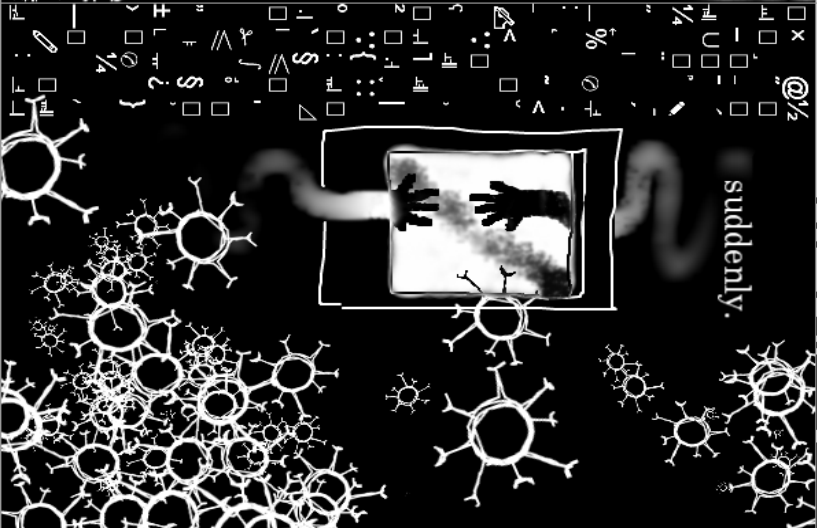




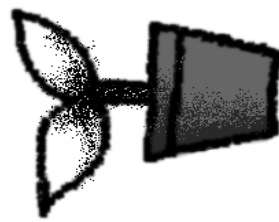
suddenly

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.



and then i found out.

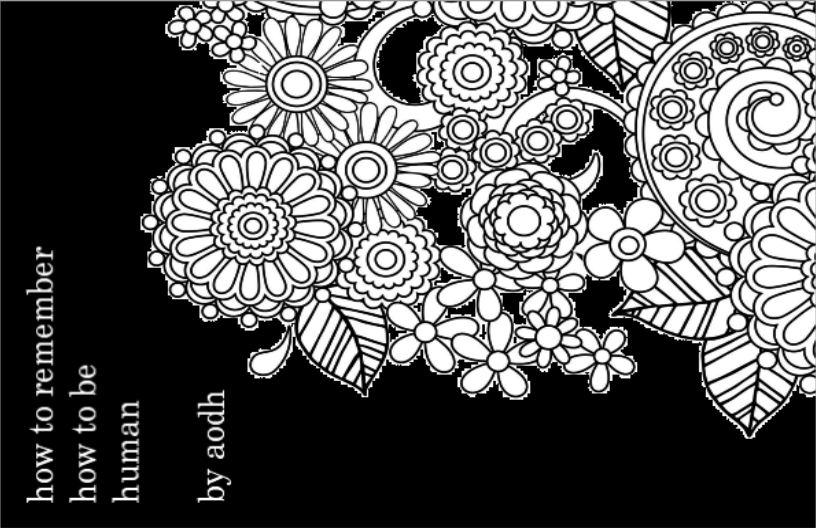


i wondered what life
would be like without all
the busyness and flitting
around constantly

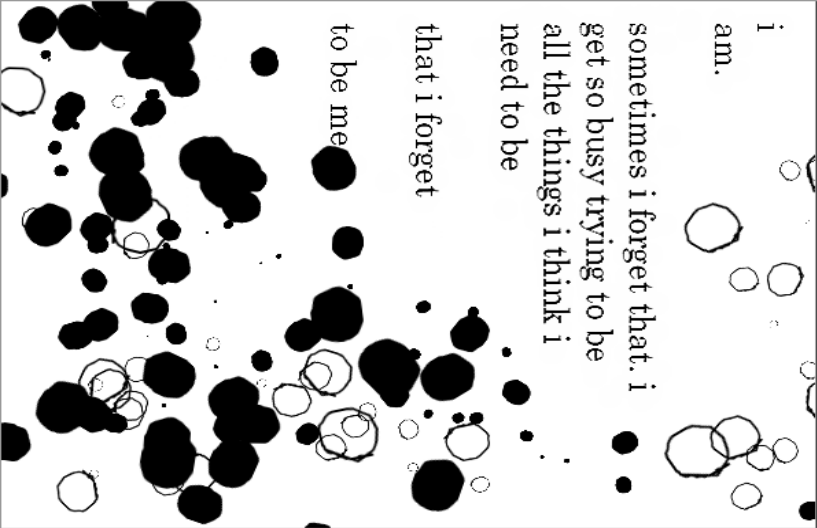
juggling
aimlessly



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



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