

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Rainbows Always Come After The Ra**

**By Josh Hinds**

**Rainbows Always Come After The Ra by Josh Hinds**

Rainbows Always Come After The Rain

By Josh Hinds

(c)

As you move through your day today do not lose sight of the fact that you have greatness in you. That's right, you have unique talents and gifts that all come together to make you who you are.

Whether or not up to this point in your life anyone has ever taken the time to make you realize that, I want you to know without a shadow of a doubt that it is true.

Believe me I know things can happen in ones life that can leave us feeling as though the good things in life are reserved only for those around us. I assure you that nothing could be further from the truth. Does that mean that every day is going to be all sunshine and daisies? No, unfortunately not.

Keep in mind that rainbows only come after the rain and it is along those same lines that good things sometimes follow hardships and times of sadness. Should you find yourself in moments of doubt I encourage you to list the events and achievements in your life that you are grateful for.

Always remember that even during the hardest of times there are lessons to be learned, and through those lessons we have an opportunity to strengthen our spirit. Never lose your sense of possibility and what life has in store for you... Yours in success, Josh Hinds

Written by Josh Hinds of <http://www.GetMotivation.com> Sign up for my ezine at

<http://www.GetMotivation.com/ezines.html> Josh is also the co-founder of

<http://www.AudioMotivation.com> – which includes an abundance of self-improvement resources as well as exclusive audio interviews with leading experts in the areas of motivation and personal development.

## **THE RAINBOW BEHIND THE CLOUDS**

**By Arleen M. Kaptur**

### **THE RAINBOW BEHIND THE CLOUDS by Arleen M. Kaptur**

It is an absolutely perfect day. The sun is shining and warm breezes gently cross our path. The sweet sound of chirping birds fills the air and the gentle lapping water on the lake adds to the total "perfect" picture.

But there are a few clouds that are determined to continue coming and the closer they get the more ominous they appear. The warm breezes turn into chilling wind and the birds have turned silent. The water now swirls and the sun has been obliterated by these menacing clouds.

We take shelter and decide to enjoy a hot cup of tea or perhaps coffee. We build a fire in the fireplace and pick up that novel we always wanted to read. A warm coverlet covers our legs and we snuggle into a soft, leather chair. We will weather out the storm and wait for it to pass. The windows are pelted with rain and the sound of thunder shakes our little cottage. Somehow we have relaxed to the point that we have fallen asleep.

We awake to total quiet. The fire has died and the sun is filling the room, streaming through the windows. We jump up and throw open the door. And there it is – the most beautiful rainbow that you could imagine. The colors are vivid and range from pinks, purples, and blues to green, yellow, and hues we can't even put a name to. The air is sweet with the smell of fresh rain and the birds are again filling the air with sound. Everything is calm and breathtaking in its beauty. We are enthralled by the rainbow and can't take our eyes off of it. It arcs over the lake and we dream about that pot of gold at the end of it. We are glad to be alive and feel stronger for having weathered the storm. We feel more confident, somehow, as well as more appreciative for all the storms in our lives that bring the rainbows.

## Rainbows Always Come After The Ra

You write the book or article and then are so very pleased with what you have created. You proudly send it in and wait for the accolades. Instead the rejections come and hope fades, but don't let it. Weather out your storms, relax in knowing that someone will appreciate your efforts, but perhaps you will have to take cover and wait.

When you can throw open the doors of the bright world of being a writer, you will see the rainbow and the colors will embrace you. The pot at the end of that beautiful rainbow will be your book or article in print and you will be more confident next time, and face that next storm, as surely as they will come, but never go down to the demoralizing pits of self-pity and worse yet, total abandonment.

The rainbows are out waiting in the wings, and the stronger the gales that blow with each storm, the more welcome is that expanse of wonder and delight that represents the myriad of people you will touch through your writing and the knowledge you share.

So go in and have that cup of coffee, relax in front of the fire, and wait out the storm. Anticipation of that rainbow will make it all worth your while. You will also notice that with each passing turbulence, the colors seem deeper and more penetrating.

Wishing you the strength to weather the storm and welcome the rainbows.

©Arleen M. Kaptur 2002 May

Arleen Kaptur has written numerous articles, e-books, and the novel: **SEARCHING FOR AUSTIN JAMES** Websites: <http://www.arleenssite.com> <http://www.Arleens-RusticLiving.com>  
<http://www.webspawner.com/users/rusticliving/index.html> <http://rusticliving.info>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**