it is a magnetic source that draws to you healthy caring friendships, good business contacts and clients, trusted referrals, and new personal and professional possibilities. Gratitude creates a vibrant community and strong business network co-creations.

Try an experiment with yourself. Go around for one day feeling that the world owes you a living and should look after you. See what responses you get from others. How do you feel? What materializes in your day with this attitude?

The next day, express gratitude continuously verbally, in writing, and to yourself. How do your feelings change? What different reactions and support do others provide? What new exciting doors and opportunities come your way?

We all want happiness, health and prosperity on all levels—spiritually, mentally, emotionally, physically, and relationally. It’s all up to each of us to make our lives, personally and collectively, better than they are now. In the words of the Hopi prophecy, “You are the one you have been waiting for; now is the time you have been waiting for.” Be the happiness, gratitude and love you are, and it will all come back to you.



**Joseph Barry Martin**

**RE/MAX Alliance**

**770B Hillside Ave, Victoria BC, V8T 1Z6**

**Phone: 386-8875 Fax: 386-8180**

**Email: [josephmartin@alliance-victoria.com](mailto:josephmartin@alliance-victoria.com)**

