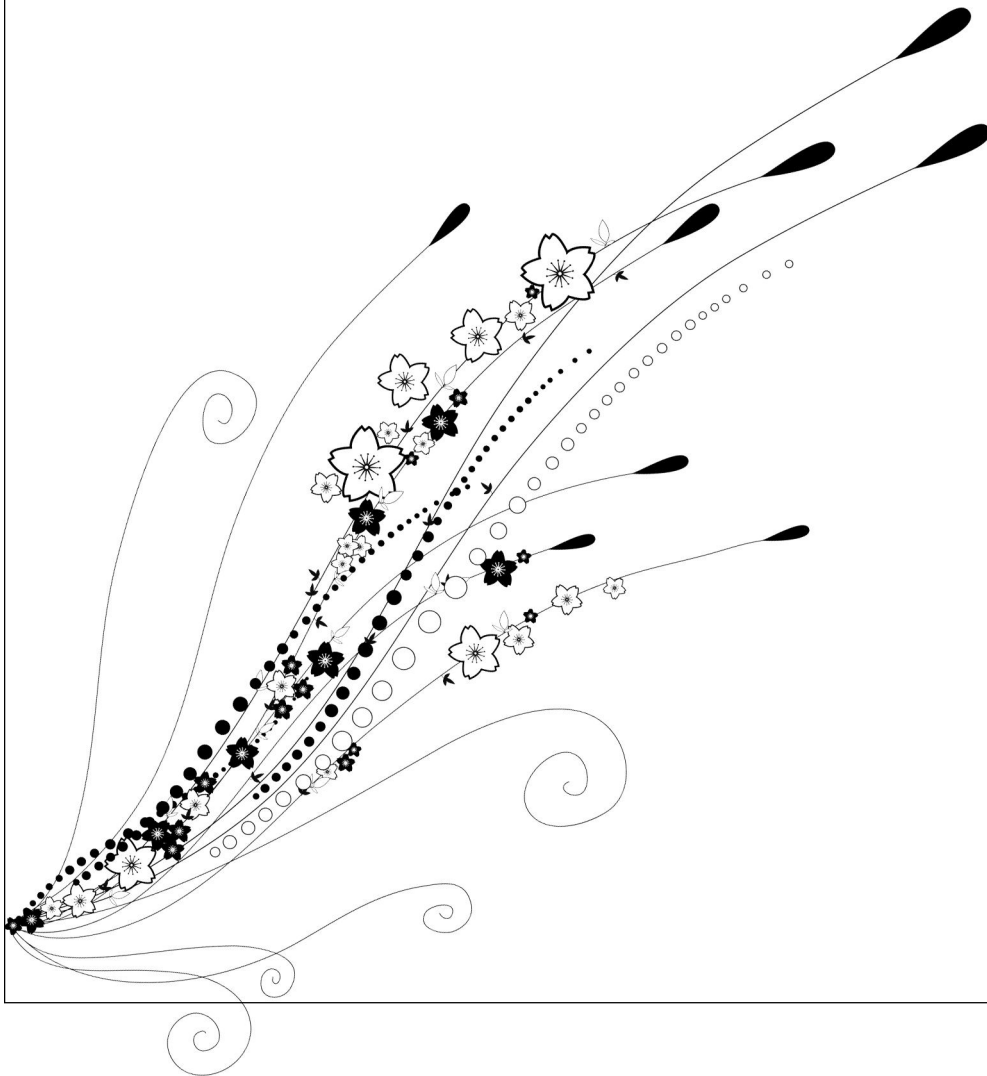


The Beautiful Journey of a Closet Mystic

A Workbook for the Curious and Hopeful



I am not bound to win, but I am bound to be true.
I am not bound to succeed, but I am bound
to live up to what light I have.

~ Abraham Lincoln

Life offers challenges:

- 1.) There are no quick fixes.
- 2.) From painful experiences, we learn and grow.

We work with the challenges:

- 1.) Hard work *can* be fun if we can manage to shift our internal dialogue.
- 2.) Pain is a sign that something is wrong. It is a warning and should be heeded.

Every moment – every second – offers the chance to try again.

Life also offers us sunshine on the water, wind in the trees, waves on the beach, and our children's laughter ringing in the next room. Life offers song, kindness, friends and love.

However, the problem is, in the darkest hours, it's hard to see or remember the beauty.

A dark hour – maybe not the darkest hour, but certainly not a happy place – is where we begin. How does one crawl out of a hole where the only glimmer of light comes from one's small, beating heart?

How does one feel happy again?

A journey of a thousand miles begins with a single step.
~ Confucius

I believe you are worthy of love and deserving of kindness.
I believe you are capable and more powerful than you know.
I believe you can find a way through.
I believe there is no shame in saying enough is enough.
I believe you have done your very best.
I believe it's your turn to be loved.
I believe your talents are rich and wide and will not be wasted.
I believe that everything you need will come to you at the exact right moment.
I believe you can be brave.
I believe you can be bold.
I believe every kindness you have extended will return to you a hundredfold.
I believe this dark, dry season will give way to a magnificent spring.
I believe you can ask for what you need.
I believe you can say no.
I believe all will be well with your soul.
I believe this is not the end of your story.
I believe the doors will open.
I believe the best is yet to come.
I believe in the beauty and power of your gracious, loving heart.

I believe in you.

~ Jen Lemen

Words. Read words. Write words. Post words on the wall.

Words are power. Words are **medicine**. Words are hope.

We begin with words.