



May Your Heart Be LIght

Renee Salvatori

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We all have been wounded in life. There is no escaping it. Wounds come from society, religion, living poorly, denial, deaths, sickness, work, financial hardships, people we love, and more importantly, by our very selves. The wound can range from a scratch to a gouge with a scar as proof. Maybe your wound still leaves you limping along in life. I have healed many of my old wounds and continue to heal new ones. We will never be done receiving and healing our wounds. I share with you some of my own methods in treating my own hurts of life. I write not as an expert but as a sensitive sharer. If you are looking for a friend to help you bandage your wound I hope my words are the balm you need. Even though wounds can be our greatest teachers, some of us have a hard time getting past the pain. You will find what you need within these pages to help build a space for healing, and you will find the tools to aid in your recuperation as well as the skills to - perhaps - keep future wounds to slight bumps. From the tool bag I will provide, you can pick which tools will work for you and see how quickly you recover. Words don't teach, only life's experiences do. Your experiences and my experiences are different, though there may be many similarities. I am sensitive to others and I hope you feel this as you read. Let's wonder through our experiences together.

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