

# We're Running Blind



Richard Gavette

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Thank you so much, Matthew and San, 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:

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## **Introduction**

Deep down, we humans know that we have lost our way. We know that what we are doing to this planet is wrong. Still, we continue doing today more or less what we did yesterday. We keep on running blindfolded into the night.

Most of us are too busy to hear Nature's cry. We are even too busy to feel the beat of our own hearts.

We live our lives, but we seldom take time to think about the traces we leave behind us. The truth is that we are slowly draining the life out of this beautiful planet – just by living the way we do today. We exterminate other animals and disturb ecosystems that have taken billions of years to develop.

It is time for us to change. It is time for us to evolve. This planet does not need us humans. But we humans need this planet.

This book is my humble attempt to describe humanity, Nature and the interaction between them. I want to raise awareness of the madness of our human world, but my intention is also to shed light on some of the beauty, magic and solutions that are there for us, all the time.

I wish you all the best, my friend.

With love,  
Richard Gavette

## 1. The Sun

I let your rays caress my skin.  
You kiss my forehead tenderly.

You warm our world.  
Your light is the light of life.  
I wouldn't exist if it weren't for you.

You say you're only one of many stars.  
That may be so, but for us, you're everything.

You give of yourself, expecting nothing in return.  
You are like no one else.  
We call you the Sun.  
We have you to thank for so much.

## **2. We're Running Blind**

White light. Walking ghosts.  
Swallowed lies. Shining souls.

Hard to see. With human eyes.  
Dare to be. Vaporise.

Mindful. Open heart.  
Every day. A fresh start.

Thinking minds. Won't take us there.  
We're running blind. Right now and here.



### **3. Unknowingly**

Rat race. Mousetrap.  
Office space. Venture cap.  
Let's spin the wheels. Faster, faster!  
Cannot wait. For disaster.

No need to feel. Those beating hearts.  
Our souls bleed. Falling apart.  
The stars shine. Breathtakingly.  
We are blind. Unknowingly.

Silent screams. Non-stop.  
Stuck in a dream. Cannot wake up.  
Forgotten is our inner child.  
Somewhere deep inside, we may hear its cry.

No time to feel. What we feel.  
We're running fast. Keeping it real.  
Chasing gold. Became our destiny.  
We are blind. Unknowingly.

#### 4. Nature

Nature's beauty is beyond human words.  
All its magnificent wilderness.  
All its mysterious seas.  
All its marvellous animals.  
The symbiosis between all living things.  
Nature is the greatest of miracles.

Nature is both our Mother and Father.  
It has given us everything that we have.  
Still, we humans seem to take it for granted.  
The truth is that we are destroying it.  
Every day.

Nature forgives us – without trying to forgive us.  
It loves EVERYTHING that is alive.  
Including us humans.

May there be a day when we humans wake up from our  
ignorance.  
May there be a day when we break free from our destructive  
habits and patterns.  
May there be a day when we humans once again are one with  
Nature.

It is not yet too late.  
There is still hope.  
There is still life.

## 5. Flowers

The dance of the butterflies clears the fog.

The songs of the birds heal the wounds.

The flowers grow as they want to grow.

They are free.

They are whole in themselves.

We humans have nothing to teach the flowers.

The flowers have everything to teach us.

## **6. Our Hearts Know**

Tell me what your heart whispers.  
What your lips do not dare to say.  
Our hearts know more than we know.

See how the stars sparkle.  
Like the eyes of children, they shine.  
Our hearts know more than we know.

Still your senses, my friend.  
Know that the future is in your hands.  
May you love freely and let things flow.  
Our hearts know more than we know.

## 7. Under the Moonlight

The day we end our fight,  
we will dance barefoot under the moonlight.  
And we will become who we once were.

Inner peace.  
Happiness and harmony.  
Reside within our hearts. Waiting for us patiently.

You are born free.  
To be whoever you want to be.  
Listen to the silence. It's humming your melody.

We live in a paradise.  
It is vibrating with life.  
The birds are flying like angels in the sky.

Life is yours to embrace.  
So find your purpose and place.  
You are a living miracle made up of empty space.

The day we end our fight,  
we will dance barefoot under the moonlight.  
And we will become who we once were.

## 8. The Graveyard

The man felt small and inferior. He was standing in front of a mountain. A mountain that made him feel ill at ease. He was seeing computers, tablet PCs, cell phones, television sets and other home electronics. Electronic waste that had been transported there from the wealthy countries. He owned neither cell phone, computer, nor TV. That kind of extravagance was for those who had money.

