

OUT OF DARKNESS COMES GREAT STRENGTH

Yes, we are living in historical times and perhaps one of the scariest economic periods we as a global community are traversing. But we humans are resilient and rather than worry about tomorrow, we have a chance to focus on each moment, learn the lessons that life showers us and gain great strength.

AFTER ALL, HOW WOULD WE KNOW LIGHT IF WE DON'T KNOW DARKNESS?

Think of the seed of a flower that is typically in the earth for a few days, even a few weeks. When it springs forth, it is fragrant and beautiful but it is gone in a short period of time.

The seed of the redwood tree, however stays in the darkness of the earth for five years. When it springs forth, it becomes the strongest, tallest tree on earth making tremendous impact on our atmosphere.

If you are feeling yourself in darkness, think of yourself as a redwood tree. And use these simple affirmations:

EVEN IF IT IS DIFFICULT TO ACKNOWLEDGE, I AM GROWING IN STRENGTH!

I AM MOVING TOWARDS LIGHT AND MY TRUE FULFILLMENT EACH MOMENT!

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