

Guiding your mind to a higher degree is not always easy to do
But if you try to, the POWER's inside you
If you can command it then nothing can stand in Your way.

The Force Within

The Power is Inside of You
rhonda ross

TODAY'S DATE: _____

Write down what you're feeling at this moment. Don't judge. Just feel. Feel and accept. Accept the feelings (and the tears) and let them be.

Write the realizations you receive when the pain begins to diminish and your POWER starts to bubble up.

Celebrate Each Step!