





"I will say that I think **my greatest source of strength is my authenticity.** If I try to channel some other being, I get lost. That is a really powerful tool because we spend our entire lives trying to get there. **If you are projecting that, that's what people are attracted to.**"

# FIRST GEN FRIDAYS

"Own all the memories and the experiences, even if they were traumatic"



"The world is broken because we're broken. There are too many of us who want to forget. **Who said that all of who you are has to be good?**"

# FIRST GEN FRIDAYS

"Own all the memories and the experiences, even if they were traumatic"



"You can either leave something for people, or you can leave something in people."

The world is broken because we're broken. There are too many of us who want to forget. **Who said that all of who you are has to be good?**

# FIRST GEN FRIDAYS

"...I gained vision and strength and forgiveness. I can remember what it's like being a child who was hungry. I can remember what it means to be in trauma. I can remember poverty. **I can remember what it means to be a child who dreams and sees no manifestation of it** I could remember because I lived it! I was there! **And that has been my biggest gift in serving.**"





# FIRST GEN FRIDAYS