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**Do You Have A Solid Foundation?**

**By Sibyl McLendon**

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My husband was contacted recently from a client of his who had fallen on hard times. The man hurt his back, and was forced to go on disability because he is unable to do his job anymore. A week after this happened his wife lost her job. Depressed and very angry, he called my husband to tell his tale, to complain and look for sympathy. He didn't get much from us.

The true test of a person is not how they act when times are good. It is very easy to be happy, generous and have a positive outlook when everything is great. If people create a solid foundation when times are good, it is going to make things a lot easier when times aren't so good. Hard times magnify a person's true nature.

If you have developed a solid spiritual foundation for yourself when your life is going great, it is going to carry you through tough times. How you perceive negative occurrences, the perspective you look at them from, determines how quickly you can overcome adversity. These perspectives are developed over time. It is too late to work on this when the bad times hit; the time to build the foundation is when everything is going great in your life. Chances are, when you are surrounded by adversity, you won't have the energy or the will to start from scratch on this.

1. Develop a relationship with your Higher Power, whatever or whoever you perceive this to be. Faith is priceless when you need it. If you believe that everything happens for a reason it is easier to look for anything good in a negative situation and find a way out of it.

2. Look for the blessings in your life every single day. Even bad days have blessings, if you are accustomed to looking for them. Develop the "blessing habit" now and you will be able to find them if you find yourself in hard times.

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3. Break the anger habit. It is a waste of valuable energy to rail against adverse events. Stuff happens. Get over it and move on.

4. Forget the "oh woe is me, why me?" mentality. Don't take everything so personally. The universe has not singled you out for trouble. No one gets out of here without some trouble in his/her life. This is closely connected to:

5. Take responsibility for your own actions. If you are playing the blame game, knock it off. It is a total waste of energy and it won't help you.

Life is a series of individual moments, weaving together as events. You have total control over how you

perceive them. If you are in the habit of seeing the good this will carry you through hard times. Unfortunately we never really know what tomorrow will bring. The time to begin is now.

Sibyl McLendon, a Navajo woman living in the American Southwest, is a personal empowerment coach for Circle Of Grace. Get her new book, *The Garden Of The Free Spirit!*

[http://www.circle-of-grace.com/free\\_spirit.htm](http://www.circle-of-grace.com/free_spirit.htm) <http://www.circle-of-grace.com> Sibyl can be contacted at [sibyl@www.circle-of-grace.com](mailto:sibyl@www.circle-of-grace.com)

### **Beauty Tip: Foundation Secrets For A Flawless Complexion**

**By Sheila Dicks**

1. For a natural look your foundation must match your skin tone. Test foundations along your jawline. You will know the best color because it will disappear into your skin.

2. Spread foundation on your hands and pat it on your face, then smooth out with a sponge making sure not to pull or stretch the skin. Be extra careful in the area around your eyes where the skin is super thin. Don't forget to apply foundation on your eyelids and lips.

3. To make foundation last apply moisturizer first giving the foundation a base. Dry skin will soak up the foundation if not given that base. For oily skin use an oil-free moisturizer and powder foundation

4. On hot days foundation can be difficult to keep looking fresh. Set your foundation in the morning using a loose powder and puff, then do regular touch ups throughout the day.

5. To cover imperfections apply foundation first and then go back and dot on a concealer that neutralizes red. For noticeable imperfections like very dark circles and birthmarks use a yellow concealer (available from Mary Kay). Don't use too much powder in problem areas because it will draw attention to it.

6. To avoid a foundation line around the jaw apply foundation as usual then use a little moisturizer in your hand and blend it down your neck.

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7. For evening mix some shimmer powder with your powder and put it where you want to attract light such as the bridge of the nose, underneath the brow bone, the temples, cheekbone, chin and shoulders.
8. Always use a foundation with a sunscreen of at least 15 to prevent future sun damage.
9. Change your foundation shade if the color of your skin changes.
10. After you apply foundation go near a window to make sure it looks natural. Natural light is the ultimate test.

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Sheila Dicks is a wardrobe and image consultant who teaches women how to look slimmer by dressing to suit their body type. Visit her at

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