



Linda's T'ai Chi Weekly Handout August 28, 2022

As Summer Draws to and End

The soul always knows what to do to heal itself

The challenge is to silence the mind

Caroline Myss



Whatcom Falls, Bellingham WA

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Caroline Myss is a five-time New York Times bestselling author and internationally renowned speaker in the fields of human consciousness, spirituality and mysticism, health, energy medicine, and the science of medical intuition. I cannot vouch for her work; I just like this quote.

Peace,

Linda