

Sometimes a simple conversation between friends can have a profound effect. In a dark yet colorful mountainside chapel with paper thin walls I had a moment. A sudden but ethereal understanding of the relationship between myself and the commonality that is humanity. The chapel was the repository of the Weeping Mary. People visit from all over to leave icons, shed their grief and their pain, and leave feeling a greater connection to the divine. My visit sparked a connection, not to a dogmatic faith, but to a friend. I left with hope that I could find my way, that the stumbling blocks I've climbed in life only reaffirmed my path and helped in my becoming.

Isolation and self doubt can only be addressed by having a conversation. A simple back and forth listening to an outside perspective can sometimes lead to a deeper talk with oneself. Opening up to talk is the first step, from there you can better understand the puzzle pieces and jagged edges that make up yourself.