

*In the reflection of a topic given at the Life Coaching Art Workshop, I realised that there is an invisible BIG HAND that has supported and guided me.*

*Once I was suffering from depression. I had nobody to talk to and wept alone in the park. The relationship with my sister and nephew was broken due to misunderstanding. I could not sleep or eat well for several weeks. My life was ruined.*

*Feeling anxious, frustrated and worried, I found that prayer was the only way of gaining more comfort. Now I could experience peace and rest through prayers...*



*by Lai Ha*