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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!

Up the Mountain of Faith

By Staci Stallings

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"Help! Help! No help, I'm sliding!"

"You're on skis, Ashley. That's the point."

The poor girl at the top of the line headed to the bunny slope lift was scared to death paralyzed with fear to the point that any tiny move seemed destined to pitch her down the mountain out of control. Her friend seemed not to understand the direness of her situation. To her skiing was easy. She didn't understand, but I did.

Always longer on doubt and fear than on calm and cool in the sports arena, I understood. The movement seems unfamiliar, unexpected, and dangerous. What seemed like such a fun idea only moments before now seems like the dumbest thing anyone's ever talked you into.

Okay, so even now there are hundreds of people swooshing down these slopes. They obviously know what they are doing. You obviously don't and so fear takes over. No not just fear but overwhelming panic that grips your gut and wrenches out small terrified shrieks. This is nuts—craziness. Much better to turn back from this unknown now and go back to the safety of what you know.

And yet, what Ashley couldn't see at that moment, what she couldn't yet feel is how it feels to fly. Swooping down the mountain with only the wind and the white powder for friends. It's exhilarating, awe-inspiring, life changing. But right there, on the fringes looking in, it just feels like something you'll never be able to do.

I think that's how a lot of people live life. They see the people who have Jesus in their lives. They see the people who have peace, and it looks like so much fun. Yet here they are, unsure of how or if to make that decision. Unsure if they can really "do this."

The one thing these people don't need is those "skiers" of us acting like they're silly for feeling like they do. They aren't silly. Their fear is real, and if we don't help them through their fear, they're likely to click

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those skies right off and go sit down. Instead get back to the place where you were fearful of taking this giant leap and allow them to work through their fear with you their side.

Undoubtedly they will be swooshing down the slopes of faith in no time, and maybe, just maybe they'll offer some understanding to another fearful skier along the way.

None

Blue Mountain Coffee Beans

By Adrian Titus

Blue Mountain coffee beans are widely thought to be the pinnacle of coffee. With unmatched taste, richness, and completeness, most who try the blue mountain coffee agree it is one of the best blends in the world. As such, Blue Mountain coffee makes a fantastic gift to any coffee lover, and it is ideal for special occasions.

Unfortunately, Blue Mountain coffee is not the easiest to get. Because of the limited area that the beans grow (the Blue Mountains in Jamaica) the quantities produced are limited. The coffee has also undergone some controversy through its life, starting with the Japanese investing heavily in the industry, causing what many believed to be an overproduction of the coffee, and a subsequent drop in it's quality. The bean was traditionally wet-processed, which took more time than the short-cut versions implemented at a growing number of mills. Blue Mountain coffee became more readily accessible, but the quality dropped.

The Blue Mountain coffee bean has since been making a come back to its previous excellence (and in truth, it was never really a bad roast) through the efforts of the Jamaican Coffee Board. They began allowing individual coffee farmers to produce their own coffee (rather than sending it through a central processing farm) which has resulted in some distinct Blue Mountain area blends. While all the beans are Blue Mountain, there can be subtle differences depending on which estate you buy from.

Which unfortunately brings up another tricky item when buying Blue Mountain beans – many places will do something like put a small percentage of Blue Mountain beans in with another bean, and call it Blue Mountain. They can then sell this much cheaper than real Blue Mountain costs, which fools people into buying inferior coffee. The best way to protect yourself? Make sure that the coffee you buy has the Jamaican Coffee Board seal on it. You can also tell by the price – if it seems like its cheap, it probably isn't pure Blue Mountain. Just remember that you get what you pay for.

Adrian is a coffee enthusiast who maintains various sites. Check

for more information on blue mountain

coffee beans.



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