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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Learning from the Stars**

**By Julie Jordan Scott**

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"You learn something new every day".

How many times have you heard that sentence? Chances are, many many many times over the course of your lifetime you have heard those six words or some similar combination. Sometimes when we have phrases like this repeatedly, we forget or somehow stop hearing the significance in the message.

Using the thesaurus in my word processor, I was able to tap into a list of twelve words which also mean "learn". There are subtle nuances to each word which may give the phrase more power or meaning to you.

Here is the list, which I will give in a form where you will see the whole statement repeated, the only change being the word "LEARN".

1. You absorb something new every day.
2. You acquire something new every day.
3. You ascertain something new every day.
4. You comprehend something new every day.
5. You digest something new every day.
6. You discover something new every day.

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7. You divine something new every day.
8. You glean something new every day.
9. You grasp something new every day.
10. You master something new every day.
11. You realize something new every day.
12. You understand something new every day.

Which three of the statements touch you the most? Which ones ring the most true to you? Can you see the difference using those three might make in your not only hearing this truth, also knowing it and living it?

In the spirit of learning something new every day, notice that in the paragraph above I purposefully engaged in using different senses to "speak" to you. I mentioned "touching" "ringing" and "seeing". That technique was used so that people who learn through different sensory experiences would all "learn something new".

A lifestyle of "learning" (gleaning, discovering, understanding) something new everyday includes taking what you have gleaned and using it. It contains a spirit of application so that we can integrate the new skill into our life to increase our level of understanding.

As we continue to discover new facts, as we continue to grow through new experiences, we invite others along for the journey. We bring our world into a bright shiny new context.

As each day dawns, it is ripe with possibilities. It is wanting to blossom. It is asking us to partner with it.

For the next week (or more) begin taking a written tally of what you are learning new each day. For example, this past Saturday I learned that

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Twinkle, Twinkle Little Star has five verses. I also learned that "Faust" was a drama written by Johann Wolfgang von Goethe. Finally, I about a new program from my friend Cathy: a way to "send my books out into the wild" thus regenerating their message through new readers.

And this was all before Noon.

Now you might think: "And who cares that Twinkle, Twinkle Little Star" has five verses!

Well, when I look at life through the lense of Discovery, I think: "What areas in my life has verses that are yet unplayed? How might I discover those verses?" Or "What verses are my children singing every day that I am missing?" (You might put colleague, employee, spouse, best friend, neighbor in place of children). "What

verses do I need to sing in order to get my big project complete?"

Taking something simple like Twinkle, Twinkle and playing with it in this way really brings much more forward than is on the surface. And the joy is, when you are creating playfully, it will not take MORE of your time, the unfolding will simply partner with you as you are doing whatever you were going to do anyway!

Simply try this out. Commit to learning something new. Today.

Julie Jordan Scott is a Success Coach, Writer, Speaker, Radio Hostand Mom Extraordinaire who inspires people worldwide to live more passionate lives through her personal and group coaching, teleclasses, seminars and free ezines. Subscribe to DailyPassionActivator now via email: <mailto:DailyPassionActivator-subscribe@Yahoogroups.com> or via web <http://www.5passions.com/subpage.html>

### **Astronomy And Kids**

**By Kadence Buchanan**

During the clear night sky and as long as the city lights are not close or bright enough to interfere with your naked eye vision, it is always a good idea to grab a blanket and some candles and head to your house's roof or the nearest hill. Admiring the stars is not an exclusive activity kids are only allowed to perform, but it can be something you can share with them while introducing them to the unknown world

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of the universe.

If your child has already looked up gazing the moon and the stars and has asked you all sort of questions regarding their characteristics, their special stories and the interpretation of their slow movements, you should invest some time during a Saturday night to take your kids to the countryside and show them the stars while they awe and wonder on how these "pins" are stuck on the dark sky and why they are not visible during the day. Introducing your child to the marvels above their heads can be a tremendously educative experience your kids will love to repeat as soon as possible. Even your back yard is an ideal place to begin the learning journey that can last a lifetime. But parents support that most of the times getting started is the hardest part of this process.

If your young child has not yet learned the basics, then it is probably wisely to throw on your yard's lawn some blankets and invite your children to join you under the stars. Asking first questions, before trying to explain how things are, can assist you to figure out what they should learn first and begin teaching them the first astronomy lesson in their lives. After locating the sky's landmarks try asking questions that will excite your children and will motivate them to want to find out more. You can begin by locating the most easily recognizable element of the sky, the Moon before attempt to begin explaining why although the moon does not spin around itself, we actually see a portion of it every day until we are able to admire it as a whole. Furthermore you can look for other landmarks in the sky, like stars, in order to begin explaining the astronomical constellations. Your children will be thrilled to be able to admire such interesting scenery simply by looking at the moon's surface and create imaginative stories for the stars.

While children are still in elementary and middle school, they are more already exposed to stars and constellations. But the number of constellations and stars we are able to see each year is actually a very small number out of the plethora of stars in the sky. But if your last present to your teenager kid was a pair of binoculars, then things become even simpler. Bring a book about astronomy (suitable for your kids age) and begin reading and explaining to your children what you are reading really means.

Remember that outdoor learning activities can be as simple as noting the time and location of sunset and moon rise, and as complicated as finding the names of the brightest stars in the sky during a clear night. Of course, you can repeat it as often as you like if the weather permits such outdoor activities for a family to get together. But even if the weather conditions do not allow you to go out and admire the night sky, next to a good pair of eyes, the Internet is the backyard stargazer's best friend. Today, you will be able to find here are almost as many great websites devoted to astronomy as there are stars in the sky.

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