

# Sustaining the Journey presents...



*As a tool to draw us out of the world's negative vortex, and to help sustain your journey through the week, Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“Patience is the path to opportunities. We gain patience through prayer and meditation. Within that vein, we never consider ourselves having failed.”

– Ellen J. Barrier

“Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.”

– Buddha

*Ellen J. Barrier is an author and editor for Barrier's Books & Associates. She is an experienced medical professional who has written several books and hundreds of articles.*