

Cliff Climbing

(Allowing Myself to Enjoy the Journey)

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(My vision of climbing a cliff and making the choice to stop and rest, turn around and take in the view, replenish with a snack and connect with God, versus keeping my eye on the destination goal and missing the journey.)

Here I am with butterflies in my stomach starring at this huge rock face that God has placed in front of me.

I hear others around me on the ground whispering, “There is no way! That thing is huge!”

There it is so massive and standing so strong. I look way up and I see the top. I know that this is my goal. The butterflies transform into determination. I will reach that goal. I take a deep breath and start to climb.

The mountain is making sure that I know its strength, its power, its own determination to give me a challenge like I have never experienced before. I keep looking up to see my goal and from this position I can’t see it anymore but I know it’s still there. That’s all I can think of, touching the top.



“Grab and pull, grab and pull” I tell myself over and over. My legs are starting to get very tired. My fingertips are starting to bleed. I have been at this for quite a while but can think of nothing else but that top edge. “I will not fail!” I keep saying this to myself again, again, and again. I am at the point now it is either do or die.

The top is in view but I am shaking all over. I can no longer control my muscles. There is no more grab and pull left. I am starting to feel defeated. This huge rock seems to be mocking me with every step now. “Keep going your almost there!” My internal pep talks have now become external. My determination is strong but my body is very weak.

I look over and there is a ledge big enough for me to rest on. I start wrestling with myself, stop or don't stop. My mind says no but my body is giving me no choice. I have enough energy to step one step over. I feel so overwhelmed, so alone, and defeated. I'm almost there. I look up and see that ledge just staring at me. So strong, not budging.

I keep my focus on how far it is to the top. I'm so close. I hear a gentle voice say, "Turn around and enjoy." My thoughts start having a conversation with this voice. "I can't turn around or I will lose focus on my goal. I have to keep my eye on the goal!" Again I heard the voice, "Turn around and enjoy." This time I heard a deeper meaning in those four words, so I did what the voice had said. I slowly turned around and I could not believe my eyes.

The beauty that filled my eyes took my breath away. This is not what I saw from way down there. I sat down, took a drink of water, and ate some fruit. The whole time being amazed at the view and wondering how much I had missed on my journey to the top by staying so focused on that one goal.



The Universe spoke to me and said, "I have many wonderful things in store for you. You will reach your goal, this I guarantee. However I have created the journey to be wonderful and amazing, but it is up to you how much of that you want to experience." I made up my mind on that little ledge that I would stop and replenish myself more often so I can experience the gift of the journey.

I breathed in deep, feeling very satisfied and finished my journey getting to the top of this mountain. When I got up there I turned around and saw a whole new picture. I realized that with every step the view changes and from now on I will experience as many of those changes as possible.