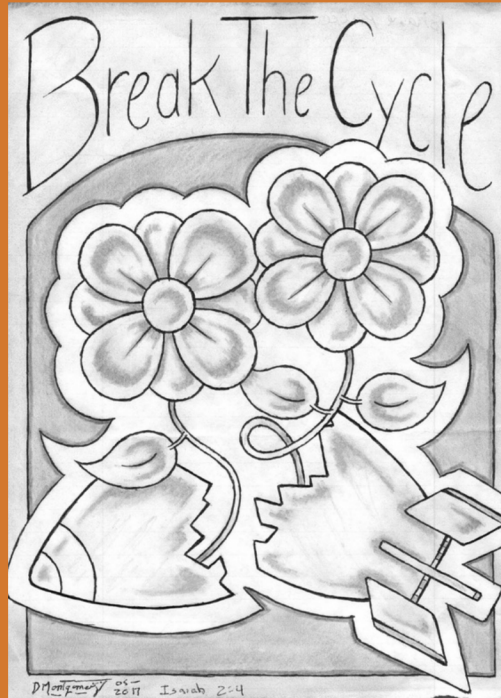


“Each person can find **enlightenment within himself** - but like the fortune cookie, you can't get the message until you are willing to **break the shell.**”

JM, 1981

Reflection

Picture yourself planting a small seed in a harsh environment, such as a desert or a crack in the sidewalk. Think about the inner strength this seed must draw upon for it to bloom into a beautiful flower, plant, or tree. As you continue to grow this week, remember the same potential that lies within each seed lies within you.



Art by Shane P.

Questions

How have you grown despite harsh conditions?

What wisdom have you gained from difficult experiences?

How can you share that wisdom with others? How have you already?