

LET YOUR GLOW SHOW

*The Secret to life
is the awakening and freeing
of all that has been asleep.*



LET YOUR GLOW SHOW!!

by Ruthie Lewis



YOUR GLOW IS WORTHY TO SHOW!!!

Revolutionize what you believe about your SOUL...

What you believe about LOVE

by Ruthie Lewis



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**The Secret to life is the awakening
and freeing of all that has been asleep**

This little eBook is my gift to you for your choice to join me on this quest for the best.

From the depths of my heart I am profusely grateful! It is a very small token, but my intention is to spread before you an appetizer of what I am all about and make you hungry to experience the fullness of your life and everything that was intended for you.

Just because you are you...

and because I so deeply want for you to live the whole life you were meant to live...

I have written this little eBook just for you as your go-to on your ongoing journey to your Glow, your wholeness. (Should you choose to accept this mission)

On this journey, you will:

- ♥ Gain life changing perspectives
- ♥ Learn that inner light is not just a catch phrase
- ♥ Open up a completely new and unforgettable way to understand LOVE
- ♥ Understand the truth about the difference between self-love and selfishness
- ♥ Gain perspective on why you are exhausted, anxious and even angry
- ♥ Receive the validation you crave
- ♥ Realize that living what your heart longs for is not only possible but who you are
- ♥ Finally allow your GLOW to show



YOUR GLOW IS WORTHY TO SHOW?

Maybe your first thought is, "What is my Glow?"

Good question! One thing for sure, it is yours and yours alone.

The actual definition of glow: "to give out a steady radiance"

Stay with me and you will see that it's YOU, the part of you that is sacred. It's the life you were meant to live!

Let Your Glow Show finally became my mantra after many years of walking through intensely dark times. It began coming to life in my soul in a "simple moment in time" long before I knew how much darker it really would get and how desperately my life would depend on the rediscovery of my inner light."

And then it all culminated as I was listening to Faith Hill on a popular TV program singing a song I'd heard many times. It was one of her greatest hits, *Fireflies*. Every note and word seemed to penetrate every part of me, touching places that hadn't been touched in years. A favorite childhood memory came flooding - me, running and skipping about my grandparent's backyard catching fireflies in a jar my grandmother had saved for me. It took me back there in such a real way.

Unaware of the rest of the world, the song bathed my heart as I wondered what had happened to the dreams that felt magical as a girl. What happened to who I was so many years ago; to that little girl without a care, untethered from lies about life, where there were no limitations on the possibilities the big world had to offer?

Wet streams were flowing down my face as the song ended. Then the woman who had written the song was introduced. I hung on every word as she poured out her incredible story of how the song had come to be.

She was a young, stay-at-home mom and was swirling in the daily tasks of mothering, laundry, messes, cooking and more messes. Exhaustion, responsibility and mundane had overtaken her life, her soul and her body. In the middle of a chaotic day, she sat down at her kitchen table giving in to tears. Thoughts of what had happened to who she used to be, to her dreams, consumed her.

As stifling and heavy as it must have felt, it was allowing the full impact of that moment that ignited her long-time dream of writing songs.



And she penned the words to *Fireflies*.

Below are just a few of the lyrics:

*Before I grew up I saw you on a cloud
I could bless myself in your name and pat you on your wings
Before I grew up I heard you whisper so loud
"life is hard, and so is love, child, believe in all these things"
I found mayonnaise bottles and poked holes on top
To capture Tinkerbelle
And they were just fireflies to the untrained eye
But I could always tell*

Now, here she was on National TV with Faith Hill who was singing the precious soul words her heart had released, which had miraculously made their way to Faith who couldn't resist recording it.

In one of this woman's darkest moments, in the desperation of "not enough," disconnection to her passion, she allowed the pain and emptiness to cut deep, all the way to where her long-buried light was rediscovered.

The rest is history. It became one of Faith's greatest hits, all because a mom loved herself enough to go inside her heart and recapture her call and *let her Glow show*.

By now, I had cried all my make-up off. The tears were painful, but I could feel the release, like sparks of electricity opening my heart to begin seeing a whole new world in front of me. The reason this "simple moment in time" was so powerful was because it came after I had begun the process of walking out of 30 years of shading my own light after realizing I was living by the dictates of others and hadn't thought of my own dreams and desires, or at least given them any validity, yes, in thirty years. Even though part of that process was that I was mired in self-doubt and scary circumstances, I couldn't deny the truth: I was just like a firefly trapped in a jar where her light eventually dims.

And the price was steep.

The point of this eBook is not to tell you my story, that's for another book, but to help you change your own life and live in the Glow of your own light. As far as my story, let's just say I had not seen my purpose as anything apart from wife and mother. I had convinced myself (with a little help from bad teaching) that wife and mother was the highest calling, that anything else had to remain at the bottom of the barrel, that I didn't have time to go there, and even if I did, it would be selfish.



I wrongly believed that laying down everything I was created to be was the greatest act of sacrificial love.

In this "simple moment in time," Grace had opened the blinds to my soul. My love of being wife and mother was truly sacred, but it doesn't require me sacrificing or ignoring all the other sacred parts of me. It was like rain on dry, cracked, drought-ridden soil unable to produce any life. Unaware that I was dying of thirst, I was watered with truth.



It was so clear - it was the opposite that was true; that laying down the gifts of God that were born to my soul was the greatest travesty to Him and the world. A tragic waste, having nothing to do with sacrificial love. It was in fact a selfish act with the hidden intent to preserve myself from other's disapproval of who I really was.

I will never again allow the blinds to be pulled on my light. Gray clouds will always come, but I will walk through them. I will not waste energy wishing them away, no matter the devastation I might be mired in - like a tree unafraid of the wind, dropping its leaves readying for growth and change, new seasons.



Eyes open wide, my intent will always be headed toward the light which is always guiding me to my abundance, which has always been and will always be there for the taking.



It's a funny thing about light; darkness comes and goes, but the light is always present.

Light dispels the darkness - darkness cannot dispel light. Our light can be temporarily dimmed, but only we can choose to let others or circumstances keep it hidden, or choose the truth that our Glow (the light) is always there and let it shine even through temporary clouds.

We have many ways of shading the bright light from our eyes or skin, and we cannot live in the brightest light all the time, it wouldn't be healthy. Without a few clouds, the earth would have no rain and we would not have the most life-sustaining substance that we need; water to drink and grow things. Even plants that thrive on light cannot grow and live without the rain from the clouds.

