

## **You-are-not-alone**

### **This is my manifesto, my why, why I do what I do.**

I share what took me years to learn, so you don't have to take that long.

I love people even when I've been hurt, I throw my heart back into the ring again, and again.

If you are listening, it's because you are searching, because you want more from life.

This is for you, for all who feel different, for all who never truly belonged, for all who have seen too much pain.

For all lone wolves, for all the aliens, for all who look at the world's mess and think, we can do better than this.

We are your clan, we are your pack, we are your tribe.

You are not alone.

For the ones who still notice beauty, a cloud drifting by, a wildflower on the path, the crack of thunder overhead.

For those who spend their energy healing wounds, finding their way through wrong turns, wanting more than survival, more than work, more than just functioning.

For the ones who still believe in love, who still bow to life.

For the black sheep, for the questioned maskers, for the lone wolves searching for their pack.

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Learn all you can, seek support, be kind but don't be a doormat. Become who you are, walk your path, don't hide.

We need you, we know what it's like to be heard.

We know what it's like to be unheard.

We know what it's like to be too strong for too long.

Now it's time to remember. We are your clan, we are your pack, we are your tribe.

You are not alone.

### **Healing is possible**

#### **Life is possible**

#### **Joy is possible**

Be patient with yourself.

Treat yourself like your dearest friend.

Speak kindly to yourself, every day a little more.

Keep going because you matter, because life is short and precious.

Because we are here.

And because you are not alone.