

evolve

by Jennifer M. Blair

LET YOUR INNER LIGHT SHINE

When I started thinking about what is sparkly, bright and shiny, I considered all things glittery... flickering lights, dazzling jewels, shimmering stars, sunlit landscapes, disco balls and the twinkle of an eye. Light enables us to see clearly and when objects are lit, they become alive and fully illuminated to a greater state of being.

The same thing happens with people. When a person sparkles, it is because they let their inner light shine. I love seeing the look on one's face when they are filled with love, joy and happiness. The way a person carries themselves, the tone of their voice and the look in their eyes are great indicators of how fulfilled a person truly is. I often wonder where one's sparkle comes from. What creates their radiance, and how can one use that brilliance to be genuine with themselves and the world?

When I am coaching my clients, I search for ways to assist them in excavating their beauty and authenticity and how to integrate that into their lives. After clarifying their values, goals, dreams and desires, I often use a diamond as a metaphor in life to help them see that they are a rough diamond and can create greater value. Just as a diamond cutter finds the perfect shape to honor the stone he holds, they must find the many facets of their own magnificence and polish it to capture the perfect light so that they can sparkle and shine.

Brilliance is difficult to describe, yet we recognize it when we see it. It is a bright idea, quiet resolve, passionate performance, ingenious insight, soaring aspiration, bold choice or compassionate act. A person's brilliance comes from within, putting courageous self-trust into action. When we as humans learn to embrace the many aspects of our ourselves, we can claim who we are and then impact the world around us.

POLISH THE FOUR C'S OF LIFE

Diamonds are a girl's best friend, especially when you learn that YOU could be the biggest, best and most brilliant diamond you own. Start with the "4 C's" to increase your value and self-worth.

1. **CUT** Remove the clutter in your life. Clean up the redundancy and trite ways of seeing how dreary life can be. Remove the opaqueness and negativity, so that you start polishing your life.
2. **CLARITY** Be clear about who you are, your values and your life's vision. Your resources, whether they are time, talent or money, can be put to greater use once you have clear intentions as to what you want your life to be about.
3. **COLOR** Take action to live fully, creating depth and meaning in all that you do. It is the passionate experiences, spiritual connection and playful encounters that put the color in your life.
4. **CARAT** Increase your carat weight through the fulfillment of your dreams, giving you limitless possibilities. Live with gratitude and learn how to be of service to yourself and to others. The more multi-dimensional facets you claim, the more weight and value you will have.

Spiritual leader and author Marianne Williamson has been inspiring people all over the world with her quote from *A Return to Love*. She writes... "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 does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

I challenge you to think about the unique qualities you have and how they stand out in the world. Give yourself permission to shine.

COACHING QUESTIONS TO HELP YOU LET YOUR LIGHT SHINE:

1. How are you "brilliant, gorgeous, talented and fabulous?"
2. What is the ONE thing you always think of that makes you smile?
3. List your gifts and talents. Think about how these show in the many areas of your life and how you want to share them with others.
4. What facets of your life do you need to polish or clean up?
5. Do you live from the inside out, or outside in?

To download a special Excavive permission slip, go to www.excavive.com

Jennifer is founder of Excavive Life Coaching in Louisville, KY. Her work focuses on personal and professional life coaching, public speaking, interactive workshops, creativity consulting, writing, and occasionally teaching salsa dancing. Her website is www.excavive.com. Jennifer can be reached at jennifer@excavive.com or 502.893.9589.