



**Whispers into
the Night**

Richard Gavette

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Whispers into the Night

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*Thank you so much, San and Carl, for helping me finish this book.
It would never have been possible without you.*

For every printed copy of this book,
one tree is planted through:

www.weforest.org

Preface

Light and darkness. Love and fear. Joy and sorrow. Within us. All around us. Everywhere. Any human being who has lived life has most likely experienced them all. At least, that has been the case for me.

At the end of 2013, my life suddenly changed. I was in an accident where I hit my head, which resulted in a concussion. But instead of healing, I was left with a chronic and severe mental fatigue which allowed me approximately 45 minutes of mental stimulation each day, including conversations with people. Every attempt to increase my level, resulted in a complete physical crash and I could be forced to rest in bed for days with headaches and dizziness.

As if the situation was not bad enough already, in the traumatic period that followed the accident, I was struck by a severe case of the neurological disease ME/CFS which made me extremely fragile physically and almost completely bedridden.

I was only 27 years old when I had to accept the fact that my life as a normal living person was over. I had become a prisoner in my own body and I was completely dependent on the help from my loved ones.

To handle my diseases, I now had to spend 22 hours each day resting in total silence. At first, I almost went mad. A human being is simply not made to live like that. With so little

input. With so much silence. It was merely an existence, not a human life.

But after some time, something happened. The silence when I was resting, which till then had felt dead and frighteningly silent, turned out to be bursting with life and to be anything but silent. With great fascination, I began to explore the silence and I allowed myself to truly listen to it. I heard words. I heard music. Since then, the symphony of silence has been my company through the long hours of rest. I am never alone. The music and poetry flow freely within me. I feel alive, despite my situation.

I know that the light and darkness will always be there within me. Just like love and fear – and joy and sorrow. This book is a poetic expression of them all.

I wish you a pleasant reading!

Best regards,
Richard Gavette

Do I Dare Open?

The music and the words. They are knocking on my door.
I am so exhausted I hardly have the strength to think, but it
seems as if they never need to rest.

Do I dare open the door tonight?

Dare I meet them?

Dare I meet myself?

Dare I let them in; let them out?

They continue their knocking. Ever more loudly.

I know that there is only one way to get them to stop.

It is time to surrender.

So, I take a deep breath and then open the door...

I feel the blast of creative winds within me, almost
immediately.

The symphony. The power. The light.

I settle into the easy chair and close my eyes.

The nightly performance has begun...

Seeing

That which is whole needs that which is broken.
Happiness needs grief.
Life needs death.

The human being who sees both sides of the mystery is a wise human being.

The Songs of Eternity

There. At the core of the core.
Music.
The songs of Eternity.
Chaos dances with harmony.
Nothing becomes everything.
The Cradle of Creation.
Always there.
Here and now.

The Four Seasons

Summer's lush greens. Life.

The butterflies are dancing in the wind.

The larks are singing their most heartfelt melodies.

The flowers are bursting into bloom under a blue sky.

All of Nature's efflorescence.

Autumn's rain and winds. Melancholy.

The leaves of the trees are falling reluctantly to the ground.

The larks are looking south.

The flowers are withering under a cloudy sky.

Slowly but surely, Nature yields for this time.

Winter's frigid darkness. Death.

The snowflakes are falling, tingeing the ground white.

The larks are now somewhere else.

Under the blanket of snow, the flowers wait for warmer times.

Nature is sleeping.

Spring's light and warmth. Birth, once more.

Newly roused butterflies are dancing in the wind.

Once again, the larks' symphony is heard.

The Sun's rays carefully caress the flower buds.

Slowly but surely, Nature is waking.

Life and death.

Light and darkness.

Warmth and cold.

Together, the four seasons create balance.

Nature is and will always be greater than us humans.

The Chased Truth

Oh, the chased truth.
We seem to think it can be caught.
But when we try to grasp it –
yes, then it vanishes like steam.

But we keep on chasing.
We keep on running.
Till the last of our days.
Blinded by the fog of thoughts.

My Words

Letters. Intertwined into words.
Timeless vibrations. Just like you and I.

My words are not my words.
What is born out of silence belongs to no one and everyone.

Those Who Search, They Find

Do not cling to the darkness.
And do not chase the light.
For both can blind us.

Explore the world within yourself and discover the world
outside yourself.
Those who search, they find.
Something.

We Are Wrong

Silence speaks to those who listen.
A blank sheet of paper holds the potential for all of the
knowledge in the world.
We humans believe that the empty glass is empty.
We are wrong.

Fireflies

They carry the light without themselves.
Their dance illuminates the dark night.
The song of the wind keeps them company.

These creatures fly like they want to fly.
They are playful. They are untamed.
Freer than any human possibly can be.

They will dance all night long.

It Is Our Home

Let go of everything that you have ever learned and
you will fly freely.
There, somewhere beyond the firmament,
you will find yourself.
It is a place where stars are born.
Where everything is endless space.
It is our home.

A Lost Wanderer

A lost wanderer on the road.
A fading shadow.
The wind blows and the rain pours down.
The Moon sings lullabies.
Tired legs.
Starving heart.
Must continue.
Forward.

The Ocean Is You

An infinite ocean.
Are you.
Indulge yourself to explore its depth.
Dive freely. Dive deeply.
Breathe.
Dive deeper.
An ocean, without an ocean floor.
Are you.

The Song of the Soul

The wind is blowing. Love is flowing.
Like flowers, we are growing.
Under a sky that is always blue beyond the clouds.
Beyond the clouds.

Like butterflies, the leaves are dancing.
We know that we must keep on cleansing.
So close your eyes and hear your soul singing out loud.
It sings out loud:

‘Love your enemy and love your friend.
Embody peace all the way to the end.
Be the change you wish to see.
Dare to choose your destiny.

Live and learn every day.
Let your heart lead the way.
Close your eyes and truly see.
Embrace your inner child and you’ll be free.’

Innocent and Wild

The silence was whispering about blindness.
About how it can rule us when we're asleep.
And the silence whispered something about childhood.
About feeling love. Never-ending deep.

And the silence whispered:
'You are all innocent and wild when you are born.
You are born whole and you are never born alone.
Lean on love when your hope is fading.
When nothing seems to shine anymore.
Remember:
You are you and no one else.
You are pure and beautiful.
Just like the child you were as a newborn.
You are broken yet whole – and you are never alone.
So, don't be blind.
Embrace your inner child.
Remain innocent and wild.'

On the Threshold between Two Worlds

Just woke up.

Tousled hair.

A dream that doesn't quite want to end.

On the threshold between two worlds.

Gritty eyes.

Fairy dust.

Body as heavy as lead.

And yet, freely floating.

In the pillow's safe embrace, reality and dream converge.

The Clouds Are Floating

The clouds are floating freely in the sky.

I'm standing still, but time sure flies.

Day after day.

Rest is my way.

Gazing forward.

Moving backward.

Striving upward.

Sinking downward.

The clouds are floating freely in the sky.

Somewhere between My Lives

Who was I before?
Who was I before?
I don't remember.
Restless feet on the floor.
Cannot take much more.
Cold December.

I'm caught.
Somewhere between.
My lives.

What's my purpose here?
I keep dancing with my fears.
Day and night.
Energy is getting low.
I try to feel the flow.
More darkness than light.

I'm caught.
Somewhere between.
My lives.

Awake and Dreaming

Awake and dreaming.
My soul is screaming.
Chasing solutions.
Finding confusion.

My feelings are burning.
My heart is yearning.
My wings are broken.
So many words left unspoken.

Lost in the cave.
Trying to be brave.
I was not born blind.
I was born free, wild and kind.

Awake and dreaming.
My inner child is screaming.
Chasing illusions.
Finding confusion.

The Moon Knows

We rush towards tomorrow.
The wind blows.
Our destination seems to be sorrow.
The Moon knows.

We're drowning in our human illusions.
Swallowed lies.
Ignorance can never give birth to solutions.
The Moon cries.

Blindfolded we dance with our fears.
Battles within.
Yet love is always near.
The Moon sings.

May we one day break free from the chains of our past.
The wind blows.
For our human world of today is not meant to last.
The Moon knows.

Down Falls the Snow

I gaze up towards the ceiling.
The shadows are dancing playfully.
I'm searching for my meaning
and to rediscover peace and harmony.
I look out through the window.

Down falls the snow.
Down falls the snow.
From heaven sent.
From heaven sent.
Down falls the snow.

The window shows a picture
more captivating than anything that's on TV.
It is real. It is not fiction.
Nothing compares to Nature's beauty.
I walk out through the door.

Down falls the snow.
Down falls the snow.
Some of it lands
in my hands.
Down falls the snow.

The snowflakes keep on falling
and they gently land and melt on my skin.
I can hear how Nature is calling.

I can feel its magic deep within.
I gaze up towards the sky.

Down falls the snow.
Down falls the snow.
It seems to be without end.
Here I stand.
Down falls the snow.

The Origin of My Soul

The thousand skies are you.
The thousand skies are me.
No matter what we do.
An eternal mystery.

Their beauty makes me cry.
Their beauty makes me whole.
There's no question why.
They are the origin of my soul.

What Would?

What would love be without fear?

What would laughter be without tears?

What would wrong be without right?

What would darkness be without light?

What would joy be without sorrow?

What would today be without tomorrow?

Humans of Today

Our wheels are spinning.

Our thoughts are buzzing.

Tired eyes.

The clock is ticking.

We sell our time.

We dream of inner peace.

That's how we live our lives.

Till our lives are over.

The soul gives and the soul forgives.

For every human, there's an angel who's crying.

The Forest Nymph

She stood in the middle of the meadow.
The dew, on this summer morning, spread out around her
like a shimmering blanket.
She heard birdsong from the treetops.
They woke early, just like she did.

She shut her eyes and took a deep breath.
How she loved it. The scent of Nature.
The aroma of freedom.

The forest was her home.
It gave her everything she needed, and a bit more.
It was here that she was happiest.
In the forest, she could be herself.

Spontaneously, she became aware of the rippling stream a bit
further into the woods.
Its sound always made her calm.
The splashing seemed to massage her whole being.
She felt soft and light.
So, she opened her eyes and then took a few leaps forward.
Moments of weightlessness. How she loved flying!

She continued on her way, using the sound of its splashing to
guide her.
It was high time for a bath.

Even a forest nymph had to have a wash now and then.

I Want to Believe

Can a human being ever be completely honest?

I want to believe that it's so.

Can a human being ever be in total balance?

I want to believe that it's so.

Can a human being ever be totally free?

I want to believe that it's so.

I truly want to believe that it's so.

Loneliness

The eternal dance with fear.

A forgotten, fallen tear.

