

## Carry It With You

Write down the thought on a small piece of paper and hold it up. Look at it the way you might look at a precious and fragile page from an ancient manuscript.

These words are an echo of your history. Even if the thought is painful, ask yourself if you would be willing to honor that history by choosing to carry this piece of paper with you.

If you can get to “yes” put it carefully in your pocket or purse and let it come along for the ride. During the days you carry it, every so often pat your purse or pocket or where ever you keep it, as if to acknowledge that it is part of your journey, and it is welcome to come along.