

## YOU ARE HERE NOW

You are here

Now.

*But How?* you ask

You've been through hell and back,  
countless panic attacks.

You hold your story  
in the crook of your neck,  
always gotta double-check  
if you're okay or in purgatory.

Disconnected from your body,  
numbing the shame with another hot toddy.

Running the blame like, *Why can't I trust anybody?*

But remember, you are here

Now.

Let us vow

to ourselves that we will allow  
ourselves to reach for the sky  
with a deep breath in and a deep breath out.

Untwist that spine  
so we stand up like we love ourselves or something.

Wiggle your shoulders  
like you are the beholder  
of your own beautiful existence.

Take your story  
and any resistance  
from the crook of your neck  
and let

yourself breathe in the morning and all it's glory.

Scoop the earth  
with your strong hands and spread your arms like wings.  
Fly to safety- this is your rebirth.

So give yourself a bow  
because you are here

Now.