



The Award Winning

Malibu Rotary Club Surfwriter

August 6, 2014

Official Newsletter of the Rotary Club of Malibu
Malibu Rotary Club President Margo Neal

Edited by Dr. John W. Elman
Pictures by Dr. John W. Elman

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Next Malibu Rotary Club Meeting Wednesday August 13 at noon at Pepperdine University Drescher Graduate campus in LC 152 (with fellowship starting at 11:30 a.m.) Speakers will be David Sagona and Quinn Carter Talking About the How the Malibu Youth Commission Helps the Community

Last week: Laura Cazares. “Master Your Mind, Master Your Cash Flow..or Anything Else”

- Check [Calendar](#) on Malibu Rotary website www.maliburotary.org
 - Rotary International Website: www.Rotary.org
 - Rotary District 5280 Website: www.rotary5280.org/
 - RI President (2014-2015) Gary CK Huang
 - Rotary District 5280 Governor (2014-2015): Elsa Gilham

- Assistant Governor for Malibu Rotary Club: Neil Godsey (2014-15)

**Laura Cazares Tells Us How to
“Master Your Mind, Master Your Cash Flow..or
Anything Else”**



Laura Cazares empowers people to have renewed purpose, passion, and possibility as a certified Dream Builder Coach and Certified Life Mastery Consultant

August 6, 2014 meeting of the Malibu Rotary Club featured a program that was engaging, thoughtful, and enjoyable for all the Rotarians and guests who attended. It was about the Power of Mind and Laura made sure everyone was involved.

Laura Cazares holds BS and MS degrees in Chemistry. She has been a high school teacher, water quality project manager, entertainment IT professional, and business development director. She is a graduate of Coach U, a certified Dream Builder Coach, and certified Life Mastery Consultant. She brings more than 27 years of experience in speaking, coaching, teaching, and working with professionals and entrepreneurs.

Laura told she wasn't always the person we saw before us. She seemed outgoing, self-assured, comfortable to be speaking in front of a group. She tells us she used to be terrified to be by herself. She used to be totally reactionary for external events. She was in a Recovery Program. She tells us the breakthrough came at a specific time—December 22, 1986 at 8:00 p.m.

She asks: Are you all that you are meant to be? Are you willing to embark on a new path? It all starts with our minds. Fear is merely a companion on the journey. It shouldn't deter us. No matter what our age it is necessary to design a vision.

Laura draws a circle that is divided in two. The circle represents the mind. The top part represents the conscious mind. It gets input from our five senses and creates ideas. The bottom of the circle represents the subconscious mind. It is involved with feelings. It energizes what we do—either positively or negatively.

To illustrate how we all have electric energy coursing through us and how we can use our energy to complete a circuit with other people Laura brought out a colorful and fun device (which became a door prize for drawing she had), an Energy Stick toy. This cool device (sold on line by

Amazon for \$7.99 or at Toys R Us for \$4.98 and pictured to the left with image from etoystation.com) lights up when there is one or more people touching each end to complete an electric circuit, using only human body skin as electrical conductor. Laura had all but two people at a table hold hands with each end of the Energy stick being held by the two people not holding hands. The Energy Stick lit up as long as everyone was holding hands and the two people not holding hands continued to touch the two ends of the Energy stick.



Although the point of the makers of the toy is that we all can be considered electrical conductors the Laura's point is that we all contain energy that can

either be channeled for positive or negative purpose.

She has us ask ourselves “What would I love?” What goal can you postulate? What do you really want to do?

Laura told the story of how she wanted to sell her condominium in Pasadena at a certain price by her birthday. The real estate agent told her she needed to fix the place up, but there was a distressed property next to her that was listed way below the price she wanted. Laura knew she had to fix up her place to sell it. She made the place look so good she would love it, and a would be buyer would also love it. She didn't want to hear about the neighboring distressed property. The result was Laura sold her place for the price she wanted and instead of the distressed property bringing Laura's down, Laura's work and energy cause the distressed property to sell for a higher price.

