

You are not en route. You are already here.



this is a meditation. take a deep breath.

in. out.

ahhh...



**Let go
of your
fear**



**You
are
not a
target.**



**You
are not
afraid.**

you will dress warmly. you will layer. you will bring things: water bottles, crunchy snacks, spare towels and hats and pretty knitted blankets. you will bring books and crafts and coffee cups. things to heal, things to pass the time, things to capture this time, savor, save, salve...



**You are
thinking,
yes,
YES**

Ease into it. Use your options. You have the power.

Remember your identity: your identity is YOU.

You are not passing by the world, you are IN the world.

**The world is you. You are the world, you are the change,
and it is for you I pray too.**