



Spread your wings and fly

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*We are all on the same path, all of us
wanting the same things: love, joy, and
acknowledgement.*

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*We cannot experience great joy if we do
not know the contrast of great sorrow.*

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HOPE;
*sees the invisible,
feels the intangible
and
achieves the impossible.*

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No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.
- Buddha



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*Consider what you can do today to
add a little more joy to your life.*

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If nothing ever changed,
there would be no butterflies.

Unknown

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NOTHING CAN BRING YOU
PEACE BUT YOURSELF

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- Ralph Waldo Emerson

“
WHY FIT IN
WHEN YOU
WERE BORN TO
STAND OUT ?

”

Dr Seuss

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“
FEW PEOPLE ARE
MIND READERS.
LET THEM KNOW
THEY MATTER.

”

Dr. Chris Peterson

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YOUR MISSION

To be so busy loving
your life that you have
no time for hate,
regret, worry, fret or
fear.

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No beauty shines brighter than
that of a good heart.

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