

*There are days when the task before us seems completely overwhelming, and as individuals we feel so small and helpless.*

*Close your eyes and take a deep breath. Let it all out.  
Again, take a deep breath and slowly, s l o w l y let it out.*

*It may come as a surprise to you to know that at this very moment, you are being sent thoughts filled with SO much love and support. There are SO many people out there supporting you and sending you thoughts of loving kindness that you don't even know exist. People whose lives have been, or will be, touched by you, in so many beautiful ways.*

*Look inside. You have so much strength and courage already inside you. You are capable of FAR more than you have ever dreamed possible. All you have to do is look inside; KNOW it is there. Listen to your heart. It knows already the right path; as do you, dear soul. Take a deep breath and know that you ALREADY HAVE the strength and courage to follow that path.*

*Just know that even when the road seems darkest, you are NEVER alone. You have so many people walking beside you, cheering you on, supporting you and loving you, EXACTLY as you are.*

*We are here with you.  
Listen to your heart and stand tall in love  
and kindness.  
And know that you are NEVER alone.  
You are much loved.*