



The Kerr House

THOUGHTS

Dear Friends,

ATTITUDE IS EVERYTHING!! SOMETIMES LIFE ISN'T FUN. SOMETIMES YOU HAVE TO MAKE IT FUN.

Some lives are quiet, lonely, or serious while others are interesting, even exciting, because you create your life to fit your desires. Whether or not you are enjoying it depends on your attitude. It is interesting to watch how people react to similar situations. You might be visiting with friends, and one may confide she had a fight with her husband, another may have a mother who is dying of cancer, and the third may have gotten a rotten haircut. If we could see the vibrations of their energy, they may all be the same. I often wonder when it comes to unhappiness if there is a big and small, or is it all the same? If it takes away your joy in life and weakens your immune system, what more can it do? Does it matter if it is a major or minor crisis?

We once had a guest who was the victim of a violent rape attempt who came to the Kerr House to heal. She was a pianist, and among her injuries was an injured hand. I noticed a little smile much of the time, and I commented on it. She replied, "I am just grateful I was able to fight him off and am still alive." I was impressed with her attitude, because she celebrated life rather than reliving the trauma.

On the other hand, my neighbor was called to school because her child had an injury on the playground. When she arrived, it was not her child, but another with a similar name. She relived her trauma for weeks. When I would remind her that her son wasn't hurt, she'd say, "But it **could** have been him". Her body and mind were constantly reacting as though it had actually happened.

It is important for us to look for things to feel good about, releasing thoughts which nag at us, make us angry or cause us to feel we are getting a raw deal. It is similar to focusing on a splinter in your thumb when there are thousands of body parts working perfectly. Appreciate what works well, and start searching for the tweezers!


One of my sons had a brain tumor. During his last year he had deteriorated so that he could not communicate. His mind was sharp, but he could not see, talk, or use his hands. He had no way of expressing his thoughts or feelings except to nod or shake his head. We had exhausted all that modern medicine and the alternative world had available, and now we were doing home care. Watching him deteriorate was more than I could bear. The choices of coping were to fall apart or handle it. Falling apart is a lot of work, it distracts you, and is a hard recovery, so I chose to handle it. *You* might be at that point-you must work with your attitude constantly.

When grief or fear took over my mind and body, I had to find a way to pull myself together. I understood grief was normal, and dealt with that, as one *must* process the grief. However, the fear could take over my whole being and I had to face the fear, as it was causing me to live the future before I had to. It wasn't helping or serving a purpose. I had to awaken from that nightmare each time and remind myself that *I can't see the whole picture*. I don't know the purpose behind this tragedy, but my faith tells me there is more to it than I can see. I had to find something I could live with. *Perhaps Dean was growing more spiritually during this transition than he had in his entire life*. Whether right or not is insignificant, because none of us knows for sure, we are all guessing. So finding something comforting to me was extremely important. It boosted my immune system. It helped retain my sanity. It helped me continue to treat Dean as a loving, living person who was accomplishing a goal, and not fall apart whenever I saw or thought of him.

Also, I reminded myself how blessed I was in many ways. I reviewed the fun and love Dean and I had shared, and how lucky I was to have had so much time with him. I felt gratitude for my other children and grandchildren whom I loved dearly, and all I had to be grateful for: Dean's two precious sons, my extended family, friends, a great staff, and a business I enjoyed. I had to keep that balance of my blessings foremost in my mind or everything seemed hopeless and there is **no** benefit to hopelessness. There are always people and things to appreciate.

We cannot always control the situations in our lives, but **know** you always have choices in how you think and how you act. There are many people who had tragic childhoods who have made wonderful lives for themselves. The contrast has helped them decide they want better. Others review the past their entire lives, reliving it in their minds and conversations every opportunity. Why? It wasn't good the first time, why relive it? There are people living in luxury, good health, and beauty who are miserable, while others are making the world a better place. There are people who struggle to survive each day, appreciating each flower and giving thanks they had this day to live, while others are angry and resentful. Money can make you comfortable, but it can't buy happiness.

