



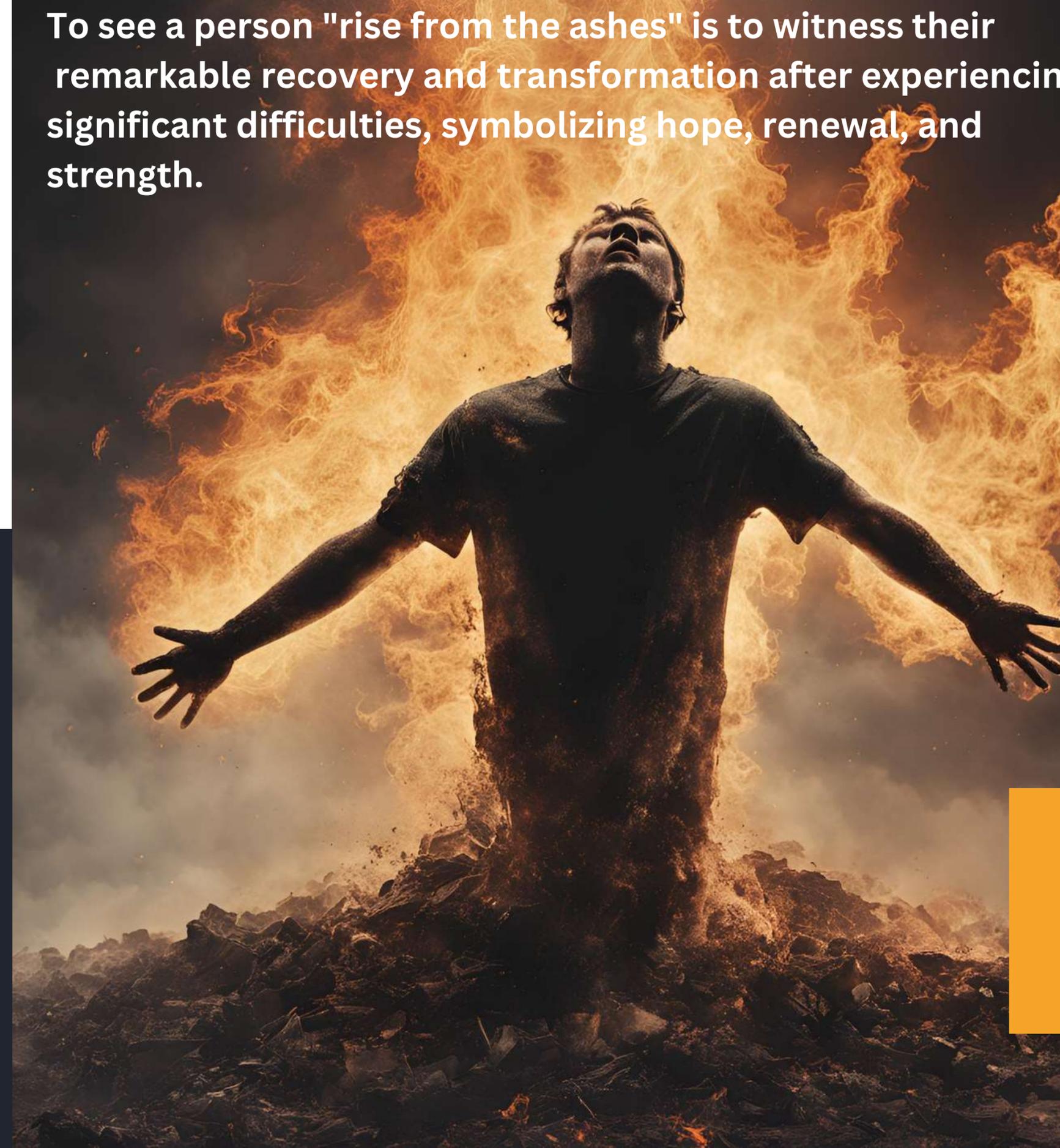
RISE & RESOLVE EMPOWERMENT SUMMIT

H O S T E D B Y D R . A L B E R T I N A C L A Y - D O W N I N G

WHAT DOES IT MEAN TO RISE?