In the same way, it is when the clouds of pain and hardship roll into our lives that we are given the sustenance with which to grow, and where there is no growth, there is no light and no life.

But I wonder if even when the light is bright, how often do we choose to stay in the dark? It is a well-known fact that too much light without sunscreen is not a good thing, but I think I'm more concerned with how little light we live in. It is also true that because of our sedentary lifestyles, it is common, for even children to be deficient in vitamin D which comes from the sun. This isn't normal at all for plants, so why do we humans seem to sometimes find comfortable places away from the light?

So, is our inner life also deficient of the life, or vitamins if you will, that our soul needs for its Glow to show?

We hang blinds and window coverings to shade the bright sun when we need to. Maybe it's to keep our home cool, to prevent glare or people from seeing in, but how often do we simply not bother to open them to the beauty waiting to infiltrate our lives?

My question is, do we do the same in our hearts? Are the blinds to our soul pulled? Is the light we were meant to live in and project to the world being ignored? If it is, I would ask; is it because we've been convinced that the light is too dangerous, that shining our light makes us too vulnerable?

We learn to pull the blinds over the light of our soul when we live in our outward circumstances, disappointments, and wrong beliefs as a result of skewed teaching, defeating patterns, mindsets of formed perspectives, and the biggie; people's expectations. We end up sitting in the dark of "I'm not enough."



We lose sight of who we are. And just as eyes not having been exposed to the sun in a while want to stay in the dark, our souls become unadjusted, increasingly disconnected to the joys and purposes of our soul and all the gifts of life.



What we see is distorted and our inner life adjusts to the dark and becomes deficient and sickly.

In other words, we are living our lives dictated from the outer, instead of the light from the inner, and we are miserable.

Misery can be the only result of seeing and living life through outward circumstances because in that place we become desperate to control our circumstances. Of course, that's not any more a possibility than controlling the clouds that temporarily hide the sun, so it's a pointless and exhausting tug of war.

This illusion manifests when we believe that unwanted and sometimes very difficult circumstances just shouldn't happen. That is a place where our light has been doomed to perpetual darkness. The only way out is accepting the circumstances, and taking a walk in the rain knowing it is temporary and achieving its purpose.

When purpose and dreams are forgotten in the whirlwind of fear and circumstances, negative emotions build in much the same way as how we feel after days and weeks on end with not even a peek of sun, or how most of us feel toward the end of January when we are so desirous of warmth and sun.

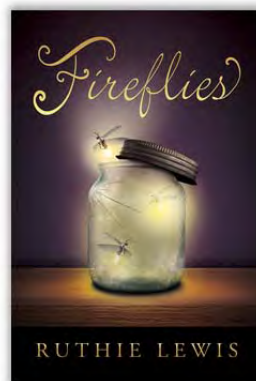
The truth is, we forget the sun is always shining even when we can't see it. In the same way, our "GLOW" is always there. Even when it's cloudy, light comes through the blinds. But the more we open the blinds the more is revealed.



The woman who authored the song, *Fireflies* allowed herself to feel her light screaming in her gut, screaming for her to open the blinds. It shone through her dim circumstances and reflected brilliantly on her gifts as they flooded forth. In that moment, her circumstances were no different. She had to get up from writing that song and tend to the same tasks as before.

But her Glow was showing, her gifts given to the world, her abundance manifested.

That “simple moment in time” for me, eventually resulted in my book by the same title, *Fireflies*, which I had no doubt would be the title before the program even ended. It was many years coming, but is now a novel, the story of two women who were close friends, yet living very different lives, but faced with the reality that they had laid down their voice and everything they were and forced to count the cost of



the long journey to recapture inner light.

I “got it” that day in that “simple moment in time” and you can “get it” too.

Seeing the light through clouds, or even pitch darkness is your choice, but understand it’s the only way we can stay connected to the light of our soul. In the Glow of your own light that you were gifted with is the only place you can live the abundance of



joy, peace, and all the gifts of life that are uniquely yours and waiting just for you. It is an ongoing choice to live from the inward purposes and desires of your heart, as opposed to thinking you can find them by controlling outward circumstances.

Once you are living in your light, you will be addicted to it.

“Once you've awakened to this light, you will gradually, almost involuntarily, begin to act more like yourself—not out of a desire to attack anyone else's truth, but simply because you cannot un-see what you have seen. Without your having to force it or try or even hope, the truth will set you free.”

~ Martha Beck

As this process grew in me, it culminated in my purpose to shout to the world:

Just Like a Firefly, Let Your Glow Show!

When I get through with you, you will understand how simple it is (I didn't say easy) and how we complicate our lives with mindsets and outward living that blinds our light and exhausts us.

I promise:

If you'll gift yourself a little love - a lot of love - in the form of a few moments a day for six days, allowing my love and deep desires for you from my heart to become real through every word, your eyes will see a whole new world. You will have that “simple moment in time” that will change your life.



HOW'S THAT WORKIN' FOR YA?

Are you ready to open up courage, open the blinds to your light, open yourself to change? If you're hungry to live your abundant life, it starts with loving yourself.

That's right, love yourself.

Stop right there! Stop your thoughts that have traveled the same path millions of times, that have literally carved neuro pathways in your brain. They are simply familiar pathways carved by thoughts and voices running through your brain over and over, telling you the same old lies, sounding something like - *that's selfish*.

Please understand that it's very important for you to be very clear that what I'm talking about is not the "look out for #1" kind of self-love that is not love at all but true selfishness so prevalent in our society. The difference is huge! I believe it is the massive distinction between narcissism and accepting and honoring the unsurpassable value, purpose and love God has for YOU.

Brene Brown brilliantly pens it like this: "It's as simple and complicated as this: If we want to fully experience love and belonging, we must believe that we are worthy of love and belonging."

The truth is, when we don't treat ourselves with the same compassion God longs for us to feel from Him, we begin to believe we don't deserve to be loved. But if that's true, why does anyone deserve to be loved? You see, that lie chews away at our heart and life like acid, because it requires us to believe that we are the only one who doesn't deserve to be loved.

How twisted is that? It's because of twisted, imposed mindsets that somehow self-abasement proves our level of humility, love, or willingness to be generous and kind. What it really proves is that we have accepted a way of living that requires us to suffer in order to be worthy. The more I suffer, disregard my worth and count myself as nothing, the more valuable and worthy I am to be loved.

