



We discover that, unless we tap into the wisdom of the soul, we become lost in the convoluted and labyrinth of never-ending stories that reflect the limitations of our early experiences. This invites us to cultivate a deeper, and fuller understanding of our Self. Thus, as suggested by Leonard Cohen's lyrics:

*Ring the bell that still can sing
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.*

