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Twists And Turns.

As I sit here in the mountains, the scenes I see remind me that there are many twists and turns in life. No matter where we travel or what we face, things change. Sometimes the changes make no sense and other times they connect us from one moment to the next.

What we may see in this moment is something coming to an end, but in all reality, it is allowing the new growth to appear.

When life's twists and turns show up, just know that even if you cannot see where they go, they are taking you to something new and different. They are taking you into the possibility that cannot be seen in this moment.

A new perspective is sometimes needed to see what you cannot see.

- [#MindBodyThoughts](#)



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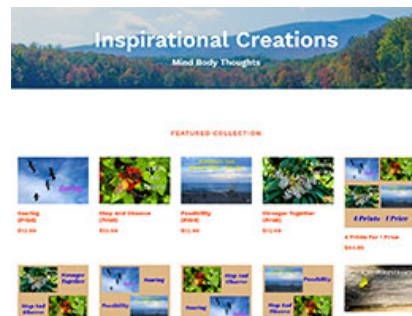
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