



Questions

What is your favorite memory of being outside in the sunshine? What helps you move forward in hard times?

Reflect on a hard time in your life when you unexpectedly found moments of light. What did you learn?

Reflection

Close your eyes and imagine your body washed in warm light. As you feel the warmth on your back, picture your shadow at your feet.

Welcome the shadow as part of you. Don't let it cloud your vision. Shadows only exist because of light. This light also exists within you and will always be part of you.

“Get mad and cry and all that, and then **pick yourself up** and keep **stumbling toward the light.**”

Gabe, 2016

Practice

Close your eyes and notice what it's like to be in the dark.

Rest there for several breaths, paying attention to the feelings that come up in the darkness.

Now, as you breathe in and out, imagine a small flicker of light in your heart. Each breath adds fuel to fire that is getting stronger and stronger.

Let the light in your heart lead your way.



Art by Leary J.

**“There’s a light.
A way. My way
was lost, but I’m
finding it again.”**

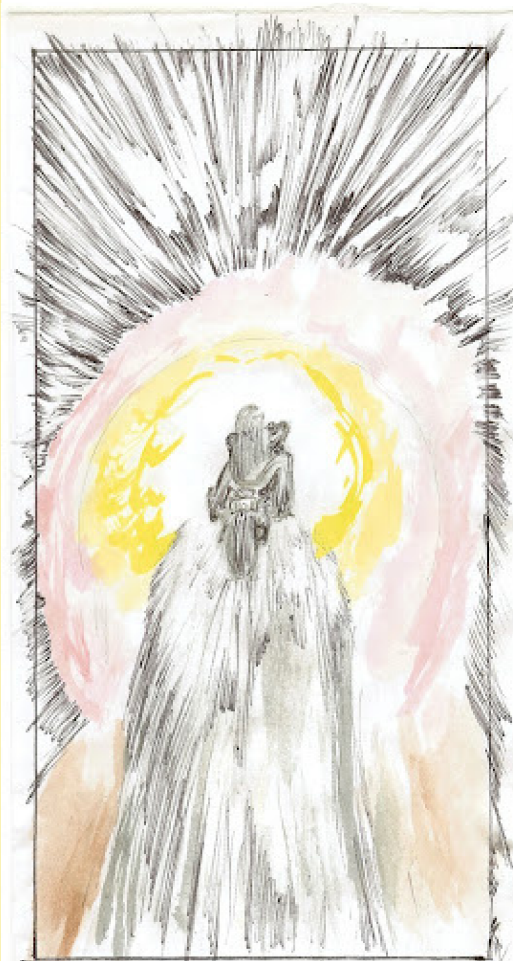
Stephanie, 2013

Questions

When was a time you felt lost? Who or what helped you find your way?

What did being lost teach you about yourself? What did you learn about yourself when you found your way?

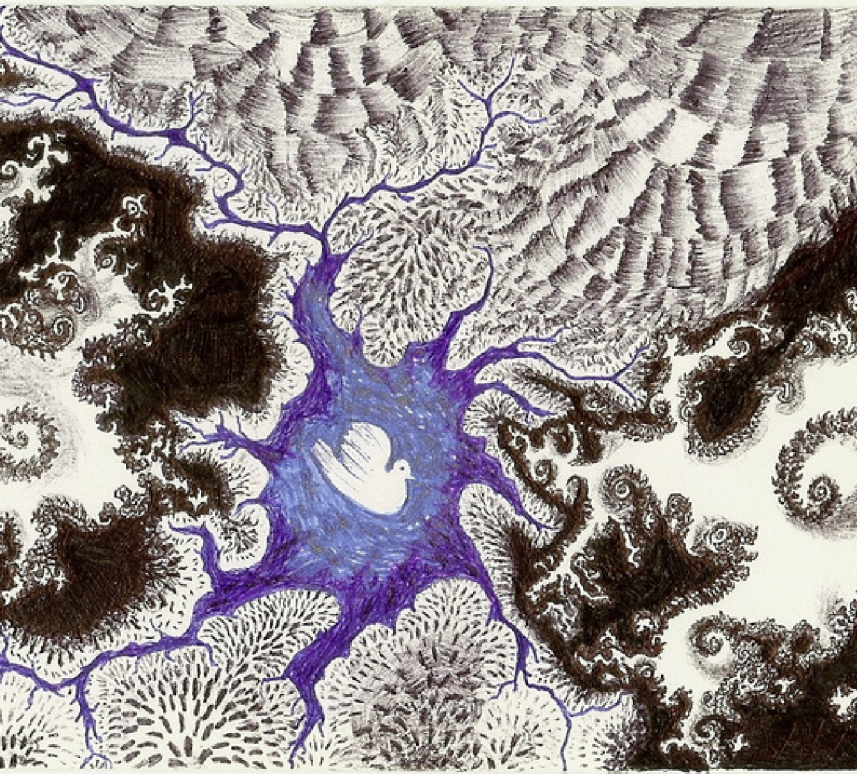
Reflect on a time you helped someone find their way when they were lost.



“Our deep dark past will become our
greatest asset.”

John, 2014

Art by Stephen S.



Reflection

“Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift,” writes poet Mary Oliver. Pain doesn’t simply turn into wisdom. It takes time and effort to burn off the poison of pain. Give your pain the time, care, love and attention it needs. Wounds heal. Scars remain. They trace the lines of our strength.

Questions

What is the story behind a scar or a tattoo that is important to you?

