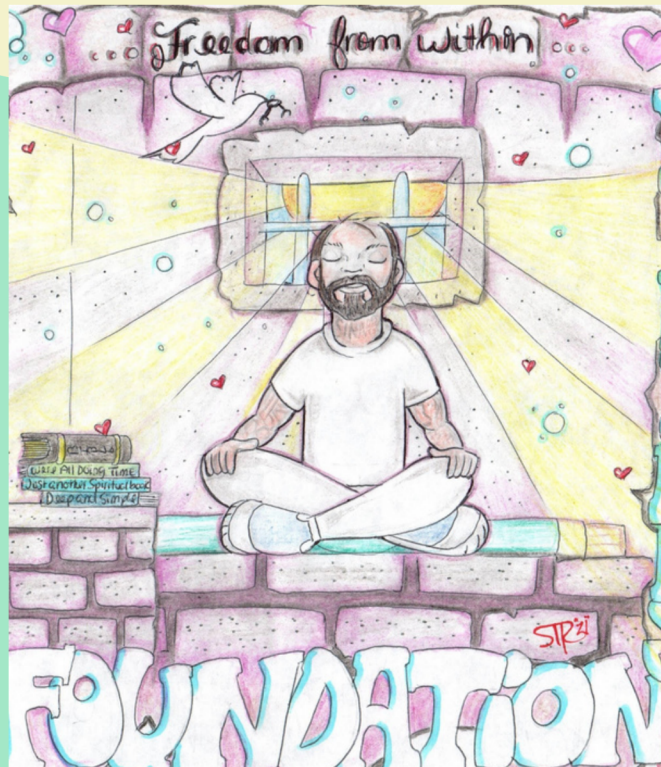


“My pain is no longer something I try to escape from; now **it’s a light or a beacon** that plays an important part in guiding me.”

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?