

Judgement & Changing Minds

You told me I'm to blame and I'm blind to the truth,
I sit back and analyze the things that I do,
I'm always getting angry and I'm always getting high,
I told a lot of lies and I wasted lots of time,
Within the words I write I guess I'm asking for your help,
I take the blame from you and then I put it on myself,
I forgive you for the words that you said,
It's just what I needed to realize what I have.

Nico H.
Pennsylvania

Thank You FOR READING!

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!

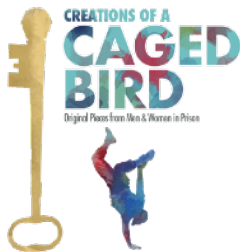
No one enjoys being blamed by someone else. But sometimes we need to hear from others about how we've disappointed them; if we let that blame and disappointment in, perhaps we can use it to help us grow. Have you had these kinds of conversations with people in your life?

Are there people to whom you would like to address a poem like Nico's? What would you like to say about the changes in your own thinking that might have come from difficult, even blaming, words from another?

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:



(Volume 1 & 2)



(Issues as far back as Sept '21!)



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.