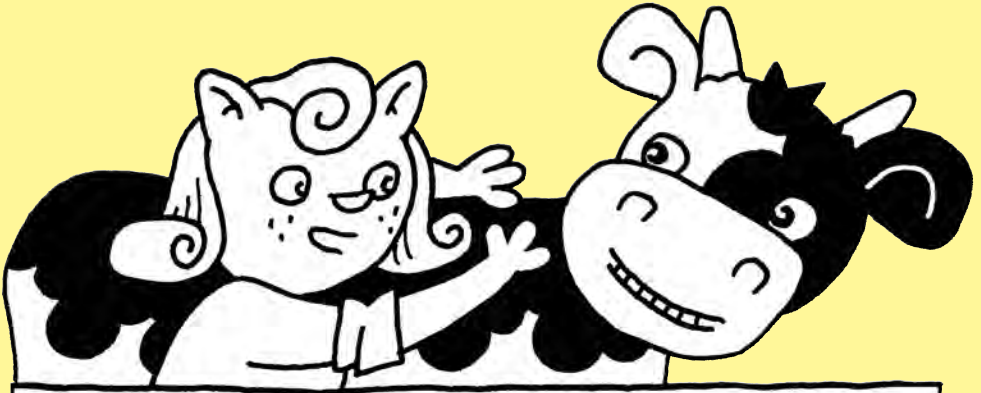


## PET TALK #9:



**Just as you always find love in you to comfort a child who is crying or a creature who is vulnerable, make every effort to comfort yourself as you confront your doubts and worries.** You must learn to be

your own best friend, to be your own mother and father, sister and brother. You must find the love in your heart to love yourself back. By doing so, you will be able to help others, too.



**A time when I was lost spiritually or emotionally and how I found my way:**

TYPE HERE

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