

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:

“Let us reflect on what is truly of value in life, what gives meaning to our lives, and set our priorities on the basis of that.”

– Dalai Lama

“The life you have is a gift.
Cherish it.

Enjoy it now, to the fullest.
Do what matters, now.”

– Leo Babauta

Leo Babauta is described as a simplicity/minimalism blogger and author, marathon runner, vegan, and father of six children.