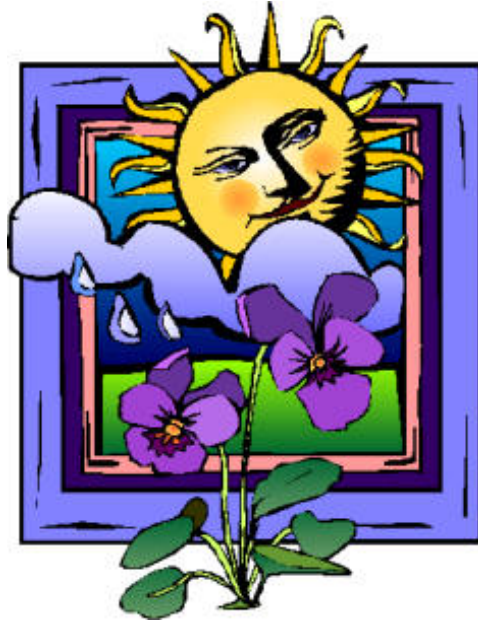


If You Would Grow - Shine the Light Of Loving Self-Care On Yourself



If you would grow to your best self

Be patient, not demanding

Accepting, not condemning

Nurturing, not withholding

Self-marveling, not belittling

Gently guiding, not pushing and punishing

For you are more sensitive than you know

Mankind is as tough as war yet delicate as flowers

We can endure agonies but we open fully only to warmth and light

And our need to grow is as fragile as a fragrance dispersed by storms of will

To return only when those storm are still

So, accept, respect, and attend your sensitivity

A flower cannot be opened with a hammer.

Daniel F. Mead