

## "Not Just Sometimes"

**SOMETIMES** people come into your life, and you know right a way that they were meant to be there. They serve some sort of purpose, teach you a lesson, or help figure out who you are or who you want to become. You never know who this person may be: Your roommate, neighbor, professor, long lost friend, newly found friend or associate, your lover, family member, or complete stranger, who will affect your life forever, in some profound way!

**SOMETIMES** things happen to you and at the time they may seem horrible, painful, and even unfair, but in reflection, you realize without overcoming those obstacles, you would have never realized your potential strength, will power, or heart. Everything happens for a reason. Nothing happens by chance or by means of good or bad luck. Illness, Injury, Love lost moments of true greatness, and sheer stupidity, all occur to test the limits of your soul. Without these small test, if they were events, illness and relationships, life would be like a smoothly paved road, straight flat road to nowhere! Safe and comfortable, but too dull and utterly pointless. The people you meet who affect your life, and the success and downfalls you experience, create who you are and even the bad experiences can be learned from!

**SOMETIMES** the bad experiences are the most poignant and important ones. If someone hurts you, betrays you, breaks your heart, forgive them, for they have helped you learn about trust and the importance of being cautious to whom you open your heart. If someone loves you, love them back unconditionally, not only because they love you or because what they can do for you, but also because they are teaching you to love and opening your heart and eyes to things you would have never seen or felt without that person!

Make every day count! Appreciate every moment, and take from it everything that you possibly can, for you may never be able to experience again, talk to people you have never talked to before, and actually listen to what they are saying. Let yourself build friendships individuals with great qualities, and even allow yourself to fall in love with someone of great character that is honest, trustworthy, loving, kind and is loyal. Be proud of yourself, even if you are in a bad situation, because things will get better in due season. You'll understand it better after while. Even if you are in a bad situation, maintain a positive attitude, don't judge people, be kind and live your life always, not just sometimes.

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