



...Before I was a student of Kismet, I was constantly worried about how other people would react if I made a mistake. I was afraid to fail; always trying to obtain the highest standard and beating myself up when I missed the mark. It was a terrible way to live; stuck between a rock and a hard place. But on the third day of my first year as a student of Kismet Rock Foundation, I finally had the courage and support to face the rock - and I haven't stopped climbing since.

~ Excerpt from a college essay written by Kismet Graduate and current intern Sharlah-Mae who is studying to be a nurse.