



## **The Gifts of Adversity**

When adversity strikes we don't say, "Gee, what an awesome gift! Thanks!" We recoil, we lash out, we stumble, we fall. We get knocked down. And then what do we do? We decide whether or not we want to stand back up. Most of us decide that would be a good idea, and so, on wobbly legs, we stand. We find a shaky point of balance again and from that beginning choice, on we go toward a life enriched by countless gifts, all bestowed by the experience of adversity, be it a death, a divorce, a disability, an illness, an addiction, loss of career, loss of home, abusive treatment of any kind, oppression of any kind, cruelty and injustice of every kind.

Anyone who has faced the challenges of life changing adversity and made their way through the dark days back to the sunshine of life will tell you, adversity is not meant to tear you down. It's meant to build you up.

It will gift you with priceless possessions, but only if you are willing to receive them: strength, compassion, gratitude, purpose, humility, empathy, love, love and more love are but a few. It will push you to open your heart and grow your spirit. It will push you to find who you are, be who you are, and share that person with the world.

It will do all this and more. All you have to do is believe that it can, become open to receive, and let it give. Drop the fight against things you wish weren't so, and find the gifts that are wrapped up in what is.

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