

LaTonya Deal, SiMo



With Chiboola Malaambo, MD Lover of Humankind https://www.readytochange.life/

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From the Author

Over 4 decades ago I created KidsZone, Preschool and Center for Early Childhood Education. That Center was started in the home I was raised in, that holds the memory of 5 generations of my family; which means the legacy began there.

From the outset, I set out on a journey to *help young children teach me* the best way to teach them how to learn. To empower the children to become my guides, I needed a strategy, a methodology and a practice. I chose what I refer to as "Power With!"

"Not power over, not power upon, but Power With The Child."

In applying "Power With," I immersed children in selfempowerment, self discovery, self awareness, self pride and executive behavior.

Through the years, applying the sponsoring concept of "Power With" to the entire early learning process, a unique environment was birthed - An incredible learning community came to life at KidsZone. I refer to that community as "The KidsZone Experience."

That experience resulted from strategies that are based in the belief, and the observation, that power *with* children is the best choice in supporting their development while working with the child's choices, learning styles and life experiences as this strategy ensures the child is the guide and the leader.

"Power With" creates a relationship supportive of childhood learning styles, transition issues, separation anxiety, special needs and daily care issues. It additionally supports the early learning teacher, in understanding the importance of *support* for positive and effective social-emotional skill development.

"Power With" supports, encourages and empowers children to problem solve their own challenges - At the same time, reflecting to the child that they themselves are responsible for their own achievements.

The master teacher's role in this dynamic process is to make herself available - To be "Present." In the words of Dr. Dan Siegel, to see, to sooth, to support self-soothing, security and Resilience - To assist and enhance the learning for the child, and ultimately for the adult, who will then be able to succeed at tasks far beyond that which he or she or they could accomplish, if left alone.

LaTanya Deal,

Founder & Creator, KidsZone Inc., Preschool and Center for Early Learning Seattle Washington

InTroducTion

This document is offered to support the next generations. It is given as a gift to all pre-schools and pre-school creators and designers as a design model.

"A Science Based Pre-School Model Designed to Make the World Better for Everyone!"

This science based model is formed by the coming together of 3 powerfully Loving base platforms:

- The research and conceptual base of Dr. Dan Siegel,
 (See https://mindsightinstitute.com/)
- 2) The Love and Life Design Algorithms of Dr. Chiboola Malaambo. (See <u>https://www.readytochange.life/</u>)

3) 37 years of "In-the-Pre-school" applied practice strategies of LaTonya Deal, Master Teacher. (See Infra.)

All three bases point to a common apex: A society where the isolated idea of "Me" evolves into a connectedness to all others on earth, i.e., "We." The result is the fusion of "Me" and "We" into "MWE."

And, the evolution of that consciousness - <u>that Mwe are</u> <u>all connected - and what happens to you and this earth</u> <u>happens to me</u> - will produce a world that is compassionate, kind, resilient, sustainable and non-violent. (See Dr. Dan Siegel, <u>https://drdansiegel.com/book/intraconnected-mwe-me-we-as-the-integration-of-self-identity-and-belonging/</u>)

So, how do we move from these 3 bases to that apex?

Love, Resilience & Power With The Child!

LOVE*

Love changes our consciousness! Being loving, we support a new "Mwe" consciousness, beginning with our children, their parents and their caregivers. (See Dr. Dan Siegel supra.)

Dr. Malaambo, in his "Life Design" process and his "Reset" concepts specifically defines this new consciousness as *Love.

*LOVE ~ Where all human beings free themselves & each other to experience complete creative freedom without intentional harm, abuse, neglect, deprivation, indifference, negativity or greed regarding the self or others. (See https://www.readytochange.life/)

The choice of Love then, becomes creative of a Resilient sustainable, non-violent society.

RESILIENCE

Dr. Siegel, (in *The Whole Brain Child*, *Parenting From The Inside Out*), and a plethora of other publications), lays out the model for the development of The Resilient Child through Presence and the 4 S's.

Presence in parenting, interfacing with children so that they feel they are Being Seen / Being Safe / Being Soothed / Evolving into Self Soothing and becoming Resilient and capable of supporting our Planet consciously connected to all other human beings with kindness & compassion. (See Dan Siegel https://drdansiegel.com/books/)

One readily sees the intimate commonality of Dr.