To Move Upward
To Get Up
To Emerge or Appear
To Increase
To Elevate
To Surge
To Escalate
To Climb
To Lift
To Mount
To Boost

To see a person "rise from the ashes" is to witness their remarkable recovery and transformation after experiencing significant difficulties, symbolizing hope, renewal, and strength.





THE PHRASE "RISE FROM THE ASHES" IS A METAPHOR THAT ORIGINATES FROM THE MYTHOLOGICAL BIRD, THE PHOENIX. ACCORDING TO LEGEND, THE PHOENIX IS A BIRD THAT BURNS ITSELF INTO ASHES AT THE END OF ITS LIFE CYCLE AND THEN RISES ANEW, REBORN AND REJUVENATED.

01. MEANING OF "RISING FROM THE ASHES"

Overcoming Adversity: The person has overcome significant hardship, adversity, or failure.

Rebirth or Renewal: They have undergone a profound transformation, emerging stronger and better.

Resilience and Perseverance: It highlights the individual's resilience, courage, and ability to persevere through difficult times.

Success After Failure: The person has achieved success or recovery after significant struggle or defeat.

02. EXAMPLE IN CONTEXT

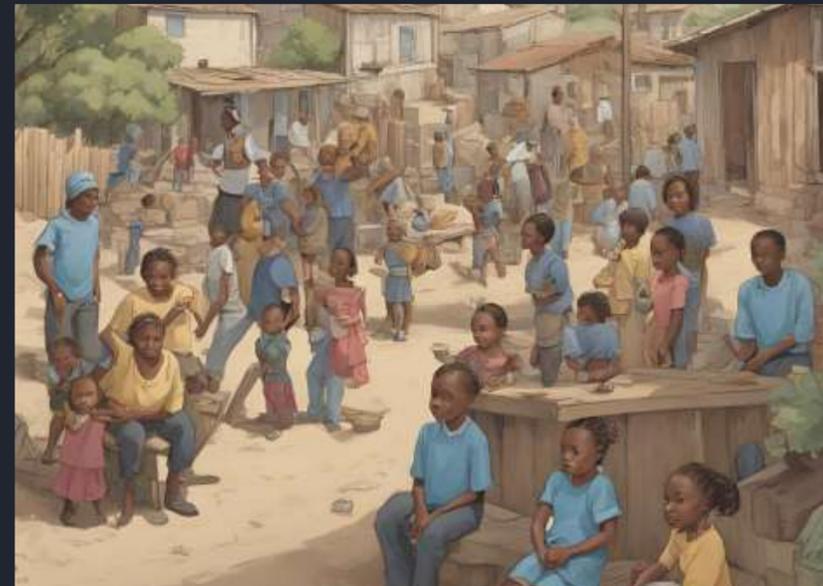
Personal Life: Someone who has recovered and thrived after a serious illness or personal loss.

Professional Life: An individual who has rebounded from a career setback or business failure

Historical/Political Context: A country or community that has recovered from devastation, such as war or natural disasters.

03. IN SUMMARY

To see a person "rise from the ashes" is to witness their remarkable recovery and transformation after experiencing significant difficulties, symbolizing hope, renewal, and strength.





