



Starting Over

We are our most amazing resource.

January 1, 2006 By Borris Powell

Whether from hurricane devastation, immune system failure, betrayal by a beloved, shame-based isolation or governmental inaction—each immensely different yet poignantly similar—we find ourselves at a place and time where little is as we had hoped it would be.

But we are our most amazing resource. We've been here before—maybe when first diagnosed, maybe when abandoned by people or powers we'd hoped would help. We weren't sure what to do then, but we made it through, made new beginnings from what seemed like nothing. We have done it time and again—we have had to. All we need is a moment to shift focus from what we don't have, to what we do, and to what is present for us: ourselves, our knowledge, our compassion for each of us and for one another. And in our gratitude for that, we find a new foundation, a place to go, a place from which to grow.

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