



Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heartbreaking, soul-healing, amazing, awful, ordinary life.

And it's breathtakingly beautiful.

- L.R. Knost











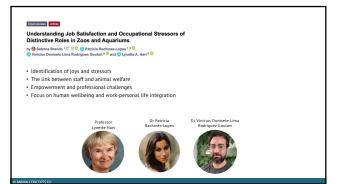


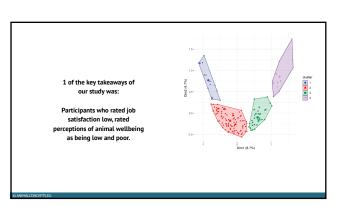






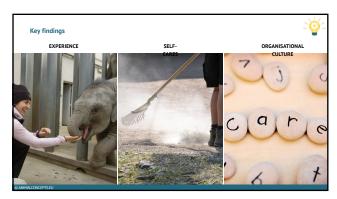


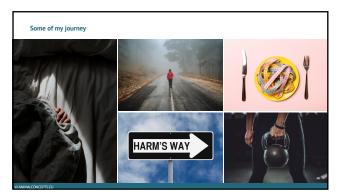


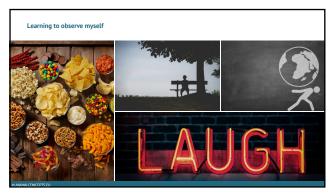




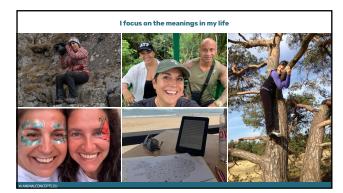




















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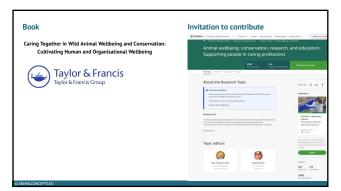


"To be satisfied with self, but to not be satisfied with the status quo" ~ Dr J. Drew Lanham

"Our own life has to be our message" ~ Thich Nhat Hanh











To love. To be loved.

To never forget your own insignificance. To never get used to the unspeakable violence and vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, never to forget... another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.





