



The Sun is Always Shining.

A Journey Through the Clouds to Your Innate Brilliance

We all feel the squeeze.

Life has moments of intense pressure—an inconvenient reality that puts on the heat. These moments feel constricting, bringing hidden blockages kicking and screaming to the surface.

But this is not a punishment. It is an invitation.

What an opportunity for deep discovery.



Squeezed.

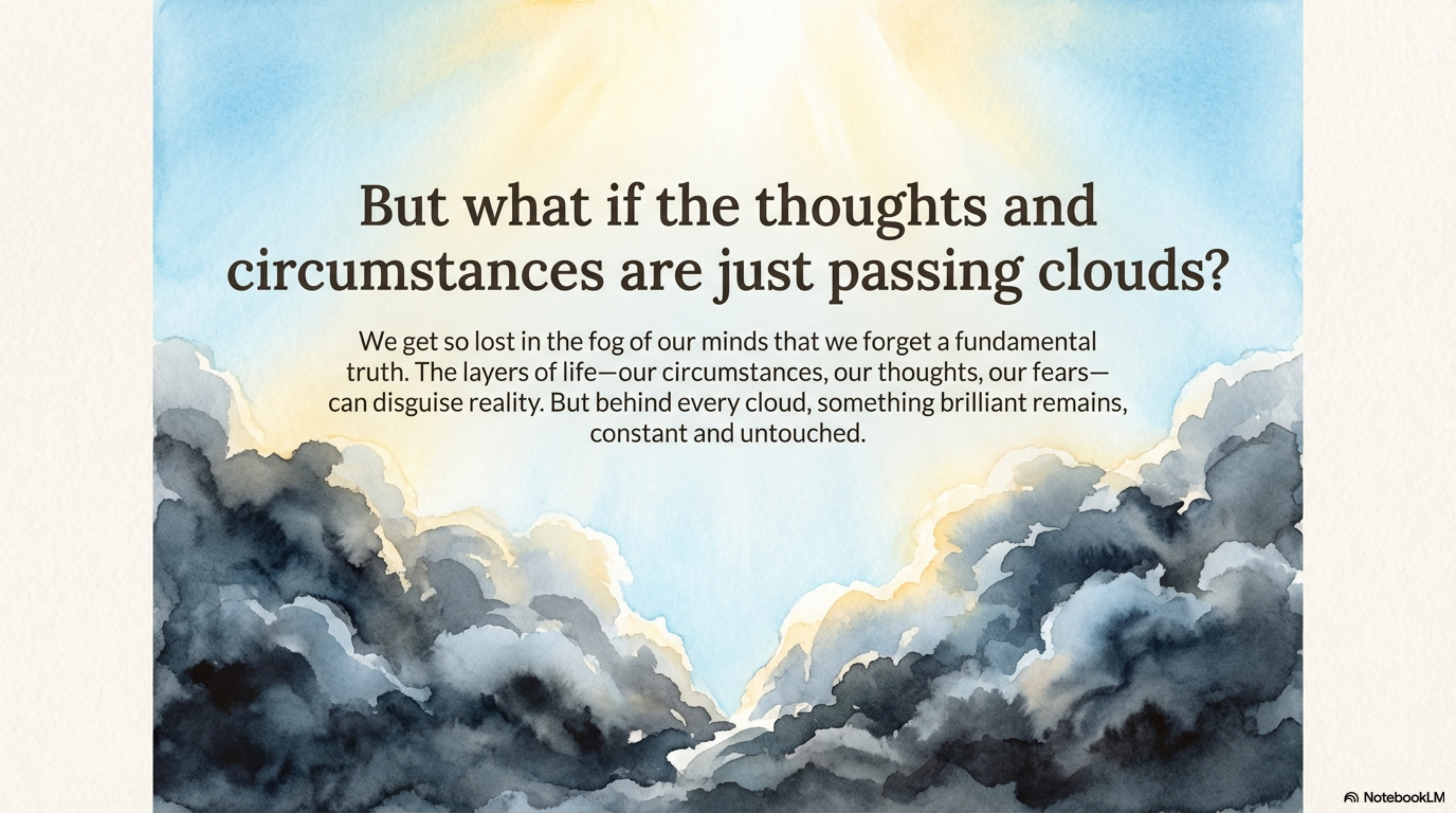
What an opportunity for deep discovery.
Blockages hidden inside. Now kicking and screaming.
Feeling the heat put on by the squeeze
prompted by inconvenient reality
powered by curious intent
that the learning may begin.
Not time to shrink, expand into it,
grow to be the one who knows,
having been there, empowered to tell others
that they can get through this squeeze
and be much better for it.



