

Nature's Lesson On Faith

By Mary Jane McCormick

Nature provides us with so many lessons on living. Let's look at salmon and how the spawning process requires they swim up waterfalls. These remarkable creatures of the sea seem to defy gravity.

To accomplish this, they turn their underside—from center to tail—into the powerful river current coming at them. The rush of water hits them squarely and the impact launches them further up the falls. They repeat this inherited navigational maneuver—turning their vulnerable underside into the current, taking the hit, which bounces them further along their journey, making their way back to the waterways of their birth in order to give new life.

Much like salmon, when life hits us with the force of loss—loss of people we love, loss of memory, stamina and health—we turn our underside—our vulnerable side— toward the current, take the hit and move forward.

Faith is what makes this possible. Faith is the net we weave by believing in things we cannot see with our human eyes. Faith is what we fall into when life throws us a curve and faith is what we hold onto until we get our 'sea legs.'

Faith maintains us, sustains us, nudges us and is with us when life slams us up against the proverbial wall we call life. Faith is what allows us to adapt to change and to grow. And with each hit and recovery we are given an increased capacity of faith, and once again, believe in a resilience we cannot see.

I believe the aging process also has within it an inherited navigational system, one that allows us not only to survive the toughest part of the journey but to discover that often our vulnerability was our greatest strength and the core of faith in ourselves and others was present through every challenge.