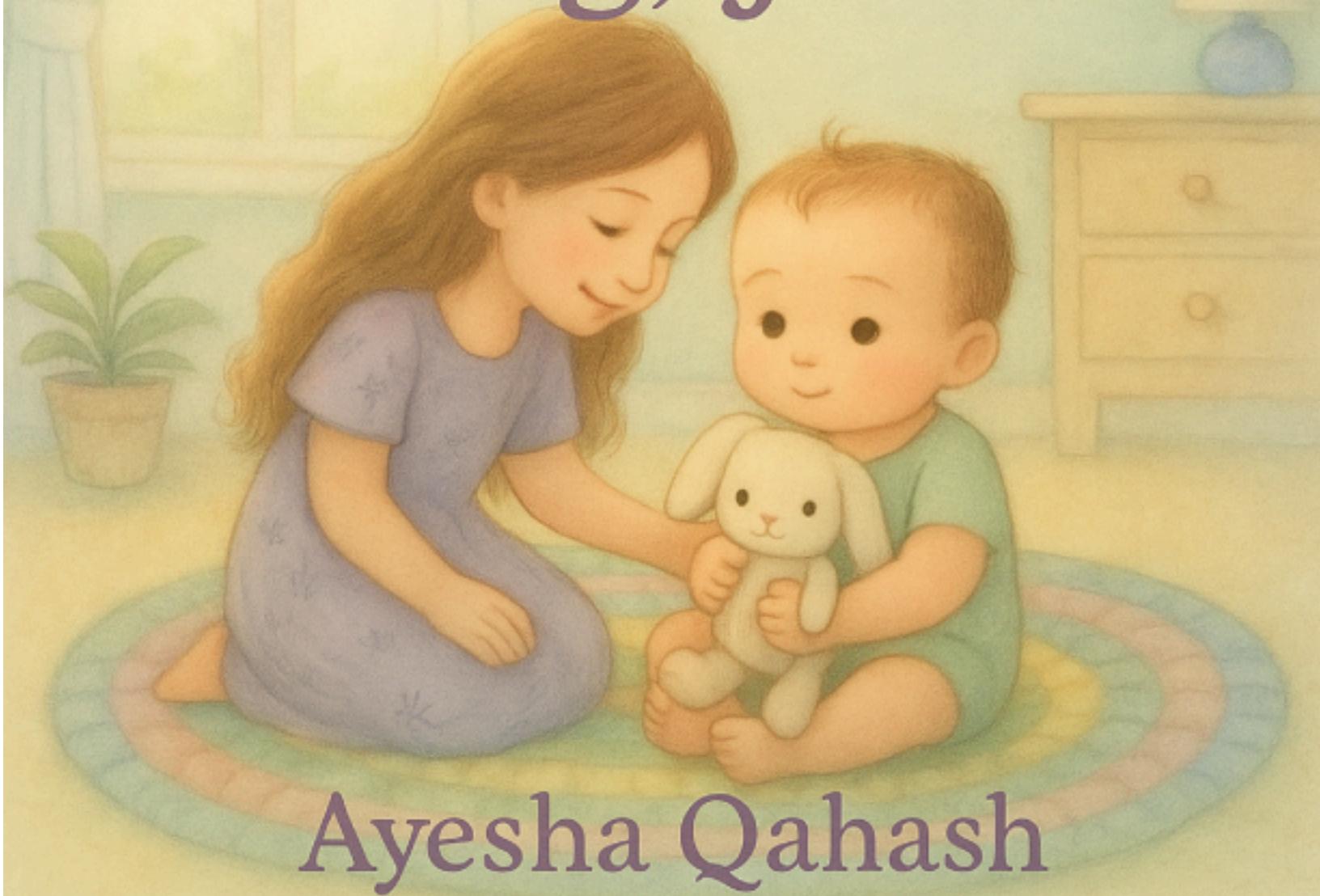


What's that feeling, Josie?



Ayesha Qahash

For my angel,
Emery Jo,
who whispers through the stars
and lights the path with love.

And for my earthside miracle,
Josie May,
whose heart beats beside mine,
teaching me to feel again.

Josie's heart felt funny today.



A soft sparkle danced
by her toes.





**It was Emery, Josie's big
sister from the stars.**



‘It feels squishy inside,’
Josie said.



"That feeling is called sad," Emery whispered.
"It's okay to feel it."



They took three tiny breaths.
In... out... in... out... in... out.



The squishy feeling turned soft and warm.



Emery smiled.
“Every feeling is a little visitor,”
she said.
“We can listen...then let it fly.”



Josie's heart felt just right.