

When The Fog Rolls In

When the fog rolls in, don't fight it.
Pause. Breathe. Feel your feet on the ground.

Sometimes life clouds our vision, so we need to see differently. With our soul and not our eyes.

This gentle guide helps you sit softly in the mist,
listening for truth and knowing the light returns.

When the fog begins to lift,
you'll see you were never lost,
only finding a clearer way home.

And like all fogs and clouds,
they always drift away,
revealing a bright, clear sky and a waiting sun
to warm the heart and soothe the mind.

