The truth is like a lion; you don't have to defend it. Let it loose; it will defend itself. --St Augustine

**Lion Heart**

Luzuko Madonci wanted to be a lion when he was a child. His friends laughed at him. And yet as an adult he has indeed developed the heart of a lion, exhibited by his joyous wholehearted laughter, his confidence, and his courage in the face of trials. Having overcome childhood trauma, he has learned to embrace his emotions and to see pain as a helper, a teacher, a residue of something good that is happening.

**Be The Change:**

Reflect on Luzuko's comment,"The best gift I can give to the world is myself." How do you embody the best gift that you can give to the world?