



Kindred Spirit Café

SPIRITUAL CHATS

Trust the Process

Learning to
Embrace the Journey

TRUST THE
Process
ENJOY THE
Journey



*The wings of transformation
are born of
patience and struggle.*

~ Janet S. Dickens

Success happens when
PREPARATION
meets
OPPORTUNITY

If life were always easy,
we would never feel
accomplished or happiness

**"IF YOU
CARRY JOY
IN YOUR
HEART,
YOU CAN
HEAL ANY
MOMENT."**

Carlos Santana

From seasons of struggle, the greatest transformation takes place

REALITY CAN BE HARD

- Difficulties are part of life - and can feel debilitating
- Nothing good comes easy - or at least we don't give the same value to things that don't cause us to work for them

EVERY STRUGGLE GIVES US STRENGTH

- We may not like it, but every painful experience develops a part of us
- Every difficult experience provides us perspective and context on gratitude for the good things and the lessons learned
- Finding *JOY* gives us strength and pushes us forward

CHALLENGING TIMES ARE OPPORTUNITIES FOR GROWTH

- These are times to develop our relationship with the Divine
- Time to practice faith and patience
- Reflect on previous trying times and see how the flow came about and why

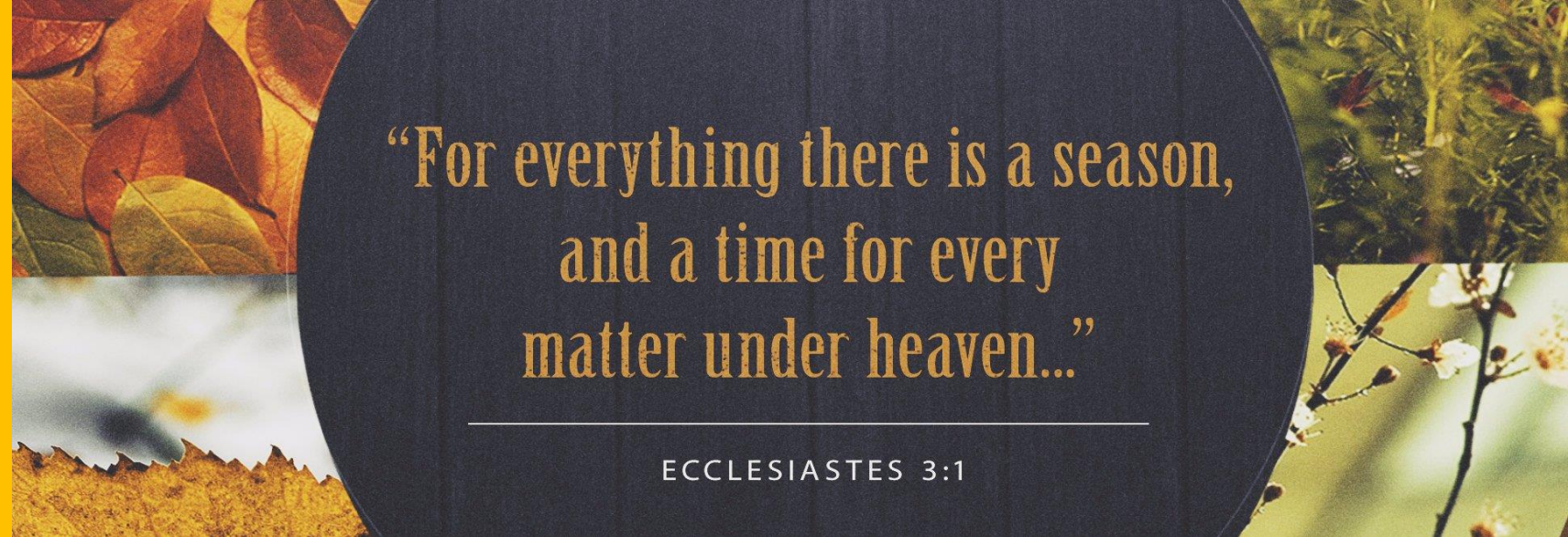
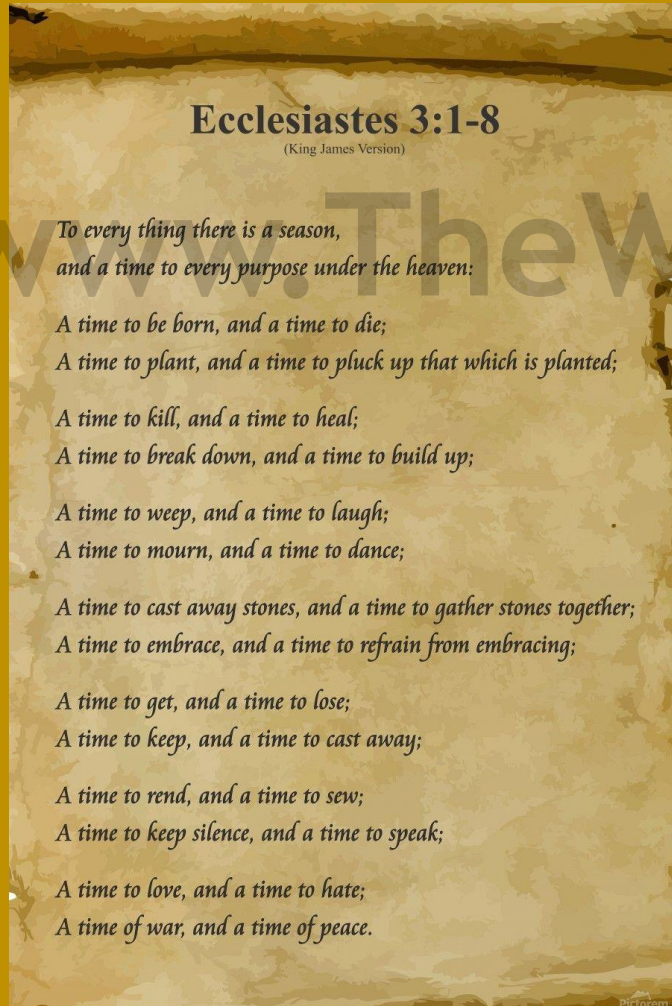
BUT IT'S TAKING SOOO LONG!

- Nothing lasting happens over night
- Success happens when *PREPARATION* meets *OPPORTUNITY*

DON'T BELIEVE WHAT YOU SEE

- You can talk yourself out of all kinds of wonderful things
- Keep believing, be patient, keep doing the right things
- Keep putting one foot in front of the other

The process is fluid and
never stagnant
We can learn much from
observing Nature



**DON'T JUST GO THROUGH EACH SEASON,
GROW IN THE SEASON YOU'RE IN**

- Each season prepares you for the next one
...the next phase of the journey

OWN THE SEASON YOU'RE IN

- See each season as a time of preparation
- Don't stay stuck there
- Attune with the natural seasons to connect
with the deeper meaning



Sometimes...the miracle is in the process

Start where you are
with what you have

Some things to consider...

STAY ROOTED IN THE PRESENT

- Focus on the foundation
- It's a marathon, not a sprint

PRACTICE SELF-AWARENESS

- Take some time to look within
- Get to know YOU

ENJOY THE LITTLE THINGS

- Stop to notice the little things
- Reflect on these often and consciously

HONOR YOUR BODY

- Make sure your body is well taken care of
- See your body for what it is— the vessel that houses your soul



Trust the Process: Learning to Embrace the Journey

What helps you during the trying times?

How do you connect with the Divine during those times?

How do you see the valleys and hills in the process?

TRUST

the process

