



*When in need of a self-compassion, this poem by Dave Ursillo
will speak to you from your soul with words of understanding and acceptance.
- Mia Martinez*

I WILL BE YOUR SUN
by Dave Ursillo

You carry a whole world with you.
A planet rests upon your shoulders.
You may not see it, but I do.

There is a universe within that you carry wherever you go.
Ecosystems of passion and romance.
Warring nations of worry and fear.
A billion living ideas, stories and experiences that make up a whole history
named YOU.

Wherever you go, I promise to be your sun.

It's not that your life revolves around me.

Think of it like this:

Whenever you come to me, I will do my best to be quiet and still
and shine nothing but kindness and light upon you.