



Georg Christoph Lichtenberg

Navigating Life – Look Up From The Lows

All you have to do is to pay attention; lessons always arrive when you are ready,
and if you can read the signs, you will learn everything you need to know
in order to take the next step.”

Paulo Coelho
The Zahir

When I planned this series of articles about Navigating Life, I chose today’s title, “Look Up From The Lows.” I remember thinking this “Covid Thing” will still be an issue going into 2021. Encouragement to look beyond the lows experienced every hour of every day through social media and local news was my goal. Little did I know it would come at a time when nature replaced the pandemic news with a record winter storm.

Paulo Coelho is one of my favorite authors. Among my favorite books are *The Alchemist* and *The Zahir*. In them, I found hope for relationships, forgiveness, and inspiration. As I read his work, I record words that have meaning for me. This TALK’s introductory verse struck me as a positive way to avoid paying so much attention to what’s wrong and “learn everything your (I) need to know in order to take the next step.”

Busted water pipes, collapsing ceilings, long times in the dark, and huddling together (or alone) under multiple blankets certainly occupy our thoughts seemingly without end. In addition to weather concerns, we are still anxiously waiting the first or next vaccine against Covid, or just stressing out about being on the hazardous roads throughout our communities, state, and multiple states under ice.

Yesterday, I read messages from Chris Galloway about results of the weather on our church. I drove to the building to experience personally what Chris was writing about and photographing. After experiencing those moments, it was apparent that the damage was beyond the minimal help I could give him. The title of a Coelho book seemed to be fitting even though it has no connection to what we all are experiencing. The title is: *By the River Piedra I Sat Down and Wept*.

With that in mind, I felt compelled to shorten today’s TEDDY TALK and share some positive thoughts from others. I promise I will write original thoughts, next week. For now, be uplifted by these words...

"Our greatest glory is not in never falling, but in rising every time we fall."

Confucius

"And so rock bottom became the solid foundation on which I rebuilt my life."

J.K. Rowling

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Dale Carnegie

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

Helen Keller

Holding true to who we are as Christians, this verse from Paul has special meaning and inspiration for me and now, I hope, for you.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

The Apostle Paul
Philippians 4:8

In the face of all the chaos happening around us, I continue to offer Much Love and Many Prayers for all.

Peace always,

Ted