How's that workin for ya?

My guess is, not too well.

Let's think about that.

Have you been on a plane and heard the instructions to put on your own oxygen mask first before helping anyone else? That's because if we're suffering without oxygen, we aren't going to be very valuable to the person next to us. Worse, a mother will be



of little help to her child if she is trying to make sure her child gets oxygen but goes without it herself. Both could suffer to the point of death, or damages resulting from the lack of oxygen.



If the mother is breathing well, she is free to help her child or anyone else who needs it. If not, she is of no value to anyone. It's like a pregnant mother who takes her vitamins, eats enough food, takes care of herself because she knows that unless she survives, the baby she's carrying won't survive. For many women, this may be the only time in her life when she understands self-care. Maybe it's the reason a pregnant woman "glows."

How different would life be if we lived out this oxygen-to-self-first truth in the way we treat and love ourselves? If we aren't living well - and by that I mean a healthy soul life, as opposed to the self-abuse from stress, worries, the belief that we just don't measure up - we are not free to fully love and help others and experience life from our center the way it was meant for you and only you. Everyone we love suffers.

It doesn't have to be one or the other.

*Wisdom tells me I am nothing.
Love tells me I am everything.
And between the two
My life flows.*

-Nisargadatta Maharaj

Read that again! Those few words have been so helpful to keep me centered in the truth about self-love and self-acceptance. You see, loving ourselves has nothing to do with selfishness. In actuality, we tend live at opposite ends of the spectrum. We have times when we are self-abasing, and then we can bounce to the other end of the spectrum when stress, anger and fear move us into self-protection of #1. Learning the truth about self-love will help us find the blissful center.



The self-love I speak of is a divine self-love that is simply acknowledging that you were created with limitless and eternal, divine value. Many would say they believe that but all too often it is not lived out because the main ingredient is missing:

Recognizing and nurturing your divine worth is the most God-honoring thing you can do.

We are left with misperceptions about this when major parts of our soul are consumed with outward life, which can only result in self-neglect that feasts on everything we are and have to offer.

The only way to really be of value and to love in full, at our best, is to love ourselves.

It is the oxygen of life that our souls are literally starved for, and thus starves and robs others of the love we so long to give but wrongly believe we are.

So with that, let's go on a love quest. Are you ready to feel the love?

We're going to take the word LOVE letter by letter, one transforming step at a time, one transforming day at a time.

L - Let it Go
O - Open Your Heart
V - Validate
E - Exit Fear

I really hope this will be an unforgettable process of understanding the truth about LOVE with worlds of new perspective.

It doesn't matter how many days it might take.

Even though you could read through these freeing truths in one sitting, I encourage you to digest each section one day at a time. On the other hand, if you can only do a couple paragraphs at a time, that's great! Just make sure you steal away and get still for a few moments each day, doing your best to arrange for no distractions or interruptions during your stillness whether it's two minutes or an hour.

Remember, this is an act of love and nourishment to your soul, it is not a to-do to check off, or meant to impose pressure on yourself. No matter how few the moments might be, they are yours, a gift to yourself. Treasure them as you walk out this process from your heart and it will happen perfectly.

One of the most important things our lives are missing is just time to be still. In a chaotic, go-go-get-her-done world, we have come to think of quiet and stillness as a



waste of time. We see it everywhere we go; people have some device in their hands, or eating or drinking or smoking, rushing, and if not rushing, fidgeting. We even fidget when we're alone. All, evidence of living life from outward circumstance and stimulus.

What's really going on is that we are numbing ourselves to the pain and stresses of living a life we don't want by either distracting ourselves, or rushing to get from where we are to where we think something that will make us happy awaits us. All the while, it is waiting in the stillness.

Even being sedentary doesn't mean we are still. Watching TV is sedentary but our minds are not still. While we call it "veg out," a plethora of thoughts and images are bombarding us. Our minds and souls are not still. Conversely, our minds and souls can be still when we're taking a walk, or our body is active in some way. Stillness is a state of being from within no matter what we're doing, and can only happen as we learn to resist distractions or allow outward pressures to pull on us.

The peace we long for will always feel unattainable without stilling our soul. A still soul means we are breathing deep, the voices in our head are silenced. And we do have to silence them - by acknowledging the thought as simply a thought, letting it go and pulling ourselves back into the moment. In stillness, we are in the moment, seeing the moment, feeling the moment, instead of the moment controlling us, and that "simple moment in time" flittered away.

It is stillness that receives and remembers, it is hurry that shuts down and forgets.

To enhance your experience of this LOVE process. I encourage you to ponder throughout the day the light that came to you in those short, still moments, even if only for a few seconds. And if possible, carry it a bit further and even journal your walk through this. But NO PRESSURE!

I promise you, at the end of the six, or how ever many days you need to take, you will see great value in the stillness you experience and become aware of major shifts in your feelings, thinking and behavior patterns as you learn the importance of loving yourself. You will see how much brighter your world will be as you learn to walk it out from your inner light.

Be still and know.



LET IT GO

If you haven't seen the movie *Frozen*, you've at least heard the smash-hit theme song, even if you didn't know where the song came from. The movie is fabulous, and the song, one of those I can sing at the top of my lungs.

Even if you've seen the movie and love the song, you may not have taken in the full meaning of the story. I say that only because it could easily escape the vast majority. First, because it's an animated film that we tend to dismiss as childish. Second, because so many times we will hear a song or watch a movie and miss some of the deeper messages. Have you ever watched a movie a second or third time and see and understand things you missed the first time?

All that to say, you may not be able to wait to listen closely to the song again after I shed some light on the ways we all would have to admit we hold tight what is in us instead of freely letting it go.

Frozen is the story of a little girl that held special gifts, but was admonished to keep them hidden, that no one must know.

Have you ever spoken about a dream or desire or showed passion for something others didn't feel the same passion for? Have you ever felt at any time that you were getting the message to "tamp it down" because it's okay to dream or be passionate about something, but we have to live in the "real world?"

This usually happens for the first time when we're very young, and the message received is that you're a little weird, which forms a debilitating belief that conforming to others' way of seeing things makes us "normal," or "good." In other words, "normal" is defined for us by parents, peers, churches, cultures, and we learn to fake it to appear as we believe more-important others want us to be. All in an effort to avoid making people uncomfortable by daring to "make waves." Being different or letting our uniqueness be seen would be the sin of drawing attention to ourselves, right?

