



# Moments

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There are moments, days, months, phases whatever you want to call them, but times where you are **NOT** alright, where the World seems to spin around the sun without you, where you seem to stumble over your own feet.

And I know, I know the only thing you want to do, is straighten up, fight back, get better, get moving, get away from this darkness, this

cloud, this heaviness that makes breathing so hard. You want to work through this darkness, push against it, break through it, domesticate it, scare it away and expell it from your life for ever.

But please: Stay in there, breathe! Get up every morning, move your body, don't think, feel! Feel the Heaviness, the Darkness around you. Just let it be there, let it be there, it just is. Let it fill every cell of your body, invite it inside, make it some tea, let it fill all the corners you have protected. I know it feels like you have Stones in your lunges, in your stomach, like every breath is a marathon.

And maybe you crumble, you break, maybe you dissolve into this cold darkness, maybe you burn to

ashes, maybe you lose yourself or you shatter into million pieces.

But you can do this, you can just keep breathing! You are getting up every morning you are rocking this, baby I promise! You don't have to do anything, you don't have to fight the Darkness, you don't have to smile the clouds away, you don't have to make people like you, you don't have to make people understand you. You don't have to follow anybody's advice, you don't have to gather energy for what is coming.

You just have to **breath**, you just have to get up, you just have to live today, now, this second. Be here in your feet, in your skin with all the darkness, all the confusion. You just have to breath, deep. Inhale, exhale. Everything else falls away,

falls apart, falls...! And you? You  
are breathing, deep.