

From Trouble to High Places

Reviews for
MotherLove

"Esther Davis-Thompson offers beautifully lyrical reflections on motherhood in the African-American community."

---PUBLISHER'S WEEKLY

"This book is a treasure-trove." --- THE PHILADELPHIA INQUIRER

"Impressive... MotherLove reminds us we are our best thing."

--- NIKKI GIOVANNI

"Powerful and nurturing." --- THE PHILADELPHIA TRIBUNE

"An empowering compilation that feeds the spirit and nourishes the soul." --- BLACK ISSUES BOOK REVIEW

"As a teacher and mother of ten children, Davis-Thompson knows of what she speaks. MotherLove is a personal passionate vision for renewing the emotional and spiritual lives of children, families, and communities."

--- VITAL SIGNS (NATIONAL BLACK WOMEN'S HEALTH IMPERATIVE)

"The author of this spirit-filled book has created a meditation on motherhood that comforts, challenges and cherishes us. We owe her husband and ten children a debt of gratitude for sharing her with us." --- PEARL CLEAGE

"An empowering collection of reflections, quotations and affirmations." --- EBONY

"Esther has done an excellent job inspiring and cajoling us to be better parents, teachers, mentors to our children." ---

JAWANZA KUNJUFU

Reviews for
Raising Up Queens

News/Review Rating:
Category:!!! Very Good
Author:!! Good
Content:!!! Very Good
Style: !!!! Exceptional
Production:!!!!!! Must Read

--- TODAY'S BOOKS

Who would know best about rearing children than a mother of ten? --- THE WASHINGTON INFORMER

In this inspiring work, Esther reaches out to every mother not only to save but to celebrate her daughters as they take root. --- KANSAS CITY GLOBE

Any woman who can mother ten children while keeping her sense of humor deserves our admiration...

--- HUTTON PUBLICATIONS

In *Raising Up Queens*, author Esther Davis-Thompson lays a foundation for mothering African-American daughters which is personal, spiritual, inspirational, and responsible. Through chapters that move the reader from Pain to Healing, from Fear to Courage, from Despair to Belief, *Raising Up Queens* will enable the reader to get to the core of what it is to bring up their daughters to truly realize their personal and spiritual potential; to survive the crisis of violence and social neglect that so hallmark today's society; to enhance judgment and life-goal planning; and to become superlative adults and loving mothers in their own time. *Raising Up Queens* is an excellent and timely addition to parenting and Black Studies reading lists and reference collections. --- MIDWEST BOOK REVIEW

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Printed and Bound in the United States of America.

Published by Lioness Press

Visit the author's website: www.reinventingyourwomanspace.com

Cover image and cover design
© 2008 by Esther Davis-Thompson

Library of Congress Cataloging-in-Publication Data
Davis-Thompson, Esther, date.
From Trouble to High Places: meditations for women who are so ready
to cross the bridges that lead to joy/ by Esther Davis-Thompson

1. African-American women—Prayer-books and
devotions—English.

African illustrations are from *African Designs from Traditional
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Re-Inventing Your WomanSpace Series

by Esther Davis-Thompson

MotherLove

Reinventing a Good and Blessed
Future for Our Children

Raising Up Queens:

Loving Our Daughters Loud and Strong

From Trouble to High Places:

Meditations For Women Who Are
So Ready to Cross the Bridges
That Lead to Joy!

From Trouble to High Places

meditations for women who are so
ready to cross the bridges that
lead to Joy!

E s t h e r D a v i s - T h o m p s o n

**(God is) able to do exceeding abundantly
above all that we ask or think,
according to the power that works in us...
Ephesians 3:20**

Acknowledgments

*This book is dedicated to my mother,
who taught me much about stepping bridges.
To God be the Glory, always.*

*To my circle of loved ones – my family, my sister-friends,
(and all who suffer through the reading of my first drafts) –
I express my gratitude. Thank you for always listening,
always encouraging, always reading, always validating,
always supporting and always inspiring.*

*And as always... I thank God, whose Grace truly is
sufficient and who really does do exceeding abundantly
above all that I could ask or think.*

*I offer much, much gratitude for the many, many
Blessings.*

Look back at your life. Step outside of your life and look at it. Examine it. Ponder it. Where have you been? What has been your major preoccupation? Who has been your most-loved? What has brought you dread? What has made you feel weak? What has developed strengths in you?