I wonder what would happen if the waves we dare not make were allowed to roll out of us just as natural as the roll of an ocean wave.



That ocean wave would never consider doing anything different, hold back its power, be or do anything other than what it was created to do. Neither would the tiniest flower.

The waves come and go as a part of the natural rhythms of the universe. Life, as well is all about its rhythms, however, we strive to make no waves and we might as well be trying to hold back the waves of the sea.

We ultimately believe that complying to expectations and accepting limitations as normal is what makes a respectable human being.

That's what happened to Elsa in *Frozen*. And we can all so easily relate to it. Below are a few of the lyrics to the movie's theme song, *Let it Go*. Take them in carefully in light of the groundwork I've laid.

*The snow glows white on the mountain tonight,
not a footprint to be seen.
A kingdom of isolation and it looks like I'm the queen.
The wind is howling like this swirling storm inside.
Couldn't keep it in, Heaven knows I tried.
Don't let them in, don't let them see.
Be the good girl you always have to be.
Conceal, don't feel, don't let them know.
Well, now they know!*

*Let it go, let it go!
Can't hold it back any more.
Let it go, let it go!*

*My power flurries through the air into the ground.
My soul is spiraling in frozen fractals all around
And one thought crystallizes like an icy blast
I'm never going back; the past is in the past!*

I'm prevented from printing the entire lyrics, but encourage you to look them up and savor them like a nourishing meal.

What if, in the same way the ocean or everything that grows blesses our world with beauty by never holding back what it was meant to gift, we treasured who we are, our gifts flourishing in our uniqueness and purpose, and in turn blesses others?

The reason we're afraid to let go of what's in us is exactly why we began pulling the blinds to our soul in the first place. It's that message we receive to conform to "this is how it's done, how you should be," that eventually hardens into the belief that "I'm not enough" just the way I am. What's different about me couldn't possibly be special to anyone.



Our thought life becomes mostly about *what will they think*.

If I don't have a significant other, *there must be something wrong with me*.

If I'm not as good at something as you are, *I'm incompetent*.

If my body isn't as beautiful as yours, *I don't measure up*.

If I have fun doing something you don't, *I'm weird*.

If I don't make as much money as you do, *I'm worth less than you*.

If you have more friends than me, *there must not be anything to like about me*.

If I voice an opinion that differs from everyone else's, it must be *I don't get it*.

I'm not enough.

I could go on and on, but hopefully you see the sad picture - that's the measuring stick we learn to live life by. It's a dead end road of proving ourselves so that we feel accepted. We falsely believe that if we "fit in" and are like everybody else, that is what makes us "enough."

We find ourselves at the dead end of "should road," shoulding all over ourselves - as author, Christine Hassler puts it.

I call it living a life of have-to / supposed-to. You would be shocked at how much of our thinking is ruled by "I should" or "I have to," and how much it ends up in our speech.

You can see how over time that mindset forces us to deny, lay aside what you were uniquely made of, eventually burying your soul's existence. But...

The soul never stops screaming for existence, expression and voice.

Our response to those inner screams, will either be to answer the call to *Let It Go*, or we begin to detest the exhausting job of shutting up the screams by constantly denying the amazing gifts our soul is screaming to release. We keep having to bury it deeper and deeper.

We become angry, apathetic, you name it, against the very things that were meant to be treasured, the very things meant to bring abundance, joy and peace to our lives and others, and instead continue on the treadmill of misery.



It's a miserable existence because it prevents us from doing the things we really want to do and desire in the deepest parts of our core.

We end up in that miserable place because the inner knowing of our soul has been confused just as if we've baked a cake substituting salt for sugar. We've been handed a fat slice of "should" that looks and sounds good, but the taste buds of our soul do not experience the taste of the cake our soul knows it longs to taste and serve. We are miserable because...

One of our deepest, most primal desires is to live out our passions and gift our passions.

But the only way to fulfill that desire is to acknowledge and value those passions and gifts that are who you are. To LOVE who you are.

In the movie, Elsa and her younger sister were inseparable, but when Elsa was made to hide her gifts, she could no longer be herself around her sister which erected a cruel wall between them. In fact, it became so difficult for Elsa to hide her gift, she had to move away to a frozen land. Her efforts to comply with who she "should" be, eventually forced her to live a frozen life in a frozen land so as not to risk exposing her gifts that had been restricted.

That is what happens to the way we live our life and to our relationships. The level of our relationships is always dependent on the pieces of ourselves we give each other and how much we hide and hold in. The quality of our relationship with life as well, depends on how much of our real selves we allow to live and how much of ourselves, our light, we hold in.

We hold in our gifts for fear they will be seen as worthless, we hold in raw feelings to keep from being judged, we hold in words that need to be said because if they are misunderstood, we would be a bad person.

We come to fear our own light.

We don't act on desires for fear of being disappointed, and of course we just aren't "enough" to pull it off anyway. We don't step out in our passions for fear of failure, and again being judged or laughed at, or humiliated by failure.

In that place, we also hold tightly all those fears, and the petty offenses and bitterness of being wronged or held back or unheard that go along with it. Letting go of all that is the first step in letting go of all that you really are, because if you let all those anxieties, hurts and offenses define you, then the real you is not yet known.

What would it take for you to Let It Go? All of it!



- ♥ Think about the things you loved to do as a child.
Try to remember how long it has been since you did any of them.
Now ask yourself why you stopped doing it.
- ♥ Think about the things you're good at.
Why have you minimized them or are not giving those gifts away?
What would it feel like to do more of what you're good at?
- ♥ Think about the worst that could happen if you did a little more of what you love, if you use those gifts and let go of fear and old stories.

Sometimes letting go of old patterns and limitations is scary and painful, but hopefully you now understand that it's costing YOU.

It's the price of your Glow and it's too high.

LET IT GO!!



OPEN YOUR HEART



An open heart is like a golden key, and my intent is to bring the phrase out of the cliché box so that you can see its gleaming-like-gold truths.

Now that you're ready to *let it go*, it's important to understand the golden key to your Glow. It is worth repeating that, letting go of things from our past is imperative. Gripping the past is like clenched fists full of stones; each one a piece of your past. You see, how can you take the key if you're clenching all those stones in your hand?

Whether we know it or not, we hold tightly things of our past. Things that have hurt us or made us afraid. Why would we do that?

