

***Self-Love***

Stand up tall, dear,  
flowers will grow up your spine,  
sunflowers and daisies  
will wrap around your bones  
and hug you with life.  
If you swipe each falling teardrop,  
faithfully,  
they will fall to the floor  
and open giant rivers  
that will flow through your soul  
and cleanse you.  
If you play each sob of sadness  
like an instrument of happiness,  
the melody will fill you,  
the harmony will soothe you,  
and mother nature will follow your path  
with blankets of sunshine  
mimicking the light within you.

**Kiara Alfonseco**