

Life's Storms and Rainbows

As I continue my life journey, I find that more and more I see Nature as a template on which I draw parallels to life.

Looking out a window during a recent stormy day I saw leaves beginning to yellow and dry, some falling to the ground, hinting at the upcoming change of seasons. I thought about all the good things that would result because of the storm, and realized that even fierce weather has a purpose and a plan. I reflected on blowing storms and how they help the dry and dying leaves release, let go, and fall to the ground. In turn, they decompose and help the earth sustain life during the months and years ahead. New leaves replace the fallen ones the following spring, doing their part in the renewal process of helping keep nature in balance.

So it is with our lives. When storms come into our lives and we're in the midst of them, most of us don't see or focus on the changes they bring, we are too busy reacting to the wind. We see the wind as a foe to be fought as best we can, not realizing that these very storms are often times needed to bring positive change to our lives. Without these tempests, life would most likely remain staid and predictable, never changing and always repetitive. There would be no rhyme or reason to life.

Quite often the storms in our lives stir us to new heights, surprising us when we realize what we've overcome, and achieving things we never dreamed possible. And occasionally, like the wind in the trees forcing the leaves to fall from the branches, we are forced to let go of people and things it is time to set free. Although it can be a challenge, remember that just as spring always follows winter, rainbows follow storms.