



13. FIND A BLESSING IN DISGUISE

It is inevitable that during our lifetimes we will encounter and go through difficult and disheartening life situations that can truly push us to our limits and test our faith in the divine, in ourselves, or humanity as a whole.

As a result, it is so easy to get discouraged and to feel utterly lost and alone...

If you are going through something that does not make any sense right now and does not feel fair at all...

Take heart and rest assured— it IS a part of your “soul contract”. It IS a part of your soul curriculum, and one day the reasoning behind it will make a whole lot of sense.

But right now, how could you reframe this situation in a more positive way?

What lessons, do you feel, it has come to teach you?

