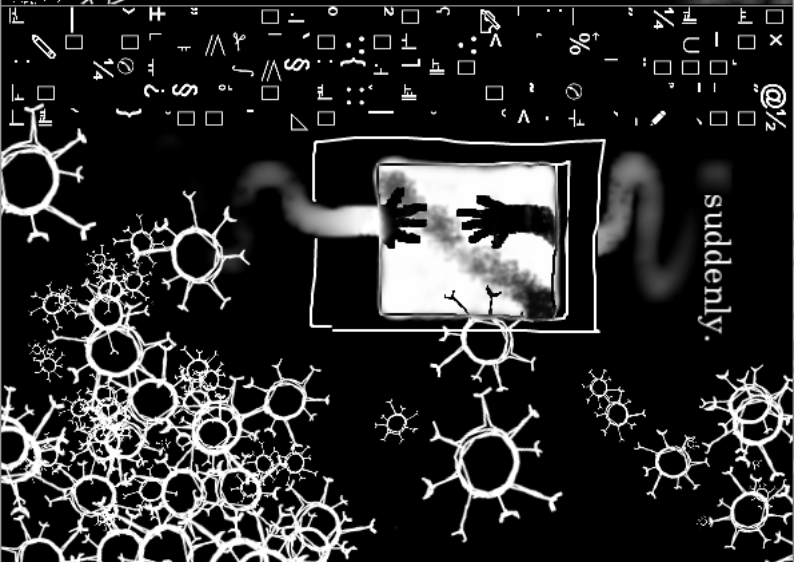




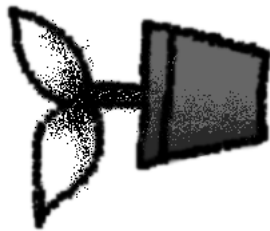
suddenly.

everything
felt out
of reach

i am remembering who i was
before i was

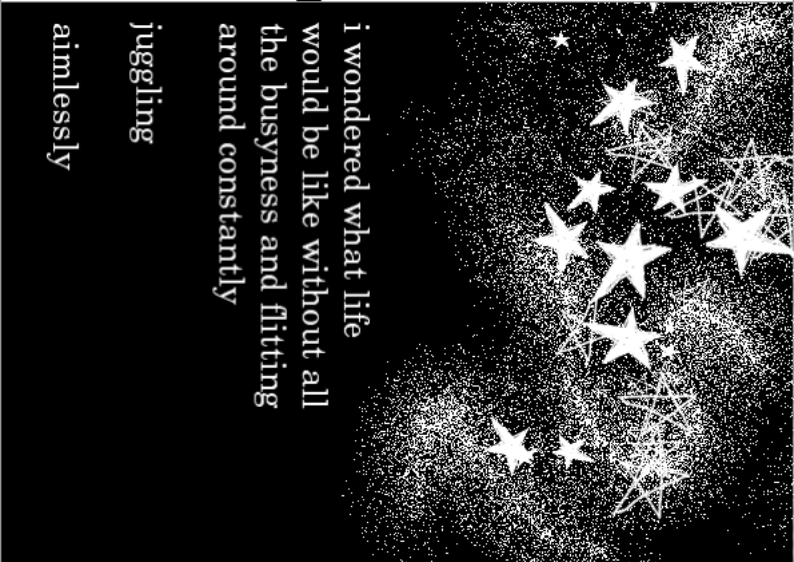
g r o w i n g
musician
teacher
student
secretary
singer

busy
busy
busy

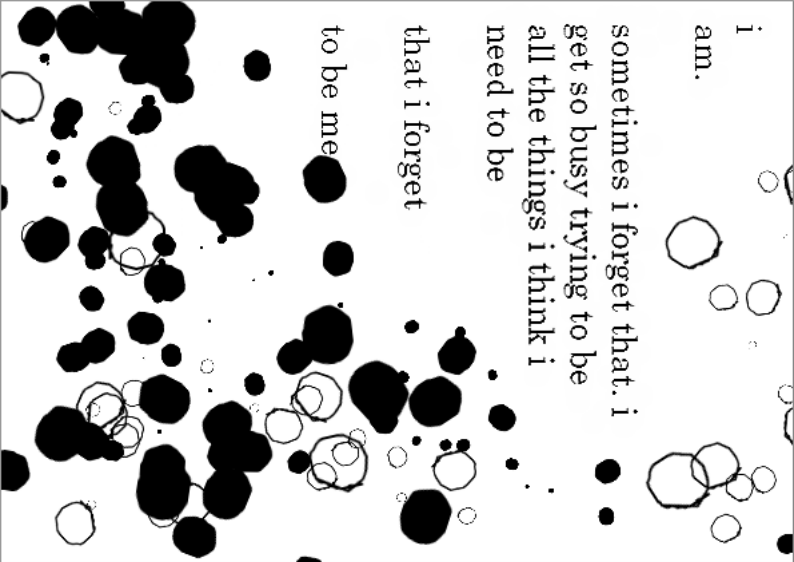


i'm listening to
my body

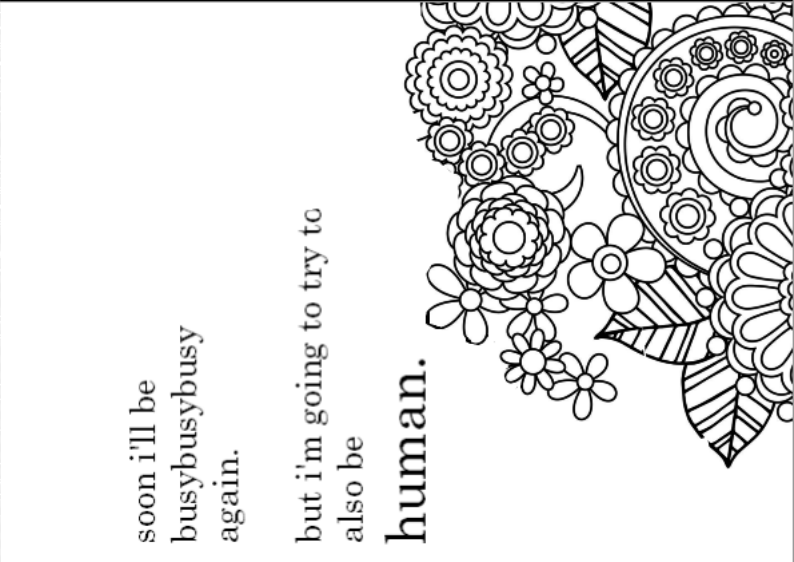
and what it needs.
i never did that before.
it turns out humans are hard
to take care of.



i wondered what life
would be like without all
the busyness and flitting
around constantly
juggling
aimlessly



i
am.
sometimes i forget that. i
get so busy trying to be
all the things i think i
need to be
that i forget
to be me



soon i'll be
busybusybusy
again.
but i'm going to try to
also be
human.

how to remember
how to be
human
by aodh