You are not alone

The journey may be long, wrong, song but be still. Life may seem like a football field where there are times goals are scored but other times none. Remember you are not alone. Remember be still, still and still. Find peace, peace, with yourself. Please be kind and love yourself till your cup overflows so that you can give some to others and make the world a better place.Be still. I repeat be still. Be kind, I repeat be kind. Be loving, I repeat be loving! by Ivy Glavee