

## 4.solitude

*“Sometimes you need to sit and think. Sometimes you need to just sit.” – Satchel Paige*

If you truly want to be yourself, take time for solitude. Meditation, a walk in a park, a hot bath – do whatever you can to let yourself be free for even moments at a time and the next step will come to you. People will eventually stop trying to butt in if you stick with it. Honestly, I don't know how I would survive without a multitude of solitude.

*Solitude*  
*“Solitude refreshes the soul.*  
*It is here the spirit flies free.*  
*Here is time to explore, experience,*  
*Savor each path presented.*  
*Give each moment undivided attention.*  
*Solitude has the flavor of*  
*Cold fresh spring water.”*  
*-Maxine Rae*