Malaambo and Dr. Siegel: Love is Expressed through the
4S's of Dr. Siegel's conscious & present parenting from
the inside out.

The development of Resilience then, becomes creative of a sustainable, non-violent society expressive of "compassion and kindness."

POWER WITH THE CHILD

All the research in the world is useless without application. In her KidsZone Center for Early Learning, Master Teacher Latonya Deal has added creative Power to Loving Resilience.

Forty years ago, Master Teacher Deal birthed an idea: "KidsZone Inc. ~ A Preschool and Center for Early Learning." A center of early childhood education that would partner her staff with the parents of her students:

"KidsZone and Families in partnership for the children!"

The purpose of that original partnership? The creation of a preschool model of Life Mastery - A model of Teacher & Parental Presence having at its core children Being Seen / Soothed / Learning to Self-Sooth and become powerfully Secure - A model that was aimed at improving the lives of both her students *and their families*!

Over the past 40 years that model has evolved. Its evolution is represented by the in-depth algorithmic model of pre-school creation found on the pages set forth herein. Master Teacher, LaTonya Deal has set out in ultimate detail, how to design and create "A Child Centered Enrichment Program of Loving Resilience."

The KidsZone Experience then, adding Power With The Child to Loving Resilience, is creative of a sustainable, non-violent society.

It should be clear to all of us by now, that our children are the Great Reset. They <u>are</u> the future. And that is why their Mastery of Love, Resilience & Creative Power is so critical.

It is because of our awareness of this critical reality that this document is given, as our gift to all pre-schools on earth, as a model of the Mastery of Love. It is given in support of the loving genius of every child and the blossoming of Love into our future generations ...

~ Where "Me" evolves into "MWE" ~

CORE RESEARCH & PRE-SCHOOL PRACTICE

CONCEPTS & STRATEGY:

LOVE, RESILIENCE & POWER WITH THE CHILD

Love & Resilience

Without exception, the core concept & practice of Love, as defined by Dr. Chiboola Malaambo, is the basis of All interactions in this pre-school model.

We offer our definition of Love as a clear, precise and practically useful definition. It applies to the self and all others including the Planet. (See our definition of Love on the following page.)

LOVE ~

LOVE IS SUPPORTING WHAT ONE WANTS TO DO IN LIFE ~

WITHOUT INFLICTING ..

HARM
ABUSE
NEGLECT
DEPRIVATION
INDIFFERENCE
NEGATIVITY or
GREED

UPON OURSELVES OR OTHERS ...

LOVE SUPPORTS SELF-RELIANCE AND FREEDOM FROM NEED. <u>LOVE</u>: In developing Resilience in a child, Love for the child is expressed through the 4S's of conscious parenting / caregiving.

RESILIENCE: Resilience may be thought of as a state of wholeness & self-reliance within a child, resulting in a human being that is capable of dealing with the changes of life in a creative, non-reactionary, non-violent manner.

In creating Resilience, the caregiver is always *Present* - supporting the child being Seen / Safe / Soothed / guiding the child into Becoming Self Soothing, Secure & ultimately Resilient.

The child is thereby supported in becoming Compassionate, Kind, Non-violent and Caring for fellow human beings as well as the Planet. (See Dan Siegel infra. @

<u>https://drdansiegel.com/book/parenting-from-the-inside-out/</u> &

https://www.google.com/search? client=safari&rls=en&q=dan+siegel+4s+2p+r&ie=UT F-8&oe=UTF-8)

Love & Resilience Meet Power With The Child

<u>POWER WITH THE CHILD</u>: Dr. Malaambo's Power Algorithm extrapolates Dr. Siegel's 4 S's of Resilience.

The Power Algorithm shifts the source of safety and security to the Child! This is an expression of <u>POWER</u> <u>WITH THE CHILD</u>. (*LaTonya Deal, Master Teacher*.)

The *Present* caregiver supports the child's movement through feeling Seen / Safe / Soothed / Secure - Self-Soothed & into Resilience and further into invoking her own Power with the basic components of The Power Algorithm. (See the following page.)

The POWER ALGORITHM ~

NEVER ATTACH NEED TO AN OUTCOME

B ~ **B**ELIEVE NOTHING THAT LIMITS YOU

E ~ EVERYTHING YOU NEED IS INSIDE YOU

AVOID ...