Because they become representatives or validation for our story, and we falsely believe that is who we are. And with every stone, we close off places of our heart.



The truth is, with fists clenching tightly the stories of our past, we cannot see who we are in the present. Our hand (heart) has lost the ability to turn the key without first dropping the stones to free our fists from the exhausting fighting position.



An open heart is an essential need that will never go away, however, it is scary but simultaneously sacred.

Once your hands are unclenched and free, and if you then go below the surface and embrace the sacred, you will see that the more your heart flowers open, the more you will feel the love, joy, wisdom and the peace we all so long for.

But there's a catch; you will to the same degree feel the pain, fear and stress of life, because if your heart is open, it is open to all of life. It has made the choice to let go of the need to pick and choose only the good things we think our life "should" be. Only then can you embrace the whole story that makes you who you are.

From an open heart we feel pain as well as joy very intensely, which is why we strive to protect ourselves. There is an old fable about a mentor teaching this lesson to an unhappy young man. He told the man to put a handful of salt in a glass of water and drink it. The mentor asked how it tasted. He spit it out proclaiming, "bitter." The mentor smiled, then they walked to a lake and he instructed the man to put the same amount of salt into the lake, and again taste it. The man of course, could not taste the salt. The mentor smiled and explained - "The pain of life is pure salt, no more, no less. The amount of pain in our life remains the same. But the amount of bitterness we taste depends on the container we put the pain in."

It seems so much easier to avoid, shut down or deny the pain we are feeling to help us cope in the short term. The truth is, it is a function to distort reality.

The problem is, in the long term, you are left with nothing real, and waller in the mundane, a tiny glass of bitter water, which is where lying voices have vowed to keep you, all bullyish. It's where you chose, even if unknowingly, to forgo the joys and abundance life has to offer because the risk of the pain and fear is too great.

Thomas Merton had a profound warning: "There is no greater disaster in the spiritual life than to be immersed in unreality, for life is maintained and nourished in us by our vital relation to reality."

We do this when we don't admit what we really feel or what we really want; when we don't say what we need to say because it might not go well; when we answer a phone we don't want to answer; when we give up hours of our time just to please someone. This could be on a small or large scale. The point is, with every temporary avoidance, you are locking out your heart joy, and all you were meant to live, which is what you really desire.

What if the risk of a fully open heart opens a door, makes a new friend, heals a relationship, or enables you to be what that person needs, and produces positive change or blessing in their life and yours?



Closed off places in your heart could be the reason you don't apply for a job because there must be more qualified people and you fear they will think you're a joke. But what if you got that job and not only do you earn double the money, it sets you on a career path you had only dreamed of and connections you've needed all along? Yes, you may have to go through several humiliating interviews (or experiences) but if you don't, you are creating the impossibility of ever having what you dream of.

It's more than common to discover that many of the closed off areas of a person's heart is in relationships; giving and receiving love based on how we've been deeply hurt or betrayed, or rejected. Sometimes this happens early in a child's life and fear of rejection grows into a seemingly insurmountable obstacle rearing its ugly head where it doesn't belong at every opportunity.

Rather than defaulting to attempts to keep hidden or banish certain things from our heart, maybe it's an opportunity to understand how we close down when we're squeezed.

When we communicate real love to someone, it means we don't shut down. But how can that happen when we shut down on ourselves? Only those places of our heart that are not shut down are capable of receiving or communicating love.

Sometimes you can detect a closed heart. It often appears as if the person is cold or arrogant, but the truth is, it's often just a hard shell protecting those tender spots of fear of rejection, and/or a need to control circumstances.

There are also those that outwardly seem very loving and open, but their inner life is painful turmoil and can be very dark. Sadly, they forfeit the inward benefits of their outwardly kind ways.

Either way, with closed off parts of your heart, you will spend all your energy going to great extremes to make sure no one gets a peep through any windows into your soul. In so doing, you have succumbed to a vicious cycle of denying the inner to prove the outer to yourself and others, or to protect yourself from the outer. The sad thing is, this vicious cycle keeps you in a whirlwind of lies and reliving destructive patterns over and over, like in the movie Groundhog Day.

I worked with someone that was a lovable person, but words were very often misperceived as criticism when it was simple communication or conversation. He would either get angry and close up, or he would slump a little as if to confirm to himself all the lying voices he had no doubt spent years listening to, validating his wrong belief that *I knew it, I'm a screw up*. He would also try so hard to "get it right" that in that process would overthink things and make ridiculous mistakes - the very thing he was afraid of. The point is he never experiences the benefits and joys of true relationship he desires. His clenched fists have bullied him into a corner of fear and repeating the same pattern day in and day out.



How much has a closed heart cost you? Falsely believing that closing off tender places of your heart can save you from the cost of pain, shame, rejection or experiencing what you fear, has in reality cost you your life's treasure.

"The Alchemist," is a book that portrays this truth beautifully in the story of a young shepherd boy who sells his sheep to go after his dreams and find the treasure he'd been assured existed, thinking he had overcome his fears.

An alchemist is said to be someone who reaches such a place in life where he obtains the ability to turn everything he touches into gold.



On this shepherd boy's extremely difficult journey of failures and major betrayals, he ultimately encounters an alchemist, and finally discovers that the treasure he'd been searching for had been in his heart all along, his acceptance of his journey - and that's where everything is turned to gold.

A quote from the book:

"People's hearts, seldom say much about those treasures because people no longer want to go in search of them. We speak of them only as children. Later, we simply let life proceed in its own direction toward its own fate. But, unfortunately, very few follow the path laid out for them - the path to their Personal Legend, and to happiness. Most people see the world as a threatening place, and because they do, the world turns out, indeed, to be a threatening place."

-The Alchemist

The *Personal Legend* here represents what is the result of a heart opened by the golden key. A closed heart is the result of what through perceptions of life's difficulties becomes an ever-increasingly *threatening world*.



It's no accident I used a golden key as a metaphor, because only this golden key - that is made of the gold of the journey - can open the heart to reveal the gold, the Glow you were meant to live. But it can't be done without the heart understanding that all gold came forth as the result of much pain and grueling effort.

If we tell our heart that the fear of suffering is much worse than the suffering itself, then we understand that within an open heart is a search for all that is gold and that every experience is an encounter with God.

"No heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity."

