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‘If the only prayer you said in your whole life was, “thank you,” that would suffice’

— Meister Eckhart

I recall a friend telling me when I started work on my Ph.D. that it is a long journey, a ‘tapascharya’….She was right! The Ph.D. journey was exciting, tumultuous, tiring and rocky but the light at the end of the tunnel has never been so beautiful and clear….the journey melted down all pretences and layers built over the years and exposed my true mettle. It was a humbling and learning experience…She mentioned also that by the end of the journey, I would know who my real well-wishers are. Through the many highs and lows, the frustrations and the elations, through the dark clouds and the sunshine, what sustained me was the support and encouragement of so many individuals who stood by me through it all. I therefore start by thanking the Universe. It did conspire to help me….for sure!

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