

## Challenging Barriers & Walking the Path

**“When you look into an abyss, the abyss also looks into you.” ~ Friedrich Nietzsche**

This is, by far, a very cool saying. It sounds so profound and deep, which is kind of what abyss means: an immeasurable space. Theoretically, or philosophically, I guess I understand what this saying is supposed to mean, but technically I don't think an abyss can really look back at you; can it? The saying has always stumped me, and the somewhat disturbing thought of an eternal hellish-nothingness gazing into your soul, taunting you to step a little closer, gives the flesh goose bumps.

It may be scary and creepy but strangely enough, also calming-almost serene. I suppose this is the trick or the ploy. But if you can face the abyss, the unknown, and return, you have survived one of the greatest challenges life can throw at you. And that staring contest you just had with the infernal bottomless pit, if you won and walked away it can help you grow in ways you could never imagine; it can teach you so much about the true beauty and wonders of life.

At least this is how I like to think about it, because it is the ultimate spin on surviving tragedy – of staring into the abyss and have it stare back you. It took me quite a while to realize that I had won and overcome this challenge, but I am now grateful for the strength and wisdom it has given me. So, I now invite you to come with me on my bumpy, back and forth, journey... allow me to start from the beginning, and tell you why.