

Exhale

Slow down baby girl.
Relax and reset.
It happened.
So, stop overthinking.
Embrace the scars, it's who you are.
Open your eyes baby girl.
Beauty surrounds you.
The world is your oyster.
Touch it. Hear it. Taste it. Live it.

Run through the waves crashing onto the shores and walk about the whispering pines covered with snow. Lose yourself in the forest, in all its glory. Feel the leaves rustle under your feet. Bathe in the essence of its peace and tranquility.

Then inhale.

Recover in the countryside. Beside the tall reeds and the rolling fields of green. Feel the water scurry through a winding mountain side brook.

Then inhale.

Lavish yourself in the scent of apple and cinnamon potpourri. Snuggle with a good book or someone you love. Enjoy the warmth of a blazing fire, listen to the wood crackle in a cast iron stove.

So slow down baby girl.
Theres no need to worry.
It will be there.
He will be there.
Family and friends will be there.
It will all fall into place.
At precisely the right time.
So, pause and reset.
Everything is going to be fine.

Just exhale.