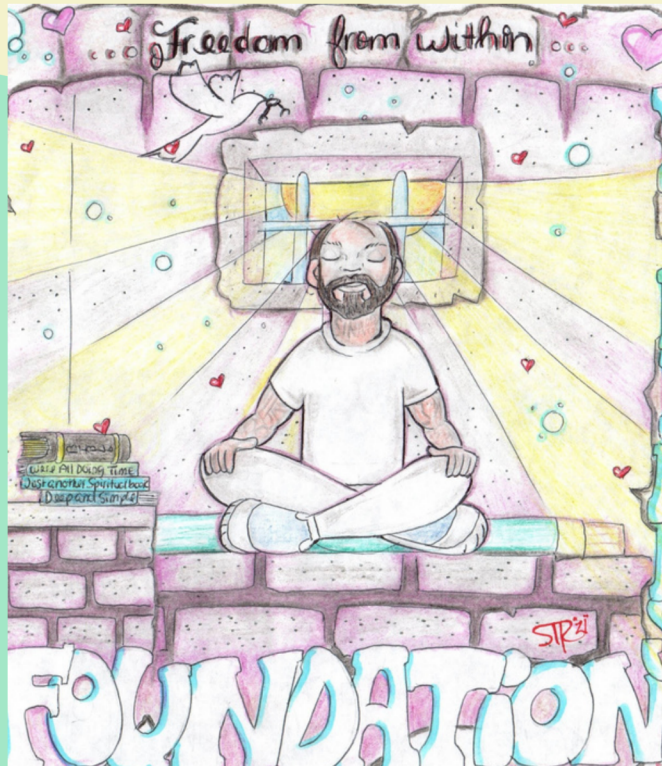
When did a plan not go as you expected? What did you learn?

What was a hard time you thought you couldn’t recover from? How did it shape who you are today?

“My pain is no longer something I try to escape from; now **it’s a light or a beacon** that plays an important part in guiding me.”

Alvin, 2017

Art by Michael S.



Reflection

Look around and find a shadow. Pay attention to its shape. If it moves, follow its journey. Shadows have their own stories to tell, their own lessons to teach, their own way to guide our path. Now look for the light that makes the shadow. Where there is shadow, there is always light. We can choose at any moment which way to turn our head.

Questions

When have you connected with others over shared pain?

Who or what has guided you most throughout your life?

When have you guided someone through a hard time?

“I allow myself to just feel the all of it and not push it down. It’s a powerful connection with the past and one I want to keep. It grounds me.”

Rick, 2010



Art by Jason B

Reflection

Plant your feet firmly on the ground. Feel the connection of your feet to the earth. No matter the weight your body or your heart holds, the earth can support it. This earth holds the bones of your ancestors; it can hold your tears and your fears today. This safety and strength is always there for you. It can hold what you carry.

Questions

How do you cope when you are in a lot of pain?

Reflect on a time you numbed your feelings. How did this affect you?

Reflect on a time you felt grounded, peaceful and strong. What could you do to feel that way more often?

**“I started paying attention,
and though I was not
optimistic and joyous every
day, I got better at it, and the
world began to seem better.”**

D, 2013

Reflection

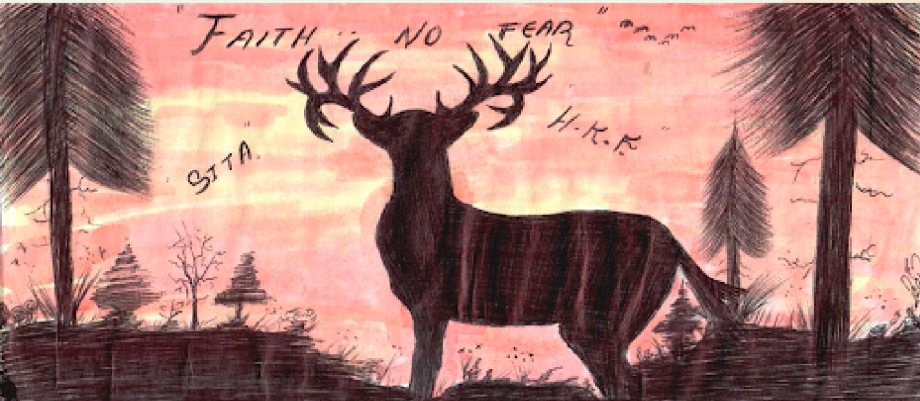
Close your eyes and listen to the world around you. What do you hear? Try to identify as many individual sounds as you can. Now relax and listen to the music the sounds of your world make together. This is the hum of your world, right here. Of your life, right now. You will never hear this particular song again. Give thanks to the music of this precious present moment.

Questions

Who is the best listener you know?
How do you feel when you're around them?
What have you learned from them?

What could you do to be a better listener?

When do you feel most loving and present?
What could you do
to feel that way more often?



Art by Javier H

“Just when you need it most, something you had all along makes itself known and reinstates that flicker of hope.”

Z, 2019

Reflection

Imagine yourself walking in a cave. You begin to worry because it is dark and you cannot see. You stand still because you are scared, but something within you pushes you forward. As you walk in the dark, you see a flicker of light. Aha! Feeling a mix of fear and hope, you keep walking. As you walk out of the cave, you see a waterfall. You notice different colors reflecting on the waterfall. Suddenly, you are calm. You are not afraid anymore.

Questions

What role has fear played in your life?

What fears do you hope to overcome?

Reflect on a time when listening to yourself helped you overcome a fear or challenge.



**“I am no longer holding
on by a thread,
I've gotten the whole
spool back.
I'm beyond square one.”**

R, 1990



Art by Ave L.

Reflection

Look at a piece of clothing you are wearing. Find a single thread and follow where it goes. A single thread holds a seam together, turning fragments into a whole. Praise to the single thread—sometimes it's all we've got. A thread can be our lifeline, a starting point for putting the pieces together into something stronger and more beautiful than before.

Questions

What helps you feel better when you're having a hard time?

When did you last help someone who was struggling?

Reflect on a time you felt like you were barely holding on. Who helped you? How did you make it through?