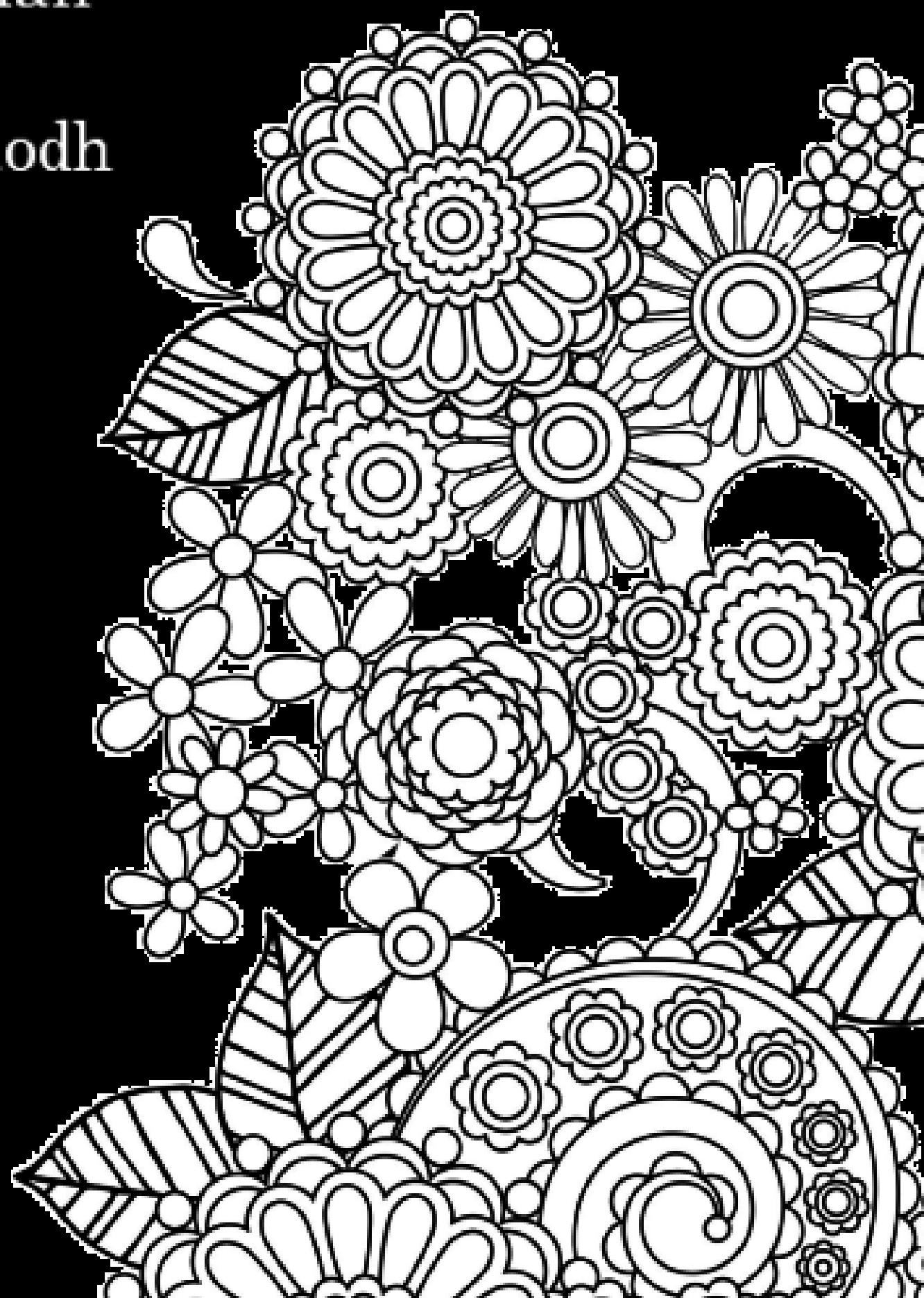


how to remember
how to be
human

by aodh

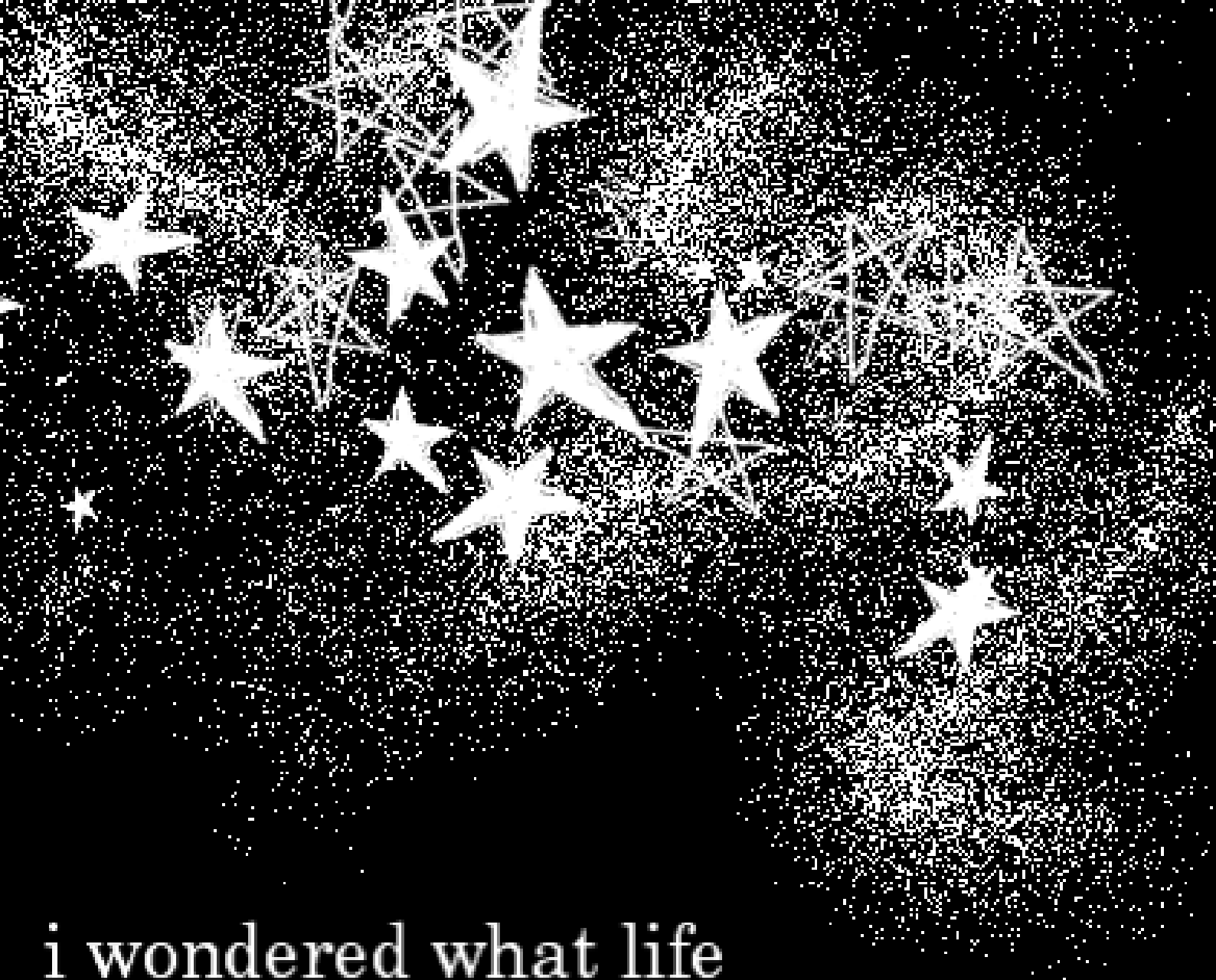


i
am.

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



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

juggling

aimlessly

and then i found out.



everything
felt out
of reach

but I found
myself

g
r
o
w
i
n
g

after a
while



i am remembering who i was
before i was

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.

soon i'll be
busybusybusy
again.

but i'm going to try to
also be
human.

