

Affirmation: MY TRUST IS DEEP, MY FAITH IS STRONG. I HAVE ALL I NEED TO WEATHER ANY STORM.

I live in the woods, and often when strong winds blow, I watch my trees thrash about, but rarely do I see one fall. Trees have deep roots that expand beneath the surface. The healthier, deeper and more extensive the root system is, the greater the strength, height and breadth of the tree above the surface.

When strong winds of change or challenge blow in our lives, the tendency may be to brace ourselves and try to control the variables in our environment. But I learned from palm trees that flexibility is the essential ingredient for resilience. Palm trees are actually taller after bending and stretching during a wind storm. We are not palm trees, but times like these may be stretching us considerably, and to the extent we trust that our safety and happiness is assured is the extent to which we can bend and not break.

The deeper our spiritual understanding and the more extensive the roots of our love, the more we see the fruit of God's grace in our lives. God's grace is sufficient to meet all challenges; therefore, let us focus on inner growth, deepening our trust and faith so we may have the strength and flexibility to weather whatever is on the surface. We may not know what is emerging, but God, as the only real living mind and loving heart, does, and thus, our health, happiness and success are always assured.