

The Pathway of Encouragement

“How did the rose ever open its heart and give this world all its beauty?
It felt the encouragement of light against its being,
otherwise we all remain too frightened.” (Hafiz)

As we step onto the Pathway of Encouragement, we open to the light that will dissolve our fear and allow us to shine the truth of this moment, giving our unique beauty to the world. Without that encouragement, we might remain closed or too anxious to reveal ourselves fully. Every day presents us with a risk. The world may judge us, misunderstand us, or be too cynical to take us seriously. It takes courage to boldly step forward each day on our path to wholeness.

Encouragement nurtures our faith, resilience, and confidence. With encouragement we find calm, receive support and remember our ultimate safety. With encouragement we feel embraced, known in our true vastness, and sent to fulfill our soul's purpose.

And then, on the Path of Encouragement, we can turn towards others as we lift up, support and inspire them on their amazing journeys. We all need encouragement.

The Psalms deliver treasure after treasure of encouraging words that have inspired and sustained our ancestors through dreadful and harrowing times of trauma, oppression and degradation. We can turn to those same treasures and plant those encouraging words within us to light the way and open our hearts that we might give the world our beauty.