

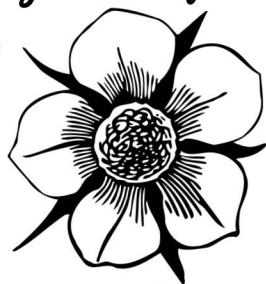
I hope your things are as good as they can be  
right now

I hope you are feeling whatever is happening  
in your mind and your body

Giving yourself permission to be as you are  
I hope the sun shines through your window  
And the birds sing from the branches

I hope wherever you are that you survive this  
That you return to your people  
and hold them tight

That you mourn your losses fully and deep  
That you breathe the clean air  
and touch the damp earth  
With a heart full of wonder



I hope the world turns, and things get better  
That you know without question  
You are missed, and you are loved