



ImaniCoach™

Life! Take on the exciting adventure...Achieve your dreams...Enjoy the journey...Now!

Hi All,

Hope you and yours are well...

Thought I'd share a word or two and this is what came.

Rainbows within the rain...

*Are like tiny buds of hope
When all seems dark and cloudy
Look up...'See...we CAN cope'*

*They say 'Rome was not built in a day'
And we say "but when is it going to change?"
Shhh! Nature is saying...
Can't you see what I'm trying to arrange*

*Do I ask you to replant the daffodil bulbs?
Do I say go trim the trees that flower?
Yet every spring they pop up almost unannounced
But do they appear out of no where?*

*No, for when the ground is frosted over
And the rain is slowly falling
All the preparation is taking place unseen
Meanwhile the buds are still growing*

*Does it feel like your world has just stopped?
Or that you've stepped in sinking sand?
"Oh, when is it going to happen to me?"
"When I'm I going to step on dry land?"*

*Hey! Never, ever, ever, give up hope
Never, ever think it only happens to some
Learn or unlearn, make choices, take action
Always know a change is going to come*

*But yes, Life may totally flip the script
And it may not happen in Your timing or Your way
But what has your name on it, is yours
So maybe, Life is just waiting for us to say*

*"Okay, okay, I get it or okay I'll let it go"
For if spring doesn't lead to summer, autumn and winter
How will spring ever come around again?*

*Our life here is just a snippet of the universe
Know that seeds take time to grow
Busy, active, sitting still, waiting...keep it relative
And allow nature to unfold*

*In the meantime, Do, Be, Feel, Enjoy
Be the Greatest You, you can Be
And live life...
One day at a time...one step at a time*

Deep breath...release...then look up...

*Can you NOW see the beautiful rainbow within the rain?
Like tiny buds of hope
When all seems dark and cloudy*

'See...I know you CAN cope'

Karen White
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NB. See my profile under 'Find a professional' at the website: www.wellbeingnetwork.co.uk (just type my name in).

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