



**Referrals are the ♥ of our business!**

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# *Doreen's News*

***Be Inspired and Live a Life of Passion***

Autumn 2011

## **THIS IS AN EXCITING TIME, A TIME FOR CHANGE !**

Summer is almost over and we are looking forward to Autumn with its cooler weather and changing Season that will bring beautiful color to our trees.

The children, young people and many adults are going back to school. They will be entering a new era of change in their lives. They will plan their futures. You and I may not be going to school but it is still a time when we can look at our futures and say, "Hey, I want to accomplish something special".

There comes a time, frequently, in my career when I have asked myself the question "Is it time to retire?" Heck, I've been asking this question for the past 30 years and the answer has always been the same....."Let's give it another 5 years!"

The change for me will be that I have chosen a number of excellent agents in my company who I can draw on to assist me in marketing the properties that you so trustingly give me to help you make a move. This will give you two great Agents to help in making this a memorable experience!

Would you like to find a new home? I have a system that saves us both time and money. This system provides you with the assurance that your dream home, house or condo, is brought to your attention before anyone else sees it. We don't miss a beat ! You also have the advantage of comparables, experience and the gift of my Strategic Buyer's and Seller's Guides that I have written in order to help you in every way possible. Information is valuable to you and that is what I provide for my Clients. I have been doing this for 35 years and plan on continuing for another 5 years !

## **LIFE IS EXCITING ! LET'S ENJOY IT TOGETHER !**

**CALL ANYTIME FOR YOUR MARKET UPDATE ! 416-487-0827**

Please tell your friends and family!

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

**[www.doreenbaran.com](http://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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Remember ***“Knowledge is Power”*** and  
Knowledge is what I offer my clients!  
Don't be shy!  
Call Doreen at **416-487-0827**

**Knowledge is power.... But only if it is used!**

## Through My Eyes

### Dear Friend - **LIFE IS ABOUT FAMILY!**

A journey to the West was my birthday gift for me! Leaving Toronto early in the morning, allowed me a three hour stopover in Edmonton to have lunch with my youngest son, Dave, and his family, Jeannie, Britney & Jeannie's Mom, Clara. Roger couldn't make it.

Then it was on to Parksville for time with Ed, my oldest son, Barb and my 11 year old grandson, William with his new dog, Lily! I visited their new home, less than 5 minutes from the ocean. William is a bundle of love and had great hugs for Grandma Do.

A trip West would not be complete without a couple of days visit with my sister Sandra and her husband, Bob, on the mainland. I missed seeing their daughters, Julie and Shelly, both unfortunately with health problems.

Always remember that family is precious. Once they are gone, it is too late to give them the love that is in your heart.

This issue of Doreen's News will be one of love and friendship as I reach out to each of you, offering my love.

Realizing I could not take the time away from my clients, I also knew that I needed to be away. I enlisted a friend, a co-worker, Laura, to take care of my clients while I was away. She did a great job, allowing me to focus on my family.

Family really matters!

Warmly,

“By taking action, I overcome fear:  
By stepping out, I persevere;  
As I take heart, I bravely “Act”:  
What I “pretend” will soon be fact.”

By Janet MacDonald Kramer

# HOW TO MAKE YOUR LIFE A BEAUTIFUL JOURNEY !

## Relax and Make It So!

1. Take a 10 - 30 minute walk each day.
2. Sit in silence for at least 10 minutes each day.
3. When you wake up in the morning, complete the following statement –“My Purpose Today is to ----- today”.
4. Spend time with people over 70 and under 6 years of age.
5. Dream more while you are awake.
6. Try to make 3 people smile each day.
7. Realize that life is a school and you are here to learn.
8. Smile and laugh. It will keep the Vampires away.
9. Life isn't fair but it's still good.
10. Don't compare your life with others.  
You have no idea what their life is about.
11. You don't have to win every argument. Agree to disagree.
12. Make peace with the past so it doesn't upset the present.
13. No one is in charge of your happiness except you.
14. Forgive everyone for everything.
15. However good or bad the situation is, it will change.
16. Time heals everything. Give time...time.
17. Your job won't take care of you when you are sick.  
Your friends will keep in touch.
18. Call your family often.
19. Get rid of everything that isn't beautiful or useful.
20. The best is yet to come.
21. No matter how you feel, get up, dress up and show up.
22. Do the right thing !
23. Remember you are too blessed to be stressed.
24. Each night when you go to bed complete the following statement  
“I am happy and grateful for .....10 times



**YOUR LIFE WILL CHANGE ☺**

Find YOUR dream home by visiting [www.doreenbaran.com](http://www.doreenbaran.com)

## HAVE YOU EVER HAD A GROWING DAY ?

Yesterday was a growing day for me. It was a mixture of smiles and tears. It made me stop and think! When the day was over, I had increased wisdom that comes with another day of living. The wisdom and the decision it brought me was to make this Autumn Issue of Doreen's News one to be built around the wonderful journey that life can be.

