

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**The Renaissance**

**By Amber Whitman**

**The Renaissance by Amber Whitman**

The Renaissance Era was a period dating from approximately the 14th century through the 16th century. It was a time of great change for Europe and the world, as a whole new culture was beginning to emerge. Beliefs were tested. The idea that humankind ruled nature developed, and has contributed greatly to modern science and technology.

It is thought that Renaissance political thought was very instrumental in forming the government in the United States. The idea of freeing government from the religious aspects of the church, thereby becoming more independent, was the key idea in this reformation. Many inventions were also developed in this period, the most important being gunpowder, the printing press and the compass. Another extremely important aspect of the Renaissance was the creation of prosperous cities, and is reflected today in our own society.

Trade increased dramatically, not only in the standard items of barter and exchange, but also in the area of luxury items as well. With the expansion of trade, towns grew wherever the trade routes met. Capital that accumulated through trade was eventually available for other enterprises, notably banking and industry, much as happens with capital gains today. Great gains were made in education. However, these were not without a good amount of controversy. There were two distinct type of education, one of which was scholastic, which concentrated on the study of logic, and the other being philosophy and the nature of reality.

Added to this were the humanists. They proposed to educate the whole person and placed emphasis not only on intellectual achievements, but also on physical and moral development. This is the method that has moved into today's education as well. It is a compilation of different achievements and teachings to round out an individual's knowledge, and, as is the case today, people became more interested in music and the arts. Many people began singing and took up musical instruments, much as they do in today's society, with music being a huge influence. Literature and the arts began to flourish with a turning toward art inspired by nature.

## The Renaissance

Above all, the Renaissance movement left us fantastic monuments of artistic beauty that, even today, define our western culture.

I am 35 years old. I have one son. I have been in a relationship for 11 years now. I grew up in British Columbia, with my grandparents. Some of my family live here, but we are not close. I have been writing since my youth. I also enjoy cooking, gardening, decorating, reading, shopping, and the outdoors.

### **Your Personal Renaissance**

**By Julie Jordan Scott**

#### **Your Personal Renaissance by Julie Jordan Scott**

Lately my mind has been inexplicably drawn to two very important women in my life. I have seen neither of these women in thirty years, yet their influence remains. Miss Foley and Mrs. Anderson both taught at Linden Avenue Elementary School. I can still see their faces, hear their voices, and if I am really quiet, I can smell Miss Foley's perfume and hear the sounds of Mrs. Anderson's second grade classroom from the perspective of the coatroom.

Miss Foley taught me to read. Mrs. Anderson taught me to learn from what I was reading.

These two women brought about an awakening in my life. They guided me from illiteracy to artistry. It was in the second grade I discovered expression through haiku and creative writing, spinning tales regularly for myself and anyone else who I perceived was interested. Influential partners and teachers in our lives are Transformers. Revolutionaries. Together, they have the power to change humanity.

Ralph Waldo Emerson said, "Scholarship is to be created not by compulsion, but by awakening a pure interest in knowledge. The wise instructor accomplishes this by opening to his pupils precisely the attractions the study has for himself."

Lately I have been awakened through personal study of the Renaissance period in history.

Renaissance. Merriam Webster tell us it can mean a specific period of time in Human history following the Middle Ages or it can point towards a period of revival or renewal. Finally, it can be a personal experience of an expansion in artistic and intellectual activity.

## The Renaissance

When an old year becomes history and we are given a fresh new calendar, suddenly the possibilities glisten and gleam before our eyes. We stand taller, we make new commitments. We sometimes stand courageous where before we would stand in the place of fear.

All because we turn the page of a calendar from one year to the next.

A couple years ago there was quite a period of unsettle as people concerned themselves with the year 2000. All that negative, nervous energy was for naught. Worldwide, humanity collaborated to make a smooth transition from one millenium to the next.

You can make a smooth transition, today, to stand tall and courageous in Your New Renaissance.

My theme for the year 2002 is "My New Renaissance: Honoring All of Me."

Even writing that brings a smile to my face. A Re-birth. A time to love each aspect of myself be it the terrific, the so-so or the things I-am-not-so- proud-to- admit. The word "honor" reflects my willingness to respect myself as I respect others in my life. In honoring myself, my commitment to honoring others is rooted even more deeply and authentically.

In the Renaissance period of history, the People coming out of the Middle Ages began to look back to the Classical Period of Greek and Roman history to glean what they could from thinkers such as Aristotle and Plato. Socrates and Epictetus. They did not want to go BACK to the classical period: they wanted to learn the lessons and apply those lessons to their lives more than twelve centuries later.

In the Renaissance period of your life, may you look back at your history and learn from those significant lessons and apply the knowledge gained to the person you are today 15, 20, 5 or 30 years later.

It is not hiding from the past as many in Medieval times wanted to do, instead it is embracing it. Taking the time to understand it. And then leaving behind what does not fit the current you and transform what remains into something

positively glorious.

When each one of us commits to our own renaissance, the world as we know it can change. Committing to your awakening is also committing to the planet. It is committing to your first grade teacher and your little league coach and your drama teacher and your grandparents.

It is saying "YES! I will leave this place better than when I arrived. I dedicate myself to rebirth in my life. I pledge to the ongoing forward movement that comes with personal renaissance. And Yes, I commit to recognizing when hurdles show up in my path I will take the time to learn the lesson of the

hurdle and continue the path."

One of my favorite quotes is from American Poet, Robert Frost: "Two roads diverge in a wood, and I took the one less traveled by, and that has made all the difference."

Expanding in Your New Renaissance will create an environment that will bring about amazing an transformation for all of us.

Here is your challenge: Create a pledge, commitment or dedication to your personal renaissance in your own words. Write them down. Speak them aloud. Memorize them.

Live accordingly.

You will make all the difference.

Julie Jordan Scott is a Personal Success Coach who left her career as a government bureaucrat and built a successful business in less than six months. Visit <http://www.5passions.com> for free resources for YOUR success Contact Julie now to bring YOUR vision to life today.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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