**Footprints In The Sand**

I'm still seeking my own soul  
Following hidden footprints in the sand  
  
Illness doesn't mean failure  
Health doesn't mean success  
  
The soft grasses touch my elbows  
My skin burns in the sun  
  
I am both home and far from home at the same time  
My own shadows form feels alien to me  
  
There are some things only the plants can teach you  
So don't be afraid to be alone  
  
There are herbs that gather and herbs that let go