

## ***“It’s in the Valley I Grow”***

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We have this poem hanging on our refrigerator. I don’t know who wrote it, because it ends with ‘Author Unknown’, but what I do know is this poem has helped bring perspective to so many things in my life over the years. It helped me when my youngest was born 3lbs, 14 ounces; when my husband was in Iraq for close to a year; when stress at work has been overwhelming and when the corona virus changed the world in what seemed like a blink of an eye.

Pretty much the poem reflects that it is nice to be on the mountain top, enjoying everything going well in our lives, but it’s in the ‘Valley’ that we grow. When things are not going our way or we are struggling with challenges, either internal or external, we are in the ‘Valley’. This space is not fun for anyone, but it is a time we can use to identify lessons that need to be learned and allow space for personal growth.

We are all different and know that what you are facing in your day to day life is valid and supported. Though we may feel alone, we are not alone. Our Spirit supporters are watching and waiting for us to ask them for help, regardless of how big or small the task. Once you ask for help, take the time to open your senses and receive their response:

*\*Maybe you hear music and start to tap your toe to the beat, or you feel your shoulders relax down away from your ears, or you see a butterfly or hummingbird and you enjoy their beauty.\**

Just by allowing ourselves to identify the changes in our sensations, we are shifting into our healing space. Another way to ease into our healing space is by observing and controlling our breath. Right now, check in: Is your breath fast and shallow or slow and deep? The best way to control our mood, tension, fear, or anxiety is to slow down our breath.

Here’s a technique that is very effective: **Breathe in** slowly to the count of 4. **Pause. Breathe out** even slower to the count of 6. **Pause.** Now do this for several cycles until you feel your body relaxing, your mind becoming clearer and your overall being feeling grounded in your beautiful essence. This technique reminds me of a quote I learned a few years ago:

**Breathing in-God comes to me,  
Pausing the breath-God stays with me,  
Breathing out-I go to God,  
Pausing the breath-I surrender to God.**

**Author: Krishnamacharya**

With each breath we are always with God and never alone. Connecting with our breath, allows us to also re-connect to our strength, our essence, and our compassion.

With all that we are individually and collectively experiencing right now, my hope is that you allow yourself the space and compassion to work through it and reach out for support. Just using the simple words, "help me" will bring your Spiritual guides to your side, to help you move forward one step at a time. Also, my hope is that as you find peace and heal your heart, may you then be able to reach out to someone else who may be struggling in their 'Valley'. The last two lines of the poem sum it up best for me, I hope it does for you too.

**"Continue to strengthen me, Lord, and use my life each day to share your love with others and help them find their way. Thank you for the valleys, Lord, for this one thing I know, the mountain tops are glorious but it's in the valleys I grow".**