

true beauty within

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I liked this quote:

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."

Elisabeth Kübler-Ross: Psychiatrist and author; introduced the Five Stages of Grief.

When all is right in your world, happiness, love, and positive emotions and reactions should flow easily. It's how you handle adversity – the unexpected and negative – that defines you as a person. Most people allow their environment and other people to dictate how they feel, what they say, and who they are. It's the rare but special person who can rise above his or her surroundings to always show a positive inside. This unique gift isn't happenstance.

>From Dr. David Hawkins' program *The Discovery* http://www.nightingale.com/prod_detail~product~Discovery.aspx