

## **NEVER FORGET**

Never forget ... that a small group of dedicated people can change the world - and indeed is the only thing which ever has.

Never forget ... that you, all of you, can heal people, all of the time that you are with them, and at any moment and anywhere, just by being loving and caring.

Never forget ... that small steps one after another go to make a journey and that it starts as soon as you do.

Never forget ... that the world is changing – always and in many ways – and all you have to do is open your eyes, decide which direction you like, and go with it.

Never forget ... that you have power, integrity, dedication, passion, love and creative magic at your instant disposal. Please use them.

Never forget ... that there are others out there with similar and exciting views and by speaking up and sharing yours, you will find them, or they will find you.

Never forget ... your dreams; - they are what makes your heart sing: it's a unique song.

Never forget ... that you help to create reality with your actions, your thoughts, and your language – and that this really matters to others.

Never forget ... that there are hungry, tired, frightened, wounded and sick people out there, all the time, who are desperate for a smile or a friendly hand – even just for a moment. What a gift you have!

Never forget ... who you are, and that you are unique, potent and exquisitely beautiful ... whenever you are living your dream, feeling your passion, being your love, and showing your joy.

Never forget .....

Courtenay Young  
Findhorn, May 94