



Rainbows

There is something mysterious and enticing about rainbows. Sunday school taught me that rainbows are a reminder of God's love for us. I often remember the story of Noah and how a rainbow appeared in the sky once the floodwaters recede - a sign of covenantal love between God and man on earth. Whenever a rainbow appears; one can't resist being mesmerized by its magnificence and splendour.

Recently, I had the unique opportunity to be present and witness a rainbow arch from start to finish. (I know a complete rainbow is in fact a full circle). I was looking out of a wide window of a high rise building when a subtle combination of climatic changes started coming into being. There was a beam of light that filtered through the dark clouds. A sprinkling of gentle rain was also present and an unusual afternoon glow over the greenery of the nearby gardens became apparent. Then the familiar rainbow palette emerged spontaneously out of the ground.

It was initially difficult to pinpoint the exact origin of the hues - was it coming from the base of the old concrete bridge or was it from the stump of a tree? It seemed to shift...and then set a foundation on an inconspicuous piece of earth. The glorious arch started taking form - elaborate strokes of paint - distinct in form yet with slightly enmeshed boundaries. I knew this miracle would only last seconds so I did not bother with a photograph but decided to take in the moment - watching the unique vision emerge and then softly fade out.





On reflection I realized that I could never appreciate this phenomenon unless I had some distance and elevation. Standing back from a highpoint allowed me to make certain observations. In life sometimes we need distance and detachment from people and situations to gain perspective. It is therefore important to know when to take a few steps back in order to absorb the landscape view of any given circumstance.

Similarly, any spiritual journey requires regular periods of detachment, reflection and distance so that you may once again appreciate the goodness of God in your life.

Reflection

- Do you need some disconnection and distance to regain your perspective?

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