

What Are You Ready to Set Down?

Not everything has to be carried until it is fully resolved.

Some things can be set down because you are tired.

Because the lesson has already been learned.

Because the burden belongs to another person.

Because continuing to hold it is no longer changing anything.

You may worry that setting something down means you did not care enough.

But perhaps caring has already cost what it needed to cost.

Perhaps the next honest act is release.



You do not have to throw the burden away forever.

You can place it beside you.

Notice what your hands feel like without it.

Notice whether your breath changes.

Some burdens will ask to be picked up again.

Others may remain exactly where you left them.

So today, ask:

“What can I stop carrying for this moment?”

Not forever.

Not dramatically.

Just long enough to remember that your hands were made for more than holding weight.





Something to Sit With

What am I continuing to carry because I have forgotten that setting it down is an option?

