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Subject: Essential Pearl 66 - Patience and Peace

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# Essential Pearl

Weekly self\* tip

Issue 66  
Monday 3rd May, 2010

## Patience and Peace!

Patience is a virtue practised through acceptance of what is without the need to change.

Peace is knowing that the present is perfect with no doubt!


Enjoy Patience & Peace today!

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*Tone Up - Your Mind, Body and Soul!*  
\*Self: Soul Essence Love Fulfillment

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