

WORDS

Life, teach me stillness
So that I may learn to feel at home in my own presence

Life, teach me courage
So that I may blossom into my full potential

Life, teach me kindness
So that I may see the world through the eyes of compassion

Life, teach me acceptance
So that I may fully embrace both myself and others

Life, teach me self-awareness
So that I am conscious of how my actions impact others

Life, teach me release
So that I may learn to say farewell to what is no longer for me

Life, teach me trust
So that I may have faith that what's meant for me will not pass me by

Life, teach me calmness
So that I may remain centered, grounded and at peace

Life, teach me detachment
So that I may let go of things with ease

Life, teach me forgiveness
So that I may feel light, unburdened and free

Life, teach me regeneration
So that I may recover following loss

Life, teach me humility
So that I may release myself from the burden of needing to appear perfect or superior to others

Life, teach me patience
So that I may learn to allow things to unfold in their own time

Life, teach me hope
So that I may believe that better times lie ahead

Life, teach me faith
So that I may trust that things are working out for my highest good

Life, teach me solitude
So that I may learn to feel at peace in my own company

And life, teach me love
So that I may know the fullness of who I am.

By Tahlia Hunter