

starting to hear the birds

I'm starting to hear the birds again
starting to hear
my own voice.

I'm starting to follow my own energy again
instead of trying to push myself around.

I'm starting to listen to myself again
I'd become so used to other people making decisions for me
where to be
what to do
how to do it
when to do it
what matters
what doesn't
that I thought my gut and my heart and my intuition
had gone silent on me
of course they never do
but I'd reached the point where
I couldn't hear them anymore
unless they screamed at me.

at least I could still hear that.

I'm starting to notice
the moon and stars
the whispering trees
the quiet sky
the sound of time passing.

I'm starting to remember
who I am.