

SALT
WATER



BRIANNA
WIEST

“*Salt Water* is a slow deep breath, in and out. It sits in a new genre of poetry, somewhere between artistic self-expression and candid self-help. It is a meditation on acceptance, growth, and what it means to be human. *Salt Water* is the note you wrote to yourself years ago, which you find again when you most need it, that reminds you ‘it’s going to be okay.’”

—Lee Crutchley, *Author of “How To Be Happy, Or At Least Less Sad”*

“There are too many words to write and too many things to say about the power of *Salt Water*. What I can say is that I cried, made many noises of epiphanies, and felt as though I was reading the words of my soul, written down on a page. To say this book is about enlightenment would be an insult. It is the awakening of self, the seeing of light, the acceptance of darkness, and the choice for greatness just as it is right now, within each and every one of us.

—Dionna Chambers, *Spokesperson, Motivational Millennial, Creator of Dream Series TV*

“With every page I became more convinced that *Salt Water* is the book you’re going to see everyone with next year. The poems are solid, simple observations that get at the universal. For anyone with questions, Wiest’s poetry offers a new, wholesome perspective, a way to ‘see the fractures as the design.’”

—Chrissy Stockton, *creative and partner at Thought Catalog and author of “We Are All Just A Collection Of Cords”*

“Brianna Wiest does it again. Fantastic writing of poems that are simple in nature, yet give great depth when it comes to thoughts and emotions. Loved reading each poem, as it provided something unique each time.”

—Faiz Aly, *CEO of Aly Media*

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Brianna Wiest

thoughtcatalog.com/brianna-wiest

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Letting go
Is not releasing
It is allowing
What already is

What we are doing here is unlearning
Unbecoming everything we were taught to be
We are unlearning trends, consuming
We are undoing binds, removing pacifiers
And screaming out
We are letting go of every beautiful thing
That we thought we needed to be who we are
And discovering that we could be ourselves
Or we could be distracted
There was never anything else

Your body will never choose loss
So instead of focusing on how much less you want
Weight, fights, debt, worry
Focus on what more you want
Strength, harmony, freedom, certainty
It is in building the new that we are freed
Not in damning the old

The path, like lines of a fingerprint, is unique to each of us
And so because there are no two lives alike
There is no need to compete with someone for your destiny
Abundance is everyone's fate

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Real change happens in subtle motions
But mostly it's deciding to create a life
That didn't exist before
And that is the beauty of the things that break you
They force you to create yourself anew to move on
And perhaps that was the point
All along

If on my last day
I were to greet
The person I could have become
I hope I am happy to be who I am
And I hope that I love her anyway

The way your conscious mind
Is a tiny fraction
Of the knowledge your body holds

The world you see
Is a thin veil
In front of a whole universe

Like how the bacteria in your gut
Responds to the knowledge you can't remember

When gusts of wind make you nostalgic
And synchronicity seems intentional
And you're awed by the familiar scent of spring
And grace guides you

The whole universe
Is reminding you
Of what, somewhere,
You already know

We are taught
To fall in love with the time
That our lives leave us
In solitude

But what happens when
We become too good at aloneness
And too comfortable that we forget
We need other people?

Because the axing of vulnerability
Can dissolve the lingering pangs of loneliness
And being in control can begin to feel romantic
And we should love ourselves first, of course

But we were built in separation
To rekindle in togetherness
And we mustn't forget
That solitude prepares us for this
It is not our final destination

What we are doing here is unlearning
Unbecoming everything we were taught to be
We are unlearning trends, consuming
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We are letting go of every beautiful thing
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The scientists say
You can speak to your cells
That your DNA doesn't unfold
It is controlled
And that it is listening
Even when you don't realize
Life is not happening to you
It is unfolding from you

What would happen if we realized
The magic was in how the neurons fire
And that we could choose the direction they shoot?

Go to the middle of the forest
And stay there for a while
At first your anxiety will be louder
With nothing left to distract you
But it will let you hear clearly
What your fear voice sounds like
And the more you commune with it
The less it will be able to convince you
That it's who you really are

I exist in the midst of infinite abundance
I myself am infinite potential
Witnessing my dreams come true is my destiny
Holding the abundance of the Earth is my fate
I say thank you for my unanswered prayers
They were portals to my miracles
I say thank you for the challenges in my way
They are redirects to my path
I command the godhead within to release every cell
From patterning, threads of karma, illness, pain
I open my immaterial eye
To recognize the potential today will offer me
To change my life forever
I ask myself now
What I can do today to move closer
To the person I want and am meant to be?

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by Brianna Wiest

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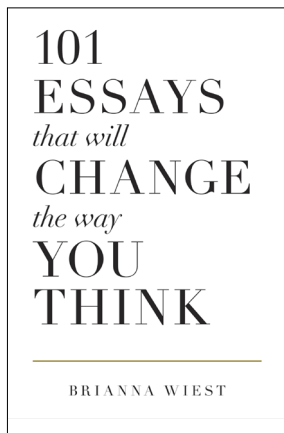
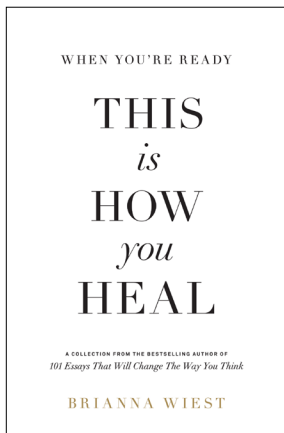
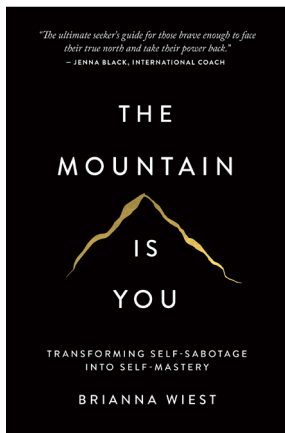
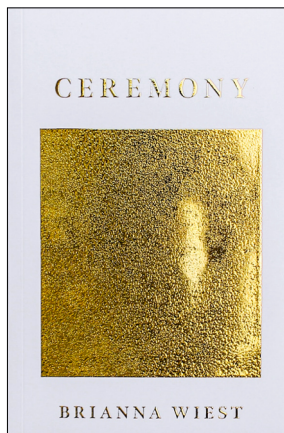
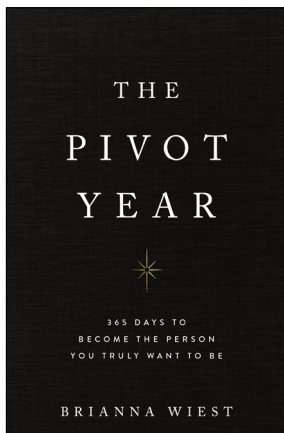
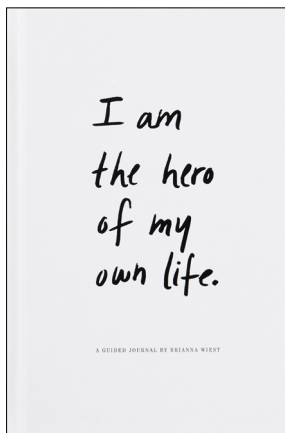
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POETRY


*I thought becoming myself
was improving each part
piece by piece*

*But it was finding
a hidden wholeness
seeing the fractures
as the design*

—BRIANNA WIEST

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