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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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