When I was little I used to think people were born kind, and that I could speak to hummingbirds and hide in my mom's raspberry bushes until she forgot I was there

Everything was beautiful then The world full of wonder and I, ever present

As I grew older life beat me down but the world kept twisting and turning, reminding me how beautiful it was to be alive
And it was always little things
Like Pacific Crest Trail conversations and hiding from the rain by a dying bonfire under a tarp drinking ciders and it's 2 am and no one wants to go to bed
No one ever wants to go to bed
I never want to go to bed

I just wish I wasn't so tired

So I wake up in the morning in my DC apartment, sit next to the window
And breathe

And sometimes – no, always, I think about how we are all in every cloud and every lake but mostly in every forest and also in the people we hold hands with or just in ourselves

And I realize that we ARE light and we ARE love and our lives are as beautiful as we thought when we were young

So I open my eyes