# Bow Knot - BRICK 2.mp4

**Lindsey:** [00:00:03] You ready to order?

**Customer:** [00:00:03] I guess so. That's new.

**Lindsey:** [00:00:06] Oh yeah, it is.

**Customer:** [00:00:08] I haven't.

**Lindsey:** [00:00:11] I went on a trip in September. So this is a section of the river we did.

**Lars (TNT Guide):** [00:00:17] What we had up there. It is a goat path and we're going to end up right on top. I see the fear. I see the fear in your eyes. You got this?

**TNT Hiker:** [00:00:29] You can on the right [00:00:30] here. Good, good, good. Perfect. Perfect. You can grab the other foot right up on top. I got you. I got you right there. That's okay. It's okay.

**Lindsey:** [00:00:55] Holy shit, guys.

**Roy:** [00:00:58] Nice work.

**Lindsey:** [00:01:01] This [00:01:00] spot right here. That's Bow Knot Bend. So we hiked up there one morning. It was a pretty special moment.

**Customer:** [00:01:09] Looks good on you.

**Lindsey:** [00:01:12] That was huge for me. Absolutely huge. That double feeling of feeling so small yet so big like a tiny tiny ant compared to what we're we're surrounded by.

**Customer:** [00:01:41] So. [00:01:30] What happened up there anyhow? Saw something or?

**Lindsey:** [00:01:58] Being at the top of that place, [00:02:00] I realized I was bottling up a lot of resentment. Resentment towards. My ex and what he did to me during that time. I was in the bathtub and I would be surrounded by the mirrors. So I had to face the way that my body looked. And also [00:02:30] resentment towards God. I never dated for years. I did not talk to another man.

**Lindsey:** [00:02:50] Oh, yeah, he's dead.

**Lindsey:** [00:03:00] I [00:03:00] don't give a shit what guys think about my body, but I mean, at the time, like, that's the one thing you're thinking about.

**Lindsey's Dad:** [00:03:10] Thank you, Lord. Thank you, Lord.

**Lindsey:** [00:03:17] At that moment, I made a choice in my heart to let it all go.

**TNT Guide:** [00:03:24] The time will come when with elation you will greet yourself, arriving at your own door, [00:03:30] in your own mirror and say, Sit here, eat. You will love again the stranger who was yourself.

**TNT Guide:** [00:03:37] Give wine.

**Lindsey's Dad:** [00:03:38] Give wine.

**TNT Guide:** [00:03:39] Give bread.

**Lindsey's Dad:** [00:03:39] Give bread.

**TNT Guide:** [00:03:40] Give back to itself.

**Lindsey's Dad:** [00:03:41] Your heart to the stranger. Stranger who's loved you all your life.

**TNT Guide:** [00:03:46] The mere ignored for another who knows you by heart. Take down a love letter.

**Lindsey's Dad:** [00:03:51] Down the love letters from the books, photographs, photographs.

**TNT Guide:** [00:03:55] Desperate note.

**TNT Guide:** [00:03:56] Peel your own image from the mirror. Sit. Feast [00:04:00] on your life.

**Lindsey's Dad:** [00:04:04] The time will come when you were great yourself, arriving at your own door, in your own mirror. And each will smile at the other's welcome. You will love again the stranger who was yourself. Give back your heart to itself. To the stranger who knows you by heart.

**Lindsey:** [00:04:27] I can't even put into words.

**Roy:** [00:04:32] You [00:04:30] don't have to.

**Lindsey:** [00:04:46] I think it's the best word to describe it as being free. It's like one of the first times I can forget about the word cancer and just be here.

**Roy:** [00:05:00] Yeah. [00:05:00]