



## ILLUMINATE THE DARKNESS .

It is the simple act of storytelling  
that illuminates the darkness.  
An image, a string of words  
that accesses places beyond consciousness.  
It is truth spoken from a damaged soul  
that warms the heart.  
The expression of another's pain  
that has the power to heal.

*Footnote:* This poem, among others, captures the essence of The Black Dog Project. Find in book 'In My Room' (art and design by Harley Manifold).

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