

Feel

*You are allowed to let yourself love – people, places, things.*

*You are allowed to let yourself feel, like really feel.*

*Feel your heart aching in your chest.*

*Feel joy rise up within you*

*You don't have to be so afraid*

*Sometimes the most impermanent moments are most beautiful*

*To just be open to the possibilities of the present moment*

*All that is here for you now*

*Beautiful girl,*

*Please do not be afraid*