



Food Network Chef's Pat & Gina Neely talk with Valder about Hunger Project

BB

# Valder Beebe Show.com BeeBe's Smart Living

INSPIRATION\*INFORMATION 'FOR WOMEN -- BY WOMEN'

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NBC Today Show Beauty Editor Bobby Thomas talks with Valder about defining your style

## Valder Beebe Show MORE THAN JUST GIRLFRIENDS

### Commitment to Self

**B**eeBe's Smart Living Editor, Letitia Ellis, gave us a powerful direction for September, to energize our readers, viewers and listeners into embracing the power to "sustain." To sustain is defined as "to keep up or keep going, as an action or process to sustain." Each life expert embraces this power to sustain from their knowledgeable viewpoint. Sylvia Klinger, Registered Dietician and one of the best professionals in her field, through the year is sharing 365 heart healthy tips to sustain your health, add years to your life and help you sustain the quality of life that you deserve. And Rhonda Jones, our meditation consultant, continues to sustain the mind, body and spirit with her words of metaphysical power. Peruse BeeBe's Smart Living for information and revelations that are presented by our life experts to inspire, encourage and uplift you. Enjoy September and know that you are powerful in this moment of time. Just Believe!are also a form of power. *Valder Beebe, Editorial Director photography-by-ames.com*

### Sustainment

When I think of sustainment, a few things come to mind. What stands out the most is how God gave us the gift of His Holy Spirit to sustain us. Just as the mother has everything she needs to sustain a child within and without her body, so does the Holy Spirit of God. She has everything she needs to sustain human beings. Yes you read correctly, She has the ability. This may be hard for some to swallow, but the fact remains that the Holy Spirit of God is the female portion of Him. As I have mentioned many times before as well as in my book, *The Revelation of Woman, A Personal Revelation*, the Trinity is Father, Mother and Son. The three are One. That said, if we look at the characteristics of the Holy Spirit, we can understand what sustainment really means.



The Holy Spirit is consistent in every area of our lives. She provides us wisdom, knowledge and understanding. You will also find that the Holy Spirit is the power source for us. She anoints us with the power of God to strengthen our hearts and minds to bring forth the gifts we all carry within. She constantly reminds us of the abilities we have, who we are and what we are doing. She keeps us in close relationship with God, never failing to encourage us to get back up when we fall.

The Bible tells us it is not by bread and water alone that sustains us but by every word that proceeds from His mouth. Which means, words not only bring life they sustain it. It is Spirit that empowers these words. It is the Holy Spirit that reminds you of the word of God. She sustains you by feeding your thought reminders of the promises of God.

I heard a well-known celebrity by the name of Steve Harvey once define success in life as the ability to sustain it. He put it some thing like this, "It is like doing two hundred push-ups in one setting then when you're just about to give in, arms trembling, legs shaking, your coach commands you to hold it there for fifteen more minutes. Tears and sweat pour from your face but somehow you find the strength to hold on."

The Holy Spirit is sent to sustain you! Connect your spirit to Her and find out what sustaining life is all about.

Much Luv!

EvaLetitia, Author, *The Revelation of Woman, A Personal Revelation*. ...

Live Life Like the spirit being you are!

<National Geographic documentary *Locked Up Abroad Series* tells of Birmingham, Alabama native Lisa Taylor whose arrest resulted in imprisonment in a Thailand prison with a death sentence. Valder talks to Lisa about PRAYER CHANGES THINGS as Lisa is now free and ministering to God's people. Hear Lisa's test and her testimony, PRAYER CHANGES THINGS interview.

<Valder talks with Heather Bruce and Bailey Rumsey both are teens (and new sisters) from TLC's "Downsized." The girls talk with Valder about how they are trying to get to college as their blended family is experiencing financial turmoil.

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Valder engages in a highly spiritual interview with the son of global evangelist John Hagee, Matthew Hagee about his new book *Response Able*. Matthew serves as the executive pastor of the 20,000-member Cornerstone Church f GOD.

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<Valder talks to the "Super Coupon Queen" Jill Cataldo How to save big bucks with the coolest new coupons!"

Valder talks to Travel Channel's New Docu-Series "Truck Stop, Missouri" Joe Bechtold - General Manager > of Mid-way about why do we love this series?

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