Cannot rise.

The Moon cries.

Burnt skin.

Bleeding within.

Loneliness.

Bottomless.

The Castle in the Air

Lies and illusions stacked on top of each other.
A home where almost no one feels really at home.
Stress and ignorance are its laws.
The abode of silent suffering.
One day, it will implode and fall to pieces.
The castle in the air.

The World of Fallen Heroes

We live in the world of fallen heroes.

A world where the white knights die before they even grow up.

A world where the outspoken and brave are silenced and subdued.

We live in a world where children stop being children way too soon.

A world where we learn to follow and fall in with the system.

A world where most flow with the current.

We live in a world where politics bear the imprint of ignorance and short-sightedness.

A world where many of our leaders close their eyes to both science and common sense.

A world where starvation, poverty and injustices are maintained.

We live in a world where the ecosystems are slowly collapsing.

A world that soon is beyond saving.

A world that is our only world.

We live in the world of fallen heroes.

The Rebel within Me

Within me, there is a rebel.

A rebel who wants everybody well.

A rebel who sincerely wants to help and give.

A rebel who tries to feel, listen and live.

A rebel who chooses to break the norm.

A rebel who will dance naked in the storm.

A rebel who has had it with our swallowed lies.

A rebel who lies awake at night and cries.

A rebel who has grown tired of our human world of today.

A rebel who dreams of a world where we let love and
compassion lead the way.

A rebel who wants everyone to fly freely in the sky.

A rebel who will always try. Till the day he dies.

The Light of Life

She is the hope which will never abandon us.

In her safe embrace lie the solutions to the problems that we've created.

Her smile will tear down our walls.

Her song will heal our wounds.

From her light, a new world will be born.

The woman will always be the light of life.

With the Heart as a Compass

The light within you. Embrace it.
The darkness within you. Explore it.

Allow yourself to drown in yourself and you will be born
anew.

From being lost, clear-sightedness is born.

One step at a time.
With the heart as a compass.

In Eternal Symbiosis

Dare to love.
Dare to get hurt.
Feel and laugh.
Feel and cry.
The warmth of love.
The cold of fear.
Meant to be.
In eternal symbiosis.

The Leaves in the Wind

The leaves in the wind are just like me.
Can anyone really tell the difference between us?
Where the wind will take me, I'll never know,
but I'm happy that the wind blows.

It sure can take me.
It sure can break me.
But it also creates me.
And it awakens me.
So I keep my head up.
I try to love non-stop.
No need to hurry.
No need to worry.

The leaves in the wind are just like you.
Dancing and playing are what they do.
Where the wind will take you, you'll never know,
but be happy that the wind blows.

It sure can take you.
It sure can break you.
But it also creates you.
And it awakens you.
So keep your head up.
Try to love non-stop.
No need to hurry.
No need to worry.

The leaves in the wind are just like us.
If you know where they're from, it really would be a buzz.
Where the wind will take us, we'll never know,
but we can be happy that the wind blows.

The Monkey in My Head

He is here. He is there.
Nowhere. Everywhere.
Who is he? Can it be?
He is me. I'm not free.

He leads me ahead,
the monkey in my head.
Choose someone else instead,
you monkey in my head.

At night, he screams. He's in my dreams.
He is me. So it seems.
His roots go deep. I try to sleep.
I need to sleep. Oh, I need to sleep.

But he jumps on my bed,
the monkey in my head.
You're driving me mad,
you monkey in my head.

He likes banana and bread,
the monkey in my head.
He sure is well-fed,
the monkey in my head.

He cries when he's sad,
the monkey in my head.
He's anything but dead,
the monkey in my head.

When Heart Rules Mind

When you look me in the eyes,
can you see through my disguise?
Somewhere beyond all the lies,
can you see the thousand skies?

I try to love my way through the dark and cold.
I choose to sing for all the stories yet untold.
I try to live guided by my soul
and maybe one day I'll be whole.
When heart rules mind.

We are all born from the stars.
Living light is what we are.
Now put your hands on your beating heart.
It is where you start.

Your inner child will always be free.
You are indeed an echo from Eternity.
Dare to choose your destiny.
Open eyes will see.
When heart rules mind.

To the Sun

You were the spark.
Before, it was dark.
For you are the Sun.
And when you shine,
you shine like no one else.
Without you, there would be only night.

You created it all.
To my knees I fall.
For you are the Sun.
And when you shine,
you sure do shine.
You are the Mother of Light.

Guided by the Stars

I try to walk my path, guided by the stars.
Maybe one day I will be free from my old scars.
I am still alive, so my soul sings.
Now it is winter, but soon it will be spring.

My inner child will always be my friend.
I feel the love that it sends.
May it be there till the end.

The Moon sings lullabies.
The Sun sleeps tonight.
May the stars bring me sight.

When I'm One with You

Made up or real.

When I'm one with you, I truly feel.

You are my friend.

You are always there for me.

When I'm one with you, I truly see.

You are without end.

The wind is blowing. The wind is blowing.

When I'm one with you, everything is flowing.

I know that you are there deep within.

The birds are whispering. Everything is whispering.

The wind is howling. The rain is pouring.

Against my bare skin.

Till the Last of My Days

The power of the word. The magic of music.
I am your humble servant.
Without you, I would be lost.

My body may be sick and slowly dying, but thanks to you, I
feel alive.
When I allow myself to experience you, I am free like a bird.
When I allow myself to experience you, I am whole.

May you always be my friends.
May I always feel your power and magic within me.
Till the last of my days.

The Storm

The human world.
It will not last forever.
That is what the silence whispers.

The storm will come.
The winds of change will tear us apart.
The waves of reality will sweep over us.

Let us dance in the storm.

When Is Enough?

Let's get down to business,
for together we must fix this –
there is no more room for mistakes,
so let's do the best we can.

Oh, all the things we do.
This planet is dying
and we aren't really trying.
Our human world is a crazy show.
Tell me, when is enough?

So, let's get down to business,
for together we can fix this,
but there is no more room for mistakes,
so let's do everything we can.

Oh, all the harm we do.
How can we stand and stare?
Goodbye, polar bear.
Our human world sure is a show.
So tell me, when is enough?

Don't You?

I hope this planet kills us all before we kill this planet.

Don't you?

Like the Sun, You Shine

The Sun is shining and the Moon is crying.
He cries for all the things that we're denying.
We're too busy to feel the beat of our hearts.
We're running so fast that we're falling apart.

I say: One, two, three, four and five to the side.
I know that you have had it with your swallowed lies.
Take time to breathe and feel the beat of your heart.
Let today be a brand new start.

The Sun is shining and the Moon is singing.
As long as we love, we will always be winning.
And freedom is yours when heart rules mind.
May you break free and leave history behind.

Spread your wings and fly.
Welcome the blue sky.
You are one of a kind.
Oh, how you shine.
Like the Sun, you shine.

Let Go

Please, make it stop.
For it hurts me when I see it.
We are all born on the top.
Totally free to search for our meaning and to find it.

We keep on falling back,
but our world today makes us too blind to notice it.
When we close our eyes, fear attacks,
but love is always there – why do we tend to forget about it?

You are longing for the child that you once were.
Let go of everything that's keeping you from flying.

Please, make it stop now.
For it hurts me when I feel it.
It brings me down to my knees.
I'm wishing and praying for us to have it all.

You are longing for the child that you still are.
Let go of everything that's keeping you from flying.

Wild Roses

Wild roses grow where they want to grow.
Long hours. Know that they will pass.
This I know.

Nature sings and the road brings us where we need to go.
Yes, Nature sings and the road brings us where we need to go.

Teardrops fall when they are meant to fall.
Broken hearts are just part of it all.

Empty smiles. Walking the broken miles.
Humanity has lost its way.
Shame and pride. Bleeding inside.
Fear leads us astray.

Wild roses grow where they want to grow.
Long hours. Know that they will pass.
This I know.

Marky Boy

Hello. Can you hear me now?
Somewhere among the stars.
This one is for you.
You live forever in my heart.

Oh, you were the best of friends.
And we danced into the night.
But I thought that you would be there till the end.
Oh, your future was so bright.

Hello. Can you hear me still?
Somewhere. Somewhere.
For I hear you. I hope that I always will.
Somehow you will always be here.

Oh, you were the best of friends.
How we danced into the night.
But I thought that you would be there till the end.
Oh, your future was so bright.

Hello. Can you hear me now?
Somewhere among the stars.
This one is for you, my friend.
You live forever in my heart.

Tired but Awake

Night.

Tired but awake.

Thoughts are gnawing.

Reality chafes.

Lost in the labyrinth of the heart.

Will I ever find my way out?

Naked.

I am and remain naked.

Before the fate that I have chosen.

Chosen without actively choosing.

The winds of misfortune blew my way.

Winds that became a storm.

A storm that seems to be lasting forever.

Many times I've forgiven myself.

Forgiven myself for my part in it all.

But too easily, guilt tears apart the sores.

And tears of sorrow dab the sores with salt.

My body is presently a fractured shell.

A broken shell filled with a thousand dreams.

Dreams waiting to be realised.

And somehow this will happen.

One little faltering step at a time.

I know that the path of dreams is never-ending.

When a dream becomes a reality, another takes over.

That is an insight in which I rest comfortably.

I am thankful I have the dreams.
It is due to them that I feel alive.
As long as I live, I will wander the path of dreams.
Until the last of my faltering steps.

Night.
Tired but awake.

Don't Give Up

Don't give up.
Despite what the thoughts are whispering.

Don't give up.
Despite how the feelings are burning.

Don't give up.
Even if the sky is grey.
For beyond the clouds, the sky is always blue.

Wish List

Sun, kiss me.

Moon, sing for me.

Love, blow life in me.

Silence, whisper to me.

Sorrow, leave me.

Peace, embrace me.

Heart, guide me.

Freedom, forgive me.

Life, fill me.

Death, spare me.

The Sun in My Heart

Winter's darkness tries to devour me,
but it won't succeed,
for within me, summer continues,
and the Sun shines in my heart.

The Poetry of Truth

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—

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The Cradle of Creation

You are the Cradle of Creation.

Choose your path.

Walk.

Live. Learn.

Learn as you live.

Close Your Eyes

Close our eyes and feel your heart.
Every day is a new start.
Miracles everywhere.
Always there.

Love and fear will always dance –
a never-ending romance.
And the stars shine both day and night –
just like you and I.

Now close your eyes and feel your heart.
May you turn love into a living art.
Magic wonders everywhere.
Always there.

Life and death will always dance –
a never-ending romance.
And the birds are always free to fly –
just like you and I.

When You Are Running Blindfolded

It is dangerous to run
when you are running blindfolded.
And it is difficult to have fun
when you carry a thousand weights upon your shoulders.

