

Alpaca

Holds Your Worries

In the mountains,
way up high,
live special creatures
who can walk above the sky.

They can go beyond
where you'd think they could go,
and when times get tough,
alpacas can carry your load.

Alpacas are strong
and have always shown
that they can carry the weight,
so you don't have to alone.

They can carry your worries,
both big and small,
just whisper in their ear
and they can take them all.

We all have mountains to climb,
and they can seem so steep.
Our worries feel heavy
when calm feels out of reach.

Pass them off,
if only for a while,
and gather the strength
to keep climbing the miles.

Alpaca is here
to carry the load
of worries that are heavy
along the road.

Repeat after me,
these words that give
the strength to keep climbing
to be grounded, and live:

**I am strong and supported.
I am never alone.
Climbing these mountains
will lead me home.**