

Gravity



- We couldn't live on Earth without gravity. It keeps everything in place and keeps Earth at just the right orbit round the sun for us to enjoy its light and warmth. The Moon would have floated away by now, if gravity didn't keep it in orbit, and the gravitational pull of the Moon causes the tides.
- What grounds you and keeps you centred? In the modern world, it's so important to learn to live in the present and not be tortured by 'what ifs' and 'if onlys.'
- People often find one or more of these activities can help keep them grounded: exercise, music, connecting with nature, being creative, keeping a journal, spending time with loved ones or a pet. Find out what works for you.

'May your dreams defy the laws of gravity''

H Jackson Brown Jr

'Gravity is no match against one who is determined to reach the stars.'

Matshona Dhliwayo