

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:

“Alone – in moments of prayer or meditation, or simply in stillness – we breathe more deeply, see more fully, hear more keenly. We notice more, and in the process, we return to what is sacred.”

– Katrina Kenison

“If you have time to breathe, you have time to meditate. You breathe when you walk. You breathe when you stand. You breathe when you lie down.”

– Ajahn Amaro

Katrina Kenison is the author of Mitten Strings for Good, Reflections for Mothers in a Hurry, The Gift of an Ordinary Day: A Mother's Memoir, and Magical Journey: An Apprenticeship in Contentment. She espouses the realization that a good life is made up not of peak moments, but of many small ones – imperfect, fleeting, ordinary, and precious.

Ajahn Amaro is a Buddhist monk and teacher, and abbot of the Amaravati Buddhist Monastery in Southeast England. The center is for both ordinary people and monastics, and its chief priorities are the practice and teaching of Buddhist ethics and techniques as an effective way of dissolving suffering.