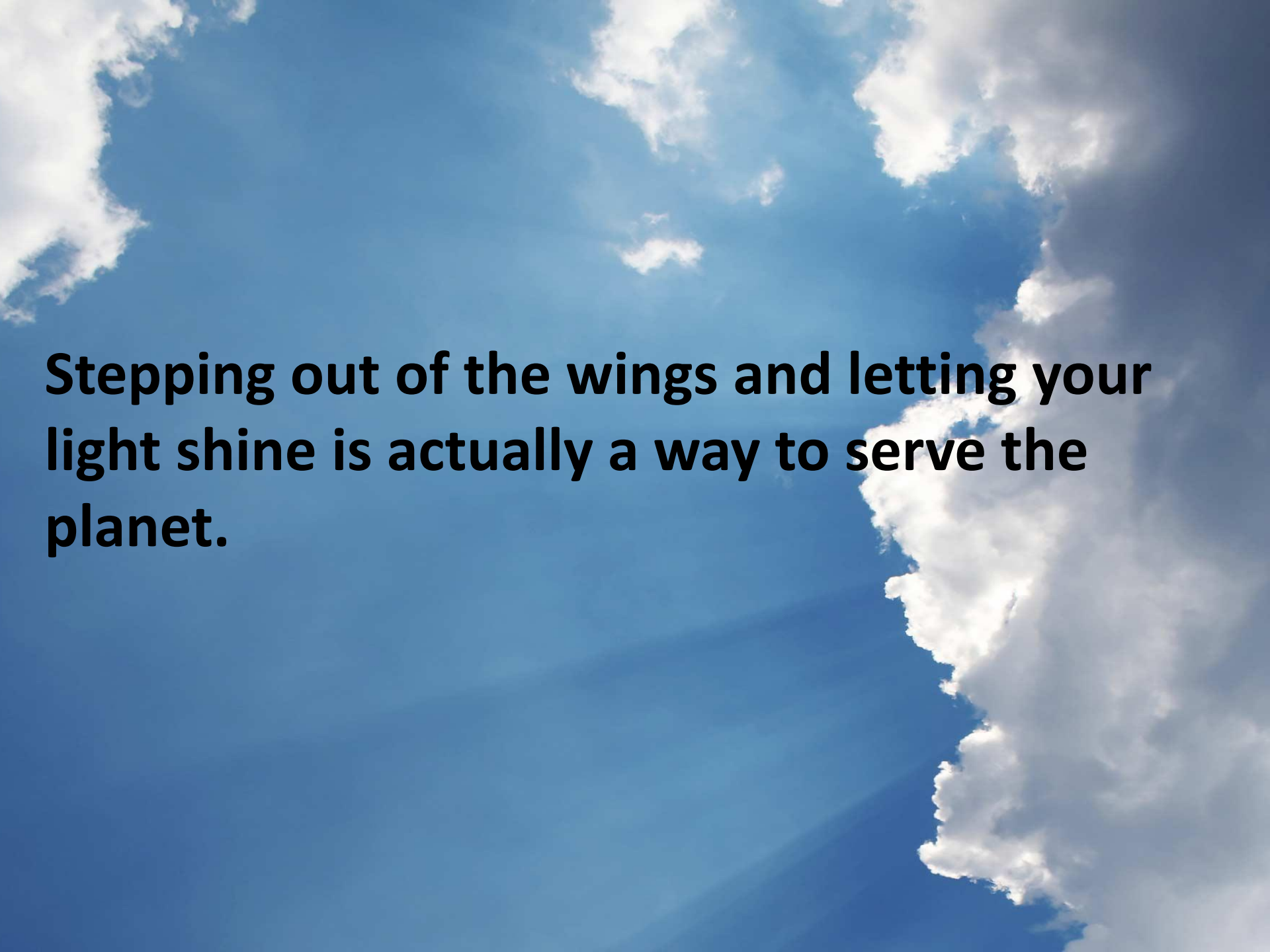


Burning Brightly: Allowing Your Soul to Shine



**We are
all beings
of light
and we
are here
to light
the way
for each
other.**

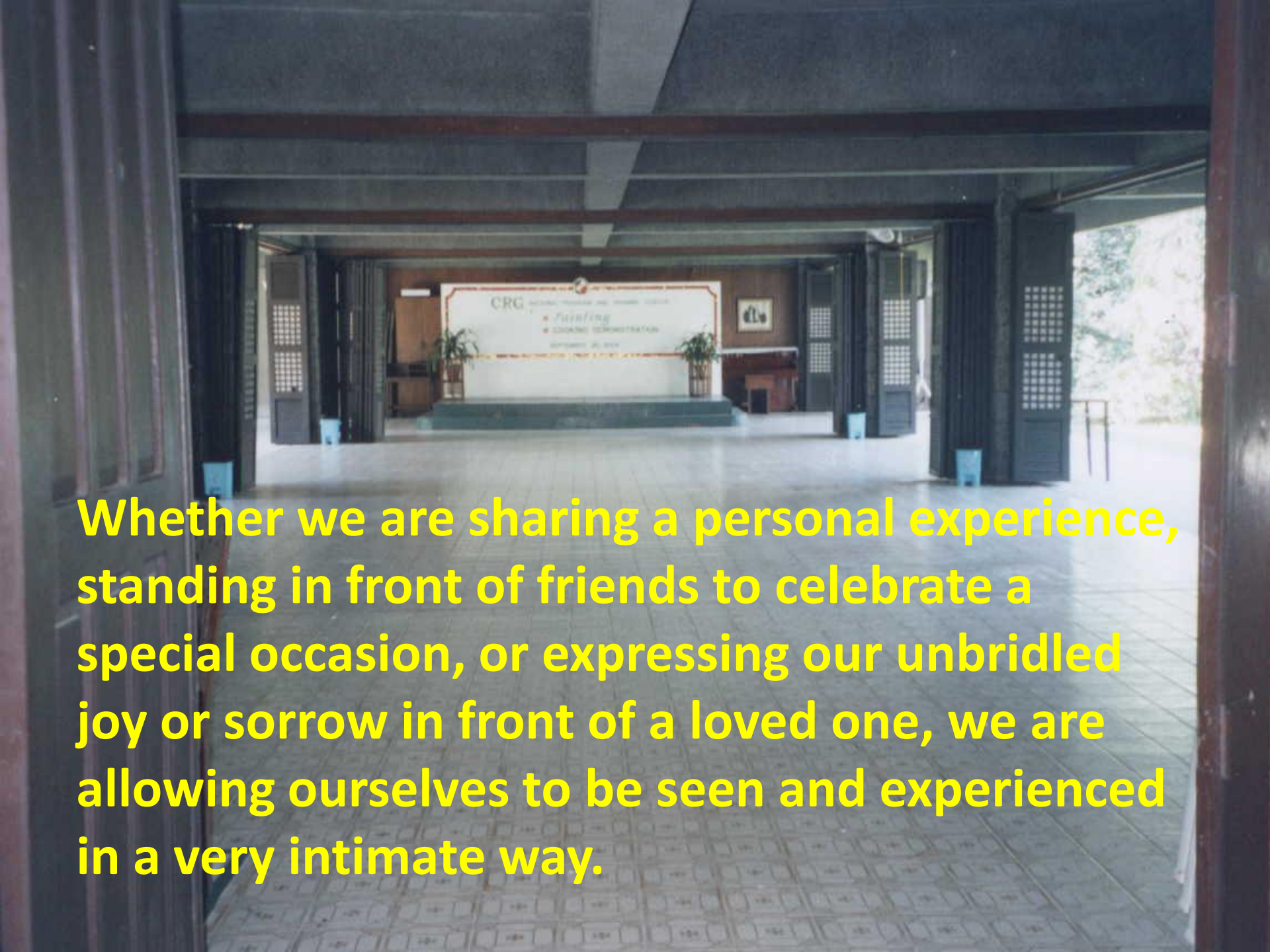




Stepping out of the wings and letting your light shine is actually a way to serve the planet.



When we allow ourselves to be witnessed by another, we cannot help but be transformed by the experience.



Whether we are sharing a personal experience, standing in front of friends to celebrate a special occasion, or expressing our unbridled joy or sorrow in front of a loved one, we are allowing ourselves to be seen and experienced in a very intimate way.

Not only are we baring ourselves to someone else, but also we are allowing that person to hold a very specific kind of space with us so this powerful act can take place. To be witnessed is to let ourselves be seen as we truly are in that moment.





**Every day is a blessing,
and in each moment,
we can be grateful for
many things. In
essence, gratitude has
a snowball effect.
When we are
appreciative and
express that gratitude,
the universe glows a
bit brighter and
showers us with even
more blessings.**



There is always something to be grateful for, even when life seems hard. When times are tough, whether we are having a bad day or stuck in what may feel like an endless rut, it can be difficult to take the time to feel grateful.

There are blessings to be found everywhere. When we are focusing on what is negative, our abundance can be easy to miss. Instead, choosing to find what already exists in our lives that we can appreciate can change what we see in our world. We start to notice one blessing, and then another.



When we constantly choose to be grateful, we notice that every breath is a miracle and each smile becomes a gift. We begin to understand that difficulties are also invaluable lessons. The sun is always shining for us when we are grateful, even if it is hidden behind clouds on a rainy day.



A simple sandwich becomes a feast, and a trinket is transformed into a treasure.

Living in a state of gratitude allows us to spread our abundance because that is the energy that we emanate from our beings. Because the world reflects back to us what we embody, the additional blessings that inevitably flow our way give us even more to be grateful for.



The universe wants to shower us with blessings. The more we appreciate life, the more life appreciates and bestows us with more goodness.





GIRL SCOUTS OF THE PHILIPPINES