



The ball that found its colours

Once there was a grey ball.

The grey ball was grey on the inside and grey on the outside as well. It was also cold on the inside and on the outside.

This grey ball also had difficulty in rolling. Sometimes it just could not get started. Other times it got started but rolled for a very short time.

Rolling is what balls do, so the grey ball felt that there was something wrong with it.

The grey ball had seen that the balls that roll around the most were the ones with the strongest colours.

It remembered that there was a time where it too has strong colours and rolled around with great enthusiasm.

So, what had happened?

Why did it turn grey?

The grey ball thought back and remembered that some of its strongest colours were different from the colours that the other balls had.

It remembered that voices from the past had told it that these colours were not allowed because would cause trouble and these colours would make the other balls push it away or they would roll away whenever it came to join.

So, the ball had started to hide its own colours and tried to find a way to show the same colours as the other balls, but it just turned more and more grey instead.

The grey ball thought to itself: If the balls with the strongest colours roll the most, no matter what colours they have, then there are no wrong or right colours.

This thought brought some light to its colours and some of the grey vanished at once. It also felt warmer.

The ball could feel the truth in this thought and noticing how its colours now started to grow in strength only confirmed the truth in the thought and now its colours shined even stronger and all by itself it started to roll, and it rolled much longer than it had for a long time. It was also even warmer both on the inside and the outside.



The ball noticed that some of the other balls would roll away when it came, but these balls also rolled away when other balls came close to them.

The ball thought: These balls that roll away will roll away because that is how they are and that has nothing to do with me, it is only because of themselves. Now its colours shined even stronger, and it could feel how it got even warmer inside and outside. It also thought I am really becoming me now and I am exactly as I am supposed to be, I am filled with joy, I am rolling around my colours are shining bright, and I feel warm inside and out.

The ball started to notice that how others behaved around it had changing as well. Some of the other balls wanted to spend more time with it now.

Now that the ball was rolling around in all sorts of directions it started to meet other balls with similar colours as itself. These balls with similar colours liked to roll to some of the same places and the ball started to roll with them at found new and interesting places with more of the same colours as itself.

The ball's colours lit up even more now and it felt even more alive and warmer inside.

As the ball started to follow its own colours and roll in patterns that it chose itself new feelings started to take form within. The ball started to feel pride and happiness and these feelings grow even more by time.

Where the ball earlier experienced challenges it was now glowing with its own colours, it felt confident and trusted its own direction and trusted its own ability to navigate among whatever would come on its path. It was confident that it will continue to meet others that will feel joy and appreciation for whatever colours the ball was made of and whatever colours it will spread from the warmth within.



©From my heart

<https://frommyheart.dk/>