BY MINX BOREN

show up not because you should not because you must but because of the magnitude of love because of the magnetic force of compassion

show up because you can because life has come knocking and you are there to answer now not when or then but in the immediate potency of the call

not because it is time or timely not because it is easy or tough not because it is reasonable or not but because this is what matters no matter

show up because it feels right and real because it makes your heart sing or sob because it might ache or break if you did not because joy lives in the present. in your presence just show up

> Healing Is a Journey: Finding Your Own Path to Hope, Recovery, and Wellness, by Minx Boren, will be published by Blue Mountain Press in May 2014.