COMING UP FOR AIR
MARK NEPO

The times are hard and unexpected. They always are. But the river of being that carries us is always life-giving, if we can reach it.

But this, as ever, requires diving where we are, not running from what is. We must be brave and must beware, mostly of ourselves.

For the mind is like a spider. It will weave many webs. But the heart is like an arrow of light. It will pierce a hole in the dark that life will fill.

Along the way, we stumble in the dark. Our fierce and tender honesty, the lamp we swing between us.