

# 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:*

“Be mindful 24 hours a day, not just during the one hour you may allot for formal meditation or reading scripture and reciting prayers. Each act must be carried out in mindfulness.”

– Thich Nhat Hanh

“Every time we ponder a thought, act on an impulse, or dwell on a desire, we are setting in motion a cause that will have a future effect. Mindfulness enables us to choose wisely.”

– Tamara Levitt

*Tamara Levitt is a Canadian author, mindfulness instructor, and voice-over artist most widely known as the narrator for the Calm app.*