

"Change is the only constant."



You've probably read or heard that quote before because it is so very true.

First quoted by Heraclitus of Ephesus (c535 BC - 475 BC), a Greek philosopher, known for his doctrine of change being central to the universe.

May the changes you seek to experience this new year, this 2011 be achievable and achieved. May 2011 be filled with love and all that is good for you and yours and our earth.

