



Art by Datra J.

## Reflection

It's a mystery. Tell yourself this as you breathe in and out. Start to connect your breath with the words. So much that is beautiful has no answers, like the mystery of love. Rest in the mystery. Breathe in its beauty and freedom. Let go of the need to know. Let the peace of mystery surround you.

## Questions

What are some things you cannot control? How does this make you feel?

When was the last time you felt filled with awe and wonder?

What are some good questions that have no answers?

**“It’s OK to live without all the answers.”**

L, 2013