

# All is Gift

Pick up the slinky and see how it moves -  
how it almost has an energy of its own -  
each spiral gaining energy from the one before -  
and passing it on in its turn.

Stretch it slightly and allow it to regain its shape...  
Consider how this reflects a balance between  
“stretching ourselves”— and then resting.

What happens if a spring becomes over-stretched?  
What happens to us — and to others?  
How does God restore us -  
bring us back to balance and harmony?

