

k i d s o f t e n f e e l :



not loved



lost



not seen



hurt



abused



afraid



not heard

secretive



I feel joyful



I am awake

I am alive



I am good enough

I FEEL HAPPY



I Love Me



I feel strong



I am not alone



I know who I am



I want to communicate

I can share my feelings

SHARING? I AINT SHARING NOTHING.

Isn't there anything to eat?

day one

Two showers for 40 kids???



What is this all about?

These kids need help,
I don't know what I am doing here!!!

Where is the nearest McDonalds?

*"You can never control
the effects of fear
yourself, because you
made fear, and
you believe in
what you made."*



I WAS BRIBED TO BE HERE.

Is this a boot camp?



What is with this tofu crap?



I don't trust anyone!



I DON'T KNOW WHY I AM HERE.



Lights out at 12, yeah sure!



Who are these freaks?
I need a drink!

"If you want peace, you must
give up the idea of conflict
entirely and for all time."



"The cost of
giving is
receiving."



"Teach no one that he is
what you would not want
to be. Your brother is the
mirror in which you see
the image of yourself."

"You cannot be
totally committed
sometimes."





*"There is a silence into which the world
can not intrude. There is an ancient
peace you carry in your heart and
have not lost. There is a sense of
holiness in you the thought of sin
has never touched."*



~ "Only happy sights and sounds
can reach the mind that has
forgiven itself." ~

~ "Fear binds the
World. Forgiveness
sets it free." ~

~ "Forgiveness is the healing of
the perception of separation." ~



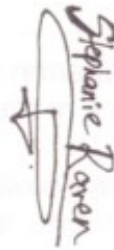


Here



Sitting outside at 3:00 am.
 It's damn cold but I don't care
 Simply being here gets me past the fact
 That life is just turf sir.
 I look up at the spread out stars
 And they look back at me.
 I have found out, many people look
 but do they really see?
 So many souls so similar,
 So many things we share.
 I hope we see how great this is;
 These chances are so rare.
 These people seem so real
 and they ask us for our trust.
 I don't give it up so quickly
 Yet deep down I know I must.
 It's hard for us to hide out here.
 It's too easy to unwind.
 It's hard for us to stay
 exclusively focused on our own minds.
 I sit back and watch them all,
 I guess that's why I'm here.
 The road to analyzing myself
 Still seems somewhat unclear.
 I know we all have alot to learn
 but learning is the key.
 It unlocks so many doors.
 It's what makes us be.

by: Stephanie Rosenblatt



**I commit to staying focused and present.
I want to end up clear with myself.**



Flight
amazing, it is.
Don't you ever have the urge
to just fly away?
There is such freedom,
nothing holding you back.
Freedom
to go
anywhere,
to do
anything
you
choose.
Isn't it interesting,
when you're flying
it is only
you,
you
choosing for
yourself,
what to do.
nothing is in the way,
it's so fascinating,
flight.

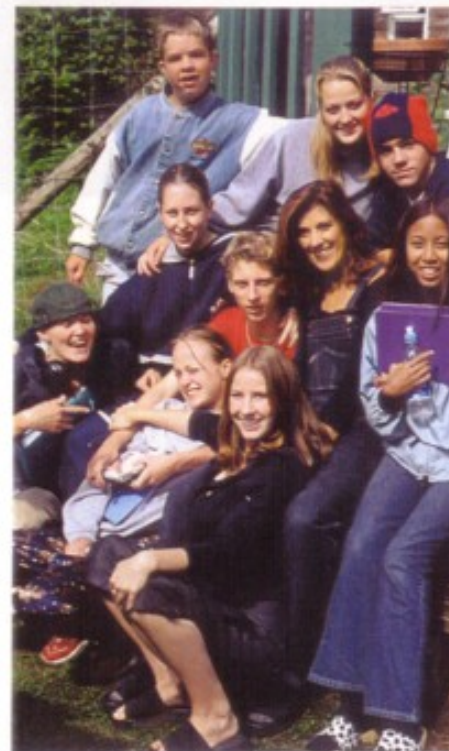
Bruce Melkle



From now on when something is bothering me
I will figure out what the root of it is,
then clear it.

I am now ready to go out into the world and help others.

**I learned how to
clear
my
anger
sadness
and guilt
with my family,
my friends and
myself.**



I feel better than I have ever felt before



Kids - White English Clam Chowder

Why can't we be free as birds?
All we want is to be heard.
It sometimes seems there's no one there
No one's listening, no one cares.
I wish I could break through this cage.
I need to release my anger and rage.
We can't fly on broken wings
Try to compensate for emotional things.

chorus { With all the shit in the world today
It's hard to believe we turned out OK
We're not the kids who run and fight
We're just the kids who are high on life.

I wish I could break down this wall
But will you catch me if I fall?
I thought I had it, but it disappeared
Screw this shit, it's way too weird.
I need your help and I need it now
I need someone to show me how.
I thought I had it figured out
But is this what life's all about?

Chorus

All the anger, sadness and pain
Please don't let me hurt again
Life's too short to dwell on this
Life's not something I want to miss.



I need you there to break my fall
Will you come next time I call?
With other's help we can survive
With this camp the youth will thrive
Chorus



Oh God... why am I asking you...
Why are you the only one I can talk to
Please take me from this earth, this land of
broken hearts

Me and my pen.

We're here...

but you never showed up...

You never stepped up to the plate to show me
where to go

I never heard you when you were talking
You never told me where I was.

Yeah, this was where I landed.

Why doesn't...

Speak.

There aren't any words.



Jonas Ecklund
Miriam Evers
Michael and Tatania Fischer
Ja-son Flower



Valerie Nyiri
Sammana Rempel
Seiengi and Abheeru Ricard

Brenda Jack
Kris Keaveney
Doreen McDonald

Sandy Levey-Lunden
David Nielsen
Valerie Nyiri
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Elaine Clark
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Marji Graham

Stan and Jane Silverman
Nadine Simonis
Dhanook Singh
Tracy Smith
Dayle Spensley
Petra Stahl
Howard Staples

Elsa Weinstein
Sue Wheeler
Diederik Wolsak



Cindy Flower
Marji Garaham
Kris Keaveney

Saskia Wolsak
Goran Ziethen
Richard Zverina

*"In each the other
saw a perfect shelter
where his Self could
be reborn in safety
and in Peace."*



Jack and Katarina Barnard
Joy Bremner
Liara Bruck



Nettie Adams
Kirk and Lurdes Balfour
Ian Barhydt



I hope that I will be strong enough to use these wonderful tools in my everyday life, and continue to deal with my anger and one day let it completely go.



I NOW REALIZE THAT I AM THE ONE WHO CREATES MY SELF HATRED

It's here that we learn to express ourselves and it's here that we discover what we have inside of ourselves to express. The purpose of this course is not to drive spurs into our flanks as I once thought, but to help us see what drives us on from the inside. That sight, by its nature, allows us to take a hand in life and guide our own destinies.



I have worked with all my anger and sadness and I have never been so happy in my whole life.



I realize that I must take control of my life instead of letting people control how I feel.

