

BB

Valder Beebe Show.com BeeBe's Smart Living

FM * INTERNET * INTERNET TV * PODCAST

"21st CENTURY TALK SHOW - FOR WOMEN**BY WOMEN"



Actress, Jane Seymour talks to Valder

The Valder Beebe Show BeeBe's Book Club Interview segments filled with Celebrities and New York Times Best Selling Authors



Jane Velez-Mitchell was held prisoner by a wide array of addictions--to alcohol, to work, to people, to "stuff," among others. Addict Nation, which comes out in February. Virtually everyone in America is hooked on something. We are a nation of addicts! Jane Velez Mitchell-host of HLN's Issues



THAT CELEBRITY SATELLITE INTERVIEW

Marcy Shimoff's book, 'Love For No Reason,' is the topic of her interview on the Valder Beebe Show. "If you want to experience inner fulfillment on a whole new level, read this book."

-- Jack Canfield, New York Times bestselling author
Chicken Soup for the Soul series



Photo Credit: Photography-by-james.com

2011 THE POWER OF YOU!

We are celebrating 2011, The Valder Beebe Show's 6th Season, My Birthday and our Gratitude to YOU! The Valder Beebe is celebrating every interview, every guest, every moment of 2011 acknowledging our 6th season which celebrates 'The Power of YOU'. Thank you to Sandra Lee, host of Semi-Homemade on the Food Network for being the most popular guest on the Valder Beebe Show in 2010. She has received the Valder Beebe Show's Rock Star recognition. I express gratitude for every guest appearance that inspires you to tweet, call and e-mail about Sandra Lee on the show.

Our Life Experts of Beebe's Smart Living have put together exciting thoughts from their experiences and life's journey for your reflection and renewal, as always "to change the way you look at things - so the things you look at will change. Make 2011 Your Best Year!
Valder Beebe, Editorial Director

Evaletitia Ellis, Editor-In-Chief



Reflect, Renew and Manifest

As we shed the old and replace it with the new in the coming year, I'm reminded that God replaces the old with the new every day in our lives. It is not just another seasonal session or ritual being performed. His grace and mercy is sufficient for us moment by moment.

As human beings, we enjoy performing rituals, traditions and age-old family practices passed down from generation to generation, because they remind us that somewhere along the line we have gotten off course. Performing these acts will allow us to revisit our sins and right that which was wrong. It reminds us to take inventory of the life we have lived thus far and to reflect on our past endeavors. In some cases, we are told to forget the past and move toward a better future. We have been told to live for today, "for tomorrow is not promised."

Although we have learned various strategies to use when facing issues that occur in our lives, we must remember that when reflecting on our past, stay in the moment long enough to see the lessons learned and how we have overcome every obstacle, situation and every evil that exalted itself against us. A renewed mind sees past lessons as stepping stones into better ways to handle the future. The future looks brighter because you have learned to see it from experienced eyes. You will face the next situation knowing that, no matter the outcome, it is as it was meant to be in that moment and, by waiting for Spiritual direction, the opened door was just what you needed. Now, as you reflect, you see the situation as a catapult into your future. If you heeded Spiritual direction, the opened door is full of excitement, wonder and joy. Fear is replaced with wonder and excitement.

There may be some unfinished business from the past for some of you, but just know that "this too shall pass." Confront every situation you need to confront with the guidance you receive from the Universe. Remember, things are done in the heavens first then on earth. That being the case: See the situation taken care of in its entirety. Renew your thoughts concerning every area of your life. Manifest the desires of your heart through meditation and confession. What you believe in your heart will manifest itself. The heart speaks the truth of a man. In other words, you are what you believe you are. Your inner thoughts will manifest themselves if you dwell on them long enough. When you learn the power of the spiritual being you are, your renewed mind will manifest your heart's desires quickly. Warning: Reflect, Renew and Manifest; but be careful what you speak, it will come to pass. Live in the power of the Spirit! Evaletitia, Editor-in-Chief, BB's SmartLiving, LDE04_@hotmail.com BB

Healing In His Wings is the new CD from High Worship, The Artist Kennard Llewellyn Haggerty

Inspired from Kennard's testimony when the Lord brought him through major brain surgery, the CD contains 10 titles. Each track infused with powerful and prophetic words for healing and restoration.

