

# How To Build A Home Where Your Heart Lives

*By Shannon Crossman*

## **Part One**

Collect small bits of string  
twigs, and burrs,  
the hairs from a wild cat's tail,  
a few needles of pine.  
String tiny beads of light  
along the spines of dandelions.

Pause to consider  
your collection.

What's missing?  
[Some extra ingredient needed?](#)  
Mix that into the fold.

Weave together these  
fragments of life.  
Spin them into a shape  
precise enough to  
fit the hole in your  
heart.

Stitch them into  
the empty space,  
piecing your Self  
back to whole.

Repeat as needed  
until your heart  
is an undeniable reflection  
of who you are.

## Part Two

Release the ballast.  
With mended heart,  
free yourself from  
what keeps you  
tethered to a place  
you no longer belong.

Wander in your great  
balloon. Watching  
worlds unroll below.

Like any good captain,  
keep spyglass at hand  
for you are seeking.

Take note of the  
contour of certain  
valleys, depth of lakes,  
and shadows cast by mountains.  
Ask only, "Does *this*  
topography suit me?"

Touch down when  
the newly patched  
hole in your heart  
[begins to sing](#) –  
thready and faint  
at first, ripening into  
rich crescendo when  
the time to pause  
arrives.

Stay awhile.

Gather wisdom like  
ripe berries from the vine.

Take what you need and sail on.  
Navigating life  
as if home  
lives in your pockets,  
portable and forever  
at your side.

*For more self-study, [The Urban Howl](#) recommends [Llewellyn's 2016 Moon Sign Book: Conscious Living by the Cycles of the Moon \(Llewellyn's Moon Sign Books\)](#).*

Sip a little more from Shannon's magic:

[Slip From The Noose In A Chorus Of Hallelujahs Or F\\*ck You](#)

**Save Your Own Life—The Freedom Of Not Giving A F\*ck**



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