



*Tears are good.*

What flows is alive.

Crying is like a thundershower for the soul. The air feels so wonderful after the rain. Don't think too much.

*Breathe.*

Don't be harsh or demanding on yourself. Just experience your feelings and know that your tears are announcing change in your life.

*Change is coming;*

like a summer rain —  
to wash away your pain.

*Have faith*

that things are getting better.

~Bryant McGill