



Whole Healthy Group LLC

ROCK GODS & **Messy Monsters**

Key Messages

- We create our reality, and only we can change our circumstances.
- The search for self requires courage and a commitment to self-love.
- Material and outward success doesn't bring happiness. Joy comes from within.
- The conflict between our hopes and the reality in front of us can lead to denial. Only we can open our own eyes.
- Working harder is not the answer; searching within is.

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