

THE MANIFESTO OF ENCOURAGEMENT

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RIGHT NOW: There are Tibetan Buddhist monks in a temple in the Himalayas endlessly reciting mantras for the cessation of your suffering and for the flourishing of your happiness. Someone you haven't met yet is already dreaming of adoring you. Someone is writing a book that you will read in the next two years that will change how you look at life. — Nuns in the Alps are in endless vigil, praying for the Holy Spirit to alight the hearts of all of God's children. A farmer is looking at his organic crops and whispering, "nourish them." — Someone wants to kiss you, to hold you, to make tea for you. Someone is willing to lend you money, wants to know what your favourite food is, and treat you to a movie. Someone in your orbit has something immensely valuable to give you—for free. Something is being invented this year that will change how your generation lives, communicates, heals and passes on. The next great song is being rehearsed. Thousands of people are doing yoga right now intentionally sending light out from their heart chakras and wrapping it around the earth. Millions of children are assuming that everything is amazing and will always be that way.

SOMEONE IS IN PROFOUND PAIN and a few months from now, they'll be thriving like never before. **THEY JUST CAN'T SEE IT FROM WHERE THEY'RE AT.** **SOMEONE WHO IS CRAVING TO BE PARTNERED,** to be acknowledged, to ARRIVE, will get precisely what they want—and even more. **AND BECAUSE THAT GIFT WILL BE SO FANTASTICAL** in its reach and sweetness, it will quite magically alter their memory of angsty **LONGING AND RENDER IT ALL "SO WORTH THE WAIT."** **SOMEONE HAS RECENTLY CRACKED OPEN THEIR JOYOUS, GENUINE NATURE** because they did the hard work of hauling years of oppression off of their psyche— **THIS LUMINOUS JUJU IS FLOATING IN THE ETHER,** **AND IS ACCESSIBLE TO EVERYONE.**

Someone, just this second, wished for world peace, in earnest. Someone is fighting the fight so that you don't have to. Some civil servant is making sure that you get your mail, and your garbage is picked up, that the trains are running on time, and that you are generally safe. Someone is dedicating their days to protecting your civil liberties and clean drinking water. Someone is regaining their sanity. Someone is coming back from the dead. Someone is genuinely forgiving the seemingly unforgivable. Someone is curing the incurable. **YOU. ME. SOME. ONE. NOW.**