-The Alchemist

Yes, living with heart open wide means we will feel all the agitation, all the pain, all the passion, all the joy and all the fear. But that is the sacred place, and the only place, where we discover the indestructible parts of us.

What we should be most afraid of are the treasures forever hidden in the closed heart, glittering gold never to be discovered.

Maybe letting go of your story, the stones in your hand, is an act of loving yourself. You have to love who you are right now enough to free your hands to reach for the treasure.

May I remind you that this is one of the most quoted verses of the Bible: Wherever your heart is, that is where you'll find your treasure."

Looking into our hearts to discover what is true isn't just a matter of honesty, it is also an act of compassion, grace and respect for all the truth that is there and opened to the light. To the degree that we look clearly and compassionately into our open heart, we will experience the confidence and fearlessness it takes to live our truth.

- ♥ Hold out your clenched hands. What is the first thing that comes to mind that you are holding on to from your past?
- ♥ Slowly allow your hands to unfold imagining you are releasing all the stones, everything in your past. Imagine throwing those stones at your past if need be. Feel the fear and pain and do it anyway. Hear the stones hit the ground.
- ♥ Now open your hands. When your hands are fully spread open, feel the freedom of being able to reach for the gold key of now.
- ♥ Turn the key. What do you see ahead of you in your life that you weren't able to before? What joy do you feel?



Go ahead, open your golden heart!

Do you see your Glow?



VALIDATE

Validation is one of the most desperate of human needs. The more I study how belief systems are built and adhered to, the perceptions formed, and the choices and behaviors that are the result, the more it becomes clear that it is all about our hunger for validation.

It is often surmised that man's greatest need is just wanting to be loved. Well, humanity and the world's need for love is a given, but maybe that's a little simplistic if you realize that love can be shown and understood in so many different ways, and that it cannot be fully experienced and realized without validation.

You can feel affection and compassion, but have you ever felt the fullness of love from or for someone without complete validation?

Without validation, love remains simply words and appearances of affection that may, or may not be felt by a person in such a way that its genuineness becomes a part of their heart.

This is why all of us have experienced hearing words professing love but we're just not feeling it, sometimes even wanting to roll our eyes - and maybe even do. It's a feeling I, and I believe so many of us have had so many times, and it stems from a deep desire and an inherent inner knowing of our heart that intuitively recognizes full and authentic love - love that is not just a word, but is accompanied by the natural overflow of action and heart connection.

The more I've thought about what we ultimately crave as a result of the profession of the word love, the more I see that it's not really expectations but the desire within our soul that craves validation. We reach for that validation often in ways that appear to be our expectations of others.

The word validate means to "demonstrate or support the truth or value of. To prove, substantiate, verify, support, confirm, justify, authenticate." Wow! You see, we seek validation because it "proves" our worthiness, it "substantiates" our right to exist, it "verifies" and "supports" who we are, and "confirms," that who we are is enough. It "justifies" the "authenticity" of the life we are meant to live.

If you really think about our relationships and interactions with others, how much of ourselves do we hide or present according to the amount of validation we feel? It has to do with the degree to which we know a person accepts everything about us, the good, bad and ugly. If someone picks and chooses which parts of us to validate, what



parts of us are good or bad, that is when we begin to feel rejected or judged and begin to believe that our soul as a whole is not worthy of validation because there are parts of us that just aren't enough.

This is when we begin the Lazy Susan life. [Mark Nepo](#) wrote a brilliant piece on this describing how over time, we rotate ourselves just like a Lazy Susan to bring to the forefront only those things we want a particular person to see according to what we believe they validate in us in any given moment.

Our life ends up being all about juggling the Lazy Susan instead of living everything that's on the table waiting to be scooped onto your plate. While your life becomes all about spinning the Lazy Susan, your deepest feelings and beliefs are spun into unreachable corners. You are left in self-doubt, feeding the "measure-up monster" while your soul is starved of the love and validation it craves.

I am left to ask the obvious question (well maybe not so obvious): Why have we subjected the worth and value of our lives to the validation of others?

Yes, we desire it, it feels good, in fact, seeking validation can become addictive.

But what if we began to validate ourselves? What if we could see that when we do feel true validation from someone, it is simply a beautiful picture of what we know to be love and not really about you at all? You are just the beneficiary of that person's love and light.

What if we took responsibility for validating ourselves? And what if as we do, others become the beneficiary of our love and light?

What part of you, God's perfect creation, is not worthy of being validated? I'm not saying there are not always things that we can change to improve our lives, or make more effort to contribute to others and the world in larger ways. From the day we were created till the day we are transported from our bodies, it is a process of growing and changing. But I'm talking about validating every part of you, who is made up of so many unique gifts to offer. Every part of who you are is worthy, every part perfect and imperfect.

We spend our lives desperate to be validated, and that's human, but the truth is, we have not presented anything to validate if we hide and close off our hearts to the parts where we don't feel validated. Only when you accept and validate yourself with the solid knowing that "I am enough," can you open yourself to the vulnerability of gifting all that you are.



How this really plays out is that it's all about a clearness of your own heart and a determination to stop defining who you are by those who have hurt, dismissed or betrayed you, and stepping out into the risk of loving yourself, to validate your worthiness, pain, joy, disappointment, all of it, because it's all you.

I encourage you to set the table with everything you are for all the world to see. Obliterate the option to turn the Lazy Susan according to the whim of others, hiding what you are not willing to validate in yourself. Light the candles, validate and present your gifts, your gourmet meal on your best china if you will, first to your own life, then to the world.

There have been many times, and I know I'm not the only one, especially if you live alone, who finds yourself sinking into sadness and even into self-pity because you are once again eating alone. Another microwaved meal served up on cardboard; left overs; popcorn; ice cream... whatever. I do eat a little more healthy than that, but still, why go to any trouble just for me, right? Geez! can we not even serve the microwaved meal on a plate?

It dawned on me that a lovely meal does not deny, and is always there for the enjoyment of an appreciative diner, whether one or a table of 12. My thinking was that it was simply impractical, but in reality "why bother" was my unworthy me talking.

I don't eat a lot, but I do enjoy a lovely, relaxing meal, however, apart from the occasional night out with friends and family, I eat alone. So, I had to ask myself, at again, a "simple moment in time," *Why was I denying myself the enjoyment of a lovely meal just because I'm alone? After all, I'm a pretty good cook.*

It took very little extra time and effort, but I poured myself a glass of wine, prepared an easy but lovely pasta dish (my favorite), lit candles, put on some smooth jazz, and savored not only the food but all the evening had packaged for me in a pretty little, one-of-a-kind bow of bliss just for me.