Let go of yourself
and you will find yourself.
Be the change you wish for this world
and let honesty be your words.

Yes, it's dangerous to run
when you are running blindfolded.
And it sure is difficult to have fun
when you carry a thousand weights upon your shoulders.

Dare to open your eyes
and see through our human lies.
Choose what is your destiny,
you echo from Eternity.

Rivers from the Soul

The world outside of us
is a reflection of the world inside of us.
Tears sure flow
like rivers from the soul.

There's no need for you to hide.
Dare to let go of your swallowed lies.
Know that hot creates cold.
And the best stories remain untold.

Do you remember yourself as a child?
Your mind was free, open and wild.
Life is beautiful. This I know.
Let the magic fill you. Let it make you whole.

Let go of yourself for a while.
Let the moment lead you deep inside.
Know that right creates wrong.
Just like silence created this song.

It's true, the world outside of us
is a reflection of the world inside of us.
Tears sure flow
like rivers from the soul.

Keys

Dream. Live. Love.
Every day.

Now

Earlier is not now.
Now is not later.
Now is always now.

The present moment is like a portal to freedom.
Those who live in the present moment are free like the wind.
The child in your heart knows what I mean.

You Are My Friend

We go on foot.
Forward on our paths.
You are my friend.

You are never alone.
I am always there.
You are my friend.

Everything is a dream.
We dream together.
You are my friend.

The Light of Your Soul

You are not your thoughts.
You are not your feelings.
You are not your ego.
You are something else.

Eternity is your proud father.
Love is your beloved mother.
The search is a part of your nature.
The thousand skies are your destination.

The light of your soul will always be you.

Always

In the darkness within the darkness.

In the light within the light.

In the void within the void.

At everything's core, everything is whole.

Always.

The Truth

I will tell you the truth about the truth:

There is no truth.

That is the truth...

On the Edge of the Knife

One dance step forward.
One dance step back.
Two dance steps forward.
Three dance steps back.
A gust of wind.
A misstep.
Pain.

Silence and Rest

Silence is now my language.
It is not how I wish it to be, but it is how it has become.

Rest is now my law.
It is not how I wish it to be, but it is how it has become.

With the weight of my conscience on my shoulders, I slowly
move forward on my life path.
I falter with every step, but I must continue forward.
For I cannot go back.
The bridges that have led me to this day are all burnt.
It is not how I wish it to be, but it is how it has become.

So in silence, I bide my time.
In rest, I dream myself free.

Heartbeat

For more than eight years, there's been sorrow and pain.
All these years imprisoned have almost driven me insane.
The suffering has become a part of me.
But somehow, I will once again be free.

So I cry for those who can't.
And I die for those who want to die.
I try to feel my heartbeat somewhere.
Is anybody there?

I try to embrace harmony and the gift of life.
But everything I do is a dance on the edge of the knife.
The wind blows colder and colder.
Will this stormy night ever be over?

So I cry for those who can't.
And I die for those who want to die.
I try to feel my heartbeat somewhere.
Is anybody there?

Is anybody there?

Honesty Is You

Wake up. I'm sweating.
Dreamt dark dreams again.
The heart is pounding. I am panting.
Why are they coming again?

The Sun is shining, but it is becoming darker.
How do I handle this?
For I don't know if I have the strength.
To cope with all of this.

You kiss my forehead.
You say everything will be just fine.
I believe what you say.
For honesty is you.

For Us

For you. For me. For us.
I do it for you. For me. For us.
My heart will always be in your hands.
As true as the ocean kisses the land.

For the walls I have not torn down.
For the answers I have not found.
For the life that's been put on hold.
For the stories yet untold.

For the bridges I have not burned.
For the lessons I have not learned.
For the final end to my war.
For the child we've been longing for.

For you. For me. For us.
I do it for you. For me. For us.
My heart will always be in your hands.
As true as the ocean kisses the land.

To Evelina

I love how you fill the room with your light.
I love how our love thrives both day and night.
I love how you laugh and smile.
I love how we dream and fly.

When you hold my hand, my soul sings.
I love you through the summer, autumn, winter and spring.
When you ask me for a dance, I do not say no.
I want you to know that my heart pounds only for you.

Shadows of the Night

Shadows of the night, you are not me.
I gently close my eyes and breathe.

I pray that my breaths shall take me home.
Back to a place where I'm never alone.
But my thoughts are as heavy as if they were made of stone.
And the winds of reality chill me to the bone.

But I am still alive and so are my dreams.
My body may be broken, but in my heart I'm feeling free.
And I can still feel my inner spark.
The eternal love. The light in the dark.

Shadows of the night, you will never be me.
So, I gently close my eyes and breathe.

The Songs of Angels

The songs of angels.

Sunrise.

A new day.

A new me.

The wind dances.

The magic of life.

I embrace the day.

I follow my breaths.

The silence whispers.

I listen and write.

The hours of the evening.

The fog of mental fatigue.

The songs of angels.

Sunset.

Life is a gift.

This I can promise you.

Lessons Learned

There is no cause to be resentful.
Life is too short.

There is no cause to be bitter.
Life is too delightful.

The Moment Pulsates

The flame of hope.
Stable but fragile.
I'm gazing forward.
History is behind me.
I take a careful step.
A new beginning.
The wind sings.
The leaves dance.
The moment pulsates.
So do I.

The Tears of Heaven

The rain is falling.
The sincere tears of heaven.
They help this world to thrive.

The tears of heaven fall when they want to fall.
Just like your tears, and mine.
There lives a heaven within us all.

Do You Know?

Who was I yesterday?
Who am I today?
Who will I be tomorrow?

Do you know the answers to these questions?

I certainly don't.

Waking Up

Waking up.

Why does it hurt so much?

Illusions that materialise.

Walls and facades being torn down.

Shackles eroding.

Yours and mine become everyone's and no one's.

Sorrow.

Uncertainty.

Emptiness.

Fears fighting for their existence.

Illusions knocking on the door.

Walls and facades striving to resurface.

Thoughts running riot.

Tears falling.

Loneliness.

Disorientation.

An endless search.

Feelings overflowing both day and night.

Waking up.

Why does it hurt so much?

Subtle

Wisdom or madness.

The line between them is subtle.

Truth or lies.

Subtle is the line.

Nothingness

We are born from nothingness.

Throughout our entire lives, we are nothingness.

When we die, we return to nothingness.

This nothingness is everything.

This nothingness is older than time.

This nothingness is not dead.

This nothingness is not alive.

Its essence is pure light.

Its essence is pure darkness.

Dancing with each other.

Its mystery is eternal.

What If

What if I had found an answer
for every time I've gotten lost.
I would be a wise being.

What if a tree had been planted
for each lie that has come out of a human's mouth.
The forests would truly thrive.

What if a hundred people had chosen the path of love
for each life that our wars have extinguished.
Peace would be our reality.

What if I had been given a year to live
for every bridge that I've burned.
I would live forever.

Fairy Tales, Dreams, Prayers and Miracles

Fairy tales come true if we choose to believe in them.

Dreams become real if we stop standing in their way.

From our heartfelt prayers, anything can emerge.

The time of miracles is always here and now.

In Your Eyes

Shimmering. Like the northern lights of the soul.

Searching. Yet peaceful.

A spark. A fire.

A glimpse of Eternity.

In your eyes, I see the thousand skies.

The Human Who Suffers

Paralysing is the panic.

Deafening are the inner screams.

Fading away.

Once upon a time alive.

Forgotten dreams.

Closed doors.

The mirror shows someone else now.

The brain searches for ways out.

Reality stings.

For the human who suffers.

Paradoxes

It is when the darkness is darkest, that the light is strongest.

It is when the noise of fear is at its worst, that the songs of love are the most beautiful.

It is when hopelessness takes over, that the flame of hope is sparked.

We humans carry the paradoxes within us.

They seem to be part of our innermost nature.

We need to be conscious of the paradoxes to be able to be free.

For we are always free to be free.

As sure as night becomes day.

Life and Death

It can end at any time. Life.

An innocent mistake.

A juncture that you never noticed.

A last day of life that you didn't know was your last.

It can begin at any time. Life.

An earnest wish.

A road that your heart wants you to take.

A first day in your new life in the same body.

Life and death will always dance with each other.

They are two sides of the same coin.

Everything that lives will one day die.

That is just as it should be.

A Quaking Heart

A quaking heart.
Under shining stars.

A silent inner scream.
Alone. Joy vanished like steam.
Slowly falling apart.
Don't know where to start.

Black tears.
Stubborn fear.
Deep wrinkles in the forehead.
Why did she choose someone else instead?

A quaking heart.
Under shining stars.

Guilt

It chafes and gnaws.
Fear will always be its law.

Like a stubborn dagger in your heart,
it causes you pain and makes you fall apart.

It enslaves, blinds and drains.
Slowly, slowly, it drives you insane.

The Keywords of the Alchemist

When you are lost in the fog of thoughts.
When you feel like a prisoner in your own life.
When you have forgotten who you really are.

Then, remember the keywords of the alchemist:
Break down.
Put together.
Stronger.

Darkness and Light Are You and I

Darkness and light are you and I.
It's time to take time for the question: Why?
For today we're running fast into the night.
We're running away from what we know is right.
Ignorance can never take us home.
Fear can never make our hearts warm.
Love and honesty are the golden keys.
When we embody them, we may be free.
Those who love, they live. Those who are honest, they see.
Those who choose the wars will continue to bleed.

Darkness and light are you and I.
It's time to take time for the question: Why?

Nature's Daughters and Sons

Nature's daughters and sons.

Know that there's no need for you to run.

May you always see through the thoughts of fear.

Rest safe in the knowledge that love is always near.

Those who live are free. Forever free.

To be who they want to be. To create their destiny.

May the songs of the birds guide you along the way.

Embody peace and the rest will be okay.

Nature's daughters and sons.

Know that there's no need for you to run.

A Heavenly Drug

Summer night.
Two fallen angels.
Hand in hand.

Eyes that twinkle.
Cautious smiles.
The start of something big.

Hearts that do somersaults.
Butterflies in the stomach.
Waiting for the first kiss.

It is a heavenly drug.
Love.

The Abyss

The bottle against the lips.
He takes a solid swig.
It burns.
Just like it always does.

A forgotten heart.
A person in fragments.
He falls endlessly.
Down into the abyss.

The bottle against the lips.
He takes a solid swig.
It burns.
He continues to fall.

Deep is the abyss.

Fear's Hold

Fear is always there. Just a thought away.

Fear wants us to fear it.

Instead, try to accept fear as a natural part of yourself.

Give fear permission to be what it is.

Let it exist.

