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EXPANDING IN THE FACE OF CONTRACTION

"I can be changed by what happens to me but I refuse to be reduced by it."

◆ Maya Angelou

Expand in the face of contraction! What an evocative call to Awakening!! Surely one that resonates with the resilience and mastery of the Spiritual Warrior within.

Deflation is having the wind sucked out of your sails. Often it occurs suddenly . . . unexpectedly as the familiarity of a comfort zone dissolves. What was is no more. You may be confronted with disillusionment . . . grief and loss . . . discouragement. That which previously seemed like solid rock disintegrates becoming shifting sand. A rift occurs . . . a relationship suddenly changes. Maybe someone says something to you and you react . . . ending up flat on your back having slipped on a banana peel you didn't see. Or you may unexpectedly receive negative feedback that feels like being drenched with a bucket of ice water just before you're to take center stage.

Now what? Collapse into the small self = contraction . . . or . . . Strength of Heart opening a gateway to the Majesty of the Soul = **expansion**. A life-defining choice point providing Spiritual opportunity for the Hero within you!

What a rich context for conversation in which together we can experience our resilience and discover the power of transilience!

"Rock bottom became the solid foundation on which I built my life."

◆ J.K. Rowling

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**Opportunities I have for expanding in the face of contraction and keys for accessing my
transilience:**

"Turn your wounds into wisdom."

◆ Oprah Winfrey
