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Life Cycles

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8.5" x 11.0" (21.59 x 27.94 cm)
Black & White on White paper
62 pages

ISBN-13: 9781542486606
ISBN-10: 1542486602

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What is the definition of Life? Is life about happiness and peace within ones spirit and soul, or is life about achieving our dreams and goals to live a life that is intended for us. Living a life with all the richness and blessings that were giving to us to enjoy while we are here on earth. Being one with the Universe,the stars , moon , sun and the planets, the fishes of the seas, the birds that fly in the air, living in peace and harmony as we travel on life roads. Yet we cannot seem to find the peace, happiness and joy that we need to feel whole and complete. Obstacles and roadblocks come along in our path to lead us astray from the paths that are intended for us travel. People places and things has a way of finding their way in our life to take us off course, which at time we are not aware of those things that shown up in our life, especially when we lose focus of ourselves. We are left to wonder and ponder as we try to find our way out of this dark period in our lives. We are left to do some soul searching to find out who we really are, and to come up with solutions in addressing those areas in our lives that needs some form of improvements so we can be our true selves.I often wonder why do life throw so much suffering, hurt and pain upon us time and time again, that it comes too much to bear. We are left trying to figure out what it it that we have done to radiate negativity in our lives. What feelings, emotions, and thoughts we are reflecting in our beings that continuously leads us on self destructive paths. Could it be an reflection of the previous lives that we have lived, or stem from family wrongdoings that has been past down from one generation to the next. Or is our destiny determined from conception in our mother's wound. For nine months we are in our mother's wound, everything that our mother's goes through affects us meaning her mental, emotional , psychological, and physical state of being. Whatever she endures during her pregnancy affects the unborn child. Not to mention the use of alcohol, and

other harmful

health related issues, such as use

roads,

So many factors

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