

eggs, carrots & coffee

place each into a pot of boiling water

the carrot started out hard, but the heat makes it soft. Pain causes it to wilt, lose strength
the egg starts out soft, malleable heart but turns out hard & stiff
the coffee beans change the hot water, the circumstance that brings the pain. The water gets hot it releases the fragrance and flavor.

Which are you when adversity occurs, when the heat is on? The egg, carrot or coffee?
Be like the bean- when things are at their worst, the hottest, you get better and change the circumstances around you. You let yourself be lifted to a higher level

When you're born it's cool that you are crying and everyone around you is smiling.
Live your life in such a way so that at the end the opposite happens.
That when you die you're smiling because you knew God and lived a blessed life, and everyone around you is crying because you loved them so much and they'll miss you.

May you have enough happiness to have a gentle heart, enough challenges to make you strong, enough sadness to keep you human and enough hope to make you happy