

## Arabella

"I am grateful that people here see me for what is inside. I know I am tattered and torn. But my heart still loves comfort and compassion. I love to sit with humans who understand me. There is nothing better than sharing with another heart. I love my cat friends too. If someone wants to come sit with me, I will snuggle up on your lap and we will share in that moment together. I find magic in quiet time. You humans spend way too much time moving around. You should relax and breathe more. It would really help you to balance yourselves better. That is just my advice. Those are my thoughts. I am grateful to be here and grateful to share with you."