As electronic cadavers, they lay there, topsy-turvy, stacked on each other. Broken. Depleted. Dead. Continuously, new corpses were added. The world's refuse seemed limitless. It had derailed long ago.

This graveyard of society's consumption truly gave him the chills. Yet, it was his place of work. He spent most of his waking life here. His job was to perform the autopsy on the carcasses. By hand, dismantle the diverse parts and sort the materials for recycling. It was tiresome work and he was forced to be careful. He could easily cut himself and then things could end badly.

He hated his job, but he had to do it. At home, his wife and children depended on him. He loved them above all and toughed it out for their sake. They gave him the strength to continue.

He shut his eyes and took a deep breath. It was high time to continue his work. Before him lay a long day...

## 9. We Call It Life

Polluted minds.  
Unknowingly blind.  
No time for time.  
What's the purpose of humankind?

Tired eyes.  
Silent inner cries.  
We call it life.  
We dance on the edge of the knife.

## 10. The Sky Is Crying

The raindrops fall like tears.  
The sky is crying today.  
Is heaven grieving us humans?  
I don't know.

The only thing I know is that the human world is  
a broken world.  
We seem to lose our way within ourselves.  
The wheels spin faster every day, but we don't take  
the time to ask ourselves: Why?

Nature will outlive us.  
No matter what we do to it.  
Nature is greater than us and will always be so.



## **11. An Odd Family**

Mother Earth. Father Sun.

We who live are your children.

We are a motley crowd.

An odd family, to say the least.

But we are a family.

We will always be a family.

## 12. Silent Suffering

He ate too much. Bloating.  
Thoughts are running wild again. Self-loathing.

Friday night. Always alone.  
Fading light. Heart heavy like stone.

Time to live some. Painful pooping.  
Life goes on. Looping.

'Maybe love and happiness are not for me?'  
Cloudy sky sure makes it hard to see.

Slippery thing this thing called faith.  
The computer is calling. He masturbates.

Time passes by. It's getting late.  
He starts to cry. It's himself he hates.

There are many of us who suffer but few of us  
who ask for help.  
We humans are probably the only animals that  
can drown in ourselves.

### **13. It Is So**

Fear destroys.

Love creates.

Fear enslaves.

Love frees.

Fear blinds.

Love enlightens.

Follow your thoughts and you will lose your way.

Follow your heart and you will find your way home.

## 14. Buddha Cat

The cat lies in the sofa with her eyes shut.

She is purring.

She is meditating.

Like Buddha himself, she radiates peace and harmony.

She is a master at being in the here and now.

The cat is at peace with being a cat and has no need to be anything but a cat.

We humans have a long journey to make with ourselves in order to understand what that insight means in reality.

For some reason, many of us choose paths of delusion.

We strive forward, but we seldom let our hearts choose where we are going.

We do not, though, have the time to reflect, since we are hurrying through life.

Being a human being, it is easy to become blinded by everything human.

All the demands. All the stress.

All of our fabricated 'musts'.

We humans seldom take the time to pause in our everyday lives.

To allow ourselves to just be.

To experience the moment as here and now.

To feel how the heart beats.

How we pulsate with life.

Most of us humans flee from the here and now.

Simultaneously, we dream of peace and harmony.

The human is a strange animal.  
Indeed.

The cat's wisdom, peace and harmony dwell deeply in all of  
us humans.

It is a question about choosing who we actually want to be.

If we want, we can choose to be like the cat.

The possibility exists for us. Always.

We are free to choose.

Always free.

## 15. Questions

Who am I?

Why am I?

What would I want to create during my time on Earth?

How do I want to help?

How do I want to enjoy?

The power of these questions should not be underestimated.

Like keys, they unlock the doors to our inner rooms.

They open our senses.

The questions help us grow as humans.

Make it a habit to ask yourself questions and you will evolve and thrive, like a flower under the sky.

Let yourself truly explore the answers.

Dare to look and listen within.

Then, act externally.

Your world will never be the same again.

## **16. The Moon**

The Moon is our friend.

His lullabies are as ancient as Nature itself.

The Moon feels lonely. Therefore, he sings.

He sings about the answers to all of the questions from which we humans flee.

He reminds us of that which we deep inside already know.

The Moon will always be our friend.

His lullabies lead us home.

## 17. The Calm before the Hunt

The cheetah stood, looking out over the savannah.

It was his home.

The savannah gave him everything he needed.

The cