

Your **VERY** LAST How-To Book

The
Conscious

CAT

WOMAN

explains

Life

On

Earth

*Julie
Newmar*



Julie Newmar

~~Age 26~~



Julie Newmar

Age 62



Photos by Harry Langdon

I N T R O D U C T I O N

by Janet Shapan

A fine dictionary, how to mend and repair things, and a personal diary qualify. Over the years, my favorites became a collection of 'how to' books. How to do just about anything and, of course, how to improve my life in a 1001 ways.

When I was a teenager it seemed that growing up was a lot easier. The thoughts of needing to be richer or prettier were of little concern, and as for being self-centered it would never have been tolerated by my parents. It was also a special time because it was an era when women were experiencing new freedoms such as the pursuit of advanced education and a professional career. Becoming a self-reliant, 'how to' woman was definitely an evolution of the mind, body and spirit in a way that had never been conceived of until that time.

Over the years, many of us may have forgotten the day-to-day details, but what we do remember vividly are the 'how to' and self-help books we shared with each other. All the wonderful bits of information and inspirational words we cut out and put on our refrigerator doors and medicine cabinets.

As all young people do, we searched for role models that defined the vision of our future selves. And we set our minds on emulating them. Gangly and much taller than my peers, it was Julie Newmar, the tall, statuesque, graceful, and powerful woman who inspired me. I was never going to be a cute beach bunny, but I could be a little like Julie Newmar.

I rarely missed an episode of My Living Doll or Batman, and very few of Julie's other TV and movie performances over the years. Beyond the perfect exterior, I sensed the quality woman within. I knew her beauty was more than just skin deep, and I hoped someday I would have the opportunity to meet her and confirm my assumption. Not long ago, I had the opportunity to meet Julie and an even grander thing happened, she presented me with a copy of her manuscript to consider for layout and design.

Reading the book, I sat in great awe of the woman I had so admired all those years. I read a phrase and paused... read another phrase and took a breath... read more and cried once in a while. It was exactly what the title said it would be, *The Very Last How to Book*. It is a compilation of wonderful bits of information, inspirational thoughts, and practical advice for daily living that Julie has collected and experienced over her lifetime, and she was sharing it with me. It was an answer to my search for that perfect little 'how to' book to place on my bedside table – the one that would empower me to be the very best I can be.

So here it is...

F O R W A R D

by John Newmeyer, Ph.D.

Dear Reader,

Herein is a collection of my sister Julie's excellent maxims to help you live a life healthier, more fulfilling, and more aware.

My sister is an epigrammatist; her pieces are poignant and brief. It's not easy to be concise-- as Pascal said, "I have made this letter longer because I have not had the time to make it shorter." The Last How To Book started off a bit differently; Julie took the time to choose the precise words to express the depth of her knowledge. Her method of achieving this brevity is nicely described in "The Great Teacher", pages 24 and 25.

Of course as the youngest in the family, I was often the recipient of lectures: from father, mother, brother, and sister. I would listen meekly, wait patiently for them to tire of their task, nod in assent, then go and do as I damn well pleased. All of those exhortations are long forgotten except for the most excellent phrases of big sister's wisdom. Then, as now, Julie had the art of brevity. Then, as now, she took the time to ask herself, "What really matters in what I'm saying?"

So, dear reader, I urge you to savor, absorb, and live by Julie Newmar's wise epigrams. I guarantee you'll be the better for it.

DEDICATION

To my beloved brother, John, who revealed to me ‘the light’
and to my son, John, who is ‘the light’.



Copyright @ 2004 by Julie Newmar
All rights reserved.

Julie Newmar Official Web Site: www.julienewmar.com
Email: info@julienewmar.com

No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews.

