

Make the everyday sacred

Stop to pause along the way,
sink your knees into the ground
and plant—with your own hands—
a place to start anew.

Sow yourself like a seed,
waiting to bloom.

Return to the nest,
to the chrysalis,
to where your true essence lives.

Awaken,
from the depths,
with a soul that has been set free.

Gaze at landscapes
through the playful lens
of childhood.
In your luminous and joyful reflection
lies the color and wonder
you once believed was lost.

Step without fear onto fertile ground,
onto ancient soil that sustains us.

Feel safe under optimistic skies.

Learn to grow even
when a space
is not made for you.
Rise without permission.

Grant yourself the pleasure
of weaving through in the air,
the fortune of floating in the present,
like a winged creature.

Allow yourself to be captivated by the beauty around you,
and celebrate the boundless magic of life.

Written by Maria Leach