



A perfect gift for anyone going through a hard time, this book is the hand that lifts you up and nudges you to keep going through wishes, prayers, and affirmations.

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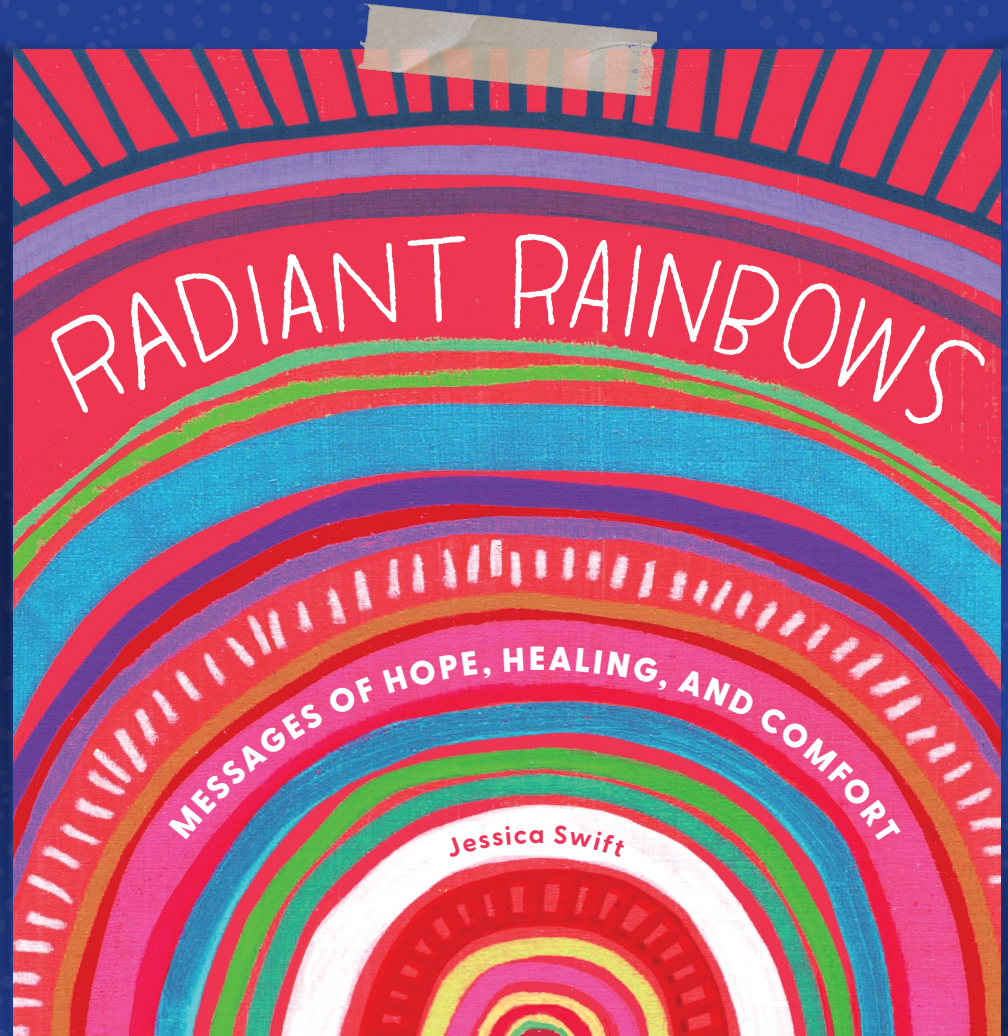


RADIANT RAINBOWS

Swift



Gibbs Smith



Life isn't easy.

We all encounter pain. Some people experience more pain and hardship; others experience less. Some people face the worst things you could imagine, while others' painful experiences are less dramatic. But none of us is immune to the reality that pain is part of life, and life is hard for everyone in one way or another.

On August 14, 2018, my husband Ryan died.

It was three days before my thirty-eighth birthday. Our first child was a month shy of three, and I was pregnant with our second child. Ryan was forty. A talented and compassionate doctor. A dad and a husband. A son and a brother. A skier and a woodworker. And he was deep in an addiction that didn't come to light until it was too late.

His death was unexpected and tragic. In that instant, I faced a completely unfamiliar and unimaginable future. I faced the unthinkable grief of losing a spouse. My world turned upside down in a second, and it was one of the worst things I could've imagined—heart-wrenching, traumatic, terrifying, sad, lonely, confusing, rage-inducing, and tear-soaked.


And yet. And yet!

I am okay. I am okay!

