



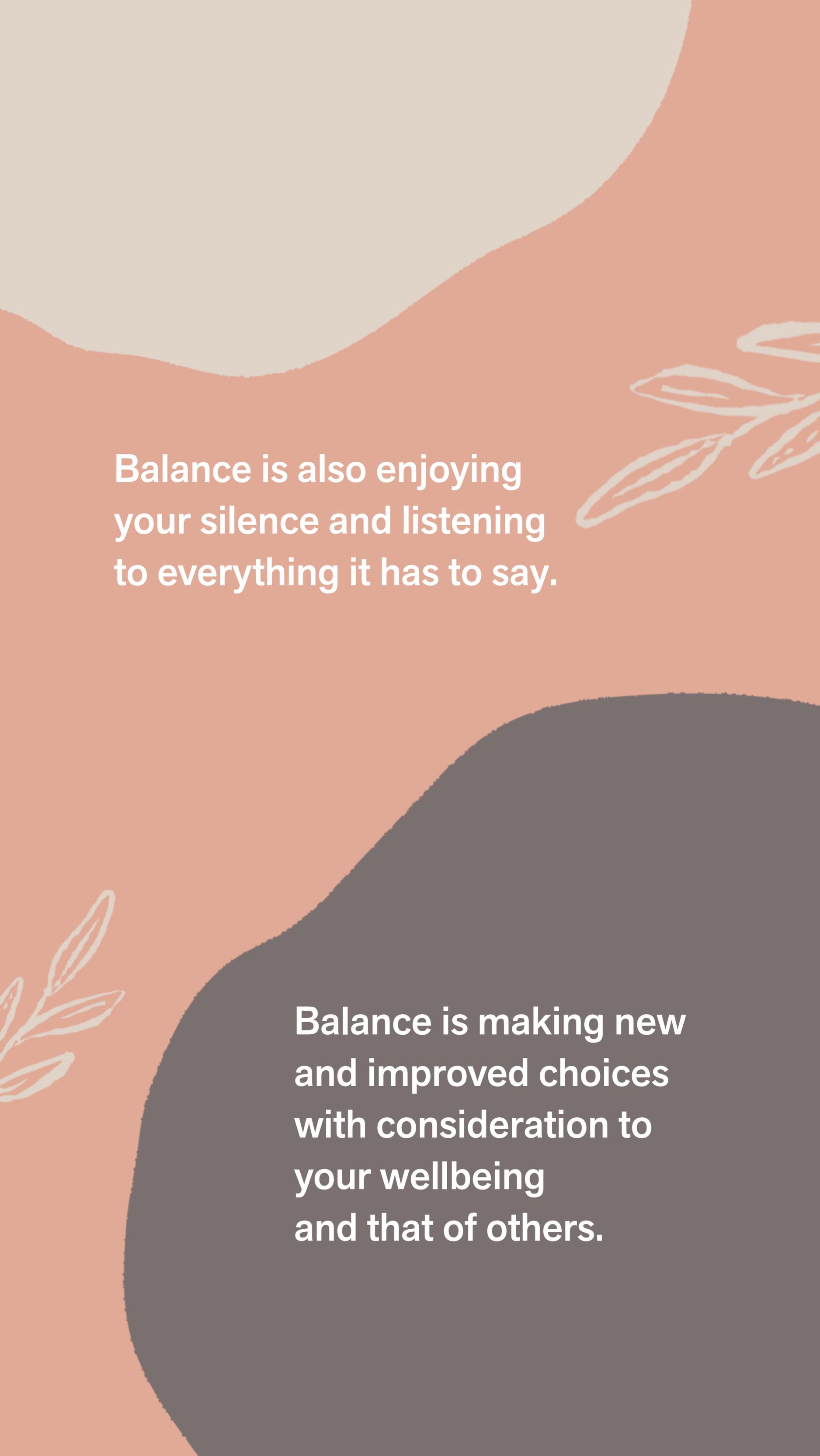
Balance is to make
this moment
a time for renewal.

#LiveInBalance
@Leonisa

#LiveInBalance

Balance is letting
yourself slow down
a little, living life with
a new rhythm,
and enjoying the
simple things.

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**Balance is also enjoying
your silence and listening
to everything it has to say.**

**Balance is making new
and improved choices
with consideration to
your wellbeing
and that of others.**



#LiveInBalance

Balance is
to be here
and now,
consciously.





**Balance is letting
yourself absorb
this moment
and emerge enriched.**

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Balance is taking
a long pause
in this enormous chaos.

Let this moment be a time to go back to the
simple things,
to change the breakneck speed of regular
life into a moment of pause,
to realize that life
slows down when we think less about it,
that all our plans are suddenly
damaged, changed, canceled,
and all we have left to do is keep going.

May this be the moment
when we redefine our habits,
reevaluate our ways,
to engage with the world,
to go back to those valuable rituals
that we have let go of.

So let's take a long pause
in this enormous chaos, and even
with the uncertainty we all feel,
let's find a way to reclaim our peace.

Live
in Balance

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