



ON THIS JOURNEY

By Timothy S. Klugh

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In this world that is already cruel and difficult to deal with, please make sure that you fill others' cups with strong support, assurance and compliments. Keep sarcasm light and in the tone of humor, and even then use it very sparingly. Many people already have enough negative things to take in, and too much sarcasm simply tears them down further. People are often already fighting ghosts from previous bad times, and current times are stressful enough. Apply this policy to everyone, but especially to those closest to you. When the soul becomes weak, it is those closest to you that can keep you from sinking into despair. Make sure they know you are always there to help them on this journey.