

Bonus Reading: Stories in this section are true experiences of ordinary church members that help to illustrate the spiritual principles found in the scriptures.

Walking out of the dark movie theatre, Shelly's eyes adjusted to the startling sunlight. "Isn't it amazing that the eye can adjust to light and dark this way, she thought, "but even more amazing how my new spiritual eyes have learned to adjust!" She was thinking about the changes that had come into her life recently since she was baptized into the Church of Jesus Christ of Latter-Day Saints.

As a 17 year old convert, Shelly had the blessing of recognizing the difference between life before and life after receiving the Holy Ghost. "I asked God to show me what to do, and I made a promise that if He would show me what was right and what was wrong, then I would choose what was right and do it. "

After baptism and getting the Holy Ghost, Shelly could clearly see the difference between what had light and what did not. " I felt I could clearly discern light and dark in all the things around me. It was like I had a new sense."

Walking *into* the movie theatre, Shelly had watched the movie with new eyes—with the Holy Ghost as her guide. She was able to see subtle role modeling that went against the teachings of Jesus Christ. "Scenes that I would never have even noticed before now seemed "dark" and I could see veiled immoral messages and subtexts that the movie was conveying to us as we sat there taking in the words and actions. When the power of the Holy Ghost comes upon you , you can see with spiritual eyes."

The Holy Spirit is a real power that can make dramatic changes in the life of a new convert. If you were born in the church and baptized at eight and feel as if you have never felt this transforming power of the Holy Ghost in your life, try making the same promise to your Heavenly Father that Shelley did; that is, promise that if God will show you by the power of the Holy Ghost what is right versus what is wrong, you will choose the right and do it. Then follow that guide and see what changes result!

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