

## **Faith Vs. Confidence**

Faith in the Ultimate and faith in ourselves are the two most important things required in our movement toward growth and blooming. On occasions of crisis, faith pulls us through tragedy. In times of crisis, when fear takes over our minds, it is our faith in the Absolute, which helps us keep steady. Life waits for us to smile. Our bodies are designed to sustain the vibrations of bliss and peace much longer than the negative emotions we encounter because positivity is at the center of our existence. Whenever we feel depressed, lonely, or lost, we derive motivation from our source of inspiration to shower us with all of the positive energy to make us feel stimulated and abuzz with energy. Dropping all the complaints, we thank those bitter moments for helping us understand the finer nuances of life. Meditation helps us settle our minds, calm our emotions, and bring physical and emotional strength to our beings. Spirituality is a dance on the edge of a sword between opposites of life. If one can comprehend this space, in which both yes and no can simultaneously be right, a new dimension opens within a field of infinite possibilities. Once we identify our source of inspiration, we are never anchorless, never unshielded, and never abandoned, even through the darkest catastrophes, by continuing to offer inspiration, courage, adventure, joy, and wisdom.