

The *soul* always  
know what to do  
to heal itself.

The challenge is to  
silence the *mind*.

Find **YOUR**  
**INNER PEACE**  
and heal  
**YOUR SOUL.**

**Wisdom**  
is nothing more  
than **healed**  
**Pain.**

**Healing**  
is a process,  
**Forgiveness**  
is the beginning.

Sometimes the  
**little things**  
in life are  
**more than**  
**enough.**

**Give**  
**YOURSELF**  
the time  
to heal.

You were given  
this life because  
you are  
**STRONG enough**  
to live it.

The **emotion**  
that can **BREAK**  
**YOUR HEART**  
is sometimes  
the very one that  
**HEALS** it.

Nicholas Sparks

Even the **MOON**  
passes through  
**PHASES** to  
return to **FULL.**

Healing takes time.

Sonia