

## ♥ Snippets of Encouragement #246

Hello darlings

It is day 246 of Snippets of Encouragement, and as I'm creating this snippet, I'm sitting on my mother-in-law's balcony watching one hell of a storm roll into town.

This has gotten me thinking, quite obviously, about the storms we face in life.

I'm sure you will agree with me that not all storms are equal and yet they all have the potential to create havoc in our lives. These are both the literal and figurative storms that come along.

With the build-up of the storm that I'm currently watching, I've noticed a few things. The wind has picked up considerably, and the birds have become extremely active, both vocally and by flying back and forth.

The sky has gone from a light grey colour to the darkest gunmetal grey, and the clouds have morphed in shape numerous times and developed a strange green coloured edge.

Thunder is rolling in the distance, and I imagine that in the next half hour or so this storm break, bringing with it much needed rain and hopefully a break from the humidity and heat.

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A while has passed since I started observing the storm, and my expectations were dashed somewhat.

I hoped that I could continue to sit on the balcony and watch the storm pass me by, but this was not to be.

Lightning struck directly in front of the apartment building, and I nearly wet myself. Simultaneously the rain came sweeping in from the west, drenching the balcony where I was sitting.

I needed to jump up and close the outside blinds as hail was pounding against the windows and from the angle of the rain and hail, water could have entered the apartment.

When this storm hit, it was short, sharp, and potent. The Thunder drew nearer and roared powerfully as lightning struck the ground repeatedly. I noticed that the birds were silent and stationary, but the noise from the storm was deafening.

**Don't forget to  
remember who  
you are and what  
incredible  
strength lays  
within you!**

*Inspire for Life Coaching*



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The brunt of the storm has passed now leaving in its wake heavy rain and a fresh smell of earth and renewed bird song. If people were caught in the storm they'd be drenched, and I'm sure a few branches have fallen, and the water level of the river has risen slightly.

Altogether, this was a powerful yet harmless storm, yet even in the moments that it existed, I noticed a certain amount of fear and anxiety within myself. I was too afraid to remain on the balcony or to boil the kettle for a cup of coffee while the lightning struck. I know what lightning can do, and I wasn't willing to take a risk.

When we consider the storms of life, often we have little or no control over the events that cause the storm for us. Of course, it's also true that some storms are totally of our making, but that's what we will call drama in this snippet and not a storm of life.

If we actively engage with the process of life, none of us can avoid the storms of life. They are inevitable, but our response to the storms we face is not inevitable.

The fact is, every storm passes. Just as the storm outside has passed, our life storms also pass. How we choose to respond to the storm will determine the aftermath of our storm.

One thing I love about humanity is our incredible resilience. In the face of so much destruction and despair, we are somehow capable of digging deep within the well of hope and continue to move forward.

We need to remember that each of us has the capacity within us to ride the storm and still thrive in its aftermath. Sure we may be battered, bruised and injured, but when we dig deep into our inner resources, we find the resilience and strength to grow through our experience and move through it courageously.

I don't want to make light of the issues we face in our lives, but in the cosmic play of things, we mustn't forget to remember who we are and what incredible strength lays within each of us.

Yes, the storms will come, yes they may be petrifying and death-defying but they pass and if you hold onto yourself, continue to face in the direction you desire to move in you will come out stronger on the other side.

This is know for sure.

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