

# From Kabul to the Show Me State

Moji Sidiqi



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# Welcome!



## Once upon a time

1990 I was born in the Majestic of Kabul  
Mojda - lets pronounce that together!  
Happy Baby Girl





Twins!!!



Pre K – 4th Grade

**MOSCOW**



# Coming to *A*merica

2000





# 9/11





# Study Abroad







# Fitness/Fashion Technology Philanthropy



# Executive Director of Council on American Relations







COVID  
COVID

Photography



Sanskrit name: Muladhara

The root chakra is the first chakra out of the seven. It's responsible for how safe and secure you feel.

LOCATION

At the base of the spine, between the genitals and anus.

COLOR

Red

ELEMENT

Earth

BALANCED

You feel safe and that your basic needs are being met (job, food, shelter, clothing)

You feel connected to nature

You feel grounded

Healthy

Connected to your family in a positive way

UNBALANCED

- You are in fear that your basic needs are not being met
- You are unable to trust nature
- You feel ungrounded
- You function out of fear
- Family issues are apart of your life

TIPS TO HEAL THE ROOT CHAKRA:





August 2021



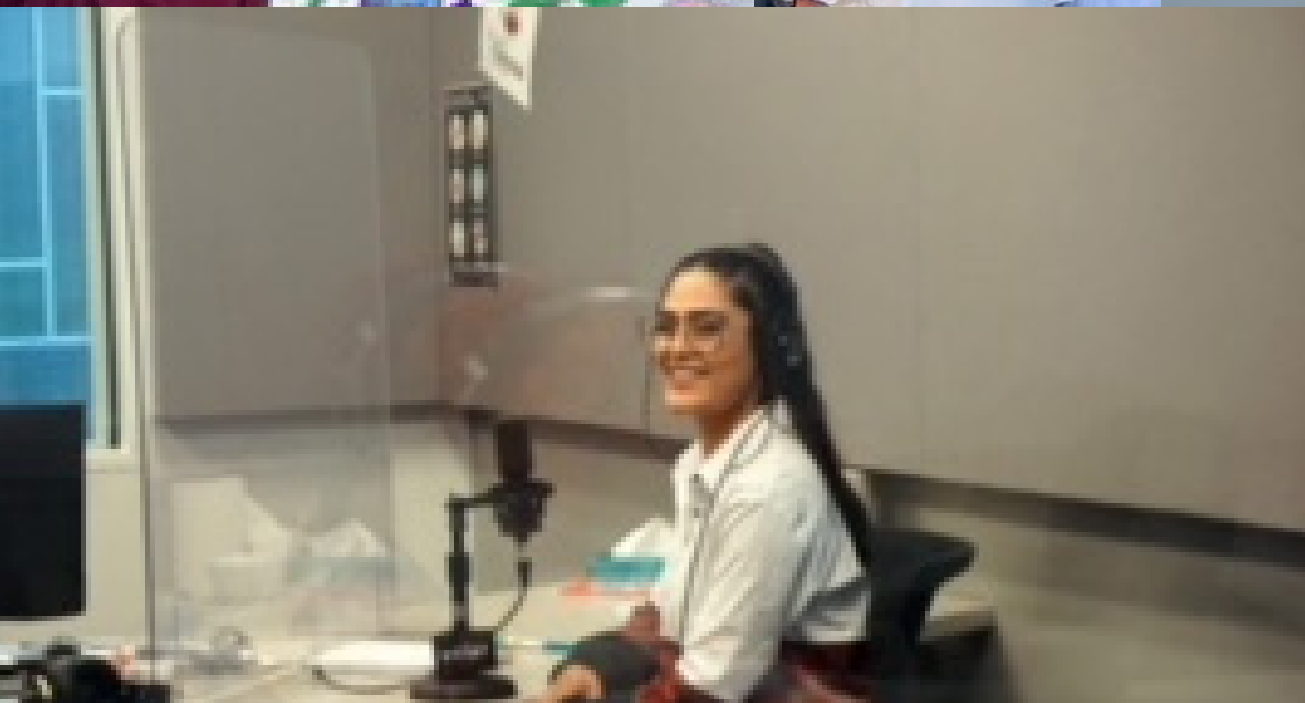
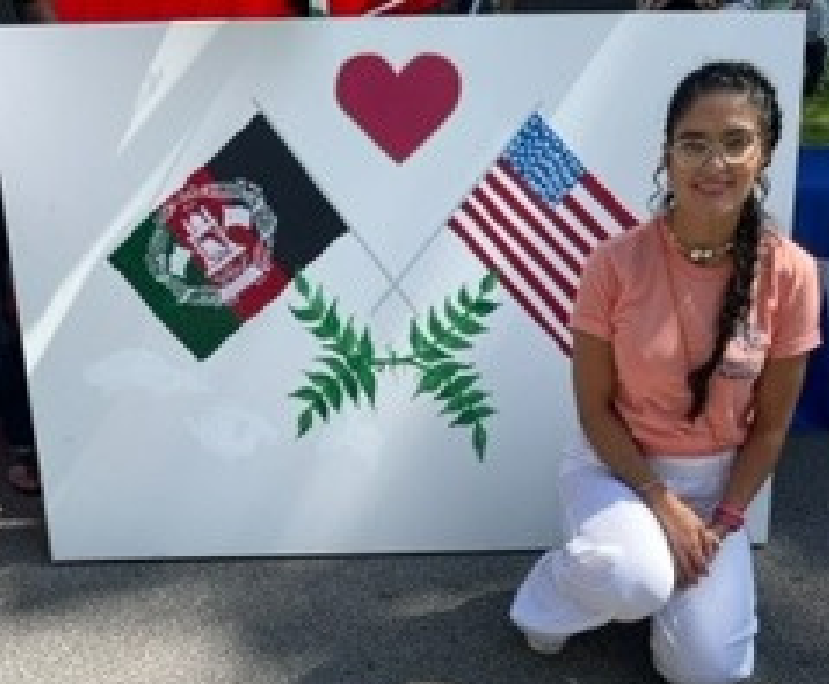




# Afghan Support Program













# Thank You Very Much!

