

# A MAN CALLED FRIDAY

## CAROLYN'S FOREWORD

I am not sure when I first heard about Helene Hadsell, but sometime in the early 2000s, I was gifted a used copy of her first book, *The Name It & Claim It Game*. I felt fortunate as it had not been in print since 1988. I devoured it.

It wasn't my first introduction to positive thinking, visualization, mental projection, goal setting, etc. When I turned eighteen, my dad gave me my first motivational book, telling me, "If I can teach you at eighteen what I learned at thirty-six, you'll be way ahead of me."

After years of self-study, I concluded that my purpose was to teach others two things. First, how to bring more fun and excitement into their everyday lives by winning sweepstakes, and second, how to utilize a wide range of metaphysical methodologies and teachers—like Helene—to achieve that magical life.

I started my teaching path in 2004 by writing a book: *You Can't Win If You Don't Enter*, and also by publishing a newsletter. Then in 2008, I added a blog and a podcast to my platform. Every other Monday for several years, I chatted with the movers and shakers in the promotional industry, eager to share my message.

As I was always seeking dynamic guests for my podcast, I reached out to Helene, and she agreed to be on my show. I was beyond excited. (The audio interviews were recorded and can be found on my Contest Queen YouTube channel, along with an entire video playlist here: <https://bit.ly/HeleneHadsellPlaylist>.)

After our first interview, I was pretty brazen and bluntly asked Helene if I could come to Texas to meet her in person. She said no. A few days later, I received a phone call from her inviting me to visit. She said my spirit guides were so loud that she had to concede. (I am loud in life, so it didn't surprise me that my spirit guides were also loud.)

That November, I found myself in Alvarado, Texas, in the presence of this remarkable woman. To me, women like Helene were the original teachers of spirituality. Helene had mastered not only the Law of Attraction but also the art of manifesting, along with many other extraordinary metaphysical skills. It's that very mastery that she imparts in all of her books. Helene also felt 'if she could do it, you could do it.'

During my visit, she suggested that I pick up her gauntlet and start teaching others what she had been teaching for decades. She didn't see herself teaching in person again and didn't want her messages to pass with her. I didn't do anything with her suggestion until now.

Because I interviewed her, wrote about her, and shared her teachings over the years, I received many requests for her books, courses, and Blueprint readings. Finally, it was time for me to stop holding the gauntlet she'd given me and start running with it.

I contacted Helene's family and received permission to update and republish her books. I was beyond excited to be putting out into the world what this intelligent, vibrant, and gregarious woman asked me to do over a decade ago.

It is important to me that I maintain the integrity of Helene's work, so I've only made minor adjustments in this edition. I've reformatted her books for current publishing methods (Print On Demand, Kindle, Kobo, Google Books, and Apple Books).

I've also made it easy for you to distinguish Helene's words from mine. All of Helene's are in the Arial font. All of mine are in the Times Roman font.

Just like Helene, I sincerely hope you take her wisdom to heart and create your own **DARING ADVENTURE**.

**Carolyn Wilman**

Marketer, Author, Teacher

# HELENE'S INTRODUCTION

*NOTE: I discovered this note by Helene in the remains of her files. I do not know when she wrote it, but I wanted to share it because it gives you a glimpse into how she came to write her only work of fiction. This was the last book Helene published before she passed away in 2010.*

I had just finished writing the book; **Confessions of an 83-Year-Old SAGE** when I asked myself, "What's next?"

My mind goes in so many directions I have to stop and slow down to focus on one thought at a time instead of being bombarded with six or seven ideas. A Man Called FRIDAY will be the title of my next book. This will be fiction. In the past, I have written only non-fiction.

I stayed busy creating scenarios for the character. The idea came to me after going through my library as I searched for a book that might spark my interest. Robinson Crusoe, which has been a classic for every young reader, caught my attention. The book was written by an Englishman and published in the eighteenth century. The story tells about how a native on the island where Robinson Crusoe landed after his ship was wrecked became his manservant.

My story would be about people who had the opportunity to have the use of a man called Friday for an entire month to do their bidding. After completing three episodes, that would be considered a short story; I finished it. "Now, what next?"