



# 2024 with the Thomassian's



## Kristapor

" Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you so you can be who you were meant to be in the first place" The Alchemist by Paulo Coelho.

Last couple of years I've been focused on doing The Work.

Not on my career  
Not on a side hustle

The Work I'm doing is a daily moment to moment unraveling decades of subconscious false narratives and moving towards conscience awareness of self-acceptance and self-compassion towards my heart. ❤️

It's the most difficult journey I've ever been on constantly bewitched by false thoughts, trying to comfort pain, shame, guilt, anger, fear and anxiety, only to realize that you're not going to solve this with your mind.

Instead, I am learning to embrace the experienced emotion with self-acceptance, allowing space for self-compassion, kindness and curiosity to cultivate courage.

Wishing all of you a blessed holiday season and always ,

Think with your heart ❤️  
Lead with courage!

## Beverly

For some crazy reason, I decided to finally write that book that has been pounding on my chest, waiting to get out. My unrealistic goal is to finish my first draft by the New Year while running (literally) my company full-time. I am starting on Chapter 6 today with a promise of 9 chapters to my editor. My current and favorite chapter delves into the importance of self-expression through art, dance, writing, music, and other activities that revitalize the mind-body connection and help us rediscover ourselves in new ways – bringing healing and moments of delight.

Committing my life experiences to words is one of the most challenging and wondrous things I have ever done (besides delivering two beautiful boys without any pain medication). It gives me this magical excuse to be still and fully present. I get to lose myself in time and float amongst words that try their best to paint the picture I am imagining in my mind. My hope is to sell a few book copies, but even if I don't, the process and pain will have been entirely worth it!

I am eternally grateful for my husband's belief in me and for my boys, mom, and friends for cheering me on, one word at a time. My sincerest wishes for love and moments of peace this season and into 2025. Much love, Bev

## Jackson

I started 2024 with ambiguity. As I would find out Berkeley is a place where steps of uncertainty do not go unpunished, but the true resolve required to succeed cannot be easily stoked. This was my journey of the year birthing a resolve that I can tend to until it is ready to be smoke.

My journey began aimless, but a good friend set me straight reminding me to be grateful. I have taken many things for granted in 20 years of life and will take more inevitably but to me and my resolve, I must be grounded in gratuity. I would count my blessings for you all the but the list would go on pages and with that, I would have still missed many but I can say for certain that when reminded of the wondrous things that have been provided to me through my own action and through the actions of other I know for certain I have the kindling for resolve. A resolve that is authentic and built on generational hope can only turn into a fire of great passion. So this is the resolve that I'm trying to tend to and each of you reading this can be certain you are on the list of thank yous. I've begun to love everything more, yes even chemistry (I promise it's so cool), and I hope that I can grow and learn more about being an adult and being twenty and being a chemist and a college student. I am eternally grateful- that is something I want to hold onto for 2025.

Sincerely, thank you! Jackson

## Robert

For me, 2024 proved to be a year of achievement.

I graduated college, got my first real job, and took my first steps into the adult world.

It is difficult to quantify the effort put into achieving these long-term goals, but I know they wouldn't have been possible without a strong team supporting me all the way through.

My parents, brother, friends, grandparents, uncles (and aunt), professors, colleagues, bosses, and countless others have selflessly invested in my success and for that I am forever grateful!

As I continue my journey, I hope to have the opportunity to give back to those who have supported me along the way and act in a way congruent with our shared values.

I invite you to say thank you to those people in your life that have supported you throughout your journey because although you may go faster alone, you will go further together!

I wish everyone a joyful Christmas full of appreciation.

Cheers, Robert