

# Can I?

As I write this post, I am feeling a bit melancholy. Yes, it happens to the best of us, all of us. This weekend marks the three-month anniversary of the passing of my companion and best friend. Honestly, I feel his presence every day, but



some days are sad. I get a quickening in my gut, a pit. I allow that feeling to flow through me and move on, telling him I love him and hearing him say, "I love you, babe".

Another constant companion these days is not new to me, gratitude. We go back a few years and 'g' never lets me down. Gratitude can shift a mood very quickly. I wonder if part of the grieving process is just allowing yourself to feel? Feelings are so integral to our conscious state, our awareness of how we feel keeps energy flowing so we don't get stagnate. We as humans are blessed with physical senses and some of us recognize the intuitive, sixth sense that goes just beyond the ordinary.

I celebrate our five senses in the poem below. I wrote it over 5 years ago and I think it is just for a day such as this.

Join me and gratitude and let's make some sense, with all our senses. Much love to you, Julia

## ***Can I?***

*Can I feel the crackle of leaves fallen and know they aren't bawling.*

*Can I taste the rain as it falls and absorb its goodness into every cell of my body.*

*Can I listen to the wind rush through the branches swaying and move as eloquently, knowing all is as it should be.*

*Can I smell the wood, the river, and make my heart unified with just these two.*

*Can I see the blue and white above me, smile and know there is no contrast, it's all an illusion.*

*Can I sit beneath this small tree and just be. JRP*



*Julia Parsell is a Certified Holistic Health Counselor with an emphasis on the intersection of science and the sacred. She writes from experiences and transformative understandings that have led her to an authentic and peaceful life. She goes by these names: mother, grandmother, sister, aunt, niece, cousin, and friend. As a home educator of her three children, she also developed/ran cafes, and maintained various leadership roles within her community. Her greatest desire is to encourage others to live life fully. Her passions are family, art creation, writing, and trail blazing. She loves her life in Western North Carolina.*