

A photograph of a woman with long dark hair, seen from behind, sitting in a cross-legged meditative pose in a field of tall, golden grass. She is wearing a white tank top and dark pants. The sun is low in the sky, creating a warm, golden glow and long shadows. In the background, there are rolling hills under a clear blue sky.

« La patience et la persévérence produisent des effets magiques pour faire disparaître les difficultés et les obstacles. »

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”

*- John Quincy Adams 1767-1848,
6e président américain (Sixth President of the United States)*

La pensée
du mois