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“Here's the thing, say Shug. The thing I believe. God is inside you and inside everybody else. You come into the world with God. But only them that search for it inside find it. And sometimes it just manifest itself even if you not looking, or don't know what you looking for. Trouble do it for most folks, I think.”

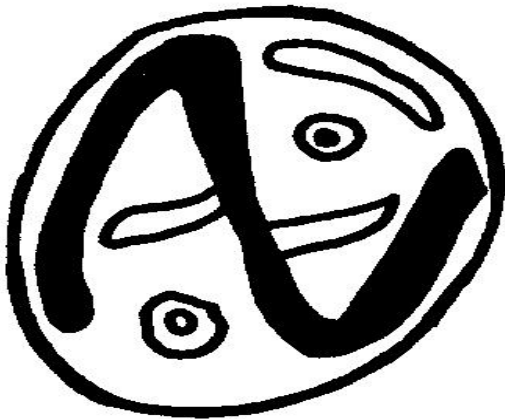
--- Alice Walker, *The Color Purple*

God is an ever present help in times of Trouble.

--- Psalms 46:1

**Are you ready to leap forward?
Amazing things can happen when we leap!
The most enduring leaps are, indeed, leaps of Faith!**

Walking Yourself Up Out of Trouble



There is a river to our High Places inside of each of us... and we can leave Trouble if we would just walk upon it.



A Conversation with Self in Trouble

"You have to fight," whispers the tiny, inner-voice.

"I tried that before," says the tinier, inner-voice.

"Well ... you're still alive." says the tiny, inner-voice.

"But void of power." says the tinier, inner-voice.

"But you're still alive." repeats the tiny, inner-voice.

"But with no power." says the tinier, inner-voice

"Then, give up." says the tiny voice

And there is silence...

And this silence is key... because the tiny inner-self who keeps a conversation going with itself is not really ready to give up.

Our tiny inner-selves may be tired... and our tiny inner-selves may be wounded. We may be altered. We may be maimed, emotionally. But we're still alive. And if conversation with Self can keep Self alive, then perhaps conversation with Self can help Self to heal.

We can withstand some inner silences, but we need to understand that silence within the womanspace is a refusal, on our part, to engage our spirits to work toward the resolutions of our issues. We choose silence because silence is easier. Easier than sitting with Self and hashing out our truths. Only the human portion of Self has the right, and the power, to call the silences within the womanspace to a halt, and to move us forward. Halting the inner silences, that grow out of our retreats from our inner and outer states of chaos, is a conscious decision. Either we choose to purposefully push through the

protective barriers we've erected over time... or we don't.

And there was silence. A long, weighted-silence.

And the tinier inner-voice sighs, "I'm not ready to give up... yet."

And the inner-voice gets just a little louder and stronger, "Well then, get up!"

And this particular conversation is over. And Self stands reluctantly to begin another round. Another round of trying to leave Trouble. *And this is key:* Trying to leave Trouble for the sake of leaving Trouble will only, sadly, send you off into another space of Trouble. Same land... just a different address. But, deciding to leave Trouble for your High Places... focusing on what's good in your life... and using that as map, compass and goal, springboard and starting place... will get you going and get you out.

When we find ourselves dwelling in - not just passing through - Trouble, it is because we are choosing, for whatever reason, to stay right there. We have given ourselves permission to stay in Trouble. Perhaps we are too tired to make an escape plan. Perhaps all of our energies have been scattered to inner spaces that are on automatic survival mode. Perhaps we feel that we have a better chance of surviving in Trouble than we do anywhere else. But one thing is clear, and it is a sobering thought: Trouble is a state of mind. Trouble is self-hate in a red satin dress... gussied up... perfume over funk... and with a really dumb attitude. And Trouble is our choice.

