

E008 Harvesting Hope — Letter Before You Leave

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Episode: Harvesting Hope
From: The Brewmaster’s desk

The Letter

I built ZENYA to help people find balance. Then I stopped using it.

I recorded episodes about hope. Then I forgot to harvest my own.

I taught worry just in time. Then I borrowed next month’s problems.

I’m telling you this because I don’t want you to think I have this figured out. I don’t. I’m practicing, same as you. Some days I remember. Some days I forget. Some days the harvest is abundant. Some days I have to search.

But I keep coming back. That’s the whole thing. Not perfection. Return.

If you’ve drifted from something that once helped you, today is a beautiful day to go back. The seeds didn’t die while you were away. They were just waiting.

Keep harvesting.

Keep brewing.

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