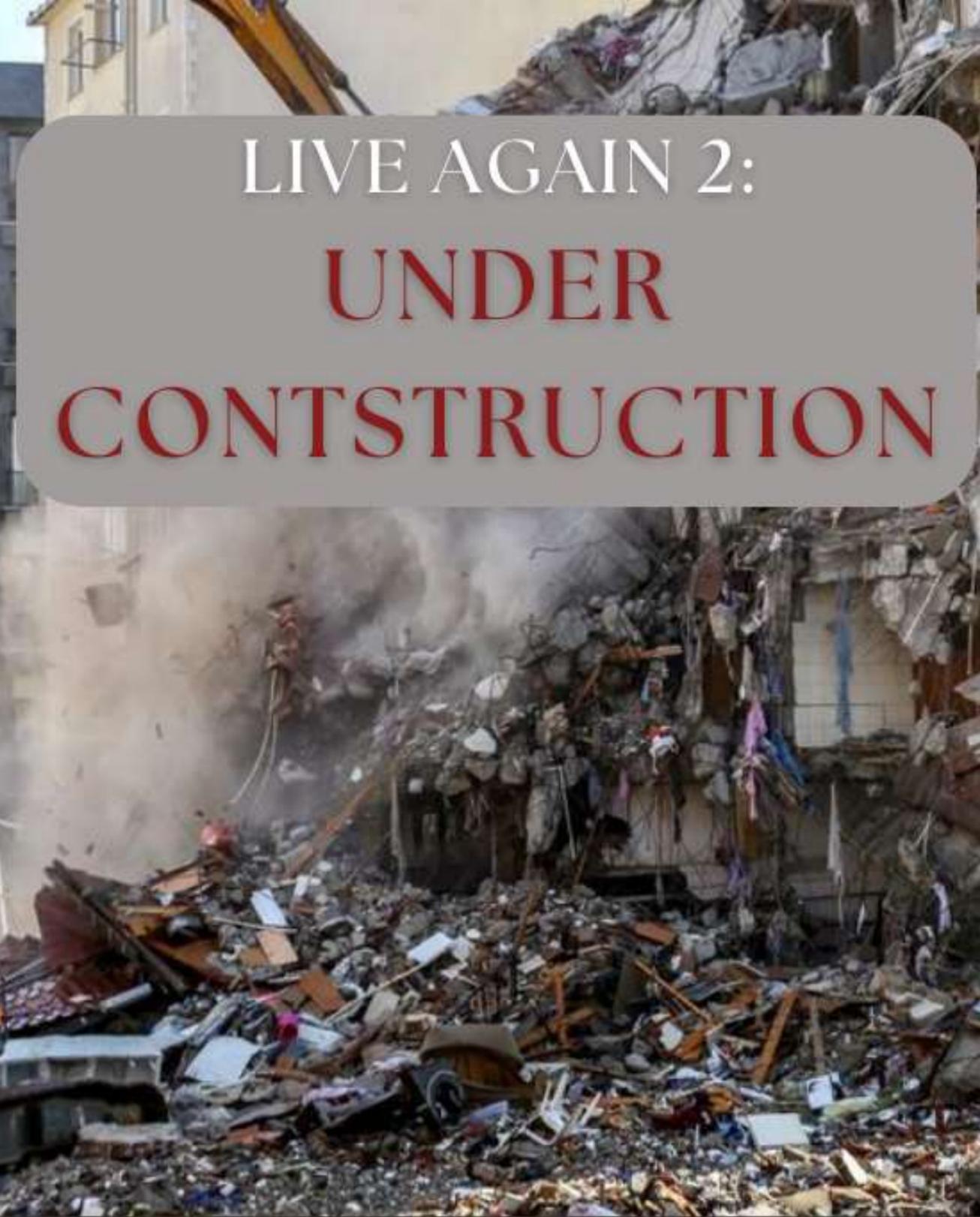
OUT OF THE FRYING PAN AND INTO THE FIRE

Visualizing the Idiom:

Imagine a fish trying to escape the sizzling hot oil of a frying pan. In its desperate leap to escape the heat, it lands directly in the open flames of a fire below, worsening its predicament. This vivid image captures the essence of the phrase: a transition from a difficult situation to an even more perilous one. In summary, "out of the frying pan and into the fire" describes a situation where an attempt to escape a problem leads to a worse scenario, underscoring the idea that sometimes solutions can bring about even greater challenges.



Have you ever been caught in a moment, when nothing you do helps the situation? No matter how hard you try everything remains the same and instead of it getting better, it becomes worse.



