Yes, I must confess: Uncertainty looms, and doubt blooms In the soil of my mind, But challenges and new experiences I crave; therefore, To the trepidation I will not be a slave, I will open my arms to embrace you (For better or worse), I will BE BRAVE!

vd de

CN



ottes

BRAVE



Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

Do you sometimes "crave" new experiences, but also fear them?

Can you think of a time when you overcame that fear and were glad that you did?

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

\*Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.

## OTHER SHINING LIGHT COURSES ON EDOVO YOU MAY WANT TO CHECK OUT:



For these courses, you have the opportunity to receive a certificate directly from Shining Light if you send in a written copy of your work to the address above.