

# Transformation

*Transformation begins within.*

*As I quiet my thoughts I hear the whispers*

*deep within my heart,*

*“It is time to release old habits,*

*patterns and beliefs.”*

*As I quiet my thoughts*

*I open space for new possibilities.*

*I can become more—loving, fluid, flexible,*

*compassionate, kind and forgiving.*

*A new day just dawned.*

*Claim YOU!*

*~Victoria*

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