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Situations and emotions are overwhelming.
Unbearable at times, you don't know where to turn.
Inner turmoil destroys your peace,
Confusion is all that is clear.
Indecision is your guide on your bleak journey
Down the long road, to the light ahead.
Everything will be resolved if you take the dive.

Outside of yourself, you look down at the world,
Reminiscing: you wonder if it's worth it.

A second, one moment in time could change it all.

Somehow in all of the haze, things begin to look less fuzzy.
Eventually you can start to see definitive lines.
Concentration is the key. There is something there, once jagged edges are gone.
Out of sight, out of mind?
Not in this case, but it does get easier every day.
Density is a state not easily released. It takes time to heal.

Cooperation between body, mind and spirit
Help us to see the truth.
Anyone can say that it's there.
Not everyone can see it and believe in it.
Cling to the truth and to yourself.
Eventually we all must choose.

--Jen Enright