

Be Like the Sky

by Jeff Foster

Be like the Sky.

*Let rain, snow, the most ferocious storm,
pass through, moment by moment.*

You can withstand anything.

You were built to LIVE.

Breathe into your pain.

Oxygenate your sorrow.

Invite Awareness deep into your rage.

Trust that it is here.

Trust that it shall pass.

Trust that you will remain.

Trust that you always have.

Trust that

sometimes

you forget

how to trust.