




Thank you

Hedge and tree,
flower, bee,
cows and hens,
family, friends,
earth and water,
fire and air,
thank you for
the gifts you share.



- D. Casey



A watercolor illustration of autumn leaves in shades of brown, orange, and red, with a small cluster of berries. To the right, there are several pumpkins in various colors, including white, orange, and green.

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I am grateful for..



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heartflow



nature



mindfulness



inner potential



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