A ~ ALCOHOL

F~FAST MONEY

R ~ RESISTING YOURSELF

A ~ ADDICTIONS

I~ILLEGAL ACTS &

D ~ DRUGS

Media Resources That Support The Core Concepts of

Love, Resilience & Power With The Child

A

"Creating Young Master's With Play and Imagination"

Dr. Malaambo's YouTube Playlist, "Creating Young Master's With Play and Imagination," [23 videos], presents all the concepts of The Power Algorithm, including the Definition of Love, in an entertaining and humorous video format designed for children of all ages.

The Playlist also presents each of the concepts presented in Dr. Malaambo's A-Genius Algorithm. The algorithm supports all three practice strategies of Love, Resilience & Power With The Child. The algorithm is found on the following page.

(See https://www.youtube.com/playlist? list=PLFz6p8x1hwsefxppEojfdL2N2yiT3RC-w) &

(See https://www.readytochange.life/general-8-2)

A - GENIUS ALGORITHM

LEARN ~ LEARN WITH PASSION

A ~ ACT WITH LOVE

B ~ BECOME FEARLESS

C ~ CREATE YOUR OWN LIFE

D ~ DETACH PAIN FROM ...

E ~ EXPECTING CERTAIN OUTCOMES

F ~ FIRST LOVE YOU

G ~ GUIDE "AI" WITH LOVE

"Parenting From The Inside Out,"

By Dr. Dan Siegel and Mary Hartzell, M.Ed. This beautiful book, "*Parenting From The Inside Out*," offers parents and caregivers "a step-by-step approach to forming a deeper understanding of their own life stories, which can help them guide children to Resilience.

(See <u>https://drdansiegel.com/book/parenting-from-the-inside-out/</u>)

C

"Mastering Life, Love & Yourself"

Dr. Malaambo's Youtube Playlist, "Mastering Life, Love & Yourself," [25 videos], also offers caregivers a step-by-step approach to "forming a deeper understanding of their own life stories."

This fun and entertaining 25 video series melds with the key concepts of "Parenting From The Inside Out." (See

(See https://www.youtube.com/playlist? list=PLFz6p8x1hwsdeAwL9BWm48eNdKGqzzPcN)

D

"I Create What I Believe Program - ICWIB)"

Dr. Bruce Lipton has spearheaded a magnificent global pre-school program, "I Create What I Believe Program - ICWIB)." The program is completely in alignment with Master Teacher Deal's concept of Power With The Child. ICWIB has offered free membership as well as online training at various times.

(See https://icreatewhatibelieve.com/2022/12/23/free-membership-to-icwib-online-training-with-kit-purchase-36/)



The Master Algorithm

"How to Create and Design A Child Centered Enrichment Program of Loving Resilience."

WELCOME TO THE TEMPLE

- STRONGEST/ CHILD FIRST/ WELCOMING CHILDREN INTO THE EXCITEMENT OF THE PROGRAM
- LOG BOOK ON FLOOR
 - CONVEY OR REMEMBER WHAT WAS SAID (EG., GOT TYLENOL? WELL, WE ONLY GIVE PRESCRIPTION MEDS ... THE DOCTORS ASTHMA, SEIZURE, DIABETES, CLASS A NARCOTICS AND HYPERACTIVE MEDS)
 - LOG DIAPER OINTMENTS/ PERMISSION SLIPS FROM PARENTS
- ONGOING PICTURE LOG
 - INJURIES
 - RASHES
 - CLOTHING/DIAPERS

HEALTHY MASTERS

MEDS

- ALLERGIES
- FOOD ALLERGIES
- ILLNESS ISSUES
- INJURIES
- USING MEDICAL CONCEPTS IN TEACHING SCIENCES ETC.,
- "TEACHING MOMENTS"
- SACRED MEAL/ OPEN CLASSROOM WITH BREAKFAST (CREATING LIFE LONG HEALTHY EATING) 1 1/2h
 - PARENTS & CHILDREN WASH HANDS
 - INDEPENDENT BREAKFAST PREP
 - FAMILY STYLE /
 - FMPOWER THE CHILD TO MAKE BREAKFAST
 - ONCE A MONTH BREAKFAST WITH PARENT INVITED
 - HELP WITH THE PROCESS, ENCOURAGE INDEPENDENCE
 - JUICING
 - REVIEW VITAMINS
 - MINERALS
 - CHO
 - PROTEIN
 - FAT

