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We Fall Down

By Dawn Fields

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When I first heard Donnie McClurkin's song, "We Fall Down (But We Get Up), I got goosebumps. The second time I heard it I loved it even more. There is a Gospel House remix of the song that is simply off the hook.

The reason I felt that this song was so powerful is because the lyrics are so right on time that it's ridiculous.

Just think about this for a moment:

We Fall Down.

How many times have you done something in your past that you weren't too happy about?

It could be anything.

Let's say that you are an addicted person. You may be addicted to drugs, or alcohol or the wrong type of man. Perhaps you are addicted to stressful jobs that bring you little pay.

It doesn't matter what the circumstances may be. Hey, it doesn't even have to be that harsh.

Perhaps you have tried to start your own business or create something in your life where you could make a living doing something you are passionate about and it failed, so you gave up. It doesn't really matter. But every time you turn around, you are falling victim to the same thing over and over again.

Hey, it happens--We Fall Down.

But the good thing about it is We Get Up.

Just because you fell down doesn't mean you have to STAY down.

We Fall Down

Get up!

Why are you still sitting there?

We all make mistakes. But the great part about it is that God allows us an opportunity to learn from our mistakes and move forward. Just because you fall down today, doesn't mean that tomorrow you must remain down.

Ever slipped out in public and actually fell down? Jumped up real quick, didn't you? The next thing you did was looked around and prayed that nobody saw you. (Just a little side note to you—SOMEBODY always sees you.)

Just as quickly as you bounced up from a "real" fall, you can bounce back from a figurative fall.

One thing that I've noticed from speaking with a lot of people is that they understand the We Fall Down part and, generally, when they do fall down, they simply stay there or let their fall stop them from moving forward. They have never learned the "BUT We Get Up" part.

No matter what the circumstances are in your life that might have tripped you up, no matter what you have been through, no matter what happened in your past, you can always GET UP and make changes, right now, that will forever banish or make obsolete, the "bad" things that caused you to fall in the past.

Don't get me wrong...I hear some very legitimate sounding "excuses" as to why people "feel" that their life will forever be the way that it presently may be. I hear things like "I was molested when I was young." "My mother abandoned me when I was two years old and left me because she was out chasing the pipe." "I have an addiction. How can I possibly get a job that pays more than minimum wage." "I don't have an education. How can I ever expect to get a good job?"

STOP Living In the Past! We all fall down. But remember, "A Saint is just a sinner who fell down AND got up."

GET UP! Stop living in the past! Your past should be a reference point, NOT a residence.

But so many of us continuously LIVE in the past. We went out and bought a "WELCOME" mat and promptly placed it at the door of our past. We can't break away from it. We wear it as some sort of badge of honor because we simply won't let it go.

Just because you made a mistake or circumstances led you to do something that you now regret, doesn't mean that for the rest of your life you will have to beat yourself up because of it.

Doesn't matter if you made two mistakes or three. Heck, it doesn't even matter if you made over a million mistakes in your life. What matters is today, right now.

You know the mistakes that you've made because you have that mistake as a reference point now and

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for the rest of your life. But you CAN change your residence. Move out. Pack your bags and throw away that "Welcome" mat— because, right now, you make the decision to change. You have decided that your life is worth fighting for. You realize that you are a child of God and, therefore, worthy of all that is already yours by divine right.

You weren't born for sorrow. You weren't born to be a doormat for others to wipe their feet on. You weren't born to infect your body with chemicals that take you outside of yourself. You weren't born to be used up and then disregarded. You weren't born for any of that.

You were born to glorify God and live a happy and abundant life. And if you aren't living that way, it's simply because at some point, you fell down. But now is the time to get up and start living the life that you were born to live. And that is a life of purpose. That's a life of happiness and abundance.

Now, you ask, How do I get out of the past and Get Up? Well, I would like to say, "it's simple." But that wouldn't be the truth. There's nothing "simple" about it. It's a daily process that you must work on. You have to be committed to making changes in your life. You have to believe that God has a purpose for

you. You MUST have faith. You have to change your mindset and the things that are presently in your life. In other words, you will have to work on YOU.

