

# Walk Slowly

- By Danna Faulds

It only takes a reminder to breathe,  
a moment to be still, and just like that,  
something in me settles, softens, makes space for imperfection.

The harsh voice of judgment drops to a whisper  
and I remember again that life isn't a relay race;  
that we will all cross the finish line;  
that waking up to life is what we were born for.

As many times as I forget,  
catch myself charging forward without even knowing where I'm going,  
that many times I can make the choice  
to stop, to breathe, and be,  
and walk slowly into the mystery.