

## The Rainbow

Posted by My Beautiful Rainbow - 21 Jan 2016 22:30

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I know what your thinking, what does recovery have to do with a rainbow?

Life is like a rainbow it has its ups and downs, its brights and darks. but you will always reach the pot of gold at the end. In order to build your wonderful rainbow of life you need to study a rainbow and take the lessons it provides.

Each color, starting from the bottom, is neat and carefully placed right next to the other. When all stacked and suspended in mid air you have a gorgeous rainbow. The colors are our accomplishments, if you want to grow you need to focus on one color at a time. Start with the bottom and put all your focus and energy into one struggle. One area at a time. Once you painted one color make another until you slowly build a breath taking rainbow. What happens when we try to paint the green blue red orange all at once? A mess. Small steps in ONE AREA and then solidify and keep going.

If your on this website you struggle in the area of "kedusha". The holy books refer to this issue as Midas Hayesod, the foundation of everything, the foundation of your life, the foundation of your rainbow. The first color to paint. Focus all your energy on this battle, don't worry about your other issues, you'll get there, now we are focusing on our very yesod, our foundation. When God finished destroying the generation of the Mabul, who sinned severely in shemirat habrit and promiscuous behavior, he put up a rainbow. I think the message is clear: if you want to grow and overcome this challenge of Taavat Nashim, look at the rainbow my people, one color at a time..

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