



INSPIRED

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WHEN YOUR WORLD CAVES IN...

At some or other point in our lives, we will have to deal with a moment that is so traumatic, so unexpected, worse than death that we will experience what feels like our world caving in...literally and of course, emotionally and spiritually. At that point, what would have happened would be beyond our worst nightmare and if we had to sit and imagine all the worst things that could have happened to us, it would not even make number 1000 on our list.

Shocked and confused, we look to the universe for answers and find none but an acceleration of events that strip us of our being at all levels. At that point 'why me?' partners with a sea of tears and pain that carves deliberate slices out of heart. We float for that period interchangeably between anger and fear. Please indulge me as I share how my world caved in but with support, acceptance, prayer and love, I now know that anything and everything can be rebuilt. A couple of years ago, I found myself in an untenable situation – I slept as a beautiful, kind woman and woke up to find out that I had won uncontested the title of 'Witch of the Year'. While it initially started out funny, as it unfolded and grew its own wings, I realized that I was socially and emotionally in trouble. Of all the things I had prepared to deal with; this was never part of the curriculum of my life. After all, I was well brought up, adequately educated and socially appropriate. I felt tested at a scale that was beyond measure because things like that don't happen to people like me. Well, now that it is all behind me, I want to confirm that at some point, your world will cave in.

It has to happen so you can understand that the world is bigger than you and will help you learn what it means to genuinely tap in to the Higher Power and directly receive what I call 'Fax from the Higher Power'. For the religious, this is when your belief has to go beyond the Joyous Celebration music and the charismatic pastors who refill you spiritually every Sunday. This is an episode that will get you to recognize the voice and the hand of the Higher Power for what it is and not what you want it to be. At that point, you learn to surrender to the universe and live each day as if it is your last because you had a sneak preview of your last day or at least wished you were dead rather than deal with a world that, without notice, stopped making sense. And when your day comes...I wish you a 'why not me?' moment because you will be able to rebuild your world and finally get your 'I am beautiful, worthy and much stronger than I look and feel' T-shirt.

NUGGETS FOR THE MONTH

YOU

The strength to deal with any and all seasons of your life lies within

FAMILY

Teach your family how to support you so they can serve you well in your hour of need

FRIENDS

Friends should allow you to drench them with tears or talk to them without fear of judgement about your fears.

WORK

Resist the temptation to be the catalyst of chaos in your workplace

HARVEST CORNER

YAY CAKES

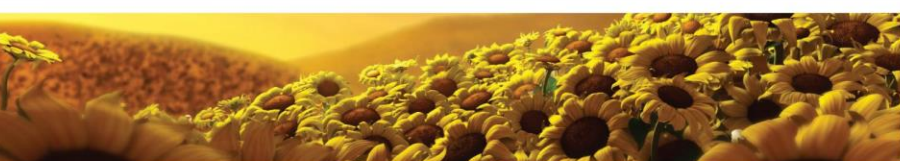
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