The first thing to realize about Trouble is that you're not supposed to *dwell* there! The second thing to know is that you can't get out without courting a new awareness, a new self-understanding, and a brand new mindset.

*There is a river to our High Places inside of each of us...
and we can leave Trouble if we would just walk upon it.*

We find ourselves in Trouble when we have lived in Trouble-mode for too long. Trouble is debilitating. It keeps you restricted within yourself. You are not capable of carrying out your ideas. They hang in your mind, hitting you first with enthusiasm, but later slugging you with frustration. The longer you hold your hopes in your mind, the more they make you angry and ashamed of yourself because you haven't managed to make yourself act upon them.

Trouble is a cold, dirty, disgusting place to have to call home, and yet, it is a comfort zone for those of us who live there because it's all we know. There are no good neighborhoods in Trouble. Every avenue is part of the pitiful slum. You can paint your house in Trouble, but the structure and the foundation will still be bad. You can get an addition put on, but it'll never be big enough to allow you to get away from yourself. You can entertain there - the pity parties are going on all the time. You'll have plenty of guests, and there will always be plenty to talk about. Who doesn't like to talk about their Trouble? Who doesn't like to talk about how they're going to get out of Trouble, one day?

Consider why you live in Trouble... and why you haven't stepped before. Do you realize that Trouble is not your natural spiritual environment?

Readiness



Step. Leap!



Readiness

Imagine that you are a child and when you wake up one morning your mother is sitting quietly next to your bed, waiting to bathe and dress you. "Hurry," she says. And she is smiling just a little. "We are going somewhere good today." And after bathing you with fragrant water, she dresses you carefully in a lovely new dress and new shoes, combs your hair, and then says to you "Come." And you follow. And the two of you walk, just far enough, and you come to THE WATER. It has no other name, and all you know is that it is THE WATER that you've been warned about all your life. And, that THE WATER is too, too deep for you to walk through and too, too expansive for you to even think about swimming across. And still your mother is walking steadily, firmly pulling you along, closer to THE WATER. Closer than you've ever been before. And she is not slowing down, as if in realization that she's heading directly for THE WATER, but she seems to be moving forward with more determination the closer you get. *Moving forward* with a momentum that has been gathering, as you now realize, from the time you woke up this morning, and growing more intense the closer the two of you come to this WATER'S edge. And, you are becoming frightened because your mother seems not to realize that you are coming to the edge of this WATER - this WATER that she has told you all your life not to play near... not to go near... not to fall into! And, coming to THE WATER'S edge, her stride quickens and she *steps...* out over THE WATER, raising her foot into mid-air as if she expects it to come down onto something solid and something supportive. And as she steps, she whispers to you in a voice that lands on your ears like a shout and a

shriek and a scream and a cry, and she says "COME." And she doesn't jerk your arm, but she does pull you firmly. And as you look down to see your own foot rise out above THE WATER... you see that your mother's foot has landed squarely on an expanse of solid earth. And as she steps again more solid ground appears, and so you follow. And the two of you begin a slow and steady trek across THE WATER, the action of your steadily stepping feet creating a bridge below you that rises slightly upward and out and over THE WATER. And as you step, you turn to your mother and you whisper "How are we doing this? How am I doing this." And your mother looks into your eyes and smiles and says simply..." Baby, you were ready."



Readiness, I think, is a surrendered willingness to step, in faith, beyond what you know for sure. Entering into a state of sacred momentum that shatters every one of the laws of inertia you've been living under. Ready to risk believing that your spirit-woman knows more than you do about all things.

Readiness to change comes with the realization that you have, thus far, been ruled by your own fears and stopped in your own tracks to your own High Places by your own-self.

