



Art by Tomas

“ Others have walked
this road before me,
I just have to **draw on their strength.**”

D, CA, 2000

Practice

Think of someone who is no longer with you who loves you very much. Picture their face in your mind. Let the presence of their love fill you, warming you with their love. Start to walk slowly, imagining them at your side. With each step, imagine them surrounding you with the protective presence of their love.

Let their love light your way.

Questions

Who is the strongest person you know? What have you learned from them?

What strengths have you gained from your loved ones?

Write a story about the ancestor you admire most and why.