

E011 The Weight We Choose to Carry — Letter Before You Leave

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Episode: E011 — The Weight We Choose to Carry

Hey, love.

I know this was a hard one to listen to. It was a hard one to say.

But here's what I need you to hear before you go: I told you my worst thing. The thing that followed me for twenty years. The thing I whispered to my own reflection when nobody was watching. And I'm still here. Still good. Still growing. Still someone worthy of warmth.

So are you.

Whatever you're carrying tonight, whatever mistake has convinced you it gets to be the title of your whole story, I want you to know: you're allowed to set it down. Not because it didn't happen. Not because it didn't matter. But because you've already paid. You've already learned. And the only person still standing in the courtroom...

is you.

Lay it down, friend. You've earned that.

Keep brewing.

— The Brewmaster

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