Surviving Life's Storms



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Riding Out Our Storms

In life we are often faced with the reality's this world we so graciously live in forges onto our path(s). We are warned and cautioned, as we're coming of age, of the many things that can come along to thwart us from reaching our desired objectives at any moment or at any time. At any age Murphy's Law can present itself. Can you defy this 'law of nature'? If you don't understand who or what is, take a few minutes and seek out it's meaning online.

During our journey through life, there are situations that occur that some can relate to an episode from a Soap Opera. Some are dangerous, others emotional, and comedic suggestion can conclude those others. Though we can't read minds and typically lack the ability to know the future, we are the determinants of how we conduct ourselves while going through such happenings and well after the matter ends. At times, we can STOP them, resolve them, and frequently we just adjust as we go through whatever 'IT' is.

Riding it Out, is a navigational or nautical term as it relates to the ability for a ship to endure stormy weather as it localizes enabling the storm to pass. In a worldly sense, Riding It Out, suggest that we are not leaving but weathering the traumatic, dramatic, and upsets that enter into our lives on choice days to thwart our progress and challenge our peace.

So, I sense you wondering what exactly does it all mean? Riding Out the Storm, means that we succeed in surviving or getting through the sensitive time. Just as we've survived Covid-19, the countries around the world have withstood economic sloth, Y2K fears, Stock Market turndown, and now we are in the midst of Post-Covid-19 pneumonia issues.

As with most things we suffer in life, the biblical text offers us clarity in our understanding and undertaking of this same term in the Book of Acts. Paul the Apostle writes that he set out at sea and is found journeying through a violent storm his depiction gives us insight into riding out these troubled

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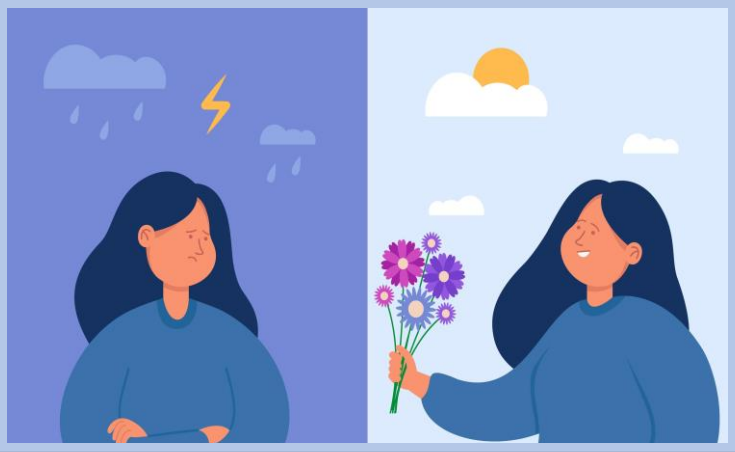
times despite our fears. The natural nature of this world we dwell in at times can offer us up to thunderous problems treading savage waters. These can be come from others actions, our personal disobedience, or foolish decision making on someone's part. We too can be caught in the middle of others messes as these situations are often out of our control. However, God is believed to be in control and protector of our life and hearts.

Survival of such matters can depend on how we handle or address the issue(s) at hand:

a. Do not make decisions in haste
b. Take the easy way out if it resolves the issue(s)
c. Do not follow the crowd but the best path to resolution
d. Do not depend upon the situational circumstances
e. Rely upon your ministerial or biblical growth to choose your path
f. Rely upon your innate wisdom and intuitive senses



Natural Disasters

In New Orleans as with Hurricane Katrina, Hurricane Ida was announced to be in alignment to reek havoc upon the city. She was assured to knock out power lines and cause other forms of mayhem as the roads west and east of the city were lined with heavy traffic as thousands sought shelter in safer territory. Most were unwilling to risk their outcomes as weighed against the tragedy of Katrina of 2005. Whereas before that storm, city dwellers who would remain in their homes avoiding windows with a growing fondness for the bathtubs, today willingly evacuate without hesitation.

Drives to other states doubled in time and flights were cancelled as time for her deliverance approached. Others successfully left the danger zone while some remained having to "ride out the storm" inside the flight cancellations. Inside fear of the modernized levies promise of safety, was knowing electricity might fail, flooding come and the uncertainty of all other possibilities lingered. Evacuating was the safest option. And here these unintended "storm riders" remained in New Orleans risking their lives as circumstance would have them to do.

