



Mandala by Mary Busby

What to Do Next by Kayleen Asbo

Lie down in grass  
and feel the sun on your face.  
At night,  
gaze at the stars.

Pick up your pen,  
your paintbrush,  
your instrument.  
Weep.  
Wail.  
Sing.

Find the kindest poems you can lay your hands on  
Repeat them over and over,  
wrapping them around your aching heart  
like a soft blanket,  
and rock yourself  
like you would a baby.

Bury your bare feet  
in green grass or soft sand.  
Remind yourself :  
*You still belong here,*  
no matter how bleak  
today may seem.

Reach out to one person  
more scared or suffering than you are.  
Send a love note  
Make a mandala.  
Bake cookies.  
Be extravagant  
with praise.

The sorrow is vast:  
Do not let it devour you.  
As the darkness grows,  
may each of us  
become  
a candle  
of light.