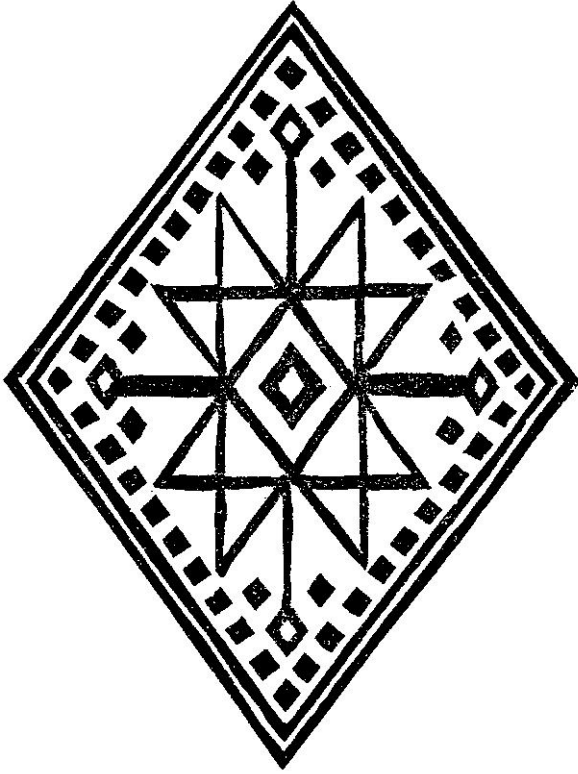
Know this: You cannot move out of Trouble until you are ready... until some part of you has decided that you have had enough of whatever space of place and mind and emotion you've been occupying.

And, know too, that your spirit-woman will not take you any faster than you can go. She will not push you out into deeper waters than you can handle. She will let you live in Trouble for as long as you feel you need to. But, believe me, she will nudge you... she will whisper... and occasionally she will shriek. She will call out to your counselors, your sisters, your good lovers, and your mothers. She will call forth your angels... the Holy Spirit... your Creator... but she will not ever push you into High Waters.

You'll have to leap!

There is this thing that happens. This thing that happens in the psyche and moves all through the psycho-emotional centers of a woman. It is *the transient movement of all that we believe* coursing through us. Throughout all of our physical, spiritual and emotional paths of Self. Through the very blood and cells of us. Coloring us and defining us and telling us who we are, and what we will do in any given situation.

Believing High



**Believe higher for your Self
than you ever have before.**



Believing High

There are reasons why we are as we are, and there are reasons why we act as we do --- our beliefs and our personal perceptions of our experiences shape us (not just our experiences, alone).

The way that our inner light shines, or doesn't shine, on our inner spaces – the womanspace - determines whether we come to expect sunshine or darkness, or perhaps just shadows, in our lives. And, it is what we have come to believe ... what we have come to expect to be true... on all levels and in all aspects ... that determines how we come to be - and stay, until we decide to purposefully make some changes.

Inside each of us there is this ever-changing emotionally-charged vibrant kaleidoscope of energy that determines how we think and feel and act. The spaces of belief in this *womanspace* are innumerable. Twinkling like so many stars, glistening brightly and alive, each belief holds a power to light our lives in its own way and after its own fashion. Some spaces of belief are bright and lovingly charged, and some are ugly. Changing, changing, all the time. Some spaces of belief multiplying. Some self-deleting. Some acting up and getting inflamed, demanding attention. Some spaces of belief working miracles inside of us --- some hindering them. Some of our inner spaces are easily labeled into categories --- fear, faith, hurt, anger, pain, accomplishment, satisfaction, indifference, envy, woundedness, joy, strength, passion --- and some just exist unlabeled, but affecting us still. Each belief we have holds an incredible amount of power to, at any given time, determine our steps, to order our days,

and to create our reasons, our thoughts and our actions.

We are indeed fearfully and wonderfully made! And our thoughts – particularly our thoughts about Self – are extremely powerful.

Imagine the kaleidoscope-like womanspace inside you. Imagine the gliding of one colored emotion - fear... belief... unbelief... faith... passion - into another. And imagine further, the churning that can take place, within the whole of it, when even one tiny aspect of any one space changes.

And, if you could look inside yourself, you would see one small, simple, solitary space that is unaffected by all the others. It is a lovely, calm and peaceful space, like a placid lake of every imaginable color. It is an invariable. Yet it moves... from side to side... from inner-place to inner-place. And yes, it changes shape... sometimes growing larger... sometimes smaller. But the substance of this space never absorbs, or seems affected by, the surrounding spaces; although the surrounding spaces sometimes seem to try to mimic it.

