



firecracker
DEPARTMENT
with Naomi Snieckus

A SOUND MIND
by
Rachel Wilson
#firecrackerASOUNDMINDdept



This is a space where you can be seen, heard and held. Where you can take a break from the noise of your mind. This is a place for connection and collective healing

The world is spinning fast, it can be hard to hold onto something concrete. A SOUND MIND is a soft place to land, together

I would love to hear about your ideal soft place to land when you're stressed and need a break from the world.

I invite you to join our Firecracker Department Members Club on Facebook and share your thoughts on this topic. Also please visit our website Firecracker Department and follow us on our social channels on Twitter and Instagram @firecrackerdept

www.firecrackerdepartment.com

For more Firecracker information go to:

www.firecrackerdepartment.com

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Be part of the Firecracker community....

What gets you through a challenging time? Tag us!

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