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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!

YOU – A Bright Shining Star?

By Ruth Marlene Friesen

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There are about eight stages of our development as effective "translators" of spiritual truth. Our lives shine as an ever brighter and brighter light as we move from one stage to another.

First, we must give Jesus His rightful place at the center of our lives. Here we gain FAITH.

As we become more aware of good and evil, and turn away from evil, choosing to do good – because Jesus is now abiding in us and giving us those inner nudges and prompts, we grow more virtuous. That is, you become a GOOD person.

With that comes a deep desire to know more about God's words in the Bible. Not everyone disciplines themselves to dig into it as they should, but if you do, your light shines brighter as you understand more spiritual truths. Your basic KNOWLEDGE of God increases.

Knowing God better makes you want to serve Him, and do things that please Him. Which means we want to serve and help others around us. Which also means, we have to deny ourselves time, attention, expense, and so on, resulting in SELF-CONTROL.

Oh but when we try to serve others we'll soon run into situations where we are misunderstood. At

YOU – A Bright Shining Star?

your star.

Your star. That place in you that holds all your brilliant qualities, traits, and talents. You know when you are operating from your star. Your Fabulous Four — health, wealth, relationships, and self-expression — blaze with success and well-being. You know it when you are in your star-being and your star-doing.

Have you lost contact with your star? Not a good thing to do as you then court disaster. Where is your star hiding its light? Have you forgotten it into some black hole? Have you developed the habit of mediocrity? A routine of ordinariness? Have you obfuscated it into fuzziness?

Dust off and propel your pulsar. Quicken that inner quasar. The world wants to see your radiance. When we shine as stars, we let other people know their dreams can come true, too. People can make wishes on your star.

Star Light, Star Bright, First Star I Recall Tonight

Your star never burns out. It may burn dull. Be very still and you can feel it. Recall all the good things you have done and your star will come out — even in the darkest night. Some of us are very hard on ourselves and our star then fades. Don't do that. Sing your song, climb to your summit. No more dis-aster for you, right?

All of us can remember a few shining moments in our lives. Focus your full attention on those moments and your star will begin to vibrate and resonate with those memories. And then it will shine again, giving to you and those in your life many astronomical gifts.

Be kind-hearted and star-hearted with yourself.

And Today . . .

Buy a box of tiny stars. Remember those little stars?
The kind that look like shiny foil and stick to things.
They are very small, smaller than a coin. Perhaps your teachers used them back in school to reward accomplishments.
Buy a box of gold stars. Or maybe a box of multi-colored stars.
Armed with your stars?

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Every hour today (yes, every sixty minutes), write down something you have done during that hour that sprang from your star-being or your star-doing. Next to what you have written, give yourself a star from your box of small stars — symbolizing and honoring your big STAR. By the close of the day, your star will be shining brighter and more brilliantly.

Review your star log as you end the day. Wear a dazzling smile as you do so. Dis-aster is gone. A star is born.

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



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