



LIFEHOUSE

BODY & SOUL

i asked for truth
and was given
silence.

i asked for truth
and was stripped
clean of my image.

i asked for truth
and all that i
believed had
meaning broke
within me and
outside of me.

i asked for truth.

i did not realize i
was asking that i
be emptied.

-sarah blondin



HEART MINDED

HOW TO HOLD
YOURSELF
AND OTHERS
IN LOVE

SARAH BLONDIN