

Wendy's Reflections

RE-SILENCE

Some say that “picking ourselves up by the boot straps” leads to resilience. I find that leaves me in the same spot still standing in the muck.

A dear friend once pointed out that resilience is formed from re-silence. My how my resiliency grows as I re-silence myself. Out of the silence grows the vibrant resilient life energy like a seedling in the rock of my soul waving gracefully among raging waters.

‘Naught can disturb the calm peace of my soul,’ the silence whispers. What could I possibly find more interesting in the muck or roars of the raging waters than in the quiet sanctuary within?