Thereby, its hold around your neck loosens.

Let go of fear and fear lets go of you.

Because You Can

Dream yourself free.

Now. Today.

Why?

Because you can.

Live yourself happy.

Now. Today.

Why?

Because you can.

Love yourself whole.

Now. Today.

Why?

Because you can.

Creating Our Destiny

Be aware of your thoughts.

Choose your words and actions.

Dare to be who you want to be.

These three steps are crucial for those who wish to be the creators of their destiny.

A Miracle

The full moon glows like only the full moon can.

Lips that finally meet.

Tongues that dance.

Eyes that drown in each other.

Two naked bodies that melt together as one.

Yearning. Lust. Affection.

A dance of love.

Free. Without inhibitions.

The angels sing as a choir.

They know that something big is happening.

Tonight, a new life will be created.

A child of love.

A miracle.

You Are You

Like the stars in the firmament, you shine.

No matter who you are.

Like the strings of the harp, you vibrate.

No matter if you allow yourself to experience it or not.

For you are the stars.

And you are the music.

In your heart, history and future unite.

You are a mystery.

You are a miracle.

You are you.

To Hatred

Fear is your father.

Anger is your brother.

Violence and war are your offspring.

Love is your enemy.

We are all born free from you, but unfortunately some of us become your slaves.

Your presence makes it hard for us to see things clearly.

You make us lose our way.

You are indeed easy to hate.

But when we hate you, you grow and become stronger.

When we, on the other hand, allow you to exist and accept you for who you are, you shrink and become weaker.

You have no friends.

You always feel lonely and scared.

You are a victim of yourself.

The King

Alone on the throne, he will sit.
Reigning over people, with whom he has no connection.
A people who never seemed content with what they had.
A people who couldn't even imagine how heavy it was to
carry his mantle.

From his castle, he used to look out over his kingdom.
The fields that he had never ploughed.
The meadows on which he had never run barefoot.
The forests that he had never played in as a child.

With an iron fist, he ruled his kingdom.
He knew he was hated for that reason – but it needed to be so.
'From fear, loyalty is derived', his father had taught him.

He was born to rule, and his entire life had been all about
maintaining that power.
He knew nothing else.

Truth be told, part of him hated his life.
The fawning of the royal court.
The eternal fox and geese games with the aristocracy.
The bought friendliness of the servants.
A queen who he had never been able to choose himself, and a
marriage where there had never been any true love.

Despite having more gold than anyone else, he did not
feel rich.

He had an abundance of food, but he seldom felt
pleasingly satisfied.

The crown that he had inherited sometimes chafed like
a crown of thorns – but it was his to bear.

Alone on the throne, he shall sit.
Until the last of his days.

The Universe

Those who search inward will find more than themselves.
The Universe lives within us all.

Once upon a time, there was no yours or mine.
All was one.
The stars that fell whispered about the truth before the words.
A truth that still echoes.

Those who search inward will find more than themselves.
The Universe lives within us all.

Laws to Rely On

That which we flee will always hunt us down.

That which we quietly accept will eventually give us peace.

Those who choose the road of love will always fly freely.

Those who choose the road of fear will stay tethered to the ground.

Thoughts give birth to words and words give birth to action.

Our habits will always form our destinies.

Whole Love

Our capacity to fully love others is determined by our capacity to love ourselves.

The love inside us knows that it is so.

Our capacity to love ourselves even determines how well we appropriate the love we are given by others.

A bucket with a hole will always leak, no matter how much water is poured into it.

The same pertains to human beings.

If we don't love ourselves, the love we are given will leak out.

Our experienced happiness will consequently be dependent on a continuous inflow of love.

But this is a short-sighted happiness. It is not true happiness.

So, dare to love yourself. For that requires courage.

Dare to explore your inner rooms and get to know yourself.

Forgive yourself for that which you need to forgive and love the rest of yourself.

To love oneself is not the same as being complacent.

Certainly not.

It is, in fact, one of the finest gifts we can give to those we love.

It isn't until we love ourselves that we are ready to fully practice whole love.

A love as strong as the Sun.

Letting Go

Let go of the need for control.

Then, life will be freer.

Let go of judgement.

Then, life will become more enjoyable.

Let go of ownership.

Then, life will become richer.

Let go of overthinking.

Then, life will become more honest.

Let go of perfectionism.

Then, life will become more fun.

It is when we let go that we evolve the most.

It is when we let go that we are one with the child in our hearts.

It is when we let go that we are most alive.

Letting go can be difficult for us human beings.

This craves courage, dedication and consciousness.

Make it a habit to let go of things that hold you back, and you will grow and flourish.

The flowers below the sky know that it is so.

Echoes of Eternity

Echoes of Eternity.

You and I.

A symphony beyond human words.

Without a beginning. Without an end.

Yes, our bodies age, die and decay.

But something keeps on living.

A tone that doesn't quite fade out.

Death is not the end.

Death is a part of Eternity.

A Broken Human

The silent suffering.
The chosen loneliness.
The grip of misery.

Something is gnawing.
Tears that no longer fall.
An inner void has become the norm.

The long hours of the night.
Slowly, the anxiety takes over.
Just as it always does.

Night. Tired but cannot sleep.
Swallow the tablets and wait for them to kick in.
Softens the body. Soothes the mind.
Heavy eyelids.
Goodnight world.

Beyond Everything

Beyond your joy.

Beyond your sorrow.

Beyond your honesty.

Beyond your lies.

Beyond your love.

Beyond your fear.

Beyond your life.

Beyond your death.

Beyond everything.

There is still something.

A Living Human

Scrape the knees.

But make sure to clean the wounds.

Burn the fingers.

But just enough to learn from it.

Try your wings.

But remember to let them rest at times.

Strength is not about being strong.

Strength is about daring to show weakness.

A heart laid bare is a brave heart.

A brave heart is a feeling heart.

A feeling heart is a living human being.

Naked from Eternity

Naked from Eternity.
That is how we are born.
Enlightened beings with open senses.
Free from memories and traumas.
There is only here and now.

Keeping pace with our growth, we seem to forget our original wisdom.
Our experiences, memories and traumas form us to such an extent that we become reactive beings.
Most of us flee from whatever is here and now.
This makes us ignorant.
This makes us closed.
This makes us unhappy.

The newborn child, with all its wisdom, is still there.
Somewhere deep within us.
Sleeping.
Waiting.

So tear down your inner walls.
Let the defences give way.
Make it a habit to shut your eyes and seek within, and you will one day meet the newborn child inside of you.
That is the day when you will once again be born.

Naked from Eternity.
That is how we are born.

Children of the Silence

We human beings call them words.
I call them children of the silence.
That is because this is how they come to be.
Out of the silence, the words are born.

We human beings give them sound and meaning.
Most of us seem to take words very seriously.
Sometimes they make us laugh.
Sometimes they make us cry.
Sometimes we flee from them.
Sometimes we hide behind them.

The children of the silence are always born free.
Yet, we humans have a habit of trying to imprison them.
We even make products of the words.
We buy and sell them.

Imprisoned or not, the power of words is extraordinary.
The children of the silence can revolutionise our entire world.

May we let the words dance as free as the wind.
That is when they are at their most beautiful.

We Will Always Be One

As long as I live, my heart will keep on beating.
As long as you live, your heart will keep on beating.

As long as I live, my thoughts will try to lead me astray.
As long as you live, your thoughts will try to lead you astray.

My reality is mine.
Your reality is yours.
Still, we are one.

We will always be one.

Current Situation Analysis

Resting.
Not passive.

Sinking.
Not drowning.

Alone.
Not lonely.

Fading.
Not dead.

Double Rainbow

Double rainbow.

Euphoria.

Everything is falling into place.

Finally!

At the end of the maze.

The beginning of something new.

Shimmering future.

Double rainbow.

Magic.

Love

The sweet nectar of life.

Pulsating. Always pulsating.

Forever beyond human words.

The Light Is the Key

Somewhere deep within ourselves.
In the darkness within the darkness.
White light.
Infinite.
Vibrating.
Alive.

The light is the key to the gates of Eternity.
The light will always be the key.

Always Here and Now

Stop, breathe and see your dreams come true.
Hurry, run and you will be blind.

Sing like the Moon and fly freely beyond the clouds.
Forget the music and you will drown in the inner screams.

Dance like the wind and feel the caress against your cheek.
The story is you – and you are also the author.

It Is Difficult

Seeing without becoming blind.

Speaking without lying.

Feeling without drowning.

Being without trying to be.

It is difficult.

It is very difficult.

At least for us humans.

The Bird and the Unicorn

A desperate bird flaps in vain fleeing from itself.
The Sun burns closed minds.

The eternal loneliness of a stubborn unicorn.
Grief salts created wounds.

Understand why the bird is fleeing. Forgiveness is born.
The seeds of freedom thrive. Change.

The stubbornness of the unicorn eroded.
The unicorn. The loneliness. United.
The unicorn evolved.

The Sun caresses open minds.
The echo of the unicorn echoes.
Forever.

Deep Is Your Well

Deep is your well.

Bottomless.

Explore its depth and you will find yourself.

It's unavoidable.

Let each breath take you deeper down.

You will discover that you can breathe even below the surface of the water.

Curiosity and silence will become your oxygen.

May you dive deep, my friend.

The questions and the answers await you.

Lilies of Peace

Freedom is their sun.

Love flows from their roots.

Safety and harmony live in their petals.

We humans have nothing to teach them.

They have everything to teach us.

Lilies of peace. May you grow and flourish.

Our world of today needs you.

Indeed.

Choosing

Accept fear and its darkness –
but choose to embody love and its light.

Allow yourself to feel sorrow –
but choose to live from joy.

Explore your thoughts and your ego –
but choose to let your heart be your guide.

We choose either out of awareness or out of ignorance.
Each is a choice.

Goals and Intention

We humans have goals.

Our souls have intentions.

We need to have balance between the two in order to be truly happy.

In today's society, we are taught to prioritise goals rather than intentions.

Maybe that's why many of us are unhappy, even though we reach our goals.

So, what intention do you want to base your life and actions on?

Only you know the answer to that question.

Wild Horses

Green expanses. Endless green expanses.

Under a blue sky, they gallop towards the horizon.

Strength. Elegance. Essence.

Their manes dance in the wind.

They are the descendants of freedom.

They are here and now.

They are home.

Green expanses. Endless green expanses.

The Thousand Skies

The thousand skies are our eternal home.

It is a place that can never be fully described with human words.

It is a place beyond the laws of physics.

A place where darkness is light and where everything is nothing.

A place where reality is a dream and where life and death are united.

A place where everything is free and without limits.

A place where everything is transcended.

The thousand skies will always be there, for they are beyond time and space.

