

Do you ever feel like life is going on all around you
But doesn't include you
Like it's happening to someone else and you're just a spectator
A spectator with an obscured view
Watching but not really seeing
Just bumping around in an opaque bubble
Everything a muted dull version of what you expected life to be

Do you ever feel like life is something that happens to other people
But you're just left on the sidelines
Like you're there on the outskirts just waiting to be invited in
Waiting for someone to see you and ask if you want to join
A child waiting to be picked for PE team
Hearing everyone's name called out but never yours

Do you ever feel like the face at the other side of the window
A one way window that allows you to see but not be seen
Watching everyone else having fun
Not knowing how to get in
Wishing you knew how to live, laugh, love and be alive
Wishing that window would just open and let you in

Do you ever wonder what it would be like if someone did see you
And opened to window to let you through
Giving you permission to enter
Giving you permission to experience and be present
A hand inviting, offering to guide you
Someone to show you the way

Do you want to know a secret
You don't need an invite
If you just push, the will window open and you can go in
No one will see you until you put yourself forward
But once you do the rewards are bountiful
Life is a wonderful place
Come and let yourself in.