LIVE AGAIN 2:
**UNDER
CONSTRUCTION**

Chapter 5 of Live Again Under Construction, was named “Out of the Frying Pan and into the Fire because it discusses the difficult pains that Dr. Albertina went through when the pain went from bad to worse. From lack of balance to neurotic pain to a second seizure

WRITTEN BY
ALBERTINA CLAY-DOWNING



"To war and back again" encapsulates the full spectrum of experiences soldiers face—from the initial call to arms, through the harrowing combat experiences, to the complex and often difficult process of returning to civilian life.

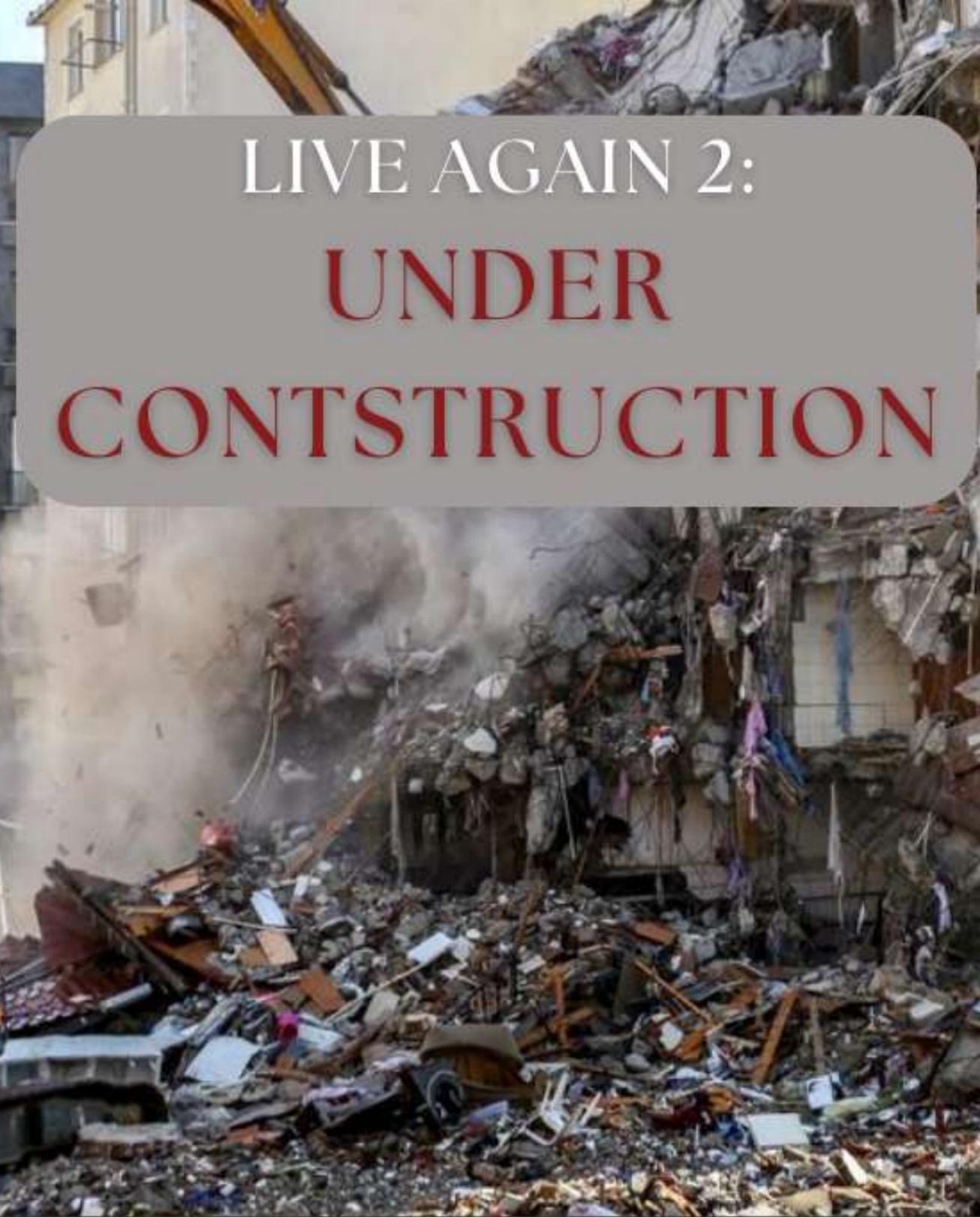


TO WAR AND BACK AGAIN



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Have you ever been relieved of a battle you just fought through? the kind of battle that robbed you of all of your strength, confused your mind and left you unable to care for yourself. The kind of battle that leaves to ask the question why am I still alive?



