

RELOCATING MINDFULLY



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SEED THE CHANGE

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Seed of Intention

There are so many unknowns. You have so much ahead of you. Don't let all the questions pull you toward fear and worry. You have nothing to fear for you have the power to turn your mind toward the positive, toward hope, toward opportunity. Leave the fear and move not only your furniture, but your thoughts too.



Say to yourself: I am in control of my thoughts and I choose hope.