And, you begin to realize that this stable space is actually the nucleus of your womanspace. And the more you look inside yourself, the more you are fascinated by, and habitually begin to search for, this unchanging nucleus-space. You begin to anchor your searches and muses about your womanspace on the search and holding of this special space. This strongest and most stable of all the spaces. And you begin to notice that the more you go back to look for this nucleus-space, the easier it is to find. And this space just seems to glisten and twinkle in response to your coming to visit again. And if you were to think about it long enough, you would realize that your concentration on this nucleus-space always results in a transformation and temperance of all the other spaces around it.

Let's say that your curiosity and examination of the womanspace can be called awareness. And let's say that your awareness has led you directly to the greatest source of power in a woman's (or any human being's) life. Your spirit. (The only part of you that can live truly unaffected by your experiences. And, since you are a woman, she is your spirit-woman. And since she is directly connected to, and receives her essence of being, from God... she is all powerful (Ephesians 3:16). That is why she does not turn gray when clouds engulf your inner spaces of being. That is why the churnings and gurglings of your womanspace have no effect on her at all. This is why her wisdom is not subjective (because it's straight from God). And that is why you can be healed... truly healed... from all the rough experiences you've been through. Because deep on the inside... in that space where your spirit-woman resides... you are healed and whole already. Or still.

Whom have you chosen to be?

When we find ourselves to be acting as other than our Highest Self, it is always because our woundedness has permeated the pores of the womanspace. We are in need of healing. That healing requires that we agree, within ourselves, to re-invent ourselves. Agree to change our core beliefs and begin to look at ourselves and our experiences differently. The bridge that extends from our Trouble to our High Places is created by the transformation when we make a commitment to surrender to the notions of our spirit-woman, allowing her to re-set and re-balance all of our inner spaces... daily... from moment to moment.

It is the same as praying without ceasing.

Our re-invention begins with our re-evaluating our notions about God, and coming to a place of communicating with God about our lives from the positive, loving stance that God created us just as we are... on purpose.

A large part of what we believe about ourselves is determined by what we believe about God, who we think God is and what we think God feels toward us. In the womanspace, what we feel about ourselves and what we believe God feels about us are one and the same thing.

It is imperative that we see that our connection to, and our relationship with, God doesn't depend on what we do or don't do; but, more, it exists as a living energy that we cannot end or mutilate or affect - except in our own minds. God's love for us is out of our control! This essential life-blood connection is not subject to our whims, fancies, fears, doubts, unbelief, or neurosis! Nor is it dependent on our ability to be "good girls" as we have, in whatever way,

defined that notion.

God is. God created us. Each of us is a unique God-created being. Treasured and cherished. Period. The only thing left up to us is to decide whether we will open our eyes to this Light or stagger around in self-imposed darkness with our eyes squeezed shut... wondering what it will take to bring a Light into our world.

We have to come to a place of realizing that each of us is a *meaningful* occurrence in God's universe... a precious, one-of-a-kind occurrence.

Too, we have to come to an awareness of the power that we have as creations of God - the power to overcome any negative circumstances in our life so that we can positively impact our world.

Each life is a marvel. Each life has had dastardly low points and each has had challenging high points. And, we have each been like travelers, visiting our low places and high places, and journeying those expanses in between. Each step we have taken has been significant. Each fear - significant. Each love - significant. Each devastation - significant. Each trial - significant. Each failure - significant. Each triumph - significant.

Our past joys and triumphs, loves and passions, strengthen us and stabilize us. But, our past fears, our failures, our lacks of courage, our angers and unforgivenesses can wound us in the present, stalling and stagnating our true intentions, and thwarting our efforts so fiercely that we can slip into a state of defeatedness so thick that it can stop us from ever again trying to make our lives better.

To live a truly better life takes truly better believing. It requires us to open ourselves to a level of thinking about our lives that goes further into the realm of spiritual notions about ourselves. We are creations of God. We are more

more more than our roles and our jobs and occupations. We are a purpose and a reason. None of our experiences have been mistakes; they have all been a part of the legend of us. Nothing has happened to us that God doesn't know about. And, most importantly, nothing has happened to us that, in and of itself, had the power to change us from being powerful, creative spirits.