It is all in your attitude. No one else can give you a good life, it is entirely up to you. You can appreciate and be thankful, or criticize and complain, and it is much more fun to enjoy each moment, - each day.

Enjoy it all! 

Laurie

Thoughtful Gifts That Last!

The stress management techniques taught at The Kerr House are put to the ultimate test during the holiday season. It's all in your attitude. You can succumb to the stress and pressure of the season, or you can enjoy it all, you make the decision.

Remember, the holiday customs were started to enhance this beautiful season. The feasts were prepared with loving hands in anticipation of sharing food and time with loved ones. Get-togethers were planned to share the festivities. Cards and letters were written to those who were not able to be present in order to reach out and wish them good cheer for the season. I envision the writer reviewing fond memories with each card or letter. In order to enjoy this wonderful season to the fullest, I suggest that you take some time now and make four lists.

1) List all the things you want to do before and during the holiday season. Then consider your time, energy, family, and decide what you can accomplish comfortably. Make time for You - schedule that in. Start cropping until it begins to feel like fun. When you begin to feel enthusiastic about what is left on the list, put the things in order of importance to you and forgive yourself in advance for only doing those things that you have time for.

2) List the gifts you want to give: Release obligation and practicality and unleash creativity and ingenuity. Let gift giving become fun. Many children receive so many material things that they hardly appreciate them. Now is the time to change that. Put some meaning rather than volume into their gifts - you'll be doing them a favor. (Children come in all ages, you know).

Remember that gifts of time with you may be greatly appreciated. A coupon for dinner, personal taxi service to an elderly friend is a great gift. A trip is really special. It can be a day trip or several days, and it is an opportunity to experience things together. If someone on your list has everything, - give them a week, a weekend, a day or a massage at The Kerr House. They will love it! It's relaxing, fun and good for their health.

3) List what you will spend - on entertaining, on gifts, on decorating, and accept the challenge of staying in those boundaries. Avoid the January bills and blues. Make it pleasurable.

4) List your expectations for the season - what you expect from people, from events. Sometimes our expectations are so high that they can't possibly be met. We are looking too far beyond our happy lives for that perfect Norman Rockwell Christmas or Hanukkah, and meanwhile we forget to see the joy and beauty in the realistic celebration that surrounds us.

You have choices in all things, to be harried, and hassled, or calm and collected. Maybe slowing down won't win you the Holiday Marathon, but I'll bet you will be a lot more pleasant to be around. You may even hum to the music.

The most thoughtful gift you can give for any occasion is something that makes the receiver feel good physically, mentally and emotionally, I have some great suggestions that will do all three. The Kerr House offers a 5-night program that is the ultimate. It is from Sunday evening through Friday, and that period is so effective that people come from great distances and return again, and again. We have a three-night program which is wonderful, too.

We also have a weekend program from Friday evening through Sunday afternoon, and that allows enough time to reduce stress and give a new lease on life. Some weeks are for Day Programs, which make a wonderful gift.

A Day includes a hot tub and massage, a facial, an herbal wrap, a delicious lunch and an excellent yoga class. Then, of course, you can give a gift certificate for a mineral bath and massage, a facial, reflexology treatment, or Hot Stone massage/facial.

Perhaps you should schedule a holiday retreat for yourself!

Enjoy it all! 

Laurie

If you are interested in any of our programs, contact us by:

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the Kerrhouse@hotmail.com

Web: www.theKerrhouse.com or

www.hostetler.net/kerr.htm

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Since 1980, The Kerr House has been a haven for many who have wished to improve their lives.

They receive breakfast in bed, yoga classes, many wonderful treatments, and candlelight dinners. It is very personalized, only 6 to 8 guests at a time. We have a variety of programs:

Semi-Private Private

5 nights \$2550 \$2950

3 nights \$1375 \$1575

Weekend \$ 750 \$ 850

We set aside some weeks and weekends for Day Programs, as they are a very popular gift item. They run \$350.

The Kerr House

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