LIVE AGAIN 2:
**UNDER
CONSTRUCTION**

Chapter 6 of Live Again Under Construction, was named To War and Back Again because it discusses the difficult combat I went through in dealing with COVID 19, PNEUMONIA, & RELAPS

WRITTEN BY
ALBERTINA CLAY-DOWNING

To Rise above your pain and frustration means that you have concluded that no matter how doubtful the situation may be, to keep fighting is more rewarding than accepting. Yes we all go deal with certain things that are sometimes out of our control. but by believing that things will get better, is where our faith lies.

RISE LIKE A PHEONIX

Rising above your situation is essential for personal development, achieving goals, maintaining mental and emotional well-being, and inspiring others. It reflects the power of resilience and determination in transforming adversity into opportunities for growth and success.

To rise like a phoenix means to embody resilience, strength, and transformation. It involves facing destruction or failure head-on, learning from the experience, and emerging stronger and more powerful. This metaphor serves as a powerful reminder of the human capacity for renewal and the enduring hope that even after the darkest times, rebirth and triumph are possible.



WHAT DOES IT MEAN RESOLVE?

To come to a determination to the
act of finding a solution and making
a firm decision

To come to an understanding

To come to a conclusion

To come to an agreement

1. Decide
2. Determine
3. Solve
4. Settle
5. Address
6. Rectify
7. Conclude
8. Reconcile
9. Fix





WHAT KIND OF ISSUES DO WE DEAL WITH?



HIDDEN DEPRESSION



**-AN EMOTIONAL PAIN THAT IS
NOT OPENLY EXPRESSED**

HIDDEN DEPRESSION

In Chapter 3 of Broken Within, Hidden Depression is a term to describe the traumatic experiences we go through and how we have created a habit of covering up the pain and embarrassment we receive from those traumatic experiences



WHAT DO WE COVER UP THAT MAKES OUR DEPRESSION SO HIDDEN?

ANGER

GRIEF

WORRY

SADNESS

HEARTBREAK

ANNOYED

FRUSTRATION

ANXIETY



Concealing how you feel from those who want to know you better or get close to you, will not only damage their faith in you, it will destroy the faith that you need for yourself

DARK PLACES



**-A PERIOD IN YOUR LIFE
WHERE YOU STOP CARRYING**

DARK PLACES

In Chapter 4 of Broken Within, Dark Places is a state of mind we all travel to when things are no longer in our control. We stop carrying about everything and everyone.





If you allow yourself to remain in your dark place, you will miss out on the precious things in life. The world will go on while you remain stuck. And if you ever feel neglected, its only because you allowed those dark places to push those whom you love away

