

“When I remember
“Breathe--be quiet.”
When I see the shackle turn
into the bird.
I am loved. I can help
others. I am Free/Here/Now.
I am part of the outside.”

Jeffrey 2015

Reflection

Let your breath slow and deepen. Quiet yourself and listen to the world around you. Listen to yourself. What do you hear? Is there something holding you back? You were meant to be free; in this freedom you are the fullest version of yourself. In this freedom you can fulfill all the promise and potential that is you. That freedom lives within you. Listen to the song of your freedom.

Questions

What would you do if you were free to do anything you wanted? Why?
What holds you back from being the freest and fullest version of yourself?
What do you think is the most important thing you were born to do?



Art by Kevin C.