

# CPR For the Soul

Sometimes it takes a shock to initiate me into something new.

Sometimes I need to be brought to my knees for something to sink in.

Ra delivered many shocks.

Fortunately, my timing received many of them....like CPR for my wayward soul.

'Come back, come back, come back.... to who you are' is the message I received.

'Live as your self so you can love yourself' had been my salutation for a while  
so I will remember.

Much gratitude to the messenger.

*Becky Markley*

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