

**Look.**

Look beyond the grains.

Look beyond the obvious.

Look beyond the visible.

Look beyond the vision in front of your eyes.

Look beyond all that.

Concentrate.

Concentrate on the crumbs of bread on the ground.

Concentrate on the blood in your veins.

Concentrate on the emotions that blind your vision.

Concentrate on the pain inside your heart.

Concentrate on the heat that comes from the inside.

Allow.

Allow your eyes to see beauty.

Allow your mind to see clearly.

Allow your feet to walk.

Allow your heart to beat.

Allow the tears to fall.

Look. Concentrate. Allow.

You might feel the speed.

You might see the flutter of wings.

Finally, you might look up.

And you will see the hummingbird.