They live within all of us and they are everywhere and nowhere.

They are the Cradle of Creation.

Through the Window

I glance out through the window.
In the sky, I see birds flying freely.
On the ground, I see humans.
They are not flying freely.

Gold

It sort of glitters.
Like the eyes of the stars.
Seductively and treacherously.
Only a human being can be its slave.

It Doesn't Have to Be Like That

We think we know – without questioning what we know.
This makes us blind.

We believe we live – without questioning how we live.
This makes us prisoners.

Most of us are raised to not question.
That is the norm in our world today.
That is unfortunate. It doesn't have to be like that.
Our shackles are invisible, but heavy.
They prevent us from flying freely.
That is unfortunate. It doesn't have to be like that.
The sky exists for all of us.

Who Would We Otherwise Be?

We must try.

We must embrace the solutions to the problems that we
have created.

We must do our best.

Who would we otherwise be?

May You

May you feel loved.

May you find your purpose and place in this world.

May you be happy.

May you find peace.

May love be your oasis.

May your body be your temple.

May the child in your heart be your guide.

May you be free.

May you be whole.

May you be you.

Whispers

Those who have a hard time letting go of their money will never be rich.

The masters who call themselves masters are not masters.

The leaders who try to control others are not true leaders.

Those who follow someone else's path will never find themselves.

Silence whispers.

Silence is honest.

Of this I am sure.

Raindrops

I see raindrops falling.
From the treetops I'm calling you.
I know that you are there.
Always and everywhere.

Just like teardrops they're falling.
From the treetops I'm calling you.
I know that you are there.
Always and everywhere.

It is so.
That's all I know.
May we end our crazy show.
May we let things flow.

Fairy Magic

Imagine that you were a fairy
and you could fly from town to town,
and spread your fairy magic
one dream at a time.

It is hard for us to see the future
when we're drowning in the past –
listen to me, move your feet
and move them fast!

It's good to be alive.
Oh, yes it is.
It's good to be alive.

It's fairy magic!

Choose to Fly

Honest eyes.
See through lies.
Fall and rise.
Search and find.

Vaporise.
Eternalise.
Fantasise.
Realise.

Your inner child.
Forever wild.
No need to hide.
Let go of pride.

Dare to cry.
Always try.
Reach for the sky.
Choose to fly.

Hope

You live within all of us.

You are the eternal light in the dark.

Your warm and safe embrace is always there, no matter how cold the winds of fear may be.

Love is your supportive mother.

Forgiveness is part of your essence.

You will never give up on us, no matter how lost we may be on our paths.

Your patience seems endless.

You are there for us throughout our entire lives.

You are the best of friends.

When we die, you are the last to leave us.

Without you, we are no longer alive.

White Tree

Your branches reach far
and your heart is free –
I don't know who you are,
but I call you White Tree.

Brother Sui

My friend, you are a fool.
A true fool.
And how I respect you.

Do You Have?

Do you have time for a tired traveller?

Do you have a smile for someone who has difficulty smiling?

Do you have warmth for a heart that is getting cold?

Do you have water for a seed that is drying?

Rituals

I prepare a sacred cup of tea for those of my friends who no longer think of me.

I light a candle of forgiveness for all the bridges that I've burned.

I gently plant a seed for all the freedom that I've lost.

I cry tears of love for the child that I once was.

I cry tears of sorrow for the man that I am today.

Skid Marks

The skid marks attest to yet another crash.

I never learn.

Once again, I've hit the brakes too late and therefore shattered into a thousand pieces.

Pieces that now have to be arduously glued together to something resembling a human body.

With every crash, my bubble of life shrinks and I become ever more fragile.

I've crashed so many times that I lost count long ago.

More than eight years have passed since I became ill, but I still remember what it felt like to fly freely.

The memories both soothe and sting.

It isn't until you have lost your freedom that you understand how free you actually were.

It is a realisation that I know I know.

To God

I called your name
the other day –
I wished and prayed,
but no one came.

Awake at night,
I sometimes cry,
for I cannot fly
even though I try.

Imprisoned bodily
for an eternity,
seems to be my destiny
tragically.

I'm a fading light
in an endless night –
I try not to fight
even though I might.

I try to be brave
every day,
and I try to save
what's left to save.

I called your name
the other day –
I wished and prayed,
but no one came.

Poem to Mr Moon

You sing for those who do not sing.
For the brokenhearted.
For the brokenhearted.

I am grateful that I can hear you now.
Despite all the clouds.
Despite all the clouds.
You say that I will make it back somehow.
That I must keep on trying.
That I must keep on trying.

You say that love is always near.
No matter what I feel.
No matter what I feel.
You say that I need to let go of fear.
Then peace can be real.
Then peace can be real.

You sing for those who do not sing.
For the brokenhearted.
For the brokenhearted.

From Within

Can you see it?

The roads that you have walked they have all somehow
led you here.

Can you let go of it?

All the pain inside that makes you cry.
You're falling from within.

Can you hear it?

The birds are singing lullabies in ways we'll never understand.

Can you love your way through it?

All the guilt inside that will not die.
You're drowning from within.

Can you feel it?

The bittersweet sensations of memories from the past.

Can you break free from it?

All the fear inside that's running wild.
You're burning up from within.

Shadow

I am a shadow of someone I used to be.
What happened to my great and glorious destiny?
Living dreams. Slowly fading away.
Memories try to lead me astray.

One step at a time. On my way to Eternity.
No yours, no mine. I try to embrace harmony.
Never-ending light. Somewhere deep inside.
May love bring me sight. There's no need for me to hide.

Heart of gold. Vibrating of life.
So many stories yet untold. I'm dancing on the edge of the knife.
Shining soul. Forever free.
Always whole. I try to be who I want to be.

But I am a shadow of someone I used to be.
What happened to my great and glorious destiny?
Living dreams. Slowly fading away.
Memories keep on trying to lead me astray.

So I'm holding on. For yet another day.
I've let go of my guns. I try to let love lead the way.
Music and words. They run my body now.
They're flying freely like birds. My soul is singing out loud.

Yes, I am a shadow of someone I used to be.
May I choose what will be my destiny.
Living dreams. Will never fully fade away.
Memories will always try to lead me astray.

I Am

Still.

Yet dancing in the wind.

Lost.

Yet home.

Imprisoned.

Yet free within.

Dying.

Yet bursting with life.

A Sacred State

When the black tears are rolling down my cheeks.

When the longing and sorrow are singing in the wind.

When the fog is thick and reality whips my skin.

That is when I most clearly hear the whispers of silence.

Words that give birth to words. Music that gives birth
to music.

They are bigger and stronger than all the fear and panic.

A vibrating light. A caressing breeze.

A sacred state. A way out of every crisis.

Counting Rainbows

Gone is the winter and the snow.

Here I sit counting rainbows.

The birds are singing and the Sun is shining.

It's time to let go of all that is heavy and blinding.

It's time to fix my broken wings and to once again fly.

It's time to truly forgive and to live, laugh and cry.

It's time to embrace the holy gift called life.

It's time to stop dancing on the edge of the knife.

Yes, gone is the winter and the snow.

Here I sit counting rainbows.

Hold Me

Hold me. Love me.
Let us just be.
I am yours. Every day.
May our hearts lead the way.

Dance with me when the rain pours down.
Dance with me when the Sun shines.
Love with me till the end of time.
Let us spread our wings and fly.

Hold me. Love me.
Let us be free.
I am yours. Night and day.
May our hearts lead the way.

Dance with me when the rain pours down.
Dance with me when the Sun shines.
Love with me till the end of time.
Let us spread our wings and fly.

In Love

I love the way you kiss my lips.
I love how you caress my soul.
I love your dancing fingertips.
I love the way you make me whole.

I love the way you gaze into my eyes.
My heart will always be in your hands.
I love how you see through my disguise.
I am yours all the way to the end.

I love you in the morning when the Sun goes up.
I love you every minute of the day.
I love you in the evening when we can't get enough.
I love you when we sleep and dream away.

Fire

Fire.

Come on and show me some fire.

Feel free to fly a little higher.

Reach for the sky.

Desires.

Never-ending desires.

Come on and show me some fire.

Show me what you've got.

No, it sure isn't easy being free.

And it sure isn't easy living in harmony.

And it sure isn't easy being whole.

If we forget to live guided by our souls.

Fire.

Come on and show me some fire.

Feel free to fly a little higher.

Reach for the sky.

Desires.

Never-ending desires.

Come on and show me some fire.

Show me what you've got.

The Sun Is Rising

You've got the whole world in your heart.
Let go of who you've been and be who you really are.
You've got the whole world in your heart.
The Sun is rising.
The Sun is rising.

Yes, you've got the whole world in your heart.
Keep on searching inward and see through your old scars.
You've got the whole world in your heart.
The Sun is rising.
The Sun is rising.

You carry all of your fears in your mind.
They can't take you home, but they can make you blind.
Still, you've got the whole world in your heart.
The Sun is rising.
The Sun is rising.

Know that you've got the whole world in your heart.
Let go of your fears and let today be a new start.
You've got the whole world in your heart.
The Sun is rising.
The Sun is rising.

Yes, you've got the whole world in your heart.
Fly freely like a bird and may your wings carry you far.
Remember: You've got the whole world in your heart.
The Sun is rising.
The Sun is rising.

Not the Only One

You're not the only one
who has been hurt as a child.

You're not the only one
who has been left in the dark and forgotten about your spark.
Not the only one.

You're not the only one
who has been blinded by your fears.

You're not the only one
who has tripped and fallen and almost lost it all.
Not the only one.

You're not the only one
who has screamed your lungs out.

You're not the only one
who has been lost in your sea and forgotten about
your destiny.
Not the only one.

All We Have to Do

I want to gaze into your eyes.
And I want you to see me cry.
There's no need for us to hide.
I know that we can have it all.
All we have to do is fall.
All we have to do is fall.

Let us listen to how the birds sing.
They tell us so many things.
Let us try our wings.
I don't care about yesterday.
It only leads us astray.
Let us live today.

All I see is you.
All I need is you.
You and only you.
We both know that we can have it all.
All we have to do is fall.
All we have to do is fall.

I Will Give You

I will give you my heart.
I will give you my hands.
I will give you my everything.
Everything I can.

I will give you my future.
I will give you my history.
I will give you my everything.
Everything that is me.

Halfway

I'm halfway now through this thing called life.
I will keep on singing both day and night.
Who am I?
I'm not sure.
I'm both darkness and light and I know that I want more.
I will keep on climbing.

Yes, I'm halfway now on my way towards the sky.
I have searched for years and I have found my why.
I will give and give.
As long as I live.
And I will always try till the day I die.
I will keep on climbing.

