

CEREMONY



BRIANNA WIEST

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CEREMONY

Poetry & Prose

BRIANNA WIEST

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Other people are not
here to love us
in the exact way we
think they should
they are here to set up
a healing ceremony
at which we learn how
to love ourselves

The universe is not making you wait
for what will be yours
you are waiting on your own readiness,
and it's okay if that takes time

The unknown is also the
realm of infinite potential

Hold a steady image of the future in your mind. Hold it far beyond what's reasonable for a daydream. Hold it so long that it begins to feel real. Hold it until you think it just might be. Hold it until your mind begins to weave together possibility, drawing pathways from that mountaintop to where you stand today. Hold a steady image of the future in your mind, because it is only after we identify the destination that the journey can truly begin.

You don't heal some things
you just start living in
spite of their presence
which is when they
heal themselves

Everything you've ever wanted is still waiting for you. You have not lost your chance, your potential has not waned, your truth has not diminished—even if you have kept it in hiding. All you lost was one particular chance to make it manifest. There will be an infinity more. You have not lost anything just because you lost one particular moment in time. You still contain everything you've ever wished to become.

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Everything seems ordinary
until you have tried to grasp a galaxy
or imagine it above your own head

Could you imagine orchestrating the bloom of a rose
in sync with the seasons?

Do you know what it is
that makes the tea seep
or what connects the neurons in your mind?
Perhaps your beating heart fuels your body
but from what idea did the aorta come?

Maybe genius is when we realize
what seems so simple on the surface
is a work of the most intense and illusive mastery
if we only gaze just beneath

When I was young I was so angry
wanting everyone to be just like me
now I just tilt my head back and laugh
as though the cypress demands
the cedar spread its thistle wider
not realizing they are all evergreen

How do you figure out who you are?

You stay right where you are. You dig. You learn the simplest facts about yourself. You date yourself. You daydream until you discover something that makes your chest feel even the smallest spark of hope. You question your darkest thoughts. You create rituals, soul-opening routines. You begin exactly where you are, with exactly what you have, and you work until every detail is made beautiful. You let yourself feel what you feel. You begin to act in self-loving ways even, and maybe most especially, when you fear you don't deserve it. You realize that you are growing through the discomfort. You learn to let yourself be.

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Your body is the first temple
and you would not let the temple go uncleaned
you would not let the temple go undecorated
your body is the only place
your becoming will occur
it is your closest mirror
your first and last companion
the vessel of all that you will ever be

How to change your life

Read. A book you read this weekend can change your life for decades to come. If you can't read, listen. Find podcasts, speeches, essays, anything that opens your mind and makes you consider something you didn't before. Decide what is going to matter to you. Pick a few things you're going to devote your life to and let go of everything else. Study the greats, the ones who have walked the path before you. Draft a vision of your highest potential future self, and then trace the elements of their lives back to where you are right now. Embody them slowly. Notice what makes you most envious—this is what you truly want. Notice what makes you feel most regretful—this is what you need to do next. Write down three facts you'd like to be true about yourself and repeat them to yourself every day in the present tense. Be ambitious. Remember that the way you saw life lived was not how existence must be. Let yourself grieve. Get rid of the clutter, both mental and physical. Draw outside the lines. Break the chains. Remember why you came here, and what you were meant to do.

The people, places and things that are destined for you are the ones that give you as much energy as they take. What's meant for us becomes a symbiotic force—when we move toward what's right, what's right moves toward us.

I know that this is hard to believe, but right now, *this is the before*. This is the beginning of the story for which no ending yet exists, because it has not been written. This is the *before*. This is what you turn back to and look upon with grateful eyes, realizing that every step set off a ripple effect that culminated into the truth of what you knew your life would become. You are not the end result of the years you spent struggling to find your way, you are just getting started.

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by Brianna Wiest

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BRIANNA WIEST is a writer based in Philadelphia. She aims to share words that encourage awareness and self-understanding. Brianna is the author of seven books, including the bestselling essay collection *101 Essays That Will Change The Way You Think*. Brianna's work has been seen in publications such as *The Huffington Post*, *USA Today*, *Medium*, *Forbes*, and more. She is currently a partner at Thought Catalog.

