

Sometimes
you think
you have
something
that you
don't really have

And when that
happens
there is a shift
Time sits still
And the earth

It
seems to wobble
and bobble

and shakes you
to your core

And when
you try
to find
your
bearings
again

It can
be confusing
and difficult
and all together
tough

But the clock
keeps ticking
and you realise
you must
move forward

Compassion
understanding
kindness
love
forgiveness

and

for
gosh sakes

get outside
soak up some
Vitamin D
And exercise!

To the degree
Possible
inch forward
one moment
one day
at a time.

Until

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