



## Sustaining Stories to Celebrate and Release

Throughout your life, you have helped others and perhaps the whole of life, in ways you couldn't see. Perhaps you helped a stranger in a moment of great need. Or changed someone's life with an uplifting word.

Every season, I suggest you celebrate the goodness of your whole life, including all the unseen good you create each day.

The following blessing is one I share at many times. I call it the Sustaining Story blessing.

*Honor your life story  
No matter what it has been,  
Because your story has sustained you up to this day.*

***And who knows what untold good you may have done!***

*Or what kindness, compassion and beauty  
you can still create,  
And share generously with the world,  
Before your story is ended.*

We are going to work with this blessing a step further by celebrating and releasing stories.

