



Let There Be Light | Creating a Life Worth Living

Demetrius Carolina

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For the rest of your life to "work well"... and for you to be able to help others... you have to focus on yourself first. But, in order to do that, we all need help and guidance along the way. And that is the purpose of this book... to offer practical guidance on how to get from where you are to where you want to be in your spiritual life-and we all know that what is in our heads and hearts can be manifested in the real world. What you will take away from this book is how the things you control are the key in creating a life worth living and having a relationship with yourself and others that is fulfilling and sustainable... one that can last... forever. I have served others as a counselor, pastor, teacher, leader and friend for many years. In that time I have seen good people, who were well intentioned, go through life-just getting by-existing rather than truly living it to the fullest. There are many reasons for this situation; the most prominent being that human beings are creatures of habit. We are most comfortable with what we are most familiar. Left on our own, it's often very hard to make changes to improve our lot in life. In fact, for many it's hard to even pinpoint what's really wrong without some sort of outside stimulus-some prod-that goads us to evaluate or assess ourselves. And while everybody is responsible for their own lives; it certainly helps to have something or someone that becomes a catalyst to break through your life routine and be the "kick in the pants" needed to take action. Life is short and too often many have a voice inside that says, "I wish I had...," or "If I only...," or worse it's whispering to you, "You're just not good enough... not smart enough...." The voice in and of itself is not a terrible thing. I believe all humans have heard it inside their head at some point. The tragedy is when that voice becomes a constant-never ending-drumbeat in your head that becomes a question you can't answer or a statement that you can't refute. It becomes something you believe about yourself that is only true if you let it become true. I just shared with you something that is worth an incalculable amount of money if you take it to heart. Things, bad and good, become true only if you let them or make them come true. In this book we'll talk about letting light come into your life and creating a life worth living.

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