



local spotlight

Keeping it Positive A Local Mom is Making a Difference

By Megan Blank

North Wales, Pa., resident Debbie Oser is thinking positive, and making a difference in Montgomery County by doing so.

Oser, 39, recently created a business called "Keeping It Positive," which sells products that contain affirmative, uplifting messages.

Positive thinking first helped Oser find healing and hope at a young age.

"When I was 22, I lost my father," she says. "I was pretty down out and out for about a year."

Oser says she then read Joseph Murray's book, "The Power of Your Subconscious Mind," which helped turn around her thinking.

"Your subconscious beliefs are what you tell [yourself]. I tried to change my thinking to more positive thoughts, and noticed a change," she says.

"It can really change behaviors and habit, how you think and feel. I still definitely state positive things to myself all the time," Oser says.

She began to use this positive thinking to help her two sons, Zachary, 7, and Justin, 5 gain confidence and self-esteem.

"I would say positive affirmations to my boys every night. I wanted them to be self-confident and self-assured," she says.

"I wasn't sure it was sinking in, until one day we were at the park, and my older son was on the monkey bars, and I went over to help him. Totally unsolicited he said, 'No, Mom, I don't need you. I can do anything I put my mind to.' So, I decided I really wanted to do something with this," she says.

Oser did some research and found that in order to change one's thinking patterns, the best time to do so is before bed, and right when waking up. "I thought — pillowcases," she says.

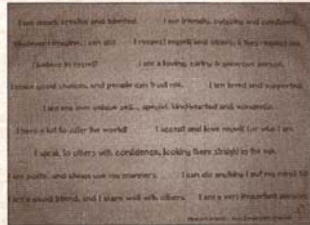
The pillowcases, called "Pleasant Dreams" contain 16 phrases such as "I can do anything I put my mind to," "I believe in myself," "I am friendly, outgoing and confident." The pillowcases are 100 percent cotton, 300-thread count, with the words printed in a non-toxic, water-based ink and come in four colors — purple, green, blue and pink.

Besides the pillowcases, Oser says she is looking to expand the products "Keeping It Positive" offers, including ceramic mugs for adults.

"They're 16 oz., with a wraparound layout of nine positive thinking phrases,"

she says, "YOU are in charge of your own destiny," "Dream BIG," "Believe in yourself!" and "YOU CAN DO IT!"

Oser says she is also adding a line-up of sweat-shirt-material pink and blue baby blankets, with phrases such as "I am



"a great sleeper," "I wake up energetic & excited for each new day!" "I am price-lee" and "I learn and grow from every

experience." "It's cute," she says with a laugh. "I am really enthusiastic about this."

Other future products Oser hopes to offer at "Keeping



It Positive" include travel-sized pillows addressing healing from grief, as well as healing from an

illness. "I had made some iron-on transfer (pillowcase) for friends and they told me it

meant a lot to them," she says.

Besides helping her family to think positively, Oser says she has received some wonderful comments from other families about the products.

"I have gotten some really great feedback from parents about the products. I get emotional when reading them," she says.

"One parent told me how she heard her daughter showing her pillow to a friend, saying how saying the phrases made her feel better. The parent told me, 'You really changed my daughter's life,'" she says.

"Another parent told me how when her child received one of the pillowcases for Christmas, they started to read the phrases out loud, getting louder each time, and each became more powerful. It's very moving [to hear]," she says.

Currently only the pillowcases are for sale, although Oser says she was adding the ceramic mugs and the baby blankets within a few weeks.

Prices and more information about the products are available at www.keepingitpositive.net.

The story originally appeared in Montgomery Newspapers' Anibler Gazette weekly newsmagazine.

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