

## Psalm 27 Foundation

Jeremiah 29: 11, For I know the thoughts that I think towards you, saith the Lord, thoughts of peace and not evil, to give you an expected end.

If you want to know what it's like to survive hell and still come out shining brighter than the sun, just look into the eyes of a women who has survived intense damage and refused to allow it to destroy her softness-  
Nikita Gill

You have escaped the cage. Your wings are stretched out Now Fly-Rumi

It's better to break your own heart by leaving, rather than having that person break your heart every day you're with them.

Don't light yourself on fire trying to brighten someone else's existence. -  
Charlotte Eriksson

For every wound, there is a scar. And every scar tells a story. A story that says: I survived. -Healthy Place

The beauty of a woman  
The beauty of a woman  
Is in the poem she's wrote,  
The dreams she's weaved  
And all the stories she's told  
The beauty of a woman  
Is she in the adventures she's taken,  
The lives she's touched  
And all the minds she's awakened. -Kataleya

Strong Woman  
You may encounter many defeats, but you must

not be defeated. In fact, it may necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.” Maya Angelou