

I dare you to be silent.
I dare you to be alone.
 to intently listen
 to the longings of an other
 to the whisper of the wind
 to the calling of your heart.
I challenge you to find peace
 when you close your eyes
 and to find ME
 in the space between the world
 and your uninhibited dreams.

I dare you to be calm.
I dare you to be still.
 to pause and to choose
 to hold the door
 to hold your unbridled tongue
 to linger in a friend's embrace
 and be the last to release.
I challenge you to rest your mind
 as chaos abounds
 and grasp the clarity of fresh air
 as it fills your weary lungs.

But ME?
I am complex.
I am the question to your answer,
 the contradiction that
 rattles your soul.

I dare you to be loud.
I dare you to be bold.
 to let your truth joyfully burst forth
 from your words
 from your actions
 from your fearless dance
 on the edge of the mountain.
I challenge you to overflow
 with the radiant love you hold inside
 and to not be afraid
 of the power you've been given.

I dare you to move.
I dare you to sing.
 to love every breath of this beautiful life
 to run with open arms
 into the horizon of the rising sun.
I challenge you to be restless
 and always seeking
 so you one day
 will find rest in ME.