Designed by Janet Shapan, Shapan, Inc.
Cover Photo by: Harry Langdon

T A B L E O F C O N T E N T S

Chapter 1	HOW TO HAVE WHAT YOU WANT... INCLUDING THE IMPOSSIBLE	8
	How to do the Impossible	10
	On Problem Solving	11
	The Virtues of Failure	12
Chapter 2	WHY YOU ARE HERE ... THE DIVINE GIFT	15
	Imagination ... and all the way to extraordinary	17
	Your ultimate dream	18
Chapter 3	THE GREAT TEACHER ... AN INSIDE SECRET	
	Breathing ... and your will into all that matters	21
Chapter 4	ENERGY VERSUS FATIGUE	
	Front doornail dead ... to energy with power in 7 minutes	29
Chapter 5	HOW TO IMPROVE ON YOUR PARENTS	33
Chapter 6	RICH ... OR REALLY RICH?	
	Appreciation, Give it Away	35
Chapter 7	TASTE – HOW TO HAVE IT IN THREE TO SIX SECONDS	
	Clothes, Houses & Friends	37
Chapter 8	TREASURING ... YOURSELF	41
Chapter 9	BEAUTY ... THE WRINKLE ON	45
	The Lift	46
	For the Legs	47
	Photography	47
	Makeup ... Tricks & Secrets	48
	Intimate Settings	49
Chapter 10	HEALTH	49
Chapter 11	LAUGHTER & OTHER THOUGHTS/THINKERS	53
Chapter 12	GARDENING & WORLD SOLUTIONS	57
Chapter 13	THE BOOK OF JEWELS	
	Exhortations to the Self	58

C H A P T E R 1

H o w t o h a v e w h a t y o u w a n t . . .

The only reason you're not a success is that you haven't made time for it.

Drink the water from the glass half full or you'll go thirsty.

Move away from those who "can't" or "won't".
Be selective of whom you surround yourself with.

Put love into all things, most particularly the
impossible – especially the impossible.

If you dream it, you should have it so that something else can take its place. That's important.

Teach yourself, by writing to yourself.
Keep writing: very soon, something pops out.

If you want something, ask for it
If you don't have what you want you've been going
to the wrong source. Think about that for twenty minutes.

The important thing is to ask the right question.
Never mind the answer, it'll drop in your lap.

P r a y e r i s p u r e g o l d .

If you knew how easy it is to click your mental antennae into the
Infinite Mind, you'd discover for yourself the secret of inspiration.
And it's free – for healing physical and mental problems, reversing
bad luck, anxiety, lack of education (see Chapter Three).

Don't be so busy. Find your own company.
To be creative - breathe a higher thought.
Whatever thought you are having, visibly see it and
breathe it to a higher level. Widen the space you're
thinking in, take another deep breath and let it float up.
Free your mind from what you've learned and let it
enter the unknown. Free yourself from the experience,

then ask a big question and keep it floating up.
Find out for yourself. This time be free of formulas.

. . . i n c l u d i n g t h e i m p o s s i b l e

Breathe yourself into solution.

Ask for “it”. It’ll come to you on your way to the gym.

Write it down. When I’m writing I half close my eyes, it pulls up the deeper thought. More than not, I usually have by 9:00 a.m. what I’ve wished for and it has become so clear to me how to get it. Sometimes the phone rings with an offer of a job, acceptance of a project.

You are a light being, anchored to Earth with your body.
Believe the highest thought about yourself and you’ll be where the action is right for you.
Besides, as Warren Buffett says,
you only need two or three big wins in a lifetime.

If you practice any emotion, practice joy, for that is your most natural state.
It’s right up there next to love; your final step in life.
You can’t be deprived of it any way; just give it more space.
Then let go in that space where you are momentarily healed of everything;
in perfect peace. Joy, as you’ll see, is easily repeated.

Breathe, consciously, slowly, deeply. and
your intelligence will open up like a fine lens.

I s o m e t i m e s s a y t o m y s e l f s i l e n t l y :

“ I c a n , I c a n , I c a n . . . ”

Sammy Davis did it. Look at his odds!

Are you not as worthwhile as the President of the United States?
Well, why not? You are.

You are no bigger or smaller
than another human being,
just not as awakened.

H o w t o d o t h e i m p o s s i b l e

One step at a time. One 1/2 step, one 1/4 step. :
You'll be amazed, given time, how far you've gone.
Never give up; concentrate on the little things; fear will be less noticed.

If you love what you do, then work is for idiots.
I never worked a day in my life - never expect to.

Working, however, is life's salvation. It makes the
leftover time, the cream, taste so sweet.

S a y y e s t o N o w .

If you don't want to be first, take more time and be best, like Estee Lauder.