Another example is someone who wants to bring his or her blood pressure down. You must set a mental goal to it—achieve 120/80. Laura cited examples of people who did just that. They channeled their mind to lower their blood pressure.

You must control and focus the energy of the subconscious mind to act in a positive, non reactionary manner. You are the boss. You are the one that determines your future.

You can learn more about Laura at <http://www.lauracazares.lifemasteryinstitute.com>.

Other News and Guests at the Last Meeting

While Margo Neal was again out of town (Geneva or Ital--God know where) Malibu Rotary Club Past President **David Baird**, who often stepped in when Past President William Wishard was recovering from his heart surgery, presided over the meeting, educated us with history lessons, and also managed to toss in a joke or two.

Besides our regular noon next week on August 13 (with speakers David Sagona and Quinn Carter talking about the Malibu Youth Commission) members are encouraged to make reservations to go the Literacy Breakfast that morning at Lawry's which will have two speakers, the Founder and Chair of Vision to Learn Austin Beutner and Los Angelilst County District Attorney Jackie Lacey.

Happy Dollars

There were several members with Happy Dollars. **John Elman** had a happy dollar for an absent member, Past President **Chris Bauman**., and the *Cause Celebre*: The previous day August 5, Chris' wife Leslie gave birth to the couple's second daughter, **Noriah Rose Bauman**, who weighed in at 7 pounds 7 ounces and 19.5 inches. **Bill Wishard** also had a happy dollar involving an absentee member. **Pompeya Monteros** a Malibu Rotarian whose son Eduardo is married to Bill's daughter Alison. Pompeya is having a birthday party in the small town of her birth Tena, Ecuador, and much of the family is going to the town for the celebration—the trip is

quite an experience. Bill visited there as part of the 2010 Rotary District 5280 Humanitarian Trip (See *Malibu Rotary Club Surfwriter* April 10 2010), and remembers, after the long plane ride to Quito, Ecuador, the side excursion to Tena as a 5 hour trip down a narrow often 1 lane mountain road from Quito to Tena, which is located in the Amazon jungle. Bill had received a call this past week from a past frequent visitor to our club, Jeanne Custis, who said she enjoyed meeting Pompeya when she was here and would like to go to Pompeya's birthday party—but when Bill told her what was involved in getting to the party Jeanne decided to pass.

Guests

Guests at the meeting included **Delvin Glymph**, career counselor at Pepperdine, who has attended has attended three times more Malibu Rotary Club meetings this year than our Club President and will hopefully soon be a member of our club; **Chris Bashaw**, frequent visitor and reporter from the *Malibu Surfside News*; **Veera Mahajan**, publisher of *Malibu Chronicle*, a magazine that concentrates on All Good News and who just published her first book *Learning to L.I.V.E.--a Journey...* (she will be telling us about it when she is Malibu Rotary Club speaker on September 17; **Shannon Latson**, a Marriage and Family therapist at Stillpoint Family Resources and who will also hopefully soon be a member of our club; **Adam Mohiuddin**, son of Qadar and Malibu Rotarian Beth Mohiuddin; and **Bianca Torrance**, a Malibu Real Estate Agent with RE/Max.

Upcoming Speakers (yet to be confirmed)

Randy Klingensberg, Performing Arts Studio West (who trains disabled artists to perform-- school attended by blind autistic musical savant Rex Lewis)

Founder of the National Veterans Foundation, Floyd 'Shad' Meshad

Dana Sherman of the Fleet Street Bike Project

Dan Wise on history of the 25,000 acres from Marina del Rey to PV Peninsula to Western Ave

Calendar (for details on these programs go to www.maliburotary.org)

August 13

David Sagona and Quinn Carter

Youth Commission, Helping Malibu

Aug 20, 2014

Rotary District Governor Elsa Gilham

Rotary District Governor Official Visit (in Pepperdine Villa Graziadio Room EC 116)

Aug 27, 2014

Carl Christman

Carl Reads Minds

Sep 03, 2014

Beth Mohiuddin

Travel & Craft Talk

Sep 10, 2014

Dr Alison Gallwey Wishard Guerra

Early Childhood Development dpuf