From the moment you breathe on your own, you give birth to yourself.

Yesterday you
Birthed today you.
And today you
Birthed all your tomorrows.

It is invisible labour.
It is unsung work.
Only you can do it.

*A collaborative project between Sophia Al-Maria, Tosh Basco, Kelsey Lu and many more to come.*

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*‘in memory of Rainbow’* 🐾

Now.
Close your eyes
And breathe:
In through your nose;
Out through your mouth;
In through your nose;
Out through your mouth.

Feel it filling you up with warm, loving light.
Nurturing you with pleasant feelings
Of contentment;
Confidence;
Clarity.

Now.
Imagine these feelings encased in a soft shell of light.
Imagine them seeking the ground.
With a tender pressure;
Going deeper.
Growing lighter.

*Wishes.
Every breath is a wish.
A portal to possibility.
An invitation to change.*

To change.
From bud to blossom.
To blowball.
To seed.
To root.
To bud.
To blossom.
To blowball.
To seed.
To root.
To rainbow.

Now isn't that precious?

Take your time.
Turn your dandelion in the light of your mind’s eye.
Observe its symmetry.
Notice -
How loose,
How ordered,
How soft,
How hardy.

Watch it cycle.
Open and shut like a golden eye.
Dilating and contracting.
Tiny and yellow.
Wilting.
Sleepy.
Silver soft and bristled with wishes.