

Disruptions can  
reorganize as blessings.  
A new perspective.

3/100.

Embrace inertia.

Choose to resist the hustle  
when your soul needs pause.

7/100

say farewell to those things, ideas, behaviors, and bonds cluttering your life.

15/100

Creativity

ignites connections between  
sensed and imagined.

14/100

This haiku's subject  
has been difficult to decide.  
So, here goes nothing.

17/100

Choose your yes wisely.

There's only so much of you.

Boundaries are good.

23 / 100

It is not easy.  
It requires courage to face  
the avoided things.

24/100

Sit in your hammock  
beneath the tree-filtered light  
and feel the earth breathe.

24/100

Water has the strength  
to give life or to destroy.  
We are also rain.

35 | 100

Loyal through all things,  
canines can be our dear friends.  
Comfort. Protection.

43/100

cheerleaders? critics?  
Who are you listening to?  
Choose teachers wisely.

66 / 100

Temperatures rise

high as city skyscrapers  
high as the addict.

91 / 100

Trees are clothed in strength.  
Dogs are watchful and alert.  
Bark is protection.

96/100

The expanse between  
known and unknown, a distance  
as wide as our fear.

101