

“Be Inspired”

By Valerie Ardrey

The purpose of today is for us to reach for tomorrow, that is not always
promised to us, and never relive yesterday

Our lives get in a stage of chaos and total confusion but we maintain

Our lives must have balance

We all are connected

We share a common bond

Our goal is to continue surviving

Remember we must be in control of our being; not the illness with which we
suffer

There are answers out there—sometimes we have to search for them
ourselves, but never close the door of searching

We take the bitterness of pain and suffering and do the impossible that
others cannot or choose not to understand

We continue on our daily routine the best we know how. Sometimes we
amaze ourselves, but we know we must go on because we are unique

We are each other's support and inspiration—Let's keep that commitment

We must keep our faith strong and believe in the power of the Almighty

Though “they,” the world, cannot find an answer for our suffering

Never give up, never give in, never quit because we are special and worth
fighting for—we will have the victory

There is always someone worst than we are, but we have hope and we
must have enough strength to share our strength with another who suffers
and give them hope—we have that strength

So, when we awaken in the morning if there's a mountain of troubles
overshadowing us and the mountain seems so tall that it hides the Sun,
remember as the minutes slowly roll by, the Sun will come into view and in
that moment you say to the Sun with a smile, *“Welcome, I am thankful to
see another day—Let's get started.”*