

Good Morning

Attributed to Elena Mikhalkova

Room of Ancient Keys, Russian novel (Komnata starinnih kluchei).
<https://katemitcheom.com/readings-for-meditation/good-morning-by-elena-mikhalkova/>
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Grandma once gave me a tip:
During difficult times, you move forward in small steps.
Do what you have to do, but little by bit.
Don't think about the future, not even what might happen tomorrow. Wash the dishes.
Take off the dust.
Write a letter.
Make some soup.
Do you see?
You are moving forward step by step.
Take a step and stop.
Get some rest.
Compliment yourself.
Take another step.
Then another one.
You won't notice, but your steps will grow bigger and bigger.
And time will come when you can think about the future without crying. Good morning.