

# Hope

Manizha

You cannot control the way the wind blows  
You cannot control whether it rains or not  
But because of that you know what the wind is, what rain is  
And how to use an umbrella

And when you love someone  
Can you control whether they will love you back?  
All you have is the knowledge that you can love  
And that's a lot

Imagine love is an instrument  
The more you practice, the more beautiful it will sound

May you hear the melody of acceptance  
The rhythm of balance, the harmony of forgiveness

When was the last time you said sorry to yourself?  
Have you forgiven yourself?  
When was the last time you told yourself, I love you?

I hope you fall in love with you  
I hope you see yourself through the eyes of the people who love  
you most

I hope you sleep well tonight  
That you let go of your day so you can rest deeply

Call upon your breathing to soothe and calm you  
Move your focus to the things that bring you peace

Inhale the safety of the present moment  
Exhale everything you no longer need  
Inhale the wholeness of the present moment  
Exhale everything you no longer need