**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