The titles on the CD:

The Wind of God	Healing In His Wings	I Am Set Free
Round about Jerusalem	Expect Your Healing	Song from on High
How God Anointed Jesus	Receive Healing Today	Amazing Grace

In One Night—Believe That He Is



Advertisement

Do you need healing from sickness, forgiveness, and the very issues of daily life, unemployment, and finances? God's word is the answer God's powerful word can deliver you today. In Luke, 1:37 it says, "For with God nothing shall be impossible." Journey today and purchase "Healing In His Wings" or hear a sample track, visit us at <http://highworship.theartistklhaggerty.com/aboutihw.html>. Visit our online store, and learn more about The Artist Kennard Llewellyn Haggerty, visit <http://theartistklhaggerty.com>. Experience a visitation with God's word you will never forget and your life will never be the same. <http://theartistklhaggerty.com>

Meditation with Rhonda Jones



Do you battle with negative thoughts or just can't turn off the dialogue in your head? Do you find yourself having conversations with people who aren't even there? Many people suffer from compulsive thinking, but you can learn to stop these voices in your head by creating a mental gatekeeper. A mental gatekeeper is an imaginary guard created to stop unwanted, worrisome, or crippling thoughts from gaining entrance in your mind and planting an orchard of negativity, depression, or self-doubt. It can be in the form of a guard, a bouncer, a mighty angel, or a goalie; just pick something you identify with. Worry Doesn't Solve Problems
Acknowledge right now that worry will never change the outcome of a situation. Worry won't pay your bills, make your spouse or children act differently, change your boss, make you feel better about yourself, change your bad habits or find you a job. Worry is just a useless waste of your time and energy. Worry is the opposite of faith and an enemy to the believer. You need to let it go until God gives you clear direction on what to do next or until He changes the circumstances. That means no direction, no action!
Bat Your Way to Peace of Mind

When wanting to stop negative thoughts right in their tracks, one of my favorite terms is the word "Bam." When I say BAM, I see the batter slamming a baseball, or in my case, a worrisome thought right out of the field (my mind). If your gatekeeper is an angel, see this mighty being intercepting every thought before it reaches your mind. Once you let the thought in, it's much more difficult to get rid of it, but not impossible. If you can start your day denying entrance to worrisome thoughts, it's a lot easier to maintain your peace of mind. Whatever you do, don't reason with the thought or don't have a mental conversation with it, instead, knock it right out of the court! It's your ENEMY, not your friend, so kick that intruder right to the curb! If you are a person who is plagued with troublesome thoughts as I once was, you may be slammering or rejecting thoughts almost constantly for the first several days, but as you proceed, the thoughts will diminish and your peace of mind will be restored. Once you stop those fiery darts, you want to plant good seeds into your mind that will help you to live a more fruitful and genuine Christian walk. Now hire that gatekeeper! **TheChristianMeditator.com BB**



Valder's Photographs:
Photography-by-james.com

Attire:
Attire Provider
The Dream Resale Store (Dallas)
Liz Claiborne (dress)
Hair/MakeUp: VBS Team
Cake: Nappy Cakes (Dallas)
469-585-0252

copyright 2011 PIP Production

ADVERTISERS

Valder Beebe Show

www.valderbeebeshow.com

A New Kind of Talk Show
For WOMEN By WOMEN
FM RADIO * INTERNET RADIO * INTERNET TV

www.gloriamallette.com

Author Gloria Mallette

2009 Finalist and 2010 Winner



Winning Book: SASSY

wayevents.com



Equanimity magazine Winter/Spring issue is about balancing lifestyles. Each quarterly issue shares the stories of those who are beginning, growing and those who have succeeded in reaching the balance that allows us to pursue our dreams and goals in life. Read Valder Beebe's article each issue on Abundance 2011. Equanimitymag.com



RHYTHMflow Radio 2.0 is A Unique Musical Blend... We produce diverse music programming for your listening pleasure. R&B, Jazz, and old school rhythms converge to create a progressive, refreshing, enjoyable, & relaxing sound. RhythmFlowRadio.net