

### 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.

