Forgiveness, introspection, patience, love, reflection, strength.

Prescription to heal one's soul.

Listen to the world around you.

Appreciate every opportunity granted to you.

Lend a hand to those in need.

Healing is an art. It takes time, it takes practice, and it takes love.

Unconditional love.

Let it pour out.

Float above your worries.

...And just keep swimming.