

**Taking care of the ways in.  
Curating the conditions.**

No despair

Dry your tears

I get to do this

Move through the noise with ease

We can't hold everything

I know how to do this

From a place of unknowing

Take yourself in

Commit

The body knows

Believe

Move with the air just beyond the skin

Co-habit

Un-ravel the structures

Don't be fuelled by rage

Ready not daunted

Move

*Deborah Light, Wales Collective, Tier 10.*