

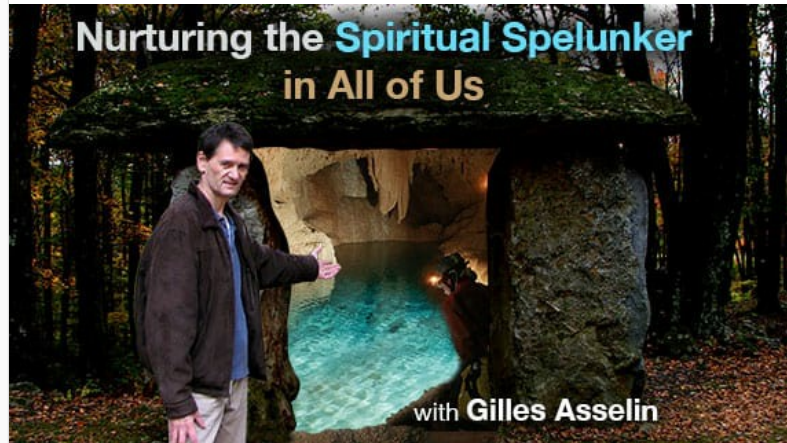
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## Nurturing the Spiritual Spelunker in All of Us Archives Available

March 17th 2016: **Change Starts With Us** 'nothing new but good topic to revisit'

The idea of revisiting the theme of change in our lives came from the movie we watched yesterday at the Pacific Science Center: Zootopia. "Change starts with us" were the words of ZPD officer Judy Hopps as she addressed the graduating promotion of police officers, which included her partner in goodchief, Nick the Fox. We know change is a constant in our lives. It is present every day of our lives and it signifies growth. Here is what Eliza Ayres had to say in her latest blogpost, which beautifully dovetails with the ideas I had. "The "team" who is still resisting change and stu

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