



**When we are in the grip of fear, doubt becomes an easy ally.** In the face of the uncertainties of our lives, while we face all that we cannot control, change or grasp, fear is our first reaction. Doubt and worry revolve around our fear that all of our reality will be based on the potential possibilities of what we fear most coming to life.

**Fear is a reminder about our vulnerability.** There is nothing that can be guaranteed in life including life itself. And maintaining a safe, comfortable, pain-free life throughout your lifetime may not be possible for you and for the ones you love.

**Worrying gives you a sense of control. By always expecting and fearing the worst, you feel prepared for what might come your way. Doubt tells you to only see the unfortunate possibilities.** I have no problems with either one as healthy initial responses to what life throws at you, except that they limit your possibilities and the way you relate to them.

**Another way of looking at life involves hope.** Hope that you already have the resources, life tools, support and unique solutions for whatever life throws at you. This is available in your blood and in your field as evidenced by your ancestors' tenacity, survival ability, and creativity. I don't know about you, but I grew up hearing story upon story upon story about my grandparents and great-grandparents on how they managed to survive wars, famine, hunger, financial difficulties, loss of loved ones, sickness, adversity, corruption, immigration and so on.

**Not everything you are dealing with can be resolved, eased or navigated**

**through easily or quickly.** However, you have the option to lean on hope and the belief that you can go through it thanks to the creativity and the resourcefulness passed down to you by your ancestors.

**I am sharing a resilience story about my grandmother and her rose garden in this recent interview.** What do you remember of your grandparents or other family members? What resilience stories have been passed down to you by your family? Please [email me](#) with your thoughts.

**I am opening my blog to guest bloggers who will share their strategies for maintaining hope and inspiration about life.** If you are interested in becoming a guest blogger and sharing your insights, or know someone who has something to say about this topic, please [let me know](#).

**I highly recommend that you listen to this interview with Junot Diaz from start to finish.** Regardless of where you stand on the political aisle, there are important messages in it like men and vulnerability, the gifts of silence, and the lessons to gather from our ancestors.

With love and light,

Damla