



Bonfire Abecedarian

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Burnout is erosion, a blunting of our
Coasts, an insidious
Decay of
Empathy and energy. We reach a
Flashpoint and ignite.
Gradually, our happiness and
Hope become kindling, consumed in the
Inferno of exhaustion. Our new odyssey must be a
Journey to balance. To be Sisyphus and
Keep pushing is unsustainable. We must
Let go of perfectionism and seek
Moments of grace and
Nourishment.
Out of desperation, we search for
Polaris, the North Star, to guide our
Quest. The
Road to recovery starts by finding
Sanctuary for the spirit, a way
To reclaim beauty,
Understanding, and to
Validate our emotions. To
Write is to revive, to send ink through a
Xylem, nutrients to revitalize the soil. We must construct fortifications that do not
Yield to the lightest kiss of rain or gentlest breath of a
Zephyr:
Art will be a safeguard, a
Buttress for the soul.

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