I had solidified that I was worthy of partaking of joy and the lovely things of life. I had validated myself with a very simple act of self-love, a validation from inside out with something simple I love.

It wasn't just the enjoyment it had brought, it was what changed in me when I "got it," that doing tiny little things that bring me joy was validating that I am worthy of that joy.

I laughed when I learned that this is a common French practice, where a meal without wine and candlelight is not the norm, even when dining alone.



Only when we are willing to validate ourselves, can our souls truly feel validated. You see, what is the point of being validated by others if we are not in the end, validated by ourselves? Validation from others can only go so far. What about the next person that does not validate you? And no one was going to knock on my door and offer to cook me a lovely meal.

Know and remember, the validation of others cannot flourish except in the soil of a soul that has already been freed to validate itself.

You are more than enough!

- ♥ Focus on one thing about you that you feel has never been validated.
- ♥ Breathe in all the feelings about that part of you.
- ♥ Breathe out your own validation for that part of you.
- ♥ Now treat yourself to something that exercises that part of you and brings you joy, no matter how simple or extravagant.



EXIT FEAR

Fear has left the building.

Are you ready to hear that announced over the loud speakers of your life?

How did it walk in the door and proceed to run everything in the first place?

Each of us comes into this world with a perfect call, with perfect freedom from fear, worry, expectations, humiliation, lack, and the list could be a book in itself.

That being true presents some huge questions: How have I become so encumbered with and ruled by fear? What is my greatest fear? And more, what is it costing me?

It's costing your call? And yes you have a call! It is the one thing that makes your soul sing. No, it is not necessarily perpetual joy, it may not be easy, it just plays your violin strings.

However, the outer, physical world influences us to form our perceptions of what to be afraid of and what might be wrong with us. Fear in and of itself is nothing more than a mechanism to warn us of danger, but we learn to fear whatever in life is undesirable, and that's when fear begins to grow tentacles into our every thought and around our heart. The violin strings are bound.

Think about it: How many times a day are your thoughts worrisome with what if...? What if this or that happens? What if this is the wrong decision? Ultimately, what we really want is to know the future, and for things to happen exactly the way we think they "should."

We learn to believe in "should," which engraves expectations from life and others on our souls.

At some point in our life, probably many, our imperfections are pointed out and even laughed at, and expectations, or "shoulds" magnify how we don't measure up. Over time, we cringe with pain every time those tender spots we try so hard to forget about, hide and bandage, are touched. We begin to see them as blemishes and are humiliated when the make-up we have desperately tried to cover them with is splashed away.



The thing about fear is that while it is part of existing, it all too often eats away at our existence, like a predator, at our core, woundedness its delicacy. We mindlessly allow it to feed on the joy and abundance that was meant for and gifted to us.

We tend to deny we feel fear believing it is weakness, however, its origin is almost always fear of feelings and that things won't go the way we want, and if we admit fear, we have to admit it's eating us alive.

Every obstacle and difficulty, sadness and self-doubt is part of life, but fear is what causes us to allow those things to rule us. In uncomfortable and undesirable situations, our default becomes to react from the home base of fear, judging it good or bad, desired or undesired, instead of accepting what is at face value, knowing that we are the one with many choices of how to perceive and deal with whatever experience is facing us.

The thing about fear is that its first objective is to rob you of your choices and truth and to paralyze you. Being in this position is what we're really afraid of and why we spend all our energy denying the hold it has on us.

But what if feeling the fear is what allows us to see it for what it is, see that it can teach us about ourselves and touch those tender places where we are wounded and in need of love? The kind of love we may never get unless we gift it to ourselves.

Could it be that the things we think we fear are simply shadows shading how bright our light really is? Marianne Williamson says it beautifully:

"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, fabulous?' Actually, who are you not to be? You are a child of God. You're 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."

Since love always trumps fear, what if recognizing and feeling our fears is a form of loving ourselves? If we learn to love our fears and walk our fearful little-child self through them, they can magnificently show us the brightly lit road to our whole selves, instead of our whole selves, with a call, cowering in a dark corner.

[What if we used our pain and fears as fuel for forward movement and growth?](#)



"The very nature and presence of God, ripe and luscious, waits like a berry to be eaten, a precious gift ripening among the all-too-human thorns of fear."

-[Mark Nepo](#)

You are worthy of your whole self. You don't have to spin your soul on a Lazy Susan. Not living your whole self is like being restricted to living in one room of a twenty room house because someone named "fear" has moved in and dictated its domain.

It's like the houses you've seen that have been taken over by hoarding. Piece by piece, room by room, the people are left with only small pathways to walk through, furniture or a place to sit barely visible.

This truly is a picture of the soul that has accumulated fears and self-doubt and the lies of "not enough" until there is no room to live.

[You were meant to live in your whole house!](#)

[Mark Nepo](#) says, "each of us is an entire symphony." Even though there will be a few sour notes,

["dis-ease begins the moment all of us is not played." It begins the moment fear and stress holds any of your light hostage."](#)

You see, if an instrument is not presented as a whole, how can it be played, how can its music be heard?

It is like the beauty of an instrument being seen but never played because the owner believes she is not worthy to create the music, that the music won't be heard, or too fearful its notes will not be right, the music rejected or judged, or that a string might break.





The voices of fear are strong and overpowering, I believe because we fear the unknown. We fear what we don't know, and feel we are not powerful enough to overcome.

Ah ha, maybe we're getting to the root of it. Could it be that all the things we are afraid of reside in those tender spots where we believe we are "not enough?"

Yes, they are the spots where we feel we have not been validated and are "not enough" to validate ourselves.

I **fear** saying what I think because I will be seen as weird or stupid.

I **fear** that not living up to others' expectations, I will be perceived as unloving.

I stress over wearing the right thing because I **fear** if I don't, I will be shunned, and laughed at.

I **fear** that if I don't make as much money as you, it's because I'm not valuable or capable.

I **fear** that if I am mistreated, it's because I deserve it.

I **fear** being overlooked because that means that I don't fit in.

I **fear** if I make a mistake I will be judged.

I FEAR I AM NOT ENOUGH!

And that is the fear that will keep the voices of love from whispering to your soul, ever guiding you forward to the fullness of your worth and purpose.

