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https://www.100test.com/kao_ti2020/503/2021_2022__E7_BE_8E_E5_9B_BD_E4_BA_BA_E5_c88_503211.htm Finding Deep Strength We have all faced moments in our lives when the pressure mounts beyond what we feel we can handle, and we find ourselves thinking that we do not have the strength to carry on. Sometimes we have just gotten through a major obstacle or illness only to find another one waiting for us the moment we finally catch our breath. Sometimes we endure one loss after another, wondering when we will get a break from life travails. It does not seem fair or right that life should demand more of us when we feel we have given all we can, but sometimes this is the way life works. When we look back on our lives, we see that we have survived many trials and surmounted many obstacles, often to our own amazement. In each of those instances, we had to break through our ideas about how much we can handle and go deeper into our hidden reserves. The thought that we do not have the strength to handle what is before us can be likened to the hard surface of a frozen lake. It appears to be an impenetrable fact, but when we break through it, we find that a deep well of energy and inspiration was trapped beneath that icy barrier the whole time. Sometimes we break through by cutting a hole into our resistance with our willpower, and sometimes we melt the ice with compassion for our predicament and ourselves. Either way, each time we break through, we reach a new understanding of the strength we store within ourselves. When we find ourselves up against that frozen

barrier of thinking we cannot handle our situation, we may find that the kindest choice is to love ourselves and our resistance too. We can simply accept that we are overwhelmed, exhausted, and stretched, and we can offer ourselves loving kindness and compassion. If we can extend to ourselves the unconditional warmth of a mother love, before we know it, the ice will begin to break. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com