We Are One

If you want to have it all,
you must first let go of all.
Hear me out, my friend:
Feel free to fall.
Just remember to rise again.
Breathe your way through all that self-created human pain.

Under the stars, we are all born.
Like flowers we grow and we are both the roses and the
thorns.

Yes, if you want to have it all,
you must dare to lose it all.
Have trust in this, my friend:
Feel free to fall.
But always remember to rise again.
Love your way through all that self-created human pain.

One day under the stars, you will live someone else's life.
You will have some else's dreams.
And one day, you will die
and vanish like steam.
Timeless energy.
Transforming, transforming.
Always transforming.
And somehow it will be there till the end.
Feel free to hold your brothers' and sisters' hands – and sing:
I love you.

You, you, you.
I love you.
I am love.
Love, love, love.
I am love.
We are one.
One, one, one.
We are one.

My Song

This is my song.
This is my lullaby.
I may be wrong.
But I will always try.

This is my song.
Music gives me life.
I'm just trying to belong.
Here on the edge of the knife.

This is my song.
This is not goodbye.
I'm still holding on.
With my eyes towards the sky.

This is my song.
This is my echo into the night.
I don't know where I'm from.
May the journey bring me sight.

This is my song.
This is my lonesome cry.
I'm both weak and strong.
I'm both darkness and light.

This is my song.
This is my lullaby.
I may be wrong.
But I always try.

Summer Evening

Summer evening.
Chernobyl sky.
I'm drowning in feelings.
Too tired to cry.

My brain is aching.
That's how it is.
Oh, all the rules I've been breaking.
Somehow I've chosen this.

I'm longing for freedom.
I'm longing for ease.
Soon it will be autumn.
May it bring me peace.

Peace through the sorrow.
Peace through the fight.
Today and tomorrow.
Through both darkness and light.

Peace in my heart.
Peace in my mind.
A brand new start.
With history behind.

Summer evening.
Chernobyl sky.
I'm drowning in feelings.
There's nowhere to hide.

The Journey Starts Tonight

Fill my heart.
Fill my soul.
With your light.
Make me whole.
May we shine.
May we make things right.
The journey starts tonight.

Take me home.
Truly home.
To a place where I'm never alone.
May we search.
May we find.
The journey starts tonight.

Up against the Ropes

There's a storm within our hearts.
And it's tearing us to pieces.
May we turn love into our law.
For this way of living can never free us.

We are up against the ropes.
We're falling, falling. Slowly falling.
May we embrace hope.
May we somehow hear Nature's calling.

It's time for us to stop.
It's time to change our way of living.
It's time for us to wake up.
It's time to stop stealing and to start giving.

For we are up against the ropes.
We're falling, falling. Slowly falling.
May we never let go of hope.
May we somehow hear Nature's calling.

Rainbow Child

I'm a rainbow child.
Forever wild.
In this life, I choose to fly.
Society, I've had it with you.
All the things you do.
I'm done being you.

For I'm a rainbow child.
With lots of love inside.
In this life, I dare to cry.
Humanity, I've had it with you.
All the things you do.
I'm done being you.

You've got a rainbow child inside.
Forever wild.
There's no need to deny it. Go ahead and howl
towards the sky!
And sing: Society, I've had it with you.
All the things you do.
I'm done being you.

For I'm a rainbow child.
With lots of love inside.
In this life, I dare to try.
Humanity, I've had it with you.
All the things you do.
I'm done being you.

Crazy

I think I'm crazy.
Maybe I am crazy.
I think you're crazy.
Maybe you are crazy.

I think we're crazy.
Maybe we are crazy.
No, there's no maybe.
We are all crazy.

Hold On

When you're lost.
When you're worried.
When your sky is grey.
When you're feeling blue.

When the rain
keeps on pouring down.
When the pain inside
is making you blind.

Then hold on.
Hold on, my friend.
May you fly freely in the sky.
May you live. Straight from your heart.
May you feel your soul and how it makes you whole.

Know that the Sun
is always shining.
Somewhere beyond
all the clouds.

And love
is always near.
Alive and strong
and bigger than your fears.

So, hold on.
Hold on, my friend.
May you shine, for you are the Sun.
May you give. Straight from your heart.
Embrace your soul and you will be whole.

Naked and Unarmed

Life is born.
Life fades away.
We are here.
But we're not meant to stay.
Time is all.
All is time.
We're running so fast
that we're making ourselves blind.

Life is now.
Life fades away.
Love dances with fear.
But there's no need to be afraid.
Time is all.
All is time.
You are always there.
Somewhere deep inside.

I don't know where I'm from.
And I don't know where I belong.
But this is my song and I've been waiting for so long to tell
you this:
I wish you all the best.
From the bottom of my still beating heart.
I was born just like you.
I was born naked and unarmed.

We live and we die.

But I know that you will try.
To live.
And to give.
Time is all.
All is time.
I feel with you, my friend.
I feel the shivers down your spine.
They are also mine.

No, I don't know where I'm from.
And I don't know where I belong.
But this is my song and I've been waiting for so long to tell
you this:
I wish you all the best.
From the bottom of my still beating heart.
I was born just like you.
I was born naked and unarmed.

And I don't know who I am.
And I don't know what there's to understand.
But here's my hand.
I will always be your friend.
Oh, such a miracle you are.
From the bottom of my still beating heart.
Let today be a brand new start.
May you stay naked and unarmed.

Always Try

Hold my hand tonight.
Let us sail away.
All we have is time.
Thinking minds lead us astray.

Every day we love.
Every day we sing.
Every day we fly.
Always try.

Look into my eyes
and tell me what you find.
See through all my lies.
Thinking minds make us blind.

Every day we love.
Every day we dance.
Every day we fly.
Always try.

To Frans

Dear friend and mentor. Humble and wise.
Now you are singing in the thousand skies.

I remember your scent and your green eyes.
You were always present and free from lies.
Through the long hours, you rested with me.
You guided me home when I was lost in my sea.
You were the greatest of healers – and how you gave.
In the mirror of your eyes, I saw what was left to save.

Dear friend and mentor. Feared among mice.
We will meet again in the thousand skies.

Mother and Father

Mother Nature, sing your songs
and help me belong.

Father Heaven, cry your tears
and wash away my fears.

Mother Nature, thank you,
for everything you do.

Father Heaven, thank you,
for being you.

Thank you, Mother. Thank you, Father.

We are your sons and daughters.

Thank you, Mother. Thank you, Father.

For you are like no other.

To Fear

I know that you only exist in my mind
and that you do what you can to make me blind,
so I choose to love one step at a time,
for when I embrace love, I leave you behind.

I know that you are nothing but an illusion
and that you do what you can to bring me confusion,
and when I embrace you, I am lost in my ocean,
but I know that love will always be the solution.

Dreams

What if everything is a dream?
Everything.
That would mean that all the things we consider real are,
in fact, not real.
What if only our dreams are real?

So, welcome your dreams.
Embrace them.
Be a dreamer.

Free from Despair

You. Only you can free yourself.
From the prison of your thoughts.
Only you can breathe the air.
Free from despair.

You. Only you can choose to shine.
The light is always there inside.
And the birds are calling you every day:
'Come with us. Fly away!'

We can indeed fly freely in the sky.
Why do we chain ourselves to the ground till the day we die?
Only you can find your truth.
Only you can be you.

You. Only you can free yourself.
From the prison of your thoughts.
Only you can breathe the air.
Free from despair.

Make It Gold

I've been lost for so long now that I don't remember.
When did I write this song? Was it last September?
It is raining now. Just like then.
This world is a show. Now I understand.

Make it gold, my friend.
Make it gold.
This is not the end.
That I know.
Make it gold, my friend.
Make it gold.
This is not the end.
That's all I know.

Yes, I've been lost for so long now. Months have
become years.
I'm still here. Dancing with fear.
The rain is falling. Here I stand.
Our world is a crazy show. This I understand.

Make it gold, my friend.
Make it gold.
This is not the end.
That I know.
Make it gold, my friend.
Oh, make it gold.
This is not the end.
That's all I know.

Warriors

Let us close our eyes and rewind.
We cannot see when we are blind.
All this violence and inner fury
leads to nothing but fear and misery.

We were warriors.
Beating hearts with holes.
We were warriors.
But we couldn't feel our souls.

If we search, we might find
the paths between our hearts and minds.
The journey we always do within.
Dancing freely like the wind.

We were warriors.
But slowly, we lost our roles.
We were warriors.
But we couldn't fill those holes.

The New

It's time to make way for the new.
It's time to let go of the old.
It's something we already knew.
It's something that's been told.

But we keep on holding on
to what's been for too long.
We don't take time to search within.
No time to think about right and wrong.

Let today be the day for a new beginning.
For this world is going down and our heads are spinning.

It's time to make way for the new.
It's time to let go of the old.
May our hearts guide us through it.
May we find the freedom we sold.

But we keep on holding on
to what's been for way too long.
We don't take time to listen within.
No time to think about where we are from.

We travel so fast.
We know it won't last.
We've travelled so far together.
Listen to me.
Yes, I'm talking to you.

We are born free.
Didn't you know?
That we can grow fast.
And we can grow big.
And we can do better than this.
But we have to see through all the clouds.
Listen to me now.
This one is for you.

Let today be the day for a new beginning.
For this world is going down, down, down and our heads are
spinning.
Know that there's no me and there's no you.
There is only us.
Let us make way for the new.

Keep On Walking

Hot creates cold.
Love shines more than gold.
Wrong creates right.
The day kisses the night.

Keep on walking.
Keep on walking.
Keep on walking your road.

Starborn

You are starborn.
You are rose with thorns.
You are eternal light.
Shining both day and night.
You are timeless energy.
A living mystery.
You are divinity.
An echo of Eternity.

Go

Go.
Leave history behind.
Go.
See what you find.

Go.
Leave everything behind.
Go.
Walk towards the light.

Summertime

The Sun is shining.
The Moon is whispering.
The wind is dancing.
The birds are singing.

Under a blue sky.
We dream and fly.
We are free and wild.
It is summertime.

Magic

Embrace the magic that is here and now.
Let go of everything else.
You are a miracle. Alive somehow.
You are like no one else.

Close your eyes and dive deep inside.
All the way to your heart.
There is no need for you to hide.
You are a child of the stars.

Maybe it is all a dream.
Dancing timeless energy.
Yes, maybe it is all a dream.
Echoes of Eternity.

So, embrace the magic that is here and now.
Let go of everything else.
You are a miracle. Alive somehow.
You are like no one else.

With the Smile of Your Soul

Follow your heart. Every day is a new start.
Dare to feel what you feel.
It is safe to say that no matter which way
that is yours to walk, you will stay. Here.
Until the day, when you slowly fade away.
With the smile of your soul, you will leave.