When I think of the amount of energy spent in fear or avoiding fear, the reality that it all lands at the feet of self-defeat and self-hatred is so overwhelmingly sad. The sadness of what is lost to you is overwhelming, especially when we realize that all along we are judging ourselves more harshly than anyone else.

It leaves us broken, stuck, helpless and in an illusion of lies formed by the past and "shoulds." The truth is that when we are not living everything our soul was created to live, that is when we are "not enough."

No one gets to determine whether you "fit in" but you; what you "should" do, but you!



Honey, the only thing that can overpower fear's debilitating voices is the unencumbered fullness of your symphony, a symphony that plays all the instruments of loving the whole you.

The music of that symphony, feeling every beat of it, is the only way to overcome fear. The music lavishes on the validation and wholeness of your soul. It is a symphony whose only conductor is God, the One who composed your cantata, one that can never be played by anyone else.

Every choice made in fear is feeding the belief that you are "not enough" to play in the symphony.

When you make the choice to proudly allow all your instruments to be played, in all their imperfect perfectness; only then, can we exit fear and emerge with confidence into a world of peace, Glowing for all the world to see.

Fear has left the building.

- ♥ What parts of you represent the strings that have never been played?
- ♥ Think of one choice you made that resulted in holding back that part of yourself because it just wouldn't be enough.
- ♥ Identify the specific fear behind a choice or action you took only because you *should*.
- ♥ What did you feel in those moments of action?



YOUR HEART IS WORTH THE JOURNEY



So, now you know that the golden key to letting your Glow show is loving yourself enough to take possession of your whole house and knowing from the inside out, “you are enough.” You are a designer creation that fits every curve of your life perfectly!

You have to believe that everything you need and desire is already a part of you, always was and always will be right there in your heart, and is powerful beyond your understanding. It just needs to be given voice.

Your Glow will be unlocked in an almost magical way as you validate your worthiness to be seen and your voice to be heard.

It’s okay to color outside the lines, dance when you feel like it, ask questions, say what you feel with kindness, and say “no.”

When we don’t live in our Glow, it is like a bird that has wings but never flies.

Use the wings you were gifted with to fly and live beyond limitations you were never meant to be confined by or defined by. LIVE, trusting in your wings instead of the branches, trusting your own Glow instead of the validation of others.

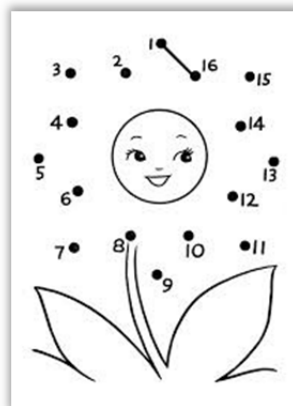
In Robin Korth’s book, she quotes her aunt who said, *“Life is a banquet and most poor suckers are starving to death.”*



So let's stop starving; our souls are famished!

I love the song *Brave* by Sara Bareilles, this part in particular incredibly making my point:

*It's time to connect the dots
Draw a different picture of
Paint it with the colors of
Everything I ever was
Return to the scene of the crime
Rewrite the final lines*



What would happen if we tell ourselves the truth about our passions and desires, rather than, "It's all okay" and continue in "the horrible game of let's pretend" as Robin calls it. Let's pretend I am happy. Let's pretend this makes sense. "I was a character actor in the figment of an imagined 'good life'."

All because what we really believe is that we can't have the joy, a truly "good life" and live every moment of life richly from the deepest inner parts where the most exquisite light is.



When you step out and:

*L*et it Go
*O*pen your Heart
*V*alidate yourself
*E*xit Fear...

... you are loving yourself enough to not deny yourself your birthright, your calling to be God's voice, His symphony, His laughter and all of His wonder in your own gifted way.

Are you ready to accept the journey into the light, the discovery of your own light? One step, then another? One choice, then another?

This journey is one of accepting that the Glow lighting the way for yourself and others is from the inner, projected outward, not controlled by external sources or circumstances. It is controlled by Love. Every step taken from the heart. A love for your Glow that shines like no other. The Glow you are meant to live.

If we don't love our own Glow enough to gift it to the world, then how bright can the light in this world be?

THE GLORY OF GOD IS SOUL ABUNDANTLY ALIVE!

This has defined my message since that "simple 'firefly' moment in time."

Even the tiniest act of valuing your life, your soul, is to carry out God's unique purpose and deepest desires for you.

Your light is the one thing that can never be taken from you.

LET YOUR GLOW SHOW!



Author's Note

This journey is ongoing and I invite you to join me as I encourage you to live life, all of it, the way you were created to. We live in a chaotic world of pain and hardship but you can do it with Grace in the GLOW.

You will be receiving my blog, my newsletter, and will have many opportunities to walk in your Glow and receive encouragement, news about seminars and coaching, as well as new books.

I also invite you to join my page on Facebook and other social media. You can do so from my website. And if you feel that any of this has blessed you or could help change someone else's life, it would touch me deeply if you would share excerpts and links.

I love to hear from all of you who have chosen to Let Your Glow Show. My heart is so full of love for you and such a deep desire for you to experience everything life intends for you.

I want to hear about your journey.



[contact me](#)

*You had it all along
my dear!*

Sharing the Glow,

Ruthie Lewis

Author, Life Coach, Speaker

RuthieLewis.com
[email me](#)

Walk this journey with me!

5 ways below:

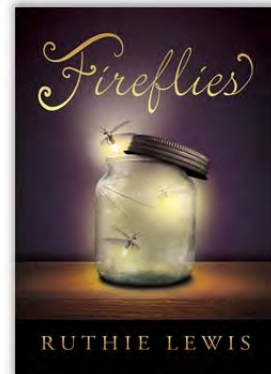


♥ FOLLOW ME ON FACEBOOK!



♥ READ MY BOOK!

*Just like a firefly,
you have an inner light
that was made to Glow*



♥ WORK WITH ME! [\(click here\)](#) for your first free session



Attraversiamo One of my favorite Italian words meaning:



- ♥ INVITE ME TO SPEAK! [\(click here\)](#)
Groups large and small -



- ♥ FOLLOW MY BLOG!

Passionate

Honest

Heartrending

Soul Nurturing

For more great reading, check out my [READING LIST](#)



I wish your life
aliveness, joy,
purpose and the
GLOW
of
L-O-V-E