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“Let the things that enter your life wake you up!”

---Pema Chodron---
We all start somewhere...
First steps into the speech therapy world...
Walking through darkness can be messy...
Finding light in the gaps of who I am at the core, finding me (values)
Appreciating everything...the good, the challenges, the support, and the criticism...
Namaste: may the light within you be reflected by the light within me...