

5/30/16

## Hope

Think about what is important at every moment of your life. What is important is each breath that you take. Each breath becomes an essence of hope or the existence of hope. It is taking all that we know and realize and making it into your hope. Making it into the hope that life will improve. Hope that things will make sense and not remain as confused as they are. Hope that each person will be shown the right path. Hope that kindness will guide the many, rather than cruelty. Hope that each breath we take will allow a newness of a thought or a new perception of how others view the world. Hope in how others view their own world. Hope that each person touched will be touched in the most genuine of ways. So genuine that all goodness will flow from all. Hope that messages of love will be sent to all. Sent to all in little ways that will help to lift them up. Lift them up and give them the support to allow hope to remain within each breath. Hope needs to be the light that all breath in. Hope becomes the guiding light for all. Without hope, there is no breath, no existence, no us. We all need hope. Allow hope to guide each of your thoughts. Allow hope to be you. Allow hope to be what you represent. With each breath you take, become hope.

Janice Paul, MA