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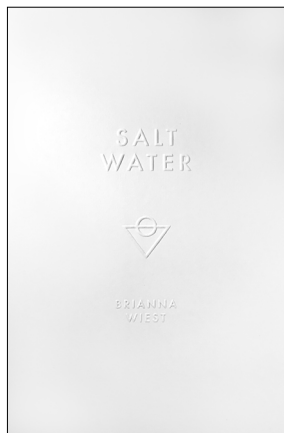
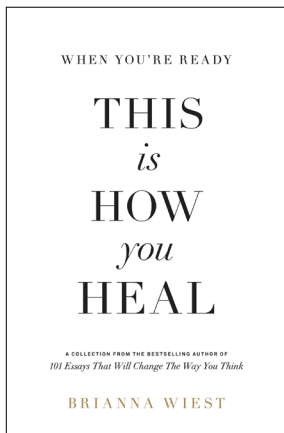
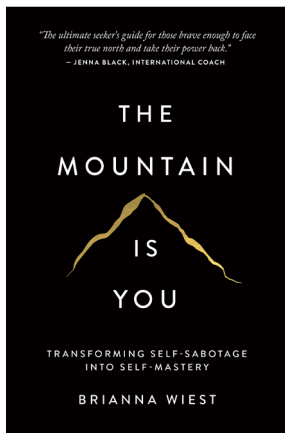
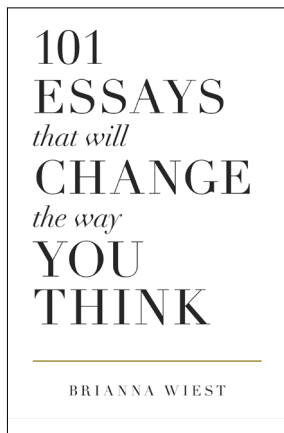
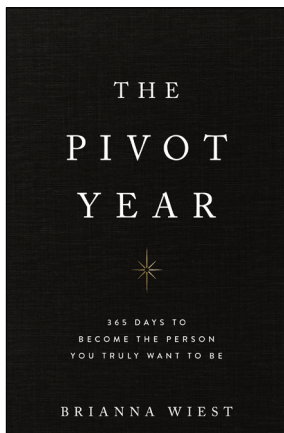
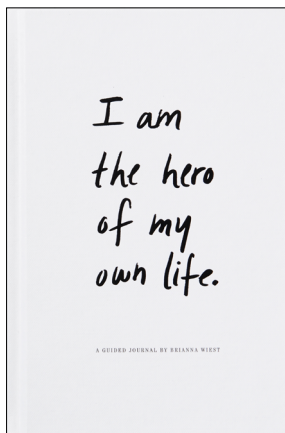


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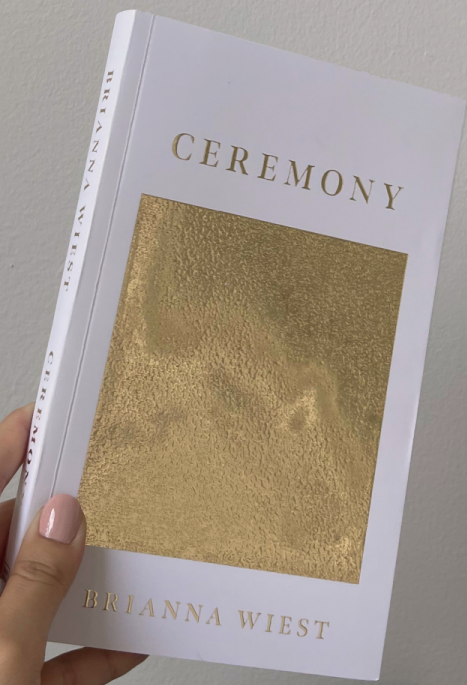
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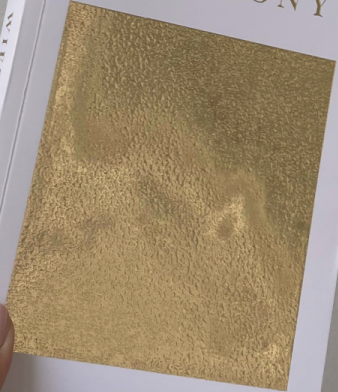
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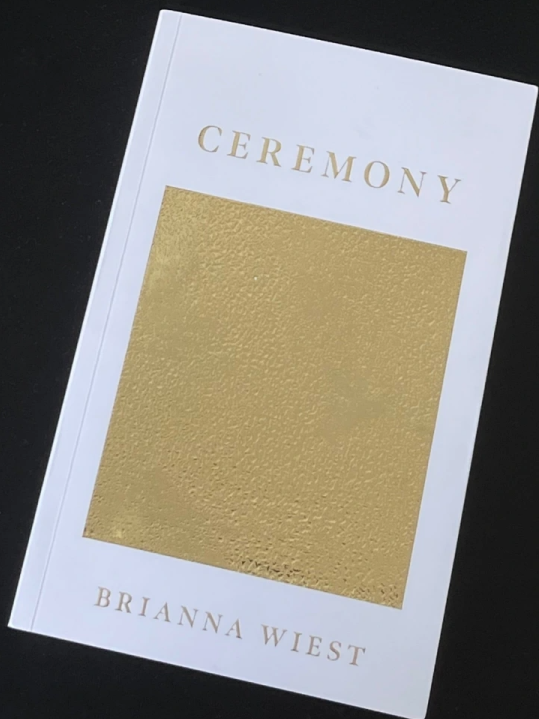


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