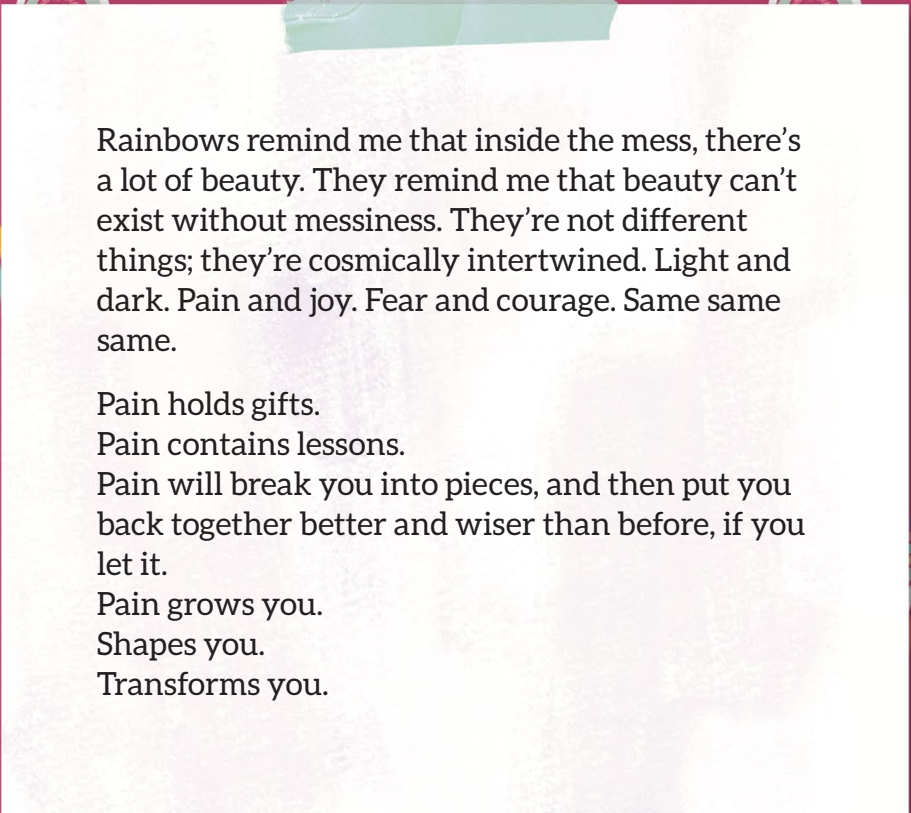

I am a tiger. I am resilient.

My grief was so all-encompassing in the immediate aftermath that I couldn't have contained it in my body even if I'd tried. The pain quickly started to teach me important lessons in my healing process. It was wild and uncontrollable. It was bigger than anything I'd ever felt before. And it showed me that if I just allowed it to flow through me—even though it hurt like hell—I would find myself on the other side of a wave, and then I would feel better. I just kept allowing the waves to flow and flow and flow. . . .





In the early days after Ryan's death, I created forty small rainbow paintings that I gave to family and close friends. I don't know why I felt called to paint rainbows, but it felt comforting and intuitively "right." Ryan's mom, my mother-in-law, also naturally resonated with rainbows during this time, and the serendipities between us were surprising, magical, and meaningful. Rainbows were a way to remember Ryan and to connect us all during this tremendously painful time. Painting them was soothing, and it was something that my mind and my hands could focus on. As I painted, the rainbows morphed for me and started to symbolize the profound gratitude I felt for the outpouring of love and support I was receiving. I learned that gratitude and grieving could exist within me simultaneously. Rainbows are now a significant and recurring symbol in my work.



Rainbows remind me that inside the mess, there's a lot of beauty. They remind me that beauty can't exist without messiness. They're not different things; they're cosmically intertwined. Light and dark. Pain and joy. Fear and courage. Same same same.

Pain holds gifts.


Pain contains lessons.

Pain will break you into pieces, and then put you back together better and wiser than before, if you let it.

Pain grows you.

Shapes you.

Transforms you.



When the pain comes—and it will, because no one gets through life unscathed—welcome it. Sit with it. Ask it what it's here to teach you. Let it move through you, even though you can barely stand it. *Especially* when you can barely stand it.

This book is a gift born out of my painful darkness. This book, quite simply, wouldn't exist without it.



On each page you'll find a poem, a wish, a prayer. A mantra of hope. An intention for your healing and growth. A reminder that each day the possibility exists to feel better, to get better, to be better—and to accept what is. A reminder that, even though you may not know this now, you *are* going to be okay.



Everyone needs a hand sometimes. My intentions for this book are that you see your true self reflected somewhere in its pages, and that it will help you move forward through your pain toward healing. I hope it will help you feel a little braver, a little brighter, and a little bit less alone.

There is no cure for being human, and sometimes that's a difficult pill to swallow. These are my wishes for you as you navigate the precarious terrain of life as a fragile, strong, imperfectly perfect human.

Love,



Jim



RADICAL ACCEPTANCE





PERMISSION

May you allow yourself to show up exactly as you are.

May you do things your own way, even if they are different.

May you give yourself space to change your mind.

*May you let yourself live in the in-between,
where it's okay not to know all the answers.*

May you welcome happiness inside your being.



KINDNESS

May you think kind thoughts.

May you use kind words.

May you do kind deeds.

May your heart be kind.

May your kindness radiate and ripple, inward and outward.

Inward and outward, inward and outward. . .



