Hi and thanks for download this effect :) I hope it will work well for you projects

To use it, open "glowing effect.fla" file. In the Library Panel (Ctrl+L) you have two movieclips. The one important for you is "Glowing Effect". Just drag & drop that movieclip to any file where you want to use it. Inside that movieclip you have all the code commented, so you can modify it from there.

Good luck ;)