

Soaking in the Sunshine

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I want to soak in this sunshine until I'm overflowing with light, then pour it out all over the world! I want to laugh, dance, cry, make love, catch a snowflake on my tongue, swim in hot water and stare at snow-capped mountains—LIVE!

I'm tired of being shuttered, dried up, anxious, blocked off from my living spirit.

Then STOP with your small-making, fearful ways! STOP apologizing for your bliss as if it were shameful. Who taught you bliss was a one-way ticket on a guilt trip?

Blossom! Burst forth in a great fountain of light and love, hope and joy, freedom and possibility!