
Word Remedies

A Complete Collection

Breathing Space

It does not matter
if I please you
or if you look at me with loving eyes
None of this matters
to the queen of my own heart

What matters
is that I smile inwardly
at my own failings
forgiving

And open each day to my own goodness
That I soothe and soften my own wandering mind
and give space to my own thoughts and dreams
That I breath long and slow into my soft belly
and I know my own song by heart

Jane O'Shea

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