

What Is Quietly Returning to You?

There are parts of you that may not return with an announcement.

They arrive quietly.

A little curiosity.

The desire to make something.

A song you want to hear again.

The wish to go outside.

A laugh that sounds more like your own.

You may almost miss them because they seem too small to matter.

But small returns are still returns.

They are signs that something within you is becoming available again.



You do not have to turn the return into a plan.

You do not have to ask what it means for the rest of your life.

You can welcome it gently.

Give it ten minutes.

A page.

A walk.

A little room.

Perhaps what is returning does not need to become useful.

Perhaps it only needs to be noticed.

So today, ask:

“What feels a little more alive in me than it did before?”

Stay near the answer.

It may be showing you the way home.





Something to Sit With

What small part of me is returning, and how can I make room for it without asking it to become anything yet?

