

## **You are perfectly Small**

Sitting at the ocean's edge

    watch immense thundering waves betray

    stillness in a flat horizon beneath colossal sky

Clambering for hours to a snow dust peak

    breathe in the sprawling ridges and dales

    they lounge, more massive than imagination

Staring up the impossibly tall impossibly wide red trunk

    realize you'll never see the top branches

    you can touch *Sequoia* and still not understand its enormity

Interrupt anxiety, force a pause -

    the world is so enormous and you

you are beautifully minute

and what you fear matters

matters matters matters matters matters

it just

Doesn't

and you are Small Enough to breathe.