

## **Meditation at 50 Feet**

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Imagine an adventure with me!

The day is deliciously warm, and there is not a cloud in the clear blue sky. Before you stands the 50 foot high ropes challenge course. As you don your safety gear, you feel your stomach churn and question if this is something you can actually do. Finally it is your turn, and with a racing heart you walk to the ladder and begin the climb. You can feel your legs shaking underneath you as you ascend the ladder, climbing further, straight up a telephone pole for 30 more feet, you are simply exhausted, and you’ve merely just begun. Finally reaching the first platform you take a minute to gather your thoughts and your anxiety.

You take your first step onto the 1 inch Steele cable that is suspended before you. You are inching your way closer and closer to the next platform when out of the blue your partner yells out “Don’t look down” so of course you instantly look down and a wave of nausea passes through you as you wonder if this safety equipment is really able to hold you. Thankfully you are able to pull yourself together enough to make it to the final platform where the zip line stretches out in front of you. You start to question life, how could you possibly trust this tiny harness to keep you alive? What if something goes wrong? What if you fall? What if the cable snaps? What if....

But then you think, what if I just DO IT? You muster all of your courage and energy, close your eyes and LEAP from the platform, as you feel the equipment catch you, you scream with all of your might and settle in for the ride. Growing up is a lot like completing a high ropes course. There is nausea, discomfort, fear, loss, grief, sorrow... AND there is also happiness, laughter, adventure, courage and miracles, always miracles. Let today be the day that you each take that leap into the unknown, find out what life has to offer knowing that you have this community here to help support you as you wade through the fear and discomfort to find the miracles.