



Breath

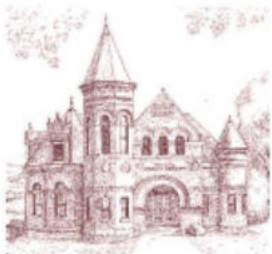
I remember to breathe
Holding my breath
Will never make this pain leave
Numbing myself will never take away my need to grieve
So I take in a deep breath
And fully feel..
Scared, hurt, sad, disappointed, let down, guilty, judged..
with hope that I will again feel joy, worthiness, loved, and
love

May faith and I find each other
So I may find my way through
True, free, bound only to what's in my heart
And all that it's connected to

I love you, with courage, humility, dignity and grace, in all
that's within my nature

Accept what I must, and face what I must change

SHAUN FRAZEE
Fairlee, VT



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