









eagerly wants to reside  
in your mind.

Companny yourself with  
others, making your progress  
with time limitations, and  
setting your expectations  
too unrealistically on all  
aspects that work to bring  
the doubt, the disbelief  
and the lack of trust into  
your life. Don't give them  
room.

You, my dearest friend, yes  
your reading these words  
are the most perfect  
of God's creations in

every way. You don't need  
customizing, adjusting, adding  
to or extracting from. You  
were born perfect and will  
remain so in the eyes of the  
greatest one of all - the  
Duke.

There is my lesson for  
today. Are you now glad  
you sat