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Lesson #1: Self Care

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Lesson #1: Self Care
Aspen Jaxson

“If it doesn’t let you grow, let it go...”

~ Lesson #1: Self Care

The mind is in need of Spring Cleaning

Too many clusters of cobwebs along the attic
Suppressing memories
rusting up locks,
I lost the keys,
I was always clumsy

a long time ago

No longer sweet,
sweet nostalgia wrapped up in the crooked smile of the moon
but remnants of nuisances, I forgot to snuff out

a long time ago

History repeats itself; a parent’s advice I didn’t ask for
I tell him, “Enough with the redundancies, I heard you the first time”

*The mind is in need of Spring Cleaning,
a long time ago*