- WATER
- BOOK BROWSE
- EXPLORE
- PAINTING
- SINGING
- READING
- DISCUSSION
- PARENTAL LEARNING THROUGH OBSERVATION OF INDEPENDENT CHILDREN
- "TEACHING MOMENTS"
- CREATE SACRED SPACE /AFTER BREAKFAST
 - ENCOURAGE CHILDREN'S ENVIRONMENTAL CARE
 - SELF GROOMING
 - CLEAN UP TIME TOGETHER
 - "TEACHING MOMENTS"
- INSIDE~OUT / MAGIC CIRCLE / SACRED LISTENING/ MORNING ACTIVITIES 30-40 MIN
 - ELIMINATING FEAR ~ CREATING CONFIDENCE
 - MICROPHONE/ KARAOKE / SHY CHILD STARTS TO GET ACCUSTOMED TO HEARING HER OWN VOICE
 - TALKING LONGER, MORE SUBJECTS, FACTS, MEMORY, CREATIVITY (ADD MUSIC)
 - MASTERY/ CHANGING PROBLEMS INTO OPPORTUNITIES

- REVIEW WEEK-END / REVIEW LIFE (RECALL)
 - WHO, WHAT, WHEN, WHY AND HOW OVER THE WEEK-END
- DISCUSS ISSUES RAISED
- CLFARING
 - PRACTICE THAT ALL DECISIONS ARE MADE IN THE BEST INTEREST OF THE CHILD
 - OFFER MASTERY
 - "WE CAN HELP" ... / MASTERS
 CO-CREATE
 - "WE CAN FIND A WAY" / HOW TO CREATE FROM HIGHER SELF
 - "NOW CAN I HELP YOU FEEL
 BETTER" / THE GIFT OF FEELING
 BAD
 - THE LITTLE MASTER LEARNS TO DEAL WITH FAMILY ISSUES
 - DETACHING FROM THE OUTCOME,
 - WE DO NOT TRY TO CHANGE THE FAMILY, WE CHANGE THE LITTLE MASTER (EG., MOMMY DRINKS BEER!)
- LOG ISSUES/ ALWAYS COME BACK TO ISSUES THAT CHILDREN RAISE; TEACHES THE MASTERY OF SACRED LISTENING

- MY DADDY DIDN'T GIVE ME A PICTURE SO I CAN'T
 MAKE A COLLAGE ⊗
 - MASTERY DETACHES FROM THE OUTCOME/ CREATES A DIFFERENT PROCESS ... FINDING JOY IN THE PROCESS. (LET'S DRAW PICTURES/ TAKE PICTURES/ IMAGINE PICTURES/ USE PICTURES FROM A MAGAZINF ...
 - THE OLD APPROACH IS CALLED "BEST PRACTICE"
- BREATHING EXERCISES FOR CRYING
- MANDALA
- OUTSIDE~ IN / OUTDOOR ACTIVITIES / 2 HOURS
 - SO FRESH AND SO CLEAN CLEAN
 - HEAD COUNT
 - SAFETY CHECK (DOGS, ANIMALS, PEOPLE, CARS, TREE LIMBS)
 - ENTERTAINMENT
 - INSIDE (CREATING LIFE LONG INTERNAL HEALTH)
 - MORNING MEDITATIONS AND EXERCISES
 - KUNG FUN
 - TAI CHEESE
 - YOGA YOGURT
 - TIBETANS
 - CHI KUNG

DANCE AWAY FEAR

- INTERACTIVE PLAY 2 HOURS
- TEACHING MOMENTS
- CONCEPTS
- OUTDOOR ARTS
- o PAINTS,
- o DRAWING,
- GEOMETRICS,
- SPATIAL RELATIONS,
- SAFETY,
- RESPONSIBILITY,
- LOVE,
- o RELATIONSHIP,
- o HONESTY,
- MATH,
- LETTERS, WORDS,
- o CONSONANTS,
- o MATH,
- COLORS,
- COMMUNICATIONS,
- NATURE,
- SCIENCE

