



The picture above was drawn by me in a Life Coaching Art workshop, it symbolizes a past image of me. I drew three lines (or elements) which represented a wounded heart, a sealed dark box and a binding rope.

By the influence of past negative experiences, the heart is held in prison like a sealed dark box. There is no freedom, happiness nor safety in the heart. No one could understand how lonely and helpless it was. The heart kept its silence to protect it from hurtful feelings. For a long time, it was bound up by a long rope and could not escape.

One day someone special came and released me. He understood my weakness and pain. He was willing to hold my hands and lead me out from darkness. He is my best friend.

What I actually needed was friendship. He has taught me how to build up relationships with people. I have to learn how to love people and accept love. I need to grow up and learn new things. Now I can feel love, joy and hope. I have learnt to accept and admire myself. The world is so beautiful now because I have love in my heart. Thank You, my dear friend, I love You always!

By May