HIDDEN STRUGGLE



**-CHALLENGES WITHIN ONESELF THAT
BECOME TOO OVERWHELMING**

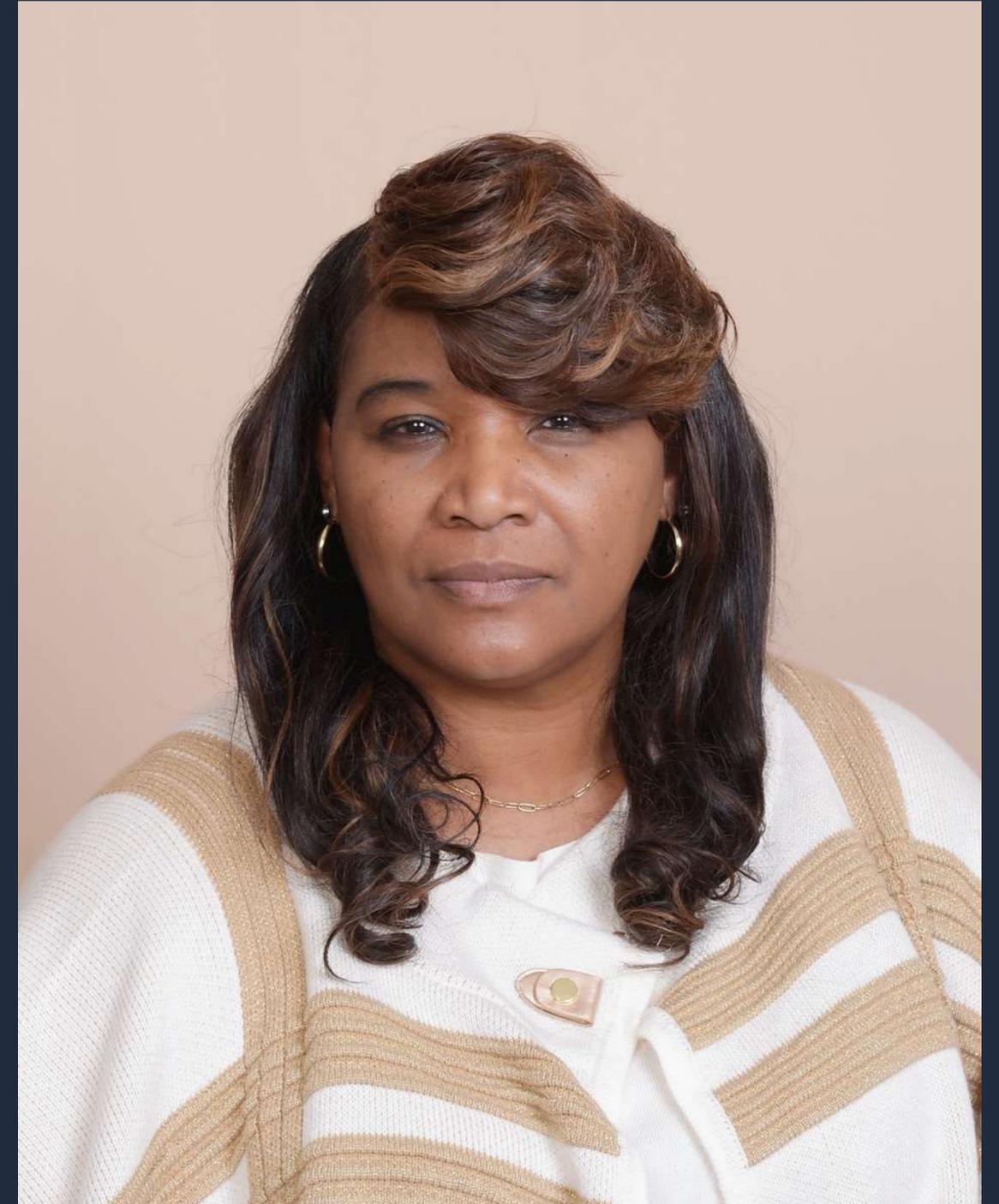
HIDDEN STRUGGLE

In Chapter 3 of Broken Within,
Hidden Struggles are issues.
Whether physical, mental,
emotional, financial, social, or
spiritual. By not finding
expressing what's going on, you
are delaying your break through



