



Katherine Bell formerly 'JAG' talks with Valder about her new Lifetime movie

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# Valder Beebe Show.com BeeBe's Smart Living

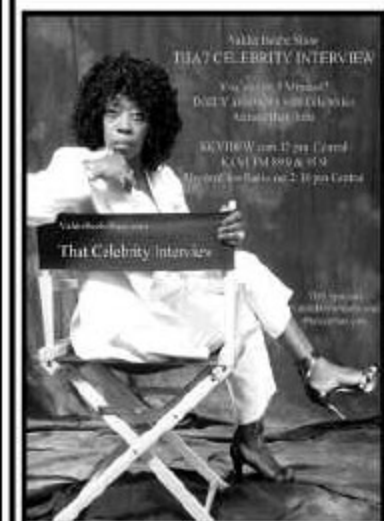
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Angie Harmon (Law & Order) Cable's #1 Series Rizzoli & Isles talks with Valder about her hit show and balancing family life!

## Valder Beebe Show MORE THAN JUST GIRLFRIENDS



Intuition is defined as one's ability to use all the senses. This undeniable and valuable tool is constantly at work, but are you in touch with this asset? Intuition – you know what it is. It's that feeling that you need to do this or that. It's the answer you know before it is uttered in a conversation. It is a feeling that makes you feel good (if you are in vibrational harmony) or makes you feel bad (if you are out of vibrational alignment). Are you using your intuition to navigate through life? Here's how to connect with this incredible gift from GOD. To establish your connection with your intuition, take time away from your hectic life. Spend time being with yourself to know what you feel, how you react to what you feel and what you want to feel. Journal this experience, and pray for guidance to "know thyself."

We are confident in the experiences from our own lives that there is nothing that you cannot be or do or have. Your own life experiences will provide evidence for your belief. Spend July with the focus and intention to be aware of your intuition.



Valder talks to her favorite Food Network Star Sandra Lee, about baking and the 4 Simple Rules to cook with care when creating your summer dishes especially when using glass bake ware. Sandra is a Food Network chef and the host of Semi-Homemade Cooking. She's also editor-in-chief of Semi-Homemade magazine. Sandra tells Valder that she will release a new book the fall 2011.



ALARMINGLY: Melissa Joan Hart (former star of Sabrina) talks about Feed the Children which states: almost 1 in 5 Americans struggles to afford enough food; and 10-percent of all U.S. households with children have inadequate food due to lack of money and other resources. Melissa a mom also shares she has a new show upcoming; Melissa & Joey, watch for details.

### Christians and Law of Attraction

Demystifying The Secret By Rhonda Jones



You must believe that you have already received what you asked for. I'm talking about faith. Your faith is not in yourself or your own abilities. The scriptures tell us to have faith in God. That is where the power lies, but it's your faith that stirs it up and releases it. Be specific but give room for the unexpected. Therefore, asking for a job you love, working with people you love, and that pays you exceedingly well, may be better than asking for a particular position that may pay well but does not possess loving co-workers or exist in an optimal working environment.

**RECEIVE:** The scriptures tell us to, "Speak those things that are not, as though they were." Before anything can manifest on earth, it must first be manifested in heaven - the spiritual realm. Therefore, you must see and imagine that your desire has arrived or already taken place. Begin to act as if it is already done by visualizing how you would feel or by creating a mental picture of your desired results. If you are seeking more confidence, visualize yourself speaking in front of a large audience that is captivated by your every word. Visualize and feel your desires at least once per day.

**WAIT:** Another component of receiving is waiting on the promise. Don't dig up your seed before it has time to grow. Don't let others or discouragement steal your seed as well. Affirm often, "Whatever 'good' thing I touch shall prosper." Notice I emphasized the word "good" because we can cause bad thoughts, ideas, and actions to prosper as well. Be careful to observe thoughts and feelings and to eliminate any mind patterns or repetitive thinking that is contrary to your true desires. Always affirm in the positive. As you wait with gratitude and joy, be sensitive to the Holy Spirit's leading and direction. Follow any steps of faith or unction in your spirit that God places on your heart. Dispel all fear, which is the opposite of faith.

**WEED:** Focus on what it is you want and not what you don't have. If you plant seed-thoughts of fear then you will receive more the fear. Whatever you dwell or focus on will expand. Weed out negative thoughts or debilitating mindsets through daily meditation, and use of relevant scriptures. Keep the vision alive by spending a few moments each day meditating on your desired outcomes, goals or vision. Obsession, worry, or unsolicited activity will not manifest your desires any faster. Release your vision to the wisdom and power of God and trust him to manifest your desires in a perfect way at the appointed time.

**CONTENTMENT:** Learn to live in the moment - enjoying and appreciating the blessings in your life today while you prepare to receive more in the future. Ask, believe, and receive, but don't neglect to give God the glory as you wait, weed, and live each day with joyful contentment.

Rhonda Jones is the author of over 23 Christian Meditation CD's and serves as the meditation consultant to Valder Beebe.



Jacqueline Johnson, Owner  
Ebony Magazine & Pine Sol "Unsung Hero Recipient"

Visit our website: [AdventureVictory.com](http://AdventureVictory.com) and bring your prayer requests. Join me every Sunday, 3:00 PM at the Dream Resale Store for Service. Call 972-247-7960

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## Valder Beebe Show THAT CELEBRITY INTERVIEW



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THAT CELEBRITY INTERVIEW



<Senator Bob Graham, former two-term Governor of Florida served eighteen years in the United States Senate. Valder and he, talk about his career in politics and his new novel, Keys to the Kingdom, a political thriller.

Celebrity DIY expert, Eric Stromer is also an accomplished author; Do-It-Yourself Family. He talks to Valder about How you can win \$10,000 just for painting your wall and more!



Upcoming guest, Vicki Irvin is a top entrepreneurial and business coach, speaker and author of The Superwoman Lifestyle Blueprint. Vicki Irvin has shown thousands of women how they can have it all in Business, Beauty and Balance.

### 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.

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Visit: <http://theartistklhaggerty.com>

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Ellie Krieger is the host of the Food Network's "Healthy Appetite" and a best selling author. This summer she returns as a Valder Beebe Show guest. She has developed recipes that are 'kid-friendly.' She also tells Valder how the Valder Beebe Show audience can get \$10 Grand in scholarship money up for grabs.



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Recipes for  
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