Government & Economics

In England, new representative Liz Truss is heard encouragingly urging Britons that they had power enough to "ride out the storm" of their economic crisis. No matter how troubling, challenging, or daunting the financial standing of the country become, no matter how strong the looming storm would become, they were weatherized in withstanding its unpredictable nature. Coincidentally, a cloudy sky too forced her inside from the impending rain.

She was prepared to "deal hands on" with their problems and inflect economic reforms and tax cuts upon them to ease their cost of living as prior PM Johnson lent his support in resolve to reference of "Roman statesman Cincinnatus" is suspect of plausible return to politics. This too is reflective of Representative Nancy Pelosi's suggestion of going against Bush's decision to "Stay the Course" during the Iraq War as House Minority leader, citing it as a slogan. She added that it is rather a "time to shift and save lives etc…."

Business Survival in Hard Times

A restaurant is bouncing back after a severe storm blows through to the likeness of Covid-19 or recent looting plaque killing off city business economic strength and public safety. The fight to afford to purchase supplies as inflation impacts globally, is rapped within the spiteful job loss, spending trends, growing violence. As some owners budget differently and redevise their menus, others are marketing promoting offers to draw in crowds and make their business stand out. This is weighed against the rising cost of equipment, purchasing food supplies and the plausibility of closing its doors.

They too are "Riding out the Economic Storm" they became caught-up in from 2020 to present day post-Covid-19 time. Our government sought to affirm restaurant and business standing through use of grants and loans that enable sustaining employees and afford the edifice they were in. Fighting the possibility of our cities economic decline, people were urged to go back to work, to spend as stores reopened, and to get back to normal. Yet, this 'storm' is different. The energy to take on daily fears of safety, as flash and grabs crowds phenomena spread against banking troubles, high cost goods, and insurance fees gradually dwindled. Closures are greater and at a much faster rate, cities are drying up as we battle to survive. We know in this real world we are living the end comes as, "Mother Nature might be forgiving this year, or next year, but eventually she's going to come around and whack you."

Thunder Storms in Love & Life

In our lives, whether it becomes 'stormy' from a move, relationship, job-loss, death, or other, we all go through storms that drizzle rain drops, saturate the earth as we're protected upon umbrellas and in raincoats, and pours from the clouds so heavy we can't see well enough to walk or drive. Our ability to withstand and resist the intended harm the rain and winds brings is most urgent. We are forced to walk faster and at times walk harder to push through the storm.

Love lost, though it hurts, doesn't erase the extension of new love found, as a move to new places and things is just what we needed; just as on the new job I with higher pay, new associates, and work I actually like to perform. In death we find new life, memories to cherish, emotional growth and at time newly found treasure. We are students of life as we grow and change with each experience, with every storm that is forced upon us we learn new lessons and values. "What doesn't kill you makes you stronger."

A surfer is assured from day one of learning to surf the ocean that waves change and that he or she is not to fight the power of the oceans' wavy waters, but to instead, navigate in motion with the wave he's riding its natural tide. This too is a "psychological reference inside the practice of surfing your own positive and negative emotional changes. Our emotions are prone to be happy, calm, and peaceful and a slight happening or a memory can change them into rocky, angry, or unstable mood. When we ride out the wave we learn to watch its flow and anticipate what's ahead, coming in our direction. We cannot change its intensity, yet, we can learn to adjust our surfing skills and without trying to change what we do not control. At times, we can become scared and panic as the surf pick-up and proves to be dangerous risking our rate of survival. Again, if knocked off our path, following the turbulence can save our lives with the potential to pray for help to get through.

In life, riding it out makes us be honest with ourselves and grow from understanding our own emotions. This is weighed against the issues at hand, what is right and what is wrong onto how best to handle the situation(s) before us. This should not be without predicting the outcome of our choice(s) and acknowledging the plausibility of unanticipated responses. At time this means providing an appropriate response, even if unto oneself, to attached to the decision for a greater good and productive environment knowing we are in control of our behavior. Control minimizes the avoidance of urges to prevent further problems or undesirable outcomes.