PERSONAL EXPERIENCE

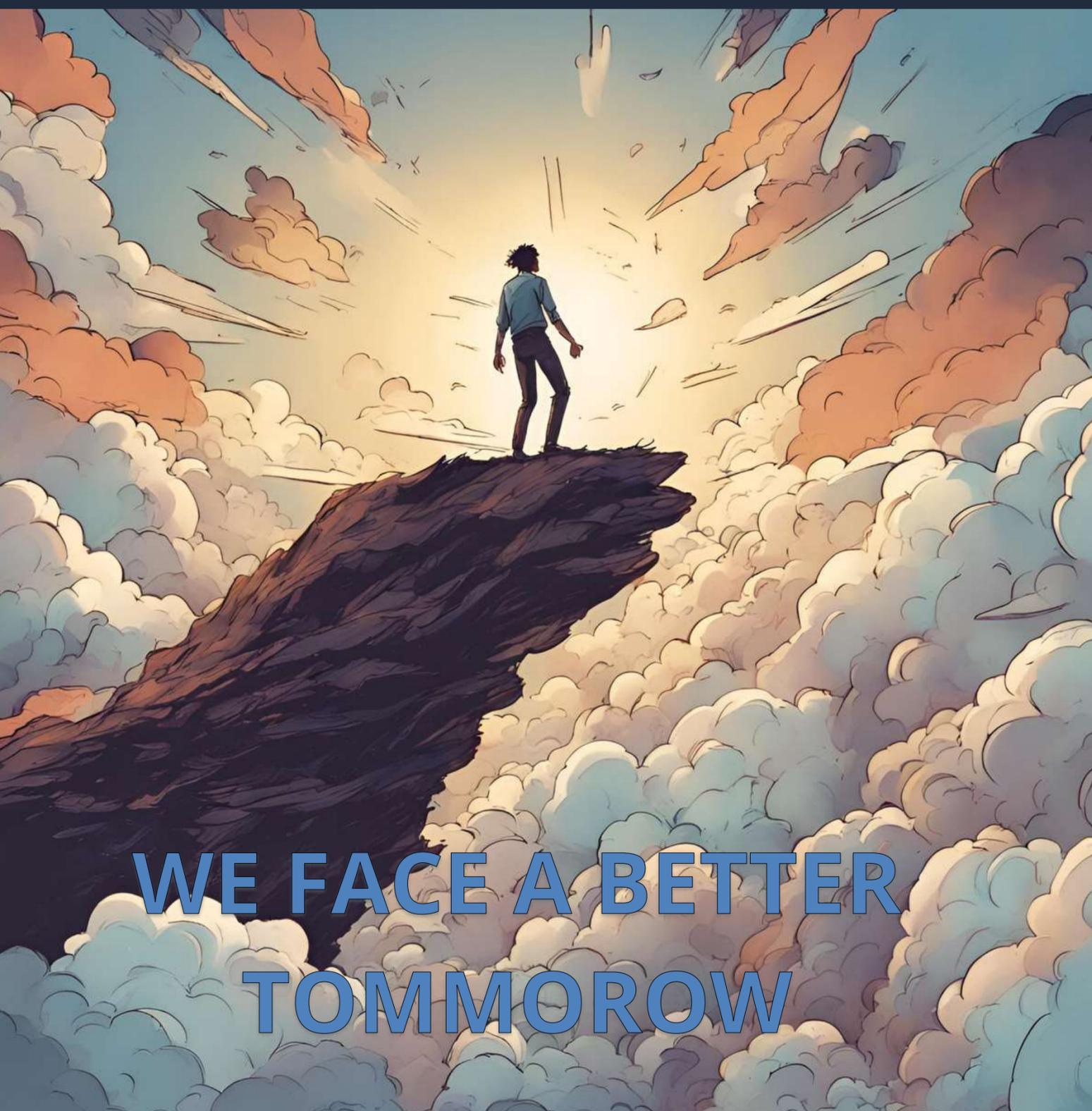
Whenever I am going through something, I tend to keep it to myself. I don't want to trouble anybody because I do not want them to stop living their lives on my account. There are days when I can handle my situation, and then there are days when I am unable to. I know that God gives me strength to carry on, and I thank him. But he also placed people in my life who would come to my aid without question. I thank God for my family and I thank him for his healing. I would not be here without Him or my family





These different issues we face on a day-to-day basis, have a way of triggering the side of us that we do not want to release, but when these issues repeat themselves in a different circumstance, we find ourselves in a hopeless state

**BY RISING ABOVE
OUR CIRCUMSTANCES**



**WE FACE A BETTER
TOMMOROW**

**BY RESOLVING OUR
DIFFICULTIES?**



**WE GET THE HELP THAT WE
NEED**



THANK YOU