First things first, but not necessarily in that order.

- Bob Levey, Washington Post

T h i r d C e n t u r y D y n a m i c s - D u m p t h e D r e c k

Fill friction with love and you have healed your part of the world.

Don't put yourself down; depressions are too hard to climb out of

There are some people attached to their suffering
and by repetition encourage its renewal.
Enough is never enough.

Treat your enemy as if one day he will become your friend.

- Liberius 105-43 B.C.

Accommodate, don't judge, or you may have to go
back and learn that other person's lesson.

Arrogance, ignorance,
Ignorance, arrogance.

O n p r o b l e m s o l v i n g

Put your anger in a helicopter, and feel yourself go up, up, high enough until you can see the “dynamics” of the problem. How much of it is petty stuff, no longer worth your energy?

Most “isms” involve one group stepping on another to feel equal.

So you made a mistake.

Was the action from love or was it from fear’?

Don’t sin against yourself; collect thank-you’s.

I like aggressors; they make me do things I might not have done... and enjoyed.

N o t “ I w i l l . ” I c a n

For willing is always the future, “I can” is now.

Notice when you’re seeking power over others by thus further obscuring your own ignorance. Real power isn’t ignorance.

Listen to your feelings.

Be aware of the sponsoring thought.

Is it from love or is it from fear?

I love flying over the Grand Canyon, being so high above this phenomenal creation of life, earth, and water. It gives me a peerless perspective of my own and the world’s problems.

Responsibility is the home base of great women and men.

Greatness requires taking responsibility for your feelings, your acts, and their consequences.

Winning is in the gut and achievable at any age
if one is able to challenge the unknown -

to fall upward, to precipitously dare from within.

Later in life it’s as if one must go small to be big.

Become ordinary. Go against thought to that cherished level of personal grace.
Clint Eastwood has it.

O n p r o b l e m s o l v i n g c o n t i n u e d

Give... what you desire most. Life's a circle, an echo; it all comes back.
It is pure self-deception to be complaining about what you're getting.
Be at cause... Seize the power.

Love everything you do and the likelihood is that it will work
so well that the unwanted will drop away faster, leaving precious
space for more of all that you do want.

Once you acknowledge limitation, have the guts
to expose to yourself your own meanness, pettiness,
or cruelty and release its projection on others;
you will have planted the seeds of your own greatness.

F o r c e w i t h o u t w i s d o m ,
f a l l s o f i t s o w n w e i g h t .
- H o r a c e

Be in the trust banking business. Don't speak ill of another,
encouraging holes in your bank for others to rob you.

Regrets; the bruises of often trying too hard.
Let regret fire you up for the opportunity that's just now happening.

There is opportunity in everything.
Everything. Sorry about that, but it's true.

Dream, think, act... with alacrity not the reverse.

Society is a big soup, the better for its variety.

The Virtue of Failure

Forget it. It's impossible. Mistakes can be meteors to success.
Always, always ask, "What do I have to learn from this?"

If the problem is too big and it's a cruddy morning, do only the small things.
Clean a drawer, a closet. Accomplishment will always, always make you feel better.

If you could see that your strangeness,
your uniqueness is exactly what's right about you,
you'd give it all you've got.

To go up, you'll go down. Experience both.
One feels good, the other bad. You need both... to be a safe person.

So be afraid. Get more of less. Being... before doing. Think of a tightrope walker.

S u c c e s s . . .
i s a m o s t d e s i r a b l e d i s e a s e .

Be a 360-degree person - imagine yourself seeing everything.
Imagine... to have lived God's plan instead of yours.

Don't be afraid of your enemy. His secrets are often most apparent.

In a negative situation you must be more than
someone else's mirror and merely squawk.
The least you can do is turn your back
and walk away with love rather than rebuke.
Stuff happens. So what!

Only a brave Soul can stand with the truth.
The rest of us are too embarrassed by our own ignorance or poor experience.
Therefore, stand back from dissidence in order to understand why it's even there.

O n C r i t i c i z i n g O t h e r s

Don't hear it, see it, or respond to it unless you're in an outdoor cafe,
Via Veneto style, and then it's prodigious fun.



Julie & Doug Henning