

## **“The Peace of Wild Things”**

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children’s lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

-Wendell Berry

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## From **“Milk and Honey”** - Page 179

"i want to apologize to all the women  
i have called pretty  
before i've called them intelligent or brave  
i am sorry i made it sound as though  
something as simple as what you're born with  
is the most you have to be proud of when your  
spirit has crushed mountains  
from now on i will say things like  
*you are resilient or you are extraordinary*  
not because i don't think you're pretty  
but because you are so much more than that"

-Rupi Kaur

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## **“Positive Things”**

Discover all the positive things  
Life has in store for you  
And move forward  
To discover who you are  
And fill your moments  
With YES and POSSIBILITIES

Don't sit down with negative thoughts  
Or bow to negative circumstance  
Decide your future  
And don't give up

Learn to stand up  
To your ideas and dreams  
And when you fall  
Try to bounce back  
And  
Renew your spirit  
And grab the moment  
And prove your worth.....

Seema Chowdhury