**Barricades in your** mind can be even worse than the frontiers or ground.

"Your whole body, from wingtip to wingtip," Jonathan would say, other times, "is nothing more than your thought itself, in a form you can see. <u>Break the chains of your thought, and you break the</u> <u>chains of your body, too..."</u>



Richard Bach. "Jonathan Livingston Seagull" THE SUN WILL SHINE ESPECIALLY FOR YOU ...









