

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!**

**Uncover Your Diamond: Ignite Your Inner Light**

**By Michelle L. Casto, M.Ed.**

**Uncover Your Diamond: Ignite Your Inner Light by Michelle L. Casto, M.Ed.**

Uncover Your Diamond  
"Ignite Your Inner Light"

By Michelle L. Casto

Stress is a natural part of being human. But contrary to popular belief, stress does not have to be destructive. Quite the opposite, stress can be creative. The fact is that everything in life has been created by elements stressing other elements until something new was born. Ever hear the phrase, "a diamond in the rough?" Think about how coal and rock is stressed by nature until it becomes a diamond. You are like a diamond, waiting to be uncovered.

It's been said that change is inevitable, growth is intentional. Sometimes you need to "stress yourself" to make forward progress in life. Until you put pressure on yourself, you will remain stuck. That is why working with a coach is so powerful, I provide the extra push and support needed to get you into action! If you truly want to transform your life, you simply must make some internal shifts and external changes. This is entirely possible. If you choose to look at some of life's challenges as opportunities for personal growth and transformation, your soul will become free to beam. When you "turn yourself on" by living with vision, working with purpose, and loving with passion, you ignite your inner light. And you will literally glow from the inside out.

Your soul is your energy source.

When you feel dull and lifeless, your light is dim.

When you feel radiant and alive, your light is bright.

To live a brightlight life, charge up your inner source by satisfying your soul's needs----love, purpose, connection, contentment, acceptance, fulfillment, and joy.

Everyone wants to possess a diamond, the most valuable gemstone. The truth is, you already have a diamond within you----it's your soul. Just like a diamond has to be excavated beneath the earth to be of any worth, you need to dig deep beneath your ego's walls to discover your own special gift. The amazing thing is that you don't have to go anywhere to find it. You just have to stop searching on the outside and start looking on the inside for what will make you happy! Everything you need to have the brilliant life you desire is within you right now. Your inner diamond (soul) patiently waits for your

## Uncover Your Diamond: Ignite Your Inner Light

discovery, and it will tell you all you need to know, if you but only ask and listen.

Following your soul's callings will put you on a path, which will be illuminated by your inner light, as a result, you will become lighter, brighter, and enlightened while on your life's journey.

A diamond represents a strong, radiant, and beautiful work of art. The Brightlight Diamond represents your potential to become a big, bright, and brilliant soul who freely shines its light to the world.

As Marianne Williamson said in her book, *Return to Love*, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who Am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?"

You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about

shrinking so small that other people won't feel insecure around you. It's not just in us, it's in everyone.

As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

Let your brightlight shine. Whatever light you offer may be a beacon of support and encouragement in someone's darkness. And if you feel that your light is no more than a candle in a forest, remember that there isn't enough darkness in all the world to put out the light of one small candle. Let your brightlight shine. Be who you are meant to be, do what you are meant to do. Live large. Be Bold. Shine your light! The world needs your special light!

Michelle L. Casto, M.Ed. Whole Life Coach, Speaker, and Author of the *Get Smart! Learning Book Series*. Her coaching practice is called Brightlight Coaching—she empowers people to come up with bright ideas for their life and to freely shine their brightlight to the world. Areas of expertise: Attracting Your Life Mate, Discovering Your Life Purpose, Living a Balanced Life, and Empowering Life Strategies. Visit virtually: [www.getsmartseries.com](http://www.getsmartseries.com) & [www.brightlightcoach.com](http://www.brightlightcoach.com).

### **Buying Diamond Jewelry: Know What To Look For**

**By David Flinthoff**

In judging diamond jewelry it is a common occurrence to get a diamonds shape and the cut mixed up.

The cut of a diamond describes the performance of light, dimensions, and finish. Shape is just the outline of the diamond from a top view. In judging diamond jewelry you must make sure there is a good cut.

The cut of the diamond has the biggest effect on the sparkle of the diamond. A diamond that has immaculate color and is very clear can look dull with a poor cut on the stone.

In judging the value of a diamond the color of the diamond is a major factor. The diamonds with the least amount of coloring are worth the most. Even a very small amount of color in the gem can make it so the diamond's brilliance is diminished. The higher grade the diamond is the more expensive it will be.

## Uncover Your Diamond: Ignite Your Inner Light

The weight of the carats in the diamond is important when judging diamond jewelry. The diamond in the jewelry in terms of its weight is measured in carats. Considering diamonds that are larger are also rarer than smaller diamonds the value rises very much when the weight increases. If you are buying a diamond from a wholesaler they must by law tell you the carat weight in the piece of jewelry.

In judging diamond jewelry look to see how many flaws are on the diamond. Flaws, also called inclusions, are rare and are highly valued. How the clarity is graded is based on the number, size, location, and type of the flaws found within the diamond. Make sure the flaws are picked out as if they are not the diamond will be much more expensive.

Make sure to check the cut, carat weight, color, and flaws on the diamond in the jewelry to make sure you are getting the best deal. Considering a diamond can be very expensive it is wise to understand all of these factors or get a professional to judge it for you. Also make sure the diamond is certified as the certification will guarantee its authenticity.

David Flinthoff writes for

a website full of

articles and

resources.



**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!**