

Dear Chair,

I envy your ability to be super steady. You stay put regardless of what happens. You accept change with grace and lightness. You carry different weights with immense ease. A ketchup stain or tear will not dull your entire day. You remain unfazed, staring outside a window at a stunning sunset, foggy sky, or green trees. A wall filled with sticky notes or art seems wonderful to you as well. You have no complaints from life, it seems. Where do you find this unshakable resilience? Chair, your ability to find peace in nothingness is enchanting. Living foremost in the experience is necessary and opens a pathway to healing. You do not worry about the pile of clothes that will be dumped on you, the cat who will cover you with its fur, or the dusty feet that will step on you. Putting aside worries, you welcome all those who come to you with equal comfort instead of disdain.

Chair, you are selfless but sturdy. You are a vehicle for working, dreaming, eating, sleeping, connecting, relaxing, and celebrating all at once. By wholly being, you fulfill multiple roles, fill plenty of hearts and savor beautiful moments each day. When toppled, you rise up to be just as firm and giving. You endure the harshest conditions and travel for miles without annoyance or gloominess. Eight months ago, I would call you my mirror image or the perfect inanimate personification of who I am. However, after the most exhausting and excruciating phase of depression, you are now what I want to be again. After grappling with disappointing realizations, cruel revelations, traumatic flashes, cold gestures, emotional abuse, and dodgy behavior, I want to imbibe your steadiness.

Dear Chair, thank you for being a guiding light in this darkness and making me accept the lightness of being.

Love,

Aishwarya