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There's a Time for Everything Under the Sun

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There's a Time for Everything Under the Sun

i am learning that there's a time for everything whether I want it or not.

a time to thirst & a time to be submerged
a time to sweat & a time to shiver
a time to face it alone & a time to face it together
a time for dingy airport light & a time for the cleanest air, the bluest
skies

there's a time for white water rapids & the lazy river

a time for monotony &
a time for adventure

lean into the time,
this is the only time you truly have
& it's not here for long

time is fleeting
the river keeps running
the days keep coming

let it go
let it be
be here now, along with everything

if there's sadness, let it be
if there's irritation, let it be
if there's joy, let it be

if there's longing, if there's ache, if there's anger or heartbreak, if there's

pain, if there's pleasure, if there's waiting, if there's pressure, if there's
release, if there's struggle, if there's peace or rebuttal, if there's love so
strong it hurts, if there's lashing out or coming together, falling apart, or
change like the weather
let it be
let it be
let it be
you are alive
you need the sunshine, the rain, the wind, the birdsong, the decay
somehow, you need it all, someday.
everything that's meant for you, everything you need will be yours.
even if that's death.
this self, this body, they are mine, but they are not me.
what matters cannot be created nor destroyed.
hold it all with loose hands,

but hold it all.

Written By:
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