



MARY LOVERDE'S

LESSONS I LEARNED ALONG THE WAY

Life is a continuous coming together and a falling apart.
When we stop railing at this inevitable cycle, we find peace - with what is.

Trust that whatever you need, whenever you need it,
for as long as you need it will always be at hand.

What we *actually* need might look quite different
from what we originally had in mind.

If we can thrive in the tension of not knowing,
it makes for a very juicy way of life.

People want to help. Let them. It's good for everyone.

Leave some space for magical moments so they can land right in our laps.

There is no substitute for stilling the mind and moving the body.
Today and every day.

We are never alone. *Ever*. Because deeply we are one.

Love, in all its forms, really *is* the answer.
And we are worthy of it. Just the way we are. Just because we are.

And, though we often try to convince ourselves otherwise,
it's never too late to take another chance on love.

Every day begins with an invitation.
We awaken to a life force beckoning us to take our next step forward.

SO WHAT'S BECKONING YOU? I HOPE YOU'LL ACCEPT THE INVITATION.