You will have to realize that what happened yesterday, is gone. You can never get that time back and, therefore, there is nothing you can do about it. But right in front of you is another minute or another hour or another day, week, month, year. Those things haven't happened yet, so you can start to orchestrate your present so that your future will be more to your liking.

Start by telling yourself, over and over and over and over again, "My past has no bearing on who I am right this second. And, therefore, is NOT important. I am here to glorify God. I am God's child and, therefore, worthy of greatness."

If you take this simple phrase and say it to yourself all day long, over and over again, you will soon start to notice changes in your life. All of a sudden, without even thinking about it, you will start to pack your old baggage from the past and move them to a closet that you will lock and throw away the key. And when you get stronger in your faith, you will find yourself selling the whole house and moving into a completely different neighborhood—one that is completely different from the hood you used to live in.

I know that when you were young you learned the song, "Ring around the rosie, a pocket full of posie. Ashes. Ashes. We all fall down." Nobody got up at the end of that song. Well, that was the old school way of thinking. I like Donnie McClurkin's song better because his song leaves you with a feeling of hope.

ACTION POINT: If you find yourself living in the past or letting past experiences hold you back from bringing new and exciting things into your life, STOP! Tell yourself, "My past has no bearing on who I am right this second. And, therefore, is NOT important. I am here to glorify God. I am God's child and, therefore, worthy of greatness." Say this to yourself, over and over again. Try it. And always remember:

A Saint is just a sinner who fell down and got up!

Dawn Fields is a motivational speaker, author and coach. She has an amazing way of reaching you with her down-to-earth style and her ability to make the impossible seem possible. Sign up for her FREE weekly newsletter by sending a blank email to <mailto:yourlifepurpose-subscribe@topica.com>.

When Your Child Is Old Enough To Be Sleeping Through The Night

By Sarah Veda

All The Sleeping Mistakes I've Made with My Children...

I have three children, so I've made pretty much every mistake known to Mommies, except the fatal ones, as luckily, all three of mine are alive and well. But the biggest mistakes I've made have been in my daughter's sleeping, or lack thereof, habits. So, let me tell you my story, and hopefully you won't be destined to make the same mistakes I have.

First, when she was very tiny, I let her fall asleep in bed with my husband and me. I was nursing at first, and it was just easier to nurse her lying down and let her fall asleep. Then I would move her to her bassinet. Later in the night, when I nursed her again, sometimes I would fall asleep so quickly after nursing her, that I wouldn't even move her back to the bassinet. She would just sleep with us for the rest of the night.

Later, when I had moved her into her crib in the nursery, I would still let her fall asleep in our bed first. I did this because I enjoyed it, it was convenient, and because she didn't fall asleep easily in her room. And, I managed, in the process, to teach my daughter that she needed to be in the room with someone in order to fall asleep. So, guess what happened when she woke up in the middle of the night? She wanted to come back to our bed to fall asleep. And, worse, we gave in. Then we found that she was sometimes willing to go back to sleep in her bed if we gave her a cup of milk, so she began to require a cup of milk every morning at 3:00 am, long after she should have been sleeping through the night. She is now 2 ½ and only in the last month have we managed to go from 9:00 pm until 6:00am with our daughter in her own bed with no milk.

So, why didn't I make any of these mistakes with the other children? Well, they were just different. They were sleepers, and my daughter is not. Both of my boys can fall asleep within five minutes of climbing in bed, and could sleep through an explosion. My six year old used to ask to take a nap. My daughter, on the other hand, doesn't need as much sleep, and doesn't sleep as soundly. So, I had more trouble getting her to sleep, and gave in to any tactic that worked. With the boys, all I had to do was put them in bed.

Now, I've told you this story to point out that we all make mistakes with our children, and to point out how important it is to start your child out with the right sleeping habits. I didn't sleep through the night for almost 2 ½ years, and I have no one to blame but myself. So, take it from someone who has learned the hard way. Put your baby to sleep in her own bed, and teach her to fall asleep all by herself. You'll be glad you did. And, you'll be rested.

We Fall Down

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

now and get her incredible baby minicourse - absolutely free.



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