The mind resists the unknown.

Our first instinct in discomfort is to regain control. The ego demands comfort, wanting everything to stay the same. We become afraid of uncertainty, preferring a familiar trap to an unknown freedom. This resistance is a natural, protective mechanism, but it keeps us from our deepest learning.

Change this, move that. Make me feel good now. Leave me alone. Okay, as I am as long as everything stays as the ego wants it.

A watercolor illustration of a bright sun shining through a gap in dark, heavy clouds. The sun is a large, glowing yellow circle at the top center, with rays of light extending downwards. The clouds are dark grey and blue, with some lighter blue and yellow highlights where the sun's light hits them. The overall scene is a metaphor for overcoming adversity and finding hope.

But what if the thoughts and circumstances are just passing clouds?

We get so lost in the fog of our minds that we forget a fundamental truth. The layers of life—our circumstances, our thoughts, our fears—can disguise reality. But behind every cloud, something brilliant remains, constant and untouched.

The Sun.

Many a cloud across the skies don't mean the sun just died.
For when they pass, we see what has always been.
The sun that always shines.

Many a thought occupy the mind.
Don't mean your brilliance is gone.
For when they pass, we experience what has always been.
Your innate brilliance shining through.

Your innate brilliance is the sun.
Your thoughts are the clouds.



Your true essence is always present, just as the sun is always shining. Peace, joy, and love don't need to be created; they are your core. They simply get obscured by the clouds of our thinking and circumstances. The goal is not to fight the clouds, but to remember the sun.

Key Insight: *That place of peace you dropped into didn't just arrive from somewhere. It's always been there. It's just covered over.*

You can ascend from the basement to the balcony.

(The Basement)



When we're caught in our thoughts, it's like being in the basement—clouded over, with a limited view.

(The Balcony)



The invitation is to ascend your thinking. Move to the balcony, a place of perspective where you can see clearly that the sun is still shining above the clouds. This is not about changing your reality, but changing your vantage point.

Liberation comes not from fighting, but from letting go.

What do we do when the clouds gather? Our instinct is to resist them, to fight the thoughts we don't want. But resistance is a form of engagement. Fighting a thought gives it energy, feeding the very thing we want to release.

Your subconscious doesn't know you are focused on a thought because you don't want it; it only knows you are focused on it.

*To resist is to engage. To engage is to exchange.
Boiling the energy by which it persists.*



The freedom of trusting the process.

When we stop fighting and start trusting, a profound shift occurs. The energy we spent trying to control the uncontrollable is freed. We learn to see challenges not as threats, but as part of our journey.

“I see my uncertainty as an opportunity now.”

“I actually trust God more now than I did before...”

“It’s quite liberating...
It’s like a cool breeze blowing on top of me.”



Having been there, you are empowered to tell others.

The final stage of this journey is turning your learning into light for others. The 'squeeze' that once caused pain becomes the source of your greatest strength and empathy. By navigating your own clouds, you can guide others back to their sun.

“After my stroke... I want to work with people who have been through a stroke... to empower them to embrace that life and not keep grieving for what was in the past. Live for the now.”





The sun is always available, right now.

The journey does not end. It is a constant practice of returning to the present moment. Here, beneath the noise of the mind and the drama of circumstance, you can always connect with the peace that is your essence. The sun is not a destination to be reached, but a reality to be experienced.