GRACE

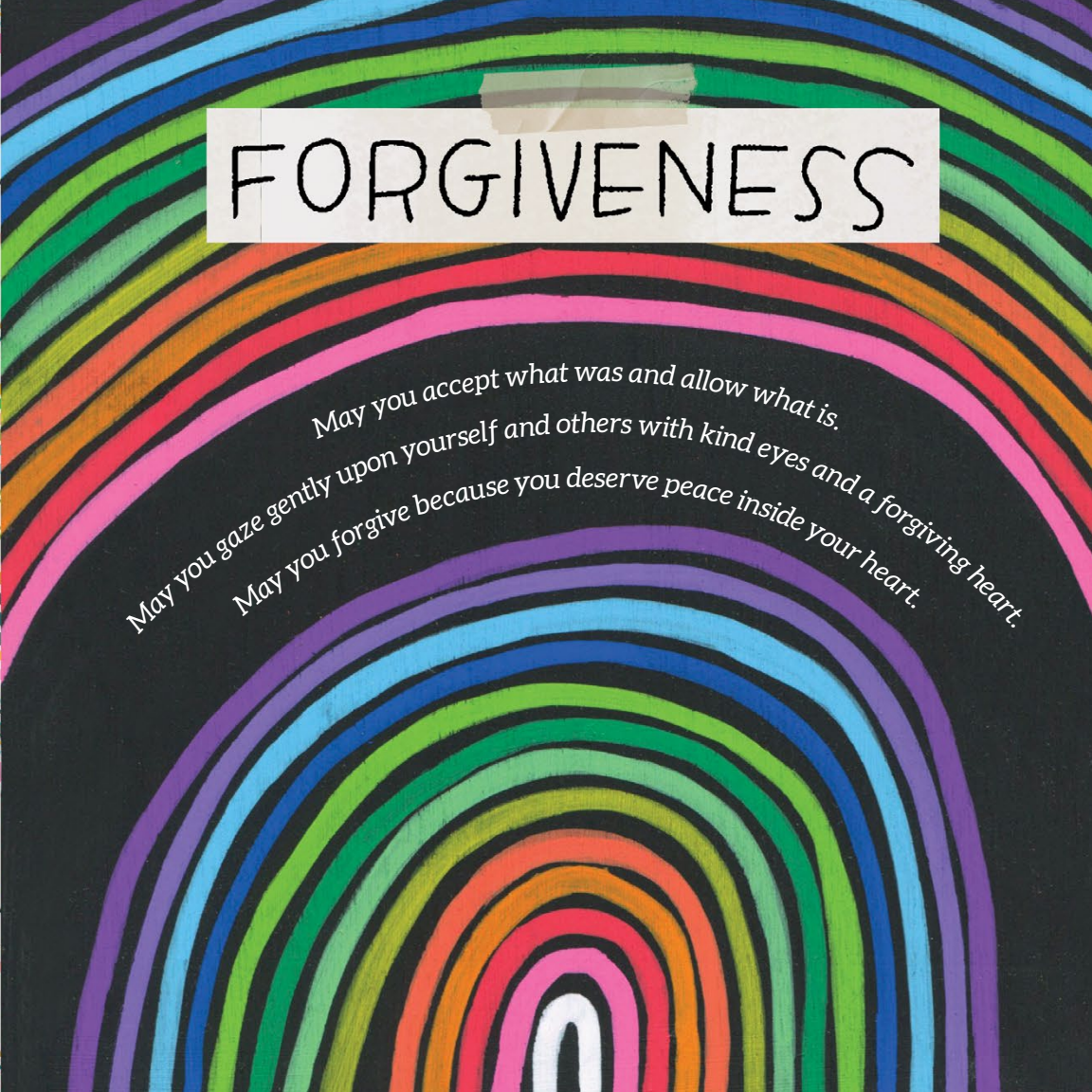
May you choose the high road.

May you be a good example.

*May your interactions
with others lift them up.*

*May your interactions
with yourself do the same.*

*May you offer love
and understanding
whenever possible.*



FORGIVENESS

May you accept what was and allow what is.

May you gaze gently upon yourself and others with kind eyes and a forgiving heart.

May you forgive because you deserve peace inside your heart.



STRENGTH



*May you unearth the strength to keep going
in the face of all that feels unbearable.*

*May you know the peace that comes with not
knowing what comes next but of also knowing that
you were made for this and that you will be okay.*

*May you believe that you have
what it takes to keep going.*

*You will be okay.
You will be okay.
You will be okay.*



SHEDDING LAYERS

*May you let go of the outdated beliefs
that are no longer true or needed.*

*May your outgrown skin fall away with
ease to reveal the newest version of yourself.*

*May you let go and let go and let go
until all that is left is the bright shining
diamond deep in your core: YOU.*

Beautiful and whole in the center of it all.



FREEDOM

May you be free to change your mind.

Change your course.

Change your life.

May your mind not hold you hostage.

*May you have the privilege of
making your own choices.*

*May you have everything
you need—and more.*



SELF-LOVE

