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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!

Naming And Claiming

By Stephanie West Allen

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A Joy-propelled Life For You

Name yourself joy for today. Or maybe make joy your middle name. Make joy as much a part of you as your name is. Why? Because a joy-propelled life is an extraordinary life.

Joyful people create astounding lives for themselves. Their joy makes them lighthouses attracting shiploads of delight. And their joy makes them beacons showing others the way.

Joy's A Buffer, A Bonfire

Joy is like a shield from the negatives in life. Joyful people are protected from joyless things such as ailments, pauperism, and sluggishness. Joy brings energy and insight to do grand, glorious, and gifted deeds. Joyful people are having too much fun and are too full of vim and verve for dismal, Drama Zone conditions.

People are attracted to the joy in others and people just feel good making their joyful associates even more joyful and successful. Joy is catching and communicable and contagious. One joyful person in a room or company or family can ignite a whole group. The fire of joy can burn away all things negative.

Wow! That joy is mighty powerful. Name yourself joy. Proclaim yourself joy! Today!

Naming And Claiming

Where Do I Go To Get This Joy?

Two very effective ways to quickly create joy in yourself? Gratitude and memory. Look around at your life and make a list — in writing — of all the things for which you are grateful. Add to the list whenever you get chance. If you find yourself dwelling on what you lack, read your list. Make that growing list a part of you and it will grow even faster. Sing your list, waltz with it, write it in all your favorite colors.

And sit down frequently and think of times when you were

most joyful. Truly remember them and feel them. Infuse yourself with the joy of those memories. Let the joy from your past leap forward from memory into now. Catch the leaping joy with a smile and wear it inside and out. Then jump for joy as you become practiced in calling joy to you any time you desire.

Increasing the number of people living in joy has a positive impact on our workplaces and our communities. One who invites joy into his or her life also invites greater wellness, fortune, and success. As joy increases in our business organizations, those organizations become healthier, wealthier, and more successful. And, as joy expands in our society, it will become a place more inclusive, productive, and peaceful. This joy is potent stuff.

Daily Exercise

Naming can be much like claiming. Think of a trait you would like to claim for yourself — if not joy, then maybe health, wealth, success, happiness, peace, kindness, the big, blue sky is the limit. For today, call yourself, name yourself, that trait. Maybe "I am health." Or "I am kindness." Stand up tall and say, "I am [your chosen name]" at least once an hour today. Sing it in the shower. Shout it with glee in the park.

Write it down each hour, too. "I am [your chosen name]."
All throughout the day, carry the paper with your new name close to you. Grin when you think of it in your pocket or purse or under your belt.

Don't just write it on paper. Use your finger to trace it in the air or in a pond. Write it in your food with your fork. Form your name with flowers or spell it out with jellybeans. Let

today be permeated by your new name. The trait you claimed will become yours.

What will you name yourself today?

Stephanie West Allen, JD, is the author of *_24 7 This! TheMerry Method To Accelerate Success_*. Excerpts at <http://www.allen-nichols.com/success.cfm> She coaches people in using the two Merry Maxims, WYTUG(What You Think Upon Grows) and LULU (Loosen Up, LightenUp), to achieve health, wealth, creativity, and harmonizedrelationships. mail to:Stephanie@allen-nichols.com

Godparents And The Naming Of A Baby

By Jackie Kent

Remember Cinderella's industrious little 'fairy' Godmother who swept her away from her wicked stepmother, in a pumpkin horse carriage to meet her prince charming? Of course you do. You also remember Marlon Brando, silent and sinister, Mario Puzo's Godfather. The term God 'parent', therefore you see, ranges over a plethora of meanings and indications. Often therefore it is seen as a rather confusing term by new parents.

The God parents have been a traditional a part of the naming ceremony. But whether the term itself is appropriate to be associated with the event remains a point of much disagreement amongst people.

Some argue that the term Godparents is inexorably linked to religious christenings and baptisms, usually sacrosanct events which are viewed as far more significant than an ordinary Naming Ceremony. The word 'God' apparently enlivens in people a feeling of religion, which can be a burden. They thus started trying to replace the word God with far 'simpler' words for the purpose. Everything from the term 'Guideparents' to 'Guardparents' to 'mentor' and 'Sponsors' have been known to be used recently. As the Naming Ceremony itself becomes more popular far more such names are expected to rise up.

Irrespective of what you call them however the primary duty of the 'Godparents' is to take care of the child in case some unfortunate event claims the parents.

The Naming Ceremony and the selection of the Godparent is of course a completely secular celebration and is in no way linked to the ceremonies held in order to induct individuals into a certain religion. Nor is the event a precursor of a possible baptism or christening. It is simply an event marking the arrival of a new member of the family which is attended by everyone who belongs to the family as a whole.

The Naming Ceremony therefore is an event marking a welcome of sorts; it's a way of inviting the individual into the world, into society.

Jackie Kent is an author and mother. See more articles at



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