

Storm

We all have storms in our lives. What's your current storm?

On the east coast, we just had a '100 year storm', hurricane, or nor'easter depending on what you want to call it. There were many deaths, destruction of property, loss of power, and disruption to lives. It has been a far reaching and devastating storm for many. It was a natural disaster, the scope of which the world has seen several times in the past few years.

Then, we have our own personal storms:

**Death of a loved one
Illness - physical or mental
Incapacity
A romance or friendship lost
Loss of a job, income
Assets destroyed**

Recovering from a storm can take years, and some of us never fully recover. It does not seem fair, but it is life and we all have storms to deal with. It's not the storm, it's how we deal with it. Ideally, we can learn from the storm and end up a better person in the process.

Death of a loved one is the ultimate storm for all of us. It's a loss that leaves us empty and wanting, wanting one more day, one more good time. We know it's the natural process, it will happen, but when it does, it still hurts.

In death we also find life. The people, the friends, and those reaching out. While it's overwhelming in the beginning, it's heartwarming. Friends that have drifted return. People reach out. You realize what you already knew, people are wonderful, people will go out of their way to help you.

We find reasons to live in death. It's for the others left behind, it's for family and close friends, and it's for the chance to help others. Little children are such inspirations. We think we are helping them. I'm not sure. I think they help us as much, or more, than we help them.

People come into our lives when we need them or they need us. They weave in and out over the years. During a storm, old friends and new ones arrive, at the right time, with the right skills to assist. We only know it when we look back after the fact. What we need, who we need, is always there, at the right time, when we need them most. Isn't that comforting and wonderful?

The right people at the right time. It's amazing.

When our world seems to have come to an end, we realize it's a new beginning. Not one we asked for, perhaps not one we want to have, but it's new, and, over time, we find solace in it, and a reason to carry on. We find others who have walked this new road ahead of us, and they help. We have guides, and at this time, new guides.

Embrace the storm. Face it and work with it. Find the good, find the lesson, and go forth. We can't change it, but we can stop fighting and work with it.