**A Message from Bradford**

Try this with me…

Imagine you’re in a rose garden. Stop. Smell the flowers.

What’s better than this moment right now?  
  
We all hurry. I can’t do one thing without thinking about the next ten. You know what this usually amounts to? Glossing over the good (and there’s a lot of good), and racing into problem-solving mode…which…by the way…doesn’t always feel particularly good.  
  
It’s so easy to get caught up in this cycle and miss all kinds of beauty. My mind wants to plan out the next ten years, but it often fails to factor in the inevitability of surprises. We don’t know what the future holds, and no matter how well we plan and prepare, there will be curve balls. There will be moments spent stuck in traffic, there will be contrasting experience. Maybe instead of fighting them when they come, we go with the flow. “Well, this sucks.” After all, the book says something about journeys whose ends we cannot yet see.  
  
If things really suck right now, then this probably isn’t the end.  
  
There will be moments where things unexpectedly go our way, too, and we must allow ourselves to savor those moments. Call back upon them often, and remind yourself that “my God can do anything.”  
  
My friends…we’re alive. We are human BE-ings, not human DO-ings. Savor the now. Breathe in the now, the same breath that unites all living things. After all, what do you suppose the Great “I AM” means?  
  
Be okay with slow. Be okay with two steps back, and be okay with feeling angry/disheartened.  
  
Be the you you want to be.  
  
If I could go back to previous versions of myself…versions that didn’t think my current life was possible…I would tell myself—“everything’s gonna be okay.”  
  
My friends, we can’t always see it, but everything’s gonna be okay.  
  
Breeeeeeeathe. Stop, and smell the roses.  
  
Peace,  
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