

Reflection on Renewal by Orly Wahba

We've all experienced hardships in our life; obstacles, bumps in the road and moments when we feel as though we don't have the strength to push forward, to stay afloat. Speaking for myself, I can say that more often than not, it was in those moments of utter confusion and chaos when clarity and calm began to peak it's head out from amidst the noise and started to take shape. We can't see it in our hour of need, but rebirth and renewal almost always spring up precisely at the point of collapse, our breaking point. Why? While some people may see this anomaly as sadistic, nature's way of playing games with us, I see it as it's way of instilling hope and strength.

Consider this, when you see a tree in the dead of winter and inspect its branches and bark – had you not known that spring follows winter you would never imagine or predict that soon enough that same tree, looking frigid and dead at its core, bears life deep beneath the surface and that once spring comes along it will be as vibrant as ever.

During my years as a teacher I taught my students a phrase, "G-d provides the cure before the disease." Whether you believe in G-d or not, is irrelevant. But try and understand the concept. Although we may not have the vision to see it, the source of healing, renewal and rejuvenation is present even prior to the moment of pain and suffering. Simply understanding this and believing this allows us as human beings to remain hopeful amidst the hardships, knowing full well that the winter will pass, and spring will surely follow.

Renewal. It stems from the realization that you have all you need deep within you. The potential to grow, to overcome and to succeed is within your power – you simply may not have the strength to call on it just yet. But sometimes all that is needed is time.

<https://www.lifevestinside.com/reflection-on-renewal/>

We invite you to think about the signs of hope or renewal around you at this time and call to mind something you have read or watched or listened to which gives you hope.



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