We are like marvelous gardens, you and I. We can bear fantastic fruit of every kind. And, within us lies the seed and the reason for its growth, and the reason for its having been planted in the first place. I may choose to be what I might be, or I may choose to be what I am. You see?

I have decided that I want to experience every possible color in the garden of me... and so I am willing to work for it. I want to be shade and I want to be edible. I want to be beautiful and mysterious and passionate. And I want to defy all reason... and I will... because God has given that much power to me. And, the more I am aware of where I have been, and what I've been through, and what I've already overcome, the more I am aware of my spirit-woman whispering the confirmation - "Yes, Baby Girl, you are fearfully and wonderfully made ...", the more I am convinced that I am on piercing purpose and of fabulous reason.

I have re-invented myself so many times. It was hard work sometimes. And other times, not so hard. But always my re-inventions were the cadres that swept my life from one side of my Red Sea experiences to the other. It was easy to step into being the mother of the sweet babies. It was easy, too, to become lover to the man who loved me back. Those re-inventions were easy. Those poignant moments when my mind agreed to love... and to be loved... were easy. But other re-inventions were not so easy. Twisting my mind around a betrayal and trying to

come up with the juice of forgiveness. Not easy. Choosing to be a woman who holds on to relationships that are crocheted together, tenderly, by the holes, and just a little thread... waiting. Not sensible, but, for me, life-giving.

Always it was consciousness swirled with spirit-effort. Spirit-effort swaddled with conscious-agreement to believe a thought, an idea, a person, or a feeling, an unction or a God-breath... that led to my becoming a new growth in the garden of myself. Sometimes a flower, sometimes a weed... but always a new growth. Likewise, daily re-inventing my womanspace... daily truly seeking my better way... was/is always about willingly examining the ocean of psycho/emotional/spiritual impulses inside of me --- and seeking a better way to look at whatever I'm going through. Seeking the better way to find and think the better thoughts about myself and others, learning to value my moments and hours and days as gifts to be used purposefully: these are my personal principles of re-invention.

Most importantly, I have found that re-invention involves only oneself and God in a subtle aligning of Self with Spirit that results in a woman's becoming wildly real, and profoundly aware of the indisputable importance of her life in the panoramic schema of things.

So, what grows in the garden of you? Do you know? What do you believe about yourself and your life? Are you aware? Have you looked lately? Have you searched? Have you examined? Have you taken the time to thank God for the times His Spirit empowered you to walk through Red Seas and to sail through and above the clouds of depression unharmed? (Yes, you are unharmed.)

Have you chosen to be? And what will you choose to be? Dormant or free? Good questions, huh?

Are you living as your Highest Self, walking out your best life?

If you have ever wondered if you are where you are supposed to be in life... doing what you're supposed to be doing, I say... those are nice questions to ponder, when you have time. The problem with those questions, though, is that there's no way to ever know if you've arrived at the real answer to them. Some people believing that, no matter what your life looks like, you are exactly where you are supposed to be and that your life, just as it is, is part of a greater design - make a conscious... or subconscious... decision to stay right where and how they are. Others seem to believe that God expects us to create our lives as we go along. A much more inspiring notion, of course, that leaves room for free will, hope, Faith, motivation, and vision to be integral parts of our lives. So, which is it? As mundane and uncreative as the first theory seems, that is the theory that many of us subscribe to, by default. We view our lives as if they were carved in stone (even though our Creator is still creating), and governed totally by outside forces that are already done with us. Rules and other notions - religious, societal, political, familial - as they have been interpreted by others and imposed upon us - are the margins we've come to observe and live by, unquestioningly. Like the spaces between the lines that rule a grammar school writing tablet, we squeeze our state of being in between those lines and try our very best not to make any stray marks.

Perhaps, instead of asking questions like, "Are we where we are supposed to be?" and "Are we doing what we should be doing?"... we should begin to ask ourselves different questions like –

"Am I at peace with my life... and how it's going"?

