

# “Before you can benefit others, you must first have your own peace of mind.”

Evan, 2016

## Reflection

Sit in a comfortable position and  
imagine a clear bubble around you.

Stretch your arms up and out;  
feel it surrounding and protecting you.

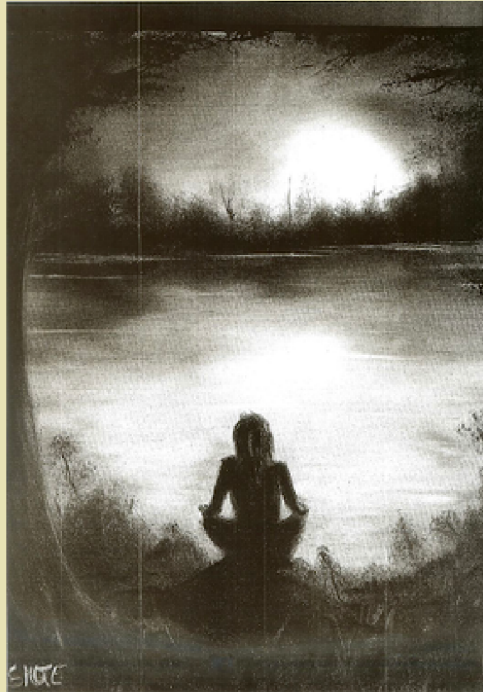
All that is good can enter;  
all that is bad cannot.

Here, you can surround yourself with  
light and love and

keep out the shadow and the noise.

This is your safe place.

It is always there for you.



Art by Shute

## Questions

What does it mean to have  
healthy boundaries?

What makes it difficult to create  
healthy boundaries? What  
makes it easy?

When was the last time you felt  
really peaceful? What could you  
do to feel that peace again?