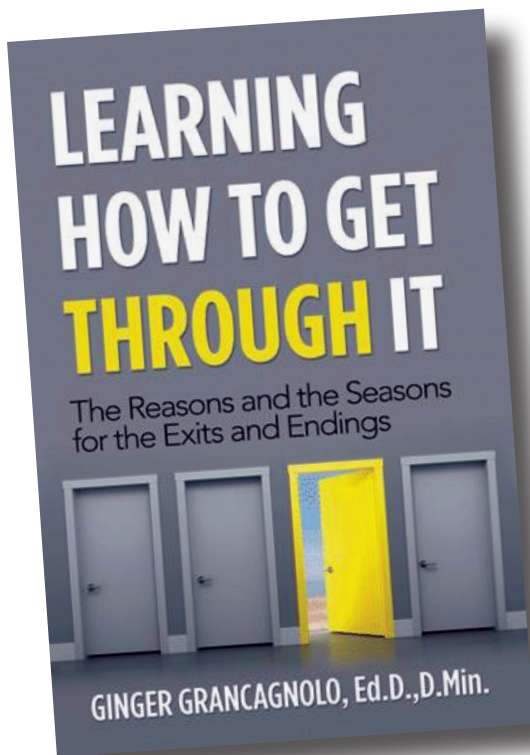


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What happens when one door closes and we wait for the next one to open? Can we ever really be prepared for the changes that accompany any lifetime? Sometimes we are aware and sometimes not. Endings and exits are a deep part of our development process, which includes changing locations, schools, partners and relationships, careers, and the ultimate change of losing a loved one. Even though ending and exits can be difficult, a new beginning is always promised. The process of moving from one phase to the next is an essential core lesson that can make every experience either a life wound or a life victory. The purpose of this writing is to review our own personal life's journey with awareness and healing strategies so

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