

**“I realized that the power
my anger has is only what
I fuel it with. I have
learned to forgive the
ones who have harmed
me and forgive myself for
the harm I caused.”**

Waylon, 2012

Reflection

When you feel sad, scared, hurt or ashamed, these feelings can easily turn into anger. What if you used the fuel from these feelings to turn into a protective force to help you and others? As you breathe deeply in and out, imagine the energy within you as a source of protection. Set an intention to lovingly protect yourself and others today.

Questions

When was a time you protected someone from harm? When was a time someone protected you?

If you had a guardian angel, who would it be? What would they look like? What is their name?

Write a story about your guardian angel.



Art by Lindsay R