"And, am I at peace with myself about how I'm walking out my days?"

"Am I living by Faith or do I live by fear?"

"Do I believe that I could be living a life with more peace, more wisdom, more purpose, more passion and and more joy?"

"Do I believe, as the scripture says, that God really will give me hinds' feet... and set me upon my High Places?"

Do you believe that there are High Places with your name on them?

How often have you been brought to the edge of an opportunity... only to back away when it was time to leap forward?

How many times have you swallowed your truth because you felt that the consequences of being that honest... that telling... about how/what you felt... would be less than bearable for someone, or for yourself?

How often have you accepted defeat before you even entered the race because you doubted your own ability to succeed and doubted God's ability to be a sufficiently powerful silent-partner?

Have you ever found yourself living out what someone else thought your life should be about... and not what you suspect/know it should be about?

Have you had a certain dream simmering on the back burner of your life for so long that all the flavor and passion has simmered out of it?

Have you secretly forbidden yourself to dream new dreams?

My references to our having "High Places" comes from a scripture in Psalms (and Habakkuk) that says "God will give us hinds' feet and set us upon our High Places." And there are two things to note here: The first is that God will give us hinds' feet - meaning that this state of power and wisdom, grace and well-being, is a gift, not something earned. It has to come from God... through the spirit-woman inside us.

This state of spiritual empowerment is not something we can manufacture or create for ourselves, it is something we have to ask for, trust God for, and believe for.

The second thing we need to note is the part of the scripture that says we will be *set upon* our High Places. It seems that the acceptance of our hinds' feet will transport us to this new land of mountain-top experiences. And, how do you think we will "be given" these gifts except through the tests and trials of our own personal life-experiences?

From Trouble to High Places. Only a woman who has been excruciatingly low could ever yearn enough to reach that high.



Do you think God doesn't know that

What have you been believing about yourself and your life?

Today, examine your self-talk. That is how you will know what you're really believing!

Are you giving yourself a multitude of reasons why you're stuck in Trouble? Reasons why you *need* to stay in Trouble?

Reasons like –

I'm too old to make changes in my life.

I'm in too much debt to go back to school .

I'm too invested in this bad situation to jump ship now.

I'm needed here.

God won't do this for me.

Reasons to stay in Trouble are plentiful. We all have a shovel full of them.

Today, determine to catch yourself in your repetitive negative thoughts. Stand self-aware. DECIDE that you *will* leave your Trouble... for your High Places... and you will miraculously be shown a way to go.

Are you choosing to cross the bridges to Joy?

Journeying toward your "High Places" requires that you begin to inhabit your Highest Self. Once you have identified yourself as living in Trouble, you will have to choose to set out on a path toward your High Places.

You will have to begin *choosing* to adopt the mindset that you will need to live more as your Higher Self than as your lower, troubled, Self.

You will have to choose to defy the "gravity of real life" as you have always known it.

You will have to stop *allowing* fear to rule your life.

You will have to *refuse* to let unforgiveness rule your mind and your relationships.

And, *refuse* to believe that your emotional pains and wounds make up the bulk of your worth.

You will have to *refuse* to fall into an unbelief that stops you from believing that your Creator-God is mindful of you.

And, *refuse* to even begin to think that you are not worthy of being blessed!

Are you ready to make this journey?

Each of our individual life-experiences has given us a platform to stand on... and a gift to give.

Each one of us can say "I have been here... and I have been there... and ... LOOK At ME!" I have come through to a better side of things. This is what I've learned and this is what I can share with you.

And, it's only this attitude that will gain you entry to the path to your High Places.

Self-pity will not.

Fear of moving forward... will not.

Fear of being hurt ... again... will not.

The hard work of real-life prepares us to walk our High Places... or makes us decide to just hide out in a damp corner until our lives are finally over. We get to choose.

In order to leave Trouble.. you need something... somewhere... some new way of being... to walk toward.

Your first step away from Trouble will be your first step toward your High Places. So, today, ask yourself these two questions:

"What am I choosing to walk away from?"

And, even more importantly: *"What am I choosing to walk toward?"*