We are the only ones who can make our lives wonderful and peaceful, to make each day happy or sad. We have the choice to do so each day. Every day that we are happy and spreading smiles and words of wisdom to others, is another day that we are able to touch others with Peace. This is the Peace that we can spread around the world, one person at a time.

**Let's do it!**

### Staging Tips - How to Deal With a Long Hallway

Some people have very long narrow hallways which can seem daunting to decorate. Here are some ideas.



Use pictures, or groups of pictures, to create points of interest along the way.

Track lighting can highlight areas on the wall. This can be used to highlight pictures, doorways or decorative niches that you may have.

Use a warm colour on the far wall. Warm colours appear to advance making a long hallway seem shorter than what they are. By the same token, cool colours tend to recede making hallways seem even longer than what they are.

Break up the hallway with a series of smaller rugs instead of one long runner.

**Compliments of Tracy Sheppard, Stager and Caring Realtor,**

Direct Line 416-762-7011

[tlsdesigns@hotmail.com](mailto:tlsdesigns@hotmail.com)



Want to be mortgage free? Visit [www.doreenbaran.com](http://www.doreenbaran.com) to find out how!

## I AM HAPPY AND GRATEFUL TO BE ALIVE !

Living life with an open heart has been an experience to remember ! I remember the love of my family from the time I was little until now. They have loved me no matter what. Is that the reason that I have been able to love unconditionally all my life?

Being able to love, to give and to share is what life is all about. I know that I have been put on this earth to do just that. God has blessed me with the ability to write, to communicate with others and to help them in so many ways.

What better way than to help them, using the wisdom I have gathered over the years, than to do so in buying and selling their homes? This is where their lives are truly lived, where they come to rest at the day's end from the stress of daily living, where they care for their families with love and tenderness.

My life has been filled with love and along with love often comes hurt. Then there are the cleansing tears and forgiveness. Without forgiveness there can be no opportunity for true love to enter our lives again.

May I suggest that when each one of us opens our heart and allows love to enter unconditionally, it changes the entire essence of our journey of life ! Don't pass it by! Enjoy it all ! Be grateful for your life today and every day !

### PHILIP BOUGHT HIS FIRST HOME ! HAVE YOU ?

Philip and I met while I was shopping and I asked him my usual question, "Who do you know who would like to buy or sell a home?" He looked at me wistfully and said, "I would like my own home but I have had past credit challenges and I don't believe I will qualify for a mortgage."

My answer to him was "Why don't you call my friendly Mortgage Broker, Tounie, and ask her if she can help you? Two days later I had an excited call from Philip telling me that he was now qualified for a mortgage and "Let's go shopping!" It turned out that his credit was excellent with Tounie working on it 😊

Today he is happily living in a beautiful condo we found together. It's larger than expected, sunny and in an excellent location! It has everything!

Are you wondering about your credit? Would you like to know how big a mortgage she can arrange for you? With today's very low interest rates, what would your monthly payments be? Is it possible that you could be a home owner for the same amount you are paying in rent?



Tounie Keopraseuth is a Manager with TD Canada Trust, 416-836-9261

**This is Tounie**

CALL TOUNIE TODAY and tell her Doreen sent you! She helps Buyers!



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## **I AM INVITING YOU TO BE A PUBLISHED AUTHOR**

**I AM INVITING YOU TO INSPIRE OTHERS !**

We all have miracles happen in our lives ! One must only be aware !

My friends have been submitting their miracles to me for publication  
for the past eight years.

Now I am inviting YOU to collaborate with me in publishing a book  
made entirely of **MIRACLES**, miracles experienced by you. The  
articles would be 300 words or less.