The Gods Are...

The rain is pouring down.
The Gods are peeing.
Here you have me praying from the bottom of my being.
May your pee fall and give life to these lands.
Our world is your toilet.
I feel the love you send.

My Whisper into the Night

Oh, all the stories yet untold.
They're like heroin to my soul.
Hear my whisper into the night.

Forgotten

Hello. To myself.
I'm calling you.
It's time to go home now.
Do you see through all the clouds called life?
Can you hear the song of the birds?

You know that I do my best. Here on the bottom.
But I'm afraid that when I'm gone, I will be forgotten.

Hello. To you.
Do you hear me despite all the noise in this world?
I wonder if you feel the same way I do.
Like there's no way out.

I know that you do your best. There on the bottom.
But you're afraid that when you're gone, you will be forgotten.

Yes, I know that we do our best. Somewhere on the bottom.
But we're afraid that when we're gone, we will be forgotten.

Holding On

I remember when I was a child.
There was no need for me to hide.
My mind was free.
Now, I no longer shine.
I didn't use to be blind.

Here I am again. Trying to belong.
I am holding on. Holding on.
Holding on to the hot stone.

Closer

How I wonder where the flowers come from.
How I wonder where I come from.
Infinite space. Always there.
Nothingness. Everywhere.

When I gaze out into the night,
I sometimes ask myself who and what I am.
I find no answers. Do they even exist?
Do they live within the nothingness?

I look up towards the sky.
I don't want to die.
I want to get closer, closer and closer.

Start Things Over

Over.

I want to start things over.

I want to live my life again.

So my dear sisters and brothers.

Help me lift this weight off my shoulders.

For I want to start things over.

I want to live my life again.

My Saviour

I ought to have learned some things by now.
But I keep on tripping and falling somehow.

I'm running too fast.
It will not last.
There's a fire burning in my chest.
Self-treachery.
Gave me misery.
Now I'm searching for something to set me free.

I don't believe in you, but I need you now.
Oh, my saviour.
I flew too close to the Sun and I crashed down.
Where are you, my saviour?
No, I don't believe in you, but I need you now.
Oh, my saviour.
I'm stuck on the ground and I was born to fly.
Where are you, my saviour?

Don't You Dare

You want to make it,
so you cannot break it.
Feel free to fly,
but not too high –
don't you dare go and die now.

Where to Start?

Cloudy sky.
Troubled mind.
A lonesome cry.
One of a kind.
I've got an open heart.
And self-created art.
And so many scars.
Where to start?

Awaken nights.
Stole my sight.
And darkness and light.
Started to fight.
Now I'm drowning here.
Held back by fear.
When you don't know who you are.
Where to start?

The Shadows

Where am I?
Am I still here?
I'm lying in my bed.
Dancing with fear.

Is this for real,
or is it an illusion?
My body is dead tired,
and I'm overwhelmed with emotions.

Tell me, what's going on?
Oh, the darkness is alive.
The shadows are dancing.
The shadows are singing.

Who are they?
I really don't know.
All I am sure of is
that this is a horror show.

I can see them and feel them.
I am totally lost in my ocean.
I swallow the pills, even though
they aren't a solution.

Please, tell me, what's going on?
For the darkness is alive.
The shadows are dancing.
The shadows are singing.

So, I ask them:
'Are you my enemies or my friends?'
They answer: 'We are neither.
We are the beginning and the end.'

God, if you are there,
here you have my devotion.
Now help me find the shore,
for I'm drowning in my ocean.

Seriously, what's going on?
The darkness sure is alive.
The shadows are dancing.
The shadows are singing.
All night long...

Oh Me

Dreams of gold.
Freedom sold.
The wind blows cold.
Life has been put on hold.
Oh me. Oh me. Oh me.
It sure isn't easy being me.

But the Sun still shines.
And the stars align.
Time to leave the past behind.
One step at a time.
Oh me. Oh me. Oh me.
It's time for me to break free.

Music Is Healing Me

Every time that I rest,
I feel its power in my chest.
My head may be heavy like stone,
but I know that I'm never alone.

It is blowing like a wind,
coming from deep within.
Somehow the wind sings
and it tells me so many things.

So go on and help me.
Feel free to fill me.
Go ahead and be me.
You are music and you're healing me.

Soft Senses

Shut eyes.

Soft senses.

I lift from the ground.

I am a fluffy cloud.

A lone cloud in a bright blue sky.

I float freely.

I move forward. Slowly, slowly.

The wind is my friend.

The sky is my home.

Shut eyes.

Soft senses.

Together Forever

When we cry, we cry together.
When we love, we love forever.
When you smile, I am whole.
You give me life. You ignite my soul.

Let us sail away tonight.
Let us reach for the sky.
It is true that love gives us sight.
Let us meet the morning light.

Here we are. Together.
Hand in hand. Forever.
When we love, we are giving.
Only when we love, are we truly living.

All Is Love

The stars shine.
Both day and night.
Just like you and I.
There's no question why.

Inner peace gives outer peace.
Outer peace gives inner peace.
Loving yourself is loving others.
Loving others is loving yourself.

Love is all.
All is love.

We will trip and we will fall.
But that's just part of it all.
Let us spread our wings and fly.
No mountain will be too high.

Let us break free from human kind.
And leave history behind.
With open minds and open hearts.
Every day is a new start.

Love is all.
All is love.

Take My Heart

You are not worth dying for.
You are worth living for.
I was yours right from the start.
Here you are, take my heart.

Once Again

It might take a long time for me to crawl out of the pit
which I've been digging for so long.
But I'm sure that you will be there to see me fly once again.

Sometimes when I gaze up towards the sky,
I see the Sun and it reminds me of you.
For the Sun shines, it cares and gives warmth.
It is life. Just like you.

And sometimes when I'm awake at night,
I listen to the Moon and he speaks the truth – just like you.
He tells me that everything is going to be okay.
That the pain and suffering are just part of my way.

Yes, it might take a long time for me to climb the mountain
which I've been climbing for so long now.
But I'm sure that you will be there to see me fly once again.

Leap of Faith

You and I,
were born from eternal light.
It sure is dark tonight,
but all we have to do is try.

So please, hold me tight.
The future can still be bright.
It is not too late
to take a leap of faith.

Just Fine

I often ask myself how it could become like this,
and I dream back to happy days and our first kiss.
In my office with dance, red wine and dark chocolate.

Those memories linger still
and I hope that they always will.
Now, we are no longer the same, but I promise you:
It will be just fine.
I will be just fine.
One step at a time.
We will be just fine.

Never Ever Alone

Can you hold my hand for one more day?
Let us still our minds and listen to what our hearts say.
For the memories are fading away.
How I'm longing for happy days to stay.

I know that it's going to be a long journey home.
But our love sets me free.
I am by myself right now, but I am never alone.

My body may be broken, but believe me, my heart is on fire.
You know that I am many things, but I am not a liar.
When you're in my arms, you feel my desire.
And when you're away, our love is flying higher.

We know that it's going to be a long journey home.
But our love sets me free.
I am by myself right now, but I am never alone.

When You Are Near

I am totally lost, but the moment is now.
You say that I'll make it back on track somehow.
You say that my heart is whole and that it guides me home.
That when I'm feeling and loving, I am never alone.
I say: 'Sing for me, angel, and love away my fears.
Life is always beautiful when you are near.'

You say that I am alive and that I've reached the shore.
That I'm free to love myself and to end my inner wars.
For my heart is whole and it guides me home.
And when I'm dancing and playing, I am never alone.
So I say: 'Sing for me, angel, and love away my fears.
Life is always beautiful when you are near.'

Remind Me

Remind me of who I really am.
Am I something more than a fading shadow of a man?
There's so much left for me to understand.
But when I try to live, I sink deeper in the sand.

How I'm longing for inner peace.
How I'm longing for some kind of ease.
I do what I can to let go of negative beliefs.
I inhale. I exhale. I release.

I am a flower in harsh wind.
The storm is coming from within.
My layer of protection is so thin.
All these thoughts and emotions make my head spin.

So, please remind me of who I really am.
Am I something more than a fading shadow of a man?
I know that there's so much left for me to understand.
But the more I try to live, the deeper I sink in the sand.

May We Meet Again

The Sun sets earlier now.
Autumn has almost taken over.
Summer whispers a soft farewell.
May we meet again next year, as well.

Look into My Eyes

You and I. In the dark night.
Trying to find home guided by a fading light.
Memories. Broken dreams.
They remind us of a life that used to be.

Open hearts. Falling stars.
If we let go of ourselves, we might find who we are.
Here's my hand. Would you care to dance?
Let us dance like our souls all the way to the end.

Now look into my eyes. Look into my eyes.
But be careful, don't you look too deep.
For I was getting high just by living my life.
And somehow I forgot how to sleep.
And now it's in my head.
Look into my eyes. Look into my eyes.
It's in my head.
Look into my eyes and tell me what you find.

Clarity. Insanity.
Can anyone really tell the difference between?
Here's my hand. Now let us dance.
The dance of our souls all the way to the end.

So look into my eyes. Look into my eyes.
But be careful, don't you look too deep.
For I was getting high just by living my life.
And somehow I forgot how to sleep.
And now it's in my head.
Look into my eyes. Look into my eyes.
It's in my head.
Look into my eyes and tell me what you find.

My Ship

My body is a ship that has endured way too many storms.
The ship is broken and takes on water.
In time, it will sink.
That seems to be inevitable.

What happens when the ship reaches the ocean floor?
Does life then begin all over again?

I really hope that is the way it is.
Otherwise, it would be so sad.
But truth be told, I have no idea what is going to happen.
It is an uncertainty that is gnawing at me in the silence.

So I close my eyes and lay one hand over my heart.
It is still pounding.
Thus, I am alive.
Thus, there is hope.

I gather all my fortitude and raise my shredded sails.
I let life's winds take me on yet another sail.

May it not be my last.

I Will

I will walk and walk till my feet bleed.
And I will crawl the last miles to my destiny.
And I will rise and fall, and I will rise again.
And I will breathe my way through the sorrow and pain.
And I will spread my wings, and I will fly high.
Higher, higher, reaching for the sky.
And I will fly so high that my wings melt.
And I will crash down, but I will have lived.

I will laugh and cry – I will embrace and deny.
But trust me, I will always try.
To be something more than the misery.
Life between lives became my reality.
The birds fly in circles, and they sing songs about me.
They sing: ‘Fly again. Set yourself free.’
So, I rise to my feet and I walk again.
Whole in my soul, but broken and insane.

