love & risk taking

i know compassion & vulnerability is the birthplace of creativity & joy

I know it is the requirement for all success & for joyful life, because when I'm vulnerable, I open myself to the risk of mistakes, which means I will attempt new experiences, & I am willing to learn.

I don't block out the 'bad stuff', & think that will mean it will leave me with the 'good stuff'.

I don't block out the 'bad emotions', & because of that,
I don't numb the feelings of joy, gratitude &
hopiness.

