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Mighty Gems – Essence of Authentic Presence

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January 23rd 2015: Mighty Gems: Sparkling Opportunities of Transitions

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. Maya Angelou Are you swinging on a see-saw of changes or teeter tottering on transitions in your life? Living a hectic existence, it can be easy to rush around, see-sawing back and forth with changes, in and out of transitions toward something shiny and new. Situations change. Life's events cycle around and through us - each with a beginning and an end. If we compare this to nature's changing seasons, we can expand our perceptions and reorient our focus to fully embrace the ch

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