

July

I was thinking about how tough my body has become, in a lot of ways.
How steely my resolve can be to avoid harm. How difficult it must be
for my body to hold itself responsible for keeping me safe.

So I offer you the mantra I'm offering myself:

I invite my body to become a soft thing again.

I invite my body to become a soft thing again.

I invite my body to become a soft thing again.