

# The cure for it all

JULIA FEHRENBACHER

Go gently today, don't hurry  
or think about the next thing. Walk  
with the quiet trees, can you believe  
how brave they are—how kind? Model your life  
after theirs. Blow kisses  
at yourself in the mirror  
especially when  
you think you've messed up. Forgive  
yourself for not meeting your unreasonable  
expectations. You are human, not  
God—don't be so arrogant.  
Praise fresh air  
clean water, good dogs. Spin  
something from joy. Open  
a window, even if  
it's cold outside. Sit. Close  
your eyes. Breathe. Allow  
the river  
of it all to pulse  
through eyelashes  
fingertips, bare toes. Breathe in  
breathe out. Breathe until  
you feel  
your bigness, until the sun  
rises in your veins. Breathe  
until you stop needing  
anything  
to be different.

Create space  
and connect in

charlie lyons  
mobile: 07943 867529  
email: [charlie@connectin.me.uk](mailto:charlie@connectin.me.uk)  
web: [connectin.me.uk](http://connectin.me.uk)