

the process

b e f o r e

hell high stocking to-do papers
thinner getting my own thread
please, i beg, give me a rest day
from the stress I will not make

d u r i n g

it is ending, it is calming, it is giving me the time
while my whole life was on "holding" I count this here as a sign
As a sign to hold on slightly and give yourself the space to grow
All the minutes that were fading,
i'm holding in my hands, i know.

e n d

I know it is so hard to someone
who isn't me to understand
how this endless situation
gratefully fell in my hands
even though I will not lie
to the ones that felt this hard,
I anyways want to thank the process
because it taught me who we are.

f u t u r e

Every feeling is a status:
it will fade and it will break.
But the results of these moments
are the ones I won't regret

f o r t h e o n e s t h a t s t r u g g l e n o w :

don't be focused on the ending
while you could love the way itself.
and if you don't, than keep in mind, it's the way, that keeps us well.
Start to fall in love with the process
instead of hoping for results

because the process keeps us growing
but the ending never does.