



The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in someone else's cloud.

Maya Angelou
(1928 - 2014)
Poet

In music, rainbows suggest possibilities and peace; in culture, they are a path or a divine opening. In Scripture, rainbows remind us of anger, of patience, of restoration within a relationship. In literature, they are a hiding place for pots of gold.

We can be a treasure in one another's lives.

We can prepare ourselves to be a bearer of love for self. A rainbow in a cloud is not a source of light; rather it is a resource of the light. We can help others to notice their inner beauty, to appreciate the ways their gifts contribute to others, to value their own views. We can help them understand how they are reflections of God. We can assist one another in seeing how who they are has extraordinary worth that, like a rainbow, may appear at any time.

We can prepare ourselves to create healthy boundaries. A rainbow is both part of, and separate from, the cloud in which it is visible. We can prepare ourselves to care about others in a way that balances closeness with space. We can support with empathy and yet not make other's feelings our own. From this nuanced distance, two people with autonomy can experience compassion between them.

We can prepare ourselves to respect uniqueness. With a rainbow, light is seen in the spectrum of its colors; light that enters in one color is revealed as actually a unification of all colors. We can prepare ourselves to appreciate differences and to welcome diversity. We can revise our assumptions so we see variety as an essential component of strength and contrast as a foundation for excellence.

Prepared, we can surprise one another with glimpses of joy.

*How might I help someone notice their inner beauty today?
How can I appreciate the richness of difference?*