Example 1 The coworker who is pushy, micromanages and doesn't realize the 'real' boss is on the floor above yours. You may let this person push your buttons or file a grievance. Others figure out how to avoid any interaction which triggers their emotions. They also generate space absorbing any chance verbal happenings. Some relax, ride out the wave, knowing they are switching units, change their hours, or wait for their promotion. They've made an agreement with themselves to 'ride it out' until that day of change comes. The closer they become to the end date the more relaxed they are and more fearless of the other worker. Attitudes adjust in humor that this too is coming to an end as the heading toward a safe zone or a welcomed environment (change).

Example2 Emotional overreaction is emotional reactivity

Actively listening to others is the most essential element in communicating our emotions. Listen and take in what others say without putting your biases, thoughts or emotions into their words enable us to understand others feelings and thoughts. Being open to listen is an agreement to not take offense while interpreting "what's going on" from their words of the issue and conflict.

Where are you along the emotional rector? {list of emotional terms}

Passionate Optimistic Content Pessimistic Disappointment

Blame Anger Jealousy Insecurity

The closer we are to 'joy' the more easily we attract what we want. Negativity stifles vibrant positive thoughts. We work our way back to good feelings as our sense of attraction shifts and emotional balance of what's happening around us does as well.

Things that generate positivity and good feelings:

a. Focus changes from your bad onto being a help and compliment to others needs.

b. Learning to appreciate what you have, are given, or goodness around you, and things are not in your control.

c. Be of service {volunteer} good deeds, appreciate game

d. I appreciate: people supporting me, love in my life, shoes on my feet, meals on table etc…….

e. Do things that make you feel good. Some don't require money, others require time.

So, it too becomes important for us to ask ourselves after some time, how long do you sacrifice time and energy and salute your appreciation of life and things blessed with before you grow weary still needing 'change'?

f. Are you ignoring your difficult sad emotional state?

g. Are you being honest with yourself?

h. Are you avoiding difficulty? Difficult situations?

Example 1: UR mindlessly scrolling Instagram and realize you feel envious and dissatisfied looking at the vacation photos and selfies in designer clothes.

Ashamed of your jealousy? No. I do not. Why are you jealous?

Example 2: If you feel stuck in a lower-level vibration or sense yourself going down, identify the emotion, forgive yourself for the feeling and choose a new one to honor.

Depressed = do what makes you happy or generates pleasure

Angry = honor the truth and determine how to relieve the anger (activity)

It is perfectly normal to grow weary of adapting 'positivity' onto these real issues and states of being which change our lives and the way we desire to live it. Against your inner most need to get back on your feet and onto life and the things that made it special for you, is the monetary problem that seems to linger. After some time, you still must honor the dynamics of change in continuing to appreciate the things life offers but demanding that you hold focus on reaching that place that makes it worthwhile is the key. Never let go and accept your condition, but, strive to excel if with more work, another job, your own business, or re-educating yourself remain viable options in resistance to acceptance.



Financial Storms

During times of difficulty and high stress, it is essential to focus on your behavior and generate a sense of awareness toward your own emotions first and those around you second. Most of us have an image, a sense of pride that is bound to our ability to care for ourselves in total. However, things in our lives change that directly reflect upon our stability and ability to maintain our lifestyle(s) and fulfill financial obligations. This reflects in our personalities when we can no-longer 'live' the life those closes to us have also grown accustomed to. Others includes family, friends, children, workmates and anyone who can interpret your monetary means and notice a change. Some people in certain environments use camouflage to conceal that they are having debt issues through parental intervention, friend loans or 'they pay' when hanging out, credit cards, selling items of great value etc…

When we are unable to meet our basic survival needs, it can impact our mental, physical and emotional health. Self-esteem, shame, anger, low energy, weight gain or loss are among other parts of our person which can befall 'damage' during such times in our lives. Always manage yourself using a few basic observations that lend generally in life for self-preservation.

