

PURE RESILIENCE

By: Shea P. Dease, PRS

Our resilience is like a double-edge sword that has been tested and proven itself worthy of trust in its effectiveness. Upon closer inspection we see the nicks and blemishes to the surface of this sword. However, the core of this trusted tool is still durable and true. The character of this sword was imprinted through previous battles it has endured and triumphed in. But these victories do not permit us to let our guard down. Though we may grow long of the tooth and complacent off our most recent conquests we do not have the leisure of putting our sword into its sheath to hang upon a wall or to simply be cast aside into forgetfulness. Because the reality is this, our enemy is still out there and no matter how many times we make the heels of our feet known to our disease as we walk over our defeated addiction(s), it is always plotting, lurking, savoring the taste from its own temporary victories over us and it is waiting for the moment when we least expect it; when our sword is no longer held at the ready it will strike out at us. Therefore, it is up to us to be active in keeping our own personal sword prepared for the next battle we may find ourselves in with our greatest foe. Know that our lived experiences has transformed our attitudes into a belief that no matter the odds we will never give up. To others whom we come into contact with, we leave an impression upon them that we live by a mantra where the only option we have when we get knocked down is to get back up. That we, in our own ways, persevere and thrive on adversity. That failure is not an option and we must always:

Be vigilant!

Be resilient!