- RESEARCH TOPICS
- SECOND SACRED MEAL /
 - WASH UP
 - TEACHING BACTERIA, VIRUSES, FUNGI, TOXINS
 - WATER IS OUT ALL DAY (PITCHER AND CUPS)
 - A FORM OF MILK PRESENT ON THE TABLE WHEN YOU SAY "TIME TO EAT" / MILK TO BE PRESENT AT EACH MEAL
 - SACK LUNCH
 - FOOD PROGRAMS
 - TABLE CLEANING (THREE STEP PROCESS)
 - CLEAN (SOAP)
 - RINSE (WATER)
 - SANITIZE (POUR BLEACH/ LEAVE ON THE TABLE 2 MINUTES)
 - CHECK ACCEPTABLE SOLUTIONS
 - BLEACH
 - PAPER PLATES /
 - STAINLESS STEEL BOWLS / FAMILY STYLE
 - LUNCH BOXES TO CHAIR (NOT ON TABLE)
 - LITTLE MASTERS PREPARE THEIR OWN PLATES
 - HEAT LEFT OVERS OK
 - TEACHING MOMENTS

- INDIVIDUAL PRAYER BY THE CHILDREN BUT NOT GROUP
 ...
- DISCUSSION
- TEACHING MOMENTS
- FOOD GROUPS
- CULTURAL FOODS
- o "GROSS"
- FAST FOOD
- CLARIFYING THE SPECTRUM OF FOODS
- OFFERING THE "GROUP FOODS" HEALTHY CHOICES
- TAKE HOME FOODS THAT ARE NOT EATEN.
- CREATE SACRED SPACE /AFTER SECOND MEAL
 - ENCOURAGE CHILDREN'S ENVIRONMENTAL CARE
 - SELF GROOMING
 - CLEAN UP TIME TOGETHER
 - "TEACHING MOMENTS"
- DREAM TIME SPIRIT REST @2 HOURS
 - BOOK BROWSE BEFORE
 - DRFAM PLATFORMS
 - USE THE SAME ONE OR CLEAN IF THE CHILD CHANGES
 - SAME LOCATION (REINFORCES NAP)
 - BRING 2 BLANKETS ONE UNDER AND OVER

- BLANKY'S DON'T TOUCH BECAUSE OF "COODIES"
- WASH BLANKETS WEEKLY AT HOME
- FRESH AND NEW BEFORE NAP (SO FRESH AND SO CLEAN, CLEAN)
- TALK TO THE CHILD WHEN YOU ARE CHANGING THEM
 - ETC., ASK PERMISSION TO CHECK THEM,
 - SEE IF THEY CAN HELP YOU
 - DON'T POOP IN THE SHIRT, THE PANTS, THE FLOOR
- NO DOOR OR A HALF DOOR
- NO PARENT IN THE BATHROOM WITH ANY CHILD OTHER THAN THEIR OWN AT ANY TIME
- BOOK BROWSE ANNOUNCING ... WE DREAM IN ABOUT
 10 MINUTES
- SINK FOR WASHING IS VERY CLOSE TO CHANGING AREA
- BOOKS TO SHELF OR STACKING
- HAVE A BOOK HOSPITAL FOR TORN AND DAMAGED BOOKS ETC.,
- LIGHTS OFF
- MUSIC ON (...
- SLEEP MEDITATIONS, DREAM TALKS, BREATHING EXERCISES, FEAR, SLEEP YOGA
- MONITORED AT ALL TIMES,
- LYING HEAD TO FOOT (DON'T COUGH ON EACH OTHER)

- AUDITORY AND/OR VISUAL MONITORING AT ALL TIMES
 ...
- DREAM SOUNDS
- CRYING
- LAUGHING IN SLFFP
- 2 HOURS OF DREAM TIME
- IMAGE AND IDEA LOG WHILE LITTLE MASTERS DREAM
- AWAKENING
 - MUSIC CHANGE
 - SLIGHTLY DIFFERENT TIMING
- FRESH AND NEW
 - (REFERS TO FRESH AND NEW DIAPERS!)
- AWAKENING TO SNACK TIME
 - MAY TAKE 15 MINUTE ASCENSION TIME
 - WAKE UP YOGA, MEDITATIONS, MOVEMENTS ETC.
- SHORT REVIEW AFTER WAKING
 - REVIEW SOME OF THE PLAY PRODUCT (PAINTING, CLAY, ART, COLLAGE, PHOTOS,
 - REVIEW INSIDE OUT TOPICS
 - REVIEW TEACHING MOMENTS
 - REVIEW LESSON PLANS
 - SET UP RESEARCH TOPICS FOR THE NEXT DAY WEEK OR MONTH

