

Guitar



- When the strings on an acoustic guitar vibrate, the guitar finds its voice and sings. Each guitar has a unique sound, depending on its design and the materials it is made from.
- Guitarists often find that playing the guitar helps them process their feelings and communicate. What about you? Do you play an instrument or have another way to express yourself? How do you make yourself feel heard?
- Playing the guitar, or any instrument, is a great way to manage our stress levels, helping us to cope with life better. What is your mechanism for maintaining good mental health? How could you devote more time to this?
- Playing the guitar well takes hours of practice, it takes endless patience and the player has to learn to overcome their frustrations and persevere, until they can play the way they want to. Perhaps this tells us something about life. Is there something that you need to work at, that will push you out of your comfort zone, but bring great rewards?

'Each of us carries a song inside us, the song that makes us human.'

Philip Toshio Sudo



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