



**A Gold Nugget Suggestion
from your
The Emerald Crystal family**

“Forgive the past. It is over. Learn from it and let go.

People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past.

See that person now. Your relationship is always alive and changing.”

Brian Weiss; Messages from the Masters: Tapping Into the Power of Love