- NO LITTLE MASTERS HAVE TO WAIT FOR THE OTHERS TO SNACK
- OUTSIDE~ IN / OUTDOOR ACTIVITIES / 2 HOURS
 - SO FRESH AND SO CLEAN CLEAN
 - HEAD COUNT
 - SAFETY CHECK (DOGS, ANIMALS, PEOPLE, CARS, TREE LIMBS)
 - ENTERTAINMENT
 - INSIDE (CREATING LIFE LONG INTERNAL HEALTH)
 - MORNING MEDITATIONS AND EXERCISES
 - KUNG FUN
 - TAI CHEESE
 - YOGA YOGURT
 - TIBETANS
 - CHI KUNG
 - DANCE AWAY FEAR
 - INTERACTIVE PLAY 2 HOURS
 - TEACHING MOMENTS
 - o CONCEPTS,
 - OUTDOOR ARTS,
 - PAINTS,
 - o DRAWING,

- GEOMETRICS,SPATIAL RELATIONS,
- SAFETY,
- RESPONSIBILITY,
- LOVE,
- o RELATIONSHIP,
- HONESTY,
- o MATH,
- LETTERS, WORDS,
- CONSONANTS,
- MATH,
- o COLORS,
- COMMUNICATIONS,
- NATURE,
- SCIENCE,
- RESEARCH TOPICS,
- LEARNING VIDEOS

TALK & DOCUMENT

- TALKING WITH CHILD AND PARENT AT PICK UP
- BRIEF MENTION OF SIGNIFICANT PROCESSES
- MAKE COPIES OF PRODUCTION PIECES TO REVIEW LATER TO DEMONSTRATE DEVELOPMENT & EVOLUTION

- CLASS TIME SHRINKING
 - ONE ON ONE
- PREPARE THE TEMPLE
 - LITTLE FOXTAILS
 - NO LITTLE MASTERS NEAR VACUUM
- FRIDAY MASTER CLEANING
 - SOAP AND WATER
 - SQUEEZING SPONGES
 - CLEANING THE MASTERS SPACE
 - MAKING CLEANING FUN
 - EVEN 2 YEAR OLDS CAN DO THIS
 - MONTHLY COMMUNITY DAY -
 - PARENTS DONATE TIME TO WORK WITH CHILDREN
 TO BRING NEWNESS TO THE CENTER



non final words ...

37 years ago, we birthed an idea. KidsZone Inc. \sim A Preschool and Center for Early Learning. A center of early childhood education that would partner our staff with the parents of our students:

"KidsZone and Families ... in partnership for the children!"

The purpose of that original partnership? The creation of a preschool model of Life Mastery - A model that would improve the lives of both our students <u>and</u> their families!

And why families? Because, most of the time, it is family that bestows upon us our most impactful lessons; lessons of joy, when aligned with Love, and lessons of pain absent that alignment.

Over the past 37 years that model has evolved. Its evolution is represented by the algorithms found on the pages set forth here; beginning with the Definition of Love.

You might think of our algorithms as pathways -Pathways that can open a young mind to the Superpowers that live within every child - Security, Resilience, Creativity and most importantly Non-Violence. For these are the minds that will create our collective futures.

It should be clear to all of us by now, that our children are the Great Reset. They <u>are</u> the future. And that is why their Mastery of Love, Resilience & Creative Power is so critical.

It is because of our awareness of this critical reality that this document is given, as our gift to all pre-schools on earth, as a model of the Mastery of Love.

It is given in support of the loving genius of every child and the blossoming of Love into our future generations ...

~ Where "Me" evolves into "MWE" ~

Lovingly,

La Tanya Deal,

Founder & Creator, KidsZone Inc., Preschool and Center for Early Learning Seattle Washington

A word about LaTonya ...



~ Creator of KidsZone ~ Creator of "Power With The Child" ~ Discoverer of the Gift hidden within every child ~ Protector of every young being in the Universe ~ Master Teacher of Life, Love & Creativity

A human reflection of the Divine Feminine as a loving embodiment of divine nurturing & divine empathy expressed through genius.

Chiboola Malaambo, MD Lover of Humankind https://www.readytochange.life/