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EMPOWERMENT



Pause, Breathe and Create
Friday at 2 PM Pacific

**January 7th 2022: Plant Your Thought Garden
with Intention and Joy Filled Presence**

"Don't judge each day by the harvest you reap but by the seeds that you plant." - Robert Louis Stevenson How is your thought garden growing? As you move through each of your daily moments, you are planting thought seeds in your garden. Once they are planted, they grow into your reality whether they are beautiful blooming flora or tangled thorny vines. It might seem that each of your daily moment thought seeds are a small thing but, in reality they are sprouting all around you. They gather together with other thought seeds already existing in your garden and determine your actions, your habits

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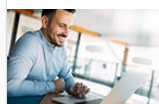
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