Observe

a. Track and Manage your finances implementing a simple budget based upon your weekly, bi-weekly, or monthly salary. The more elongated your pay period, the more specific you must become in managing your income. Those obligations such as travel fees, utilities, etc…. expand as they are paid on payday, however, excess can grow as each day moves away from and into the month. Entertainment, food, and shopping can leave you monetarily short if you exceed your allotted monthly income following impulse. Automated debits and credits are most common for those to bogged down or careless to keep up with expenses.

b. Obtain professional financial advice if you are 'NOT' financially wise, disciplined, or desire to reach a goal which requires stringent, restrictive behavior. Free counseling for real estate purchases, car sales, or retirement savings are readily accessible through banks, financial counseling services or a multitude of apps. For those who have 'cultural' or 'social norm' issues that see seeking help akin to Voodoo worship, you may be forced to overlook such conditions and grasp a sense of confidence that a financial plan (planner) you trust and dialogue with can guide you in the right direction with positive outcome using reasonable steps and timeline.

c. Maintaining connectivity with family and friends is also key to sustaining and recognizing health. At times of high stress, some tend to distance as they are overwhelmed with difficulty bound in insolation and unable to seek a suitable resolution. The aura of 'privacy' has then become depressed and a burden as you are entrapped with debt alone.

d. Thoughts of walking away from everything you've built as it is being threatened inside the financial difficulty can be overcome through seeking preventive assistance. Prevention from losing one's home, vehicle, food assistance and a host of other services can be found reaching out for guidance from those not under duress. Or, taking time to search online for local programs or organizations to connect with can also bring resolution and alternatives that work best to conclude your monetary issues. Shutting down does not.

e. Be aware that you too can become abusive. It is noted that some people abuse others money who are not suffering with compromised finances, especially those closes. Some demand repayment for loans or dollar support they've extended years before to others. Badgering friends or family with continued whining about your situation can steer then away from you totally and anger if they are unwilling or unable to help will damage the relationship. Prodding and taunting others to get what you need to survive can become abrasive and intrusive. For instance, wanting to move into their home, have them move into yours, or 'pay' your rent or mortgage are all extensions of kindness and necessity but not an obligation of theirs and if you are moody, not a good idea.

f. The battle of our mind, happiness, depression, and tears of emotional upset are all normal realistic issues that plague some during such hard times. Consulting others, daily readings to uplift your spirit, prayer, and group meetings of others with the similar circumstance can also relieve the tension lack our financial safeguards (money) brings forth. This is a mind shift from thoughts of scarcity onto those of abundance.

Safe & Coastal Bound

What we know for sure is that sailors never learn to sail on smooth water, CEOs do not learn how to navigate without challenges, parents do not learn or exercise parenting without in-home issues, and life doesn't school us if it doesn't often change and present it's dynamic abilities. We stand out when we step up during times of crisis and present a sense of ability, intellect, or mediation in understanding, communicating, and forming a path toward resolution or acceptance. Acceptance just indicates clarity and gives us a chance to interject solutions even if it is our personal adjustment.

During the Covid-19 pandemic people and businesses alike had to cut back on their services while reassessing the 'state' we were all in. Everyone lost throughout the three-year period, despite our choices to sustain ourselves. Yet, sacrifices deemed a necessity, were made to assure people weren't suffering; businesses retained employees or services, as is provoked innovation and diversification to abide the reduction of income, services, or goods available. In fact, maintaining an online presence secured our purchasing power and provoked the use of digital marketing strategies and schemes. Legitimate business in goods and services; a spike in social media platforms and devices enabled communication as we had time, plenty of time to inform, share, and comfort others.

The economic condition our countries were in and economic turndown caused that make-it or break-it moment amongst them as they played host to the gamut of issues that dominated each day. Each without choice took on the difficulty and dynamical changes that'd come to pass. As the proper conduct from each appointed politician, professional, and its citizenry was commanded it too was commended. And, on the approach of 2022 we felt a bit safer and more assured that an end was in the near future amidst the disbursement of vaccines beyond interactive protocol. Coastal bound, a vision of the shore began to form in media for our assurance and safety.

Finding that path to resolving our condition is primary to surviving the storm. During hurricanes we distance ourselves from windows, never drive a car, don't tape nor open windows and know where the bathtub sits as we are not going outside into it. Most of us prefer to leave the target zone and wait out the event for days. Knowing preservation (preparation) is the key, missing the storm is best whenever possible.

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