

## **“7 Minutes for Trusting Life and Restoring Optimism in Tough Times” by Andrew Gabelic**

It happens to all of us, we have all experienced this moment, that powerful second in time, after years of walking through the desert, lost, disoriented, thirsty, and alone. Losing our breaths, our patience, and our sanity. Wondering if this is may become a permanent force running our lives.

Questioning if we have done anything to deserve it, speculating if we're the ones keeping causing it, resigned to the reality that our hopelessness may be permanent, getting used to things not going our way because they simply haven't for so long.

Surrendering to pessimism, giving into cynicism, even laughing at our own continued misfortunes. Looking for explanations that give us some sort of reassurance that our life is not any less complicated than the ones of those around us, even though it really seems like it is.

Losing faith that the paradise we so clearly envision when we close our eyes will ever come to us.

And right before our fortune turns around, the second before everything finally changes, things don't get better, they get worse and worse and worse. The small remnants of predictability begin to crumble. The cynicism finally takes over:

“Of course, it is going to get worse! That is how it works, right?”

“Of course things will blow up in my face, because they always do is it not?”

Right before everything changes, it feels like everything is about to go to hell. But then the rules of your life change unexpectedly, from one second to the next, it's like somebody flicked a switch:

Good fortune explodes all over your face!

And right before that explosion, the millisecond when you realize big rewards are about to slap you silly and you won't be able to stop them, it becomes clear that all those challenges and sorrows that seemed to drown you during your times of adversity were perfectly planned seeds of future abundance.

Every single one of those catastrophes helped you walk closer to this beautiful synchronicity of perfection. All of those incredible gifts you couldn't have even imagined, let alone fantasized about, have been born directly out of all that shit.

They were nothing but seeds, seeds that would eventually bloom into something incredible. They had to be planted where they were planted, they had to be watered the way they were watered, and although the process felt confusing and wrong, and deeply

upsetting, they were exactly what you needed to have that all good stuff that finally came to your hands. They were what had to happen so you could experience those beautiful memories.

And because you've been deprived of good things for so long, you just feel them more powerfully than you've felt anything else before in your life. You appreciate them in a way you couldn't have before, you are grateful for them in a way you've never been able to, and you finally figure out just how valuable they really are.

Life makes sense (and so does everything you've ever been through).

Let me tell you something. You either remember this moment already, or you're about to come to it very soon, or both. Because at the end of the day life is a constant cycle moving you away from and closer to those magical milestones every few years.

So if you've been through one of those already, a few years ago, you are right about to head back into another one. And if you don't remember any, chances are your first is just around the corner.

Whatever you're up against and wherever you are, you can be sure that this moment will hit you just as hard as it has hit every lucky and blessed person you've ever had the pleasure of knowing, or seen on television, or heard about through the grapevines of history.

These moments do happen and they do happen to all of us, and they will happen to you too. We all deserve them and so do you.

It is just one of the many laws of this universe we live in,

Life is cyclical, everything changes, we don't get to hold on to anything forever and our time on this earth is a constant battle of gaining and losing valuable things over and over and over again.

And we all have the strength and character and grace to face all adversities the universe may throw at us.

This law will work for you as it has worked for everybody else.

You are wrong if you think that you've never experienced something like this before. Perhaps the scale hasn't been quite that large, or the moment was cloaked by certain obstacles you were still facing, but you've definitely experienced it before. I know you have.

And you're coming into another one very soon.

Remember this moment. Hold it in your mind and keep it there. Where were you? What did you have to celebrate? How happy did you feel in that second?

Connect with that memory. Hold it in your mind and don't let it go. Filter down to the millisecond when you realized you were in for some incredible things and you were not going to be able to stop them.

If you can connect with that memory or at least surrender to the knowledge that what I am saying is true (and you have absolutely nothing to fear right now), you will finally understand that you can you don't need to forget this truth ever again.

Your good times are coming. It doesn't matter how hard you may be struggling.

You can keep this knowledge in the back of your mind from now until you die. You can do it, and you can remember every day that no matter how bad things get, your good fortune will come back to you in due time.

It's just a fact! Take that fact and keep it in the forefront of your consciousness from here on out. Let it be the antidote to those obsolete fears, anxieties, worries, and feelings of sadness that come with wondering if life is out to get you, or if you are just extremely unlucky.

Forget about all that. As easy as you can forget about the possibility that a power outage is going to last forever, you can forget about this too.

It's just not going to happen. Your electricity is going to come back eventually. You are not going to be struggling like this forever.

Good fortune is going to come back into your life eventually.

Never let the cycle of change and growth and pain and deliverance shake your core. When the shit hits the fan (and you can be sure that it will), you will live it, you will learn from it, you will roll with the punches and you will emerge victorious

But you will never again lose your faith in the things you deserve and the many ways in which you are worthy to live everything you dream about every single day.

So now you know. There is no reason to be afraid any more.

It doesn't matter if this moment is one or two or five years down the road. What matters is that it is coming, that you can't stop it, and that every day you are one day closer.