



daily GOOD

Care is methodically practicing the beautiful maintenance of showing up and attending to our neglected pains wherever they may be. It is choosing its words carefully, pulling the stitch closed, reminding us what it's like to feel safe --MOSley WOTta

Care is the Only Useful Revolution

"(It was the word only that gave me pause.)

Hyperbole is a figure of speech meant to give emphasis through the use of exaggeration. It can give what we say an importance and immediacy. Words like, "always," "forever," "never," and "only" are often used in hyperbolic statements..."

More from hip-hop artist MOSley WOTta in this beautiful piece.

Be The Change:

May you practice giving and receiving care today.