



Be not afraid of growing slowly; be afraid only of standing still.

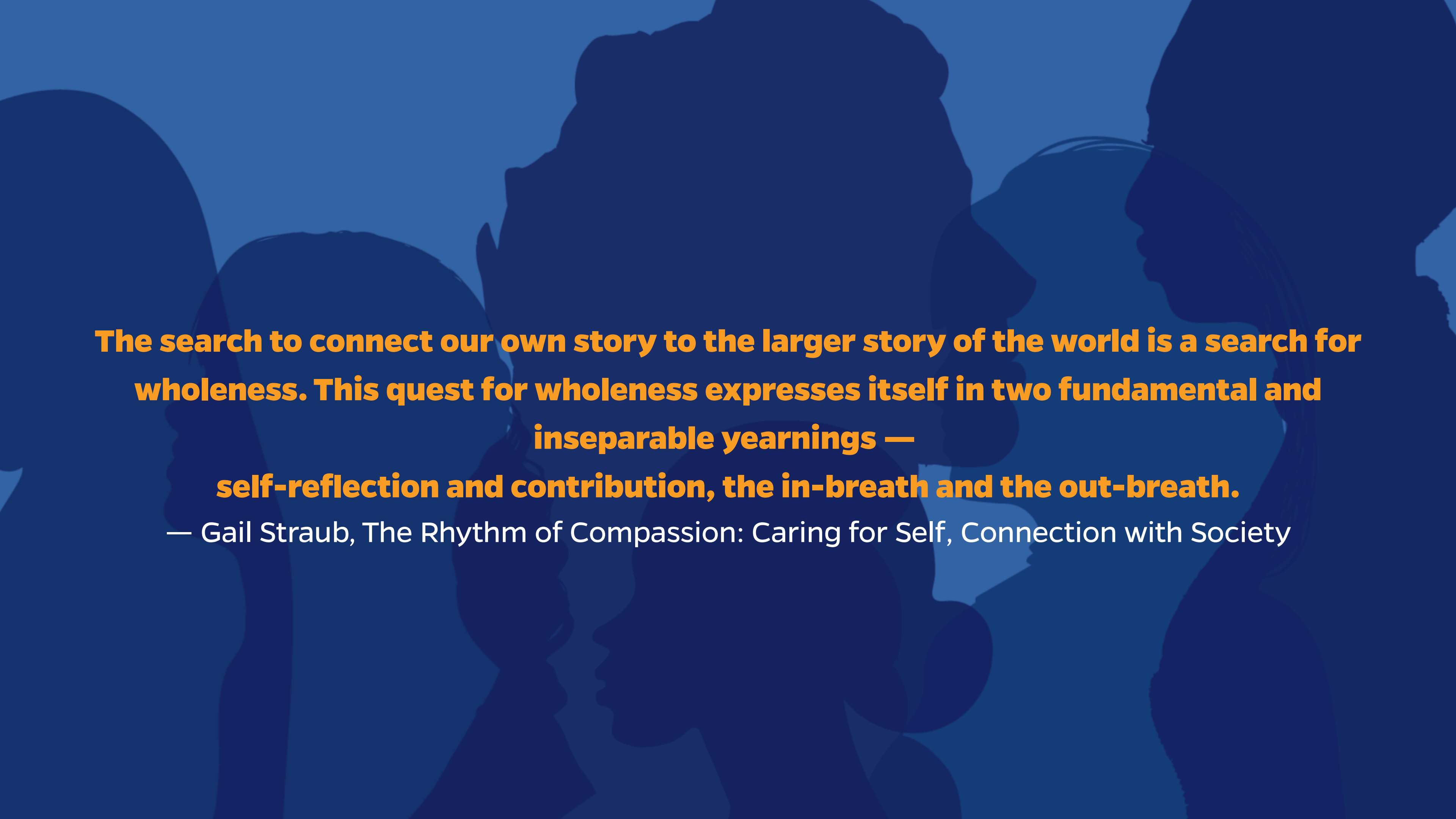
— Chinese Proverb

Self-care is how you take your power back

— Lalah Delia

**I always wanted to be somebody, but now I realize I should have
been more specific**

— Lily Tomlin, Jame Wagner



The search to connect our own story to the larger story of the world is a search for wholeness. This quest for wholeness expresses itself in two fundamental and inseparable yearnings — self-reflection and contribution, the in-breath and the out-breath.

— Gail Straub, *The Rhythm of Compassion: Caring for Self, Connection with Society*