I will walk and walk till my feet bleed.
And I will crawl the last miles to my destiny.
And I will rise and fall, and I will rise again.
And I will breathe my way through the sorrow and pain.
And I will spread my wings, and I will fly high.
Higher, higher, reaching for the sky.
And I will fly so high that my wings melt.
And I will crash down, but I will have lived.
Yes, I will.

Wishes

The winds of creativity.
May you always blow within me.

The light of love.
May you always light up my path.

The thoughts of fear.
May you always remind me of who I am not.

The symphony of silence.
May you always keep me company.

The riddles of life.
May you always be there.

It Can Only Be Experienced

The eternal and timeless can be experienced,
but it can never be fully understood or described.

It can only be experienced.

Maybe

You are both somebody and nobody.
You are both nothing and everything.

Maybe.

It Is as It Should Be

It is when I close my eyes that I am most perceptive.
It is in silence that I truly hear.
It is when I am not trying to create that I create the most.

The mystery and magic of life never cease to amaze me.
I know that I will never fully understand them.
It is as it should be.

Never Too Late

It is never too late to seek.
It is never too late to grow.
It is never too late to learn.
It is never too late to give.

It is never too late to love.
It is never too late to forgive.
It is never too late to choose.
It is never too late to smile.

Live Like You Mean It

Live like you mean it.
Like you really mean it.
Every day.
Every hour.
Every moment.

Life is too short for anything else.

A Wise Fool

It takes a fool to be brave.

It takes courage to love.

The one who loves is wise.

Acknowledgement

If there is one thing I know for certain, it is this:

I don't know anything for certain...

I Survive

Forever dancing with my fears.
Got used to tasting salty tears.
Behind closed eyes, I keep on searching.
Thoughts and feelings, always emerging.
There's nowhere left for me to hide.
In this existence, I survive.

Shadows are dancing on the wall.
The higher the climb, the higher the fall.
I'm praying for a new beginning.
I'm dreaming while the silence is singing.
The window shows the world outside.
In this existence, I survive.

Day is turning into night.
May the darkness bring me sight.
May I be born again tomorrow.
Free from pain and free from sorrow.
The more I live, the more I die.
In this existence, I survive.

Not Done Yet

Like a lone flower in a desert.

A last outpost of life.

Longing.

Dreaming about the dreams.

Must continue.

Not done yet.

Affirmations

I am free to embrace life.

I am free to realise my dreams.

I am free to follow my heart.

The Day When I No Longer

The day when I no longer live and learn.
The day when I no longer my bridges burn.

The day when I no longer try to fly.
The day when I no longer drown in the question: Why?

The day when I no longer create and write.
The day when I no longer dance with darkness and light.

The day when I no longer am shackled to the ground.
The day when I no longer sink deeper down.

The day when I no longer gaze towards the sky.
The day when I no longer feel, laugh and cry.

The day when I no longer listen to the silence.
The day when I no longer say no to violence.

The day when I no longer try to be free.
The day when I no longer close my eyes and see.

The day when I no longer carry my sorrow.
The day when I no longer dream about tomorrow.

The day when I no longer explore my ocean.
The day when I no longer search for a solution.

The day when I no longer try to be brave.
That is the day when you can put flowers on my grave.

Life

Extraordinary is life.

So extraordinary that it sometimes feels overwhelming.

Mysterious is life.

So mysterious that the one who tries to explore and understand its innermost nature will get lost.

Miraculous is life.

So miraculous that it can be difficult to grasp and absorb.

Generous is life.

So generous that its giving seems to be without boundaries.

Beautiful is life.

So beautiful that its beauty can never be fully described with human words.

Life is life.

A heartfelt gift from the Sun.

To Edith and Ilse

In your eyes, I see the light of life.
Within you, freedom's flowers grow.
You make me feel hope for this world.

Know that life is your friend.
Know that fortune smiles at those who smile back.
Know that you have my love and my support.
No matter what.
Know that I am there for you.
Yesterday.
Today.
Forever.

Beloved Parents

Beloved mother.
Beloved father.
Thank you for caring.
Thank you for sharing.
All your wisdom.
And all your compassion.
You let me be free.
You let me be me.

Beloved mother.
Beloved father.
Thank you for living.
Thank you for giving.
You are the best parents.
Sincere and transparent.
You let me be free.
You let me be me.

Honour Each Day

One, two, three, four, five, six, seven.

The number of sins that are keeping us from heaven.

Know that the Moon will always be our friend.

He whispers that we somehow will find peace in the end.

He prays for me and he prays for you.

He wishes us well no matter what we do.

We find ourselves somewhere between the words.

Honour each day on this beautiful earth.

Winter

This is the darkest of winters.
It is stubborn like a splinter.
The darkness seems to be infinite.
I'm sinking deeper bit by bit.

May the spring come and love away the snow.
May the spring bring life to my fading inner glow.
May I rise from the ashes, guided by the flow.
May I be reborn like the flowers and once again grow.
Grow freely.
Grow heartfully.
Grow playfully.
Grow honestly.

For as long as I'm growing, I am alive.
Naked under the Sun, I shall once again thrive.
I choose to be a flower. I choose to always try.
Through both joy and long hours. Till the day I die.

Not Whole

Stormy weather.
Sunshine somewhere else.
Golden feathers.
Inner screams from hell.

The rain is falling.
The wind is blowing cold.
My destiny is calling.
But my freedom is sold.

From the bottom of my heart. From the bottom of my heart.
Please give me, please give me a brand new start.
From the essence of my soul. From the essence of my soul.
Please heal me and fix me, for I am not whole.

Fading rainbows.
On the walls of the cave.
I try to feel the flow.
But tell me, what's left to save?

The rain keeps falling.
The wind keeps blowing cold.
My destiny keeps calling.
My body is young but feels old.

From the bottom of my heart. From the bottom of my heart.
Please give me, please give me a brand new start.
From the essence of my soul. From the essence of my soul.
Please heal me and fix me, for I am not whole.

Silver Rain

All this time.
On the edge of the knife.
Through love and pain.
In silver rain.

You have gazed into my eyes.
You have seen through my disguise.
Beyond all the swallowed lies.
You have seen the thousand skies.

All this time.
Fading light.
I fall again and again.
Like silver rain.

You live deep inside my heart.
I've been yours right from the start.
May we never drift apart.
Shining love is what we are.

All this time.
Stars align.
May I somehow fly again.
Oh, silver rain.

Here You Have Me

Here you have me.
A broken body.
I will always be there.
When you need me.

Let's keep on dancing.
Let's make it special.
All the way to the end.

I know that you love me.
But you don't need me.
Spread your wings and fly.
May you be free.

When It Is Over

Life and death are dancing inside.
There's nowhere left for me to hide.
You kiss away my tears.
You love away my fears.
You hold my hand both night and day.
How I wish that I could stay.
But I'm fading away.
I'm slowly fading away.
But our love will live forever.

With you, the sky is always blue.
For my heart, there's only you.
You're an angel in disguise.
You're so beautiful and wise.
You guide me home both night and day.
How I wish that I could stay.
But I'm fading away.
I'm slowly fading away.
But our love will live forever.

When it is over, dare to love again.
When it is over, sing your way through the pain.
When it is over, choose to walk the way. The way out of the
darkness, my love.
The way out of the darkness.

Remember Me for Who I Was

When life has left my body.
When I have returned home to the thousand skies.
Remember me then.

Remember me for who I was.
The joy of life. The passion. The dreams. The curiosity.
The optimism. The playfulness. The happiness. The laughs.

Remember me for who I was.
The ignorance. The arrogance. The eagerness. The self-
deception.
The foolhardiness. The martyrdom. The grief. The tears.

Remember me for who I was.
Without idealising.
Without distorting.

Remember me for who I was.
That is my wish.

Without Words

I stand here without words
for the very first time in my life.
I have lived and I have learned,
but ignorance will always be my crime.

I have travelled so far, but it still feels like chapter one.
I have been flying high, but I flew too close to the Sun.
So my wings melted and I crashed down.
I have searched and I've found, but now I'm stuck on the
ground.

I know that I am both the butcher and the sheep.
I am a fading shadow, yet my well is never-ending deep.
In my eyes, I see fire – and I hear the screams of my soul.
The soul is longing for the day when it will live in a body that
is whole.

So, here I stand without words
for the very first time in my life.
I have lived and I have learned,
but I keep on dancing on the edge of the knife.

I Forgive Myself

I forgive myself for what I have done.

I forgive myself for what I have not done.

With my eyes forward and with the shadows behind me.

Light and Darkness

Light and darkness

I am now –

a whisper into the night.

Light and darkness

alive somehow –

trying to do what's right.

I've Had Life

I've had life in my hands.
But when I looked away, it slipped away like sand.
Through my fingers. Carried away by the wind.
It is all gone now. It feels so empty within.

For all the nights I've been awake and searching.
Now all I find is fear emerging.
Feelings everywhere. They sure can eat you whole.
Who am I? What's my role?

I've had life in my hands.
But when I blinked, it slipped away like sand.
I guess nothing lingers. No more games to win.
No more words to be written. No more songs to sing.

For all the days I've been truly trying –
although my body was slowly dying.
Now hear my cry. From the bottom of the hole.
Where am I? Where's my so-called soul?

For all the times I have been mistaken.
For all the rules I must have been breaking.
Now watch me smile, although I may not be getting old.
Watch me dance, although my life has been put on hold.

For all the energy I have wasted.
For all the freedom I've nearly tasted.
Now bring me sunshine, for it's getting really cold.
I don't care about silver. I don't need gold.

Because I've had life in my hands.
Oh, it was so beautiful. All the way to the end.
If I am a poet, maybe I can always caress your skin.
One day they might say that I'm gone, but I say: 'Close your
eyes and listen within.
Now close your eyes and listen within.
Keep on listening within.'

Epilogue

I am a languishing shadow of a human being whom I no longer recall. I am lost on my path. But I move forward. One little step at a time. One poem, one song at a time. Consequently, I am alive.

I pray that my heart will lead me home. Home to a place where I belong. A place where I and the light of the Sun are one. Where all words and all music interweave to become one single tone. My tone. Living. Continuously vibrating. Timeless.

My illness may be deemed incurable, but I choose to continue to believe in a miracle. Every living day on this beautiful earth is truly something for which to be thankful. As a human being, it is easy to take it all for granted. To turn a blind eye to the miracle that is life.

I choose to continue to try to live and create from my heart. Until my last breath.

Yes, one day my body will die, but something will continue to live. Like an echo of Eternity.

We will meet in the silence, my friend. Somewhere beyond the thoughts and feelings. Dancing like the wind. Forever free.

Thank you for reading this book!

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Whispers into the night.
Timeless vibrations.
Just like you and I.
Forever free.