



Layers

In the beginning,
There's heart, filled with soul,
balance and spirit.
A home base.
That comfortable feeling . . .

In the middle, there's body
based on substance, feel, and
physicality.

Finally, there's crema—
lovely, light, and frothy

Together they effect
the sweetest taste.

—Sheree K. Nielsen

photograph by Sheree K. Nielsen

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