**THIS WILL BE A MIRACLE IN ITSELF !**

I believe that many people love and enjoy reading about other  
people's miracles because it inspires them and gives them **HOPE !**

Please call Doreen at 416-487-0827 or email me at  
[Doreen@doreenbaran.com](mailto:Doreen@doreenbaran.com) and give me your thoughts and  
encouragement.



A stylized, handwritten signature in black ink that reads "Doreen". The signature is written in a cursive style with a long, sweeping underline.

**"I believe that when we help others, God helps us ! "**

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Visit Doreen at [www.doreenbaran.com](http://www.doreenbaran.com) & email: [doreen@doreenbaran.com](mailto:doreen@doreenbaran.com)

# REVERSE AGING...on a Shoestring

By Doreen

## THE POWER OF YOUR MIND !

ALWAYS REMEMBER THAT YOUR POWER RESTS IN YOUR MIND ! I have found that when we say something, write something or believe something.....it becomes what we expect. It becomes the Power Within Us !

Like you, me and everyone like us, I occasionally find a time when things don't go the way I would like them to financially, physically or emotionally.

When you believe something with all your heart, you make it so! I have experienced this many times in my life, I realize it and then....I let it go! I believe that the Power of God is within our Universe and that is where it all begins.

It is time to realize that knowledge once again as I decide to chase the yeast overgrowth from my body simply by sending a small fighter within my body to find the yeast and to chase it out of my body. Can this be done? I believe that it can be done. I will do this by using walking, breathing, diet and the meditation taught to me by Dynamind.

I will stay away from sugar, bread and wine for at least 30 days from now and see what happens. I will be on a Candida Diet. My expectation is that my body will regain its normal youthful shape as the yeast quickly makes an exit. I will know the yeast is leaving by finding my energy soaring and my concentration improving. Plus my tape measure will provide further proof as my belly becomes much flatter !

Why do I believe this? I believe it because I have experienced it before!

.....

## LOCATION, LOCATION, LOCATION !

### IT'S NOT ABOUT THE MONEY !

I am sure you have all heard the old story about the three most important things in real estate being location, location, location !

Many of us assume that this is meant to refer to the geographical location of a home and the appreciation expected over time.

Watching how my Buyers have been choosing recently, I notice that the wise ones choose according to the proximity to schools for their children, to be close to their friends and family, shopping, churches they attend and transportation. Some neighbourhoods are safer than others. The distance for them to travel to their work place is significant because a long distance means less time to spend with their families.

My advice to you is to choose your home according to the location that will give you the very best quality of life. The happier your family is, the happier you will be !

**This is what location truly means ! It's not about the money !**

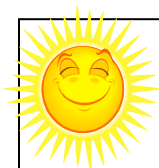
#### **Frustrated?**

Trying to find a home on mls.ca?  
Service has changed to limit information.



I provide complete info –  
automatically to my clients!

- Call Me!



My goal is to be your Real Estate  
Consultant for Life  
If I have added value  
to your life...  
Please tell your friends and family !

Call Doreen at 416-487-0827

## SARAH CARES FOR HER FAMILY – BIG TIME !

All of a sudden she was truly aware of how fragile our lives may be.

Her son asked her to fill out an Information Booklet that will tell him where to find everything he will need to know when the time comes that she passes on. As he so nicely put it “Mom, the way things are now, I would not know what your desires are when I go about making arrangements to put you to rest. I won’t need that stress to handle when I come to say good-bye to you”!

When she told me this story, it touched my heart. She is now in the process of filling out the booklet provided by my friend, Eric Dickens, who is a Risk Management Advisor. Surely, she would not wish to add further stress to her family at such a time.

I am filling an information booklet out right now to spare my family any extra burden.

My question to you is, are your affairs in order? Do you have an up-to-date Will and your Power of Attorney filled out and in a safe place? And, your age has nothing to do with your decision to do it! The need could appear at any time.

If it will help you to have a booklet to guide you with information that is necessary, either give me a call at 416-487-0827 and I will send you one or give Eric Dickens a call at 647-921-7720 or mail: [redickens@rogers.com](mailto:redickens@rogers.com) and he will be glad to mail an Information Guide to you.

Take the time now to care for your family.....while there is still time!  
Regardless of your age, 30, 40, 50 or older, this is extremely important.

I am doing this right now to spare my family any extra burden.

I give you my love as always,



### Doreen's News



This is not intended to solicit/breach any buyer or listing contract.

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