



Joseph's Update on Real Estate

By **Joseph Barry Martin**



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REFRAMING YOUR THOUGHTS AND FEELINGS

You may have noticed that when you reframe your thoughts, perceptions and beliefs, your mental health and body physiology feel lighter and brighter. Perhaps you are curious enough to try an experiment with yourself for the next 21 days (apparently it takes this time period to make positive changes). My decades of training and adventure with these techniques have proven invaluable for me. What are the results?

I used to feel low body energy, have negative self-denying thoughts in my head, and oppressive emotions that blocked my self-confidence. In applying the following techniques, I have increasingly felt more youthful, have continuous positive thoughts, joyful moods, increased vitality for daily exercises, and most importantly, a kinesthetic flow-connection with my own inner Source.

The primary key is to stay in the Present Moment, the Now. Deep Breathing and Focusing consciously on your inner state of thoughts, feelings and sensations will keep you in the moment. Just notice your anger, anxiety and fears. Welcome them as friends. Let them flow through you and out your feet into the Earth. What you avoid persists; "*resistance is futile.*" Open, learn and move forward.

Use ***The Five Minute Rule***. If you are in a funk, nasty mood or feeling low in self-esteem, acknowledge the feeling states and let them flow out your feet and hands by simply using your mind, intention and will. Use this as a learning tool about how to be "in charge" of your life. You can choose to change any experience whenever you want. Deep breathing, standing, walking, exercise, and changing your visual perspective will allow you to move back into your heart and physical body.

Treat this like a fun game. Come home to yourself as often as you need. Being locked in your head will make you think of the past (fears) and/or future (dread). Being in your heart and body in each moment will allow you to feel expansive, relaxed, peaceful, creative, productive and compassionate with self and others.

REAL ESTATE MARKET CHANGES

Presently the Victoria Real Estate market is finding its own balance through a greater number of listings and thoughtful buyer responses. While outwardly there are forces that act to create homeostasis, as in every business sphere, your inner attitude, whether as a seller, buyer or Realtor will have a large impact on achieving your outcomes. A positive intention, a disciplined will, the ability to detach and let go of outcomes (not pushing, pulling or bullying) will allow you to be open to your goal—the purposeful *outcome* which brings the needed *income*.

There will always be those who need to sell and buy a house. Perhaps you are one. Whether buying or selling, presently you can negotiate a good market value price. Looking for the Realtor who listens attentively, asks the right questions, has supreme powerful communicating skills, and offers compassionate and prompt service will allow you to make the housing change you need.

PLANTS AND FENG SHUI

It's always healthy to have something living around you to support you energetically, whether it's a dog, cat or your plants. Plants provide oxygen for our respiration and they add vital life force, colour, shape, variety, aesthetic appeal, décor, and a sense of Mother Nature indoors. Feng Shui places specific plants in certain rooms in your home and office to special advantage.

In your home, there are potential chemical hazards that are emitted from building materials and become toxins in the air. NASA studies found that plants remove organic pollutants such as formaldehyde, benzene and trichloroethylene. While filtering the air, our plants also absorb echoes and give us a gentle pleasing and healthy feeling.

There are several major **Air-Cleansing Plants** that you can utilize to minimize harmful side-effects to you and your family and pets. Here is a list of top **Air-Cleansing Plants** as selected by NASA: Bamboo Palm (*Chamaedorea erumpens*), Chinese evergreen (*Aglaonema modestum*), Corn plant (*Dracaena massangeana*), English ivy (*Hedera helix*), Peace lily (*Spathiphyllum 'Mauna Loa'*), Pot mum (*Chrysanthemum morifolium*), Snake plant (*Sansievaria trifasciata*), Spider plant (*Chlorophytum comosum*), Transvaal daisy (*Gerbera jamesonii*), Weeping fig (*Ficus benjamina*) and White butterfly (*Nephytis syngonium*).

ON THE LIGHTER SIDE...

Clock: A small mechanical device to wake up people who have no children.

Leftists are among the first to speak of their rights.

People who are all wrapped up in themselves are overdressed.

Intellectualism must not be confused with wisdom.

Never put off until tomorrow what you can avoid altogether.

A woman got free airline tickets for her five babies under the airline's free quint flyer program.

A conclusion is the place where you go when you are tired of thinking.

Plan to be spontaneous—tomorrow.

PS—Oh by the way...if you know of someone who is looking to buy or sell a home/condo, please refer them to me or just give me a call.



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