

# Worries

Put down the bag of worries that you are carrying forward with you into this new day.

And set down the sack of regrets that you've been dragging along behind you for as long as you can remember.

It is all so heavy.

And carrying it so far for so long is crushing you.

The worries are a future that may not happen and the regrets are a past that is gone.

And you are not there.

You are here, in the present.

Don't be pulled so far backwards or forwards that you forget to live here.

Don't be kept so paralysed by fear of the future and pieces of the past that you avoid the now.

So even if it's only for a short while,  
even if it's only for a moment.

Put it down.

Put it all down.

