

E003 Finding Your Anchor — Letter Before You Leave



A Letter Before You Leave

From the Brewmaster's Desk

Episode: E003 — Finding Your Anchor

Dear friend,

Before you leave today, I want you to carry one thing with you.

You already have anchors. You may not have named them yet. You may not have noticed them working. But somewhere in your life, something has been quietly holding you steady through seasons that could have swept you away.

Maybe it was a person who showed up.

Maybe it was a practice you returned to.

Maybe it was a phrase that kept repeating in your mind.

Maybe it was the ocean. Or a prayer. Or a ring you twist on your finger when the world feels too heavy.

Today, notice it.

Name it.

Thank it.

And if you're in a season where you can't find your anchor yet, that's okay too. Sometimes the anchor finds you while you're looking for something else entirely. That's how Old Man Winter found me.

I didn't go searching for a mentor. I went searching for accreditation. And the universe quietly handed me a lifelong relationship instead.

You never know which door is really opening when you choose the courage to knock.

So keep knocking. Keep looking. Keep asking, "How do I reach peace in this?"

The anchor is closer than you think.

Keep brewing.

With warmth,

The Brewmaster 🍷

Print this letter. Keep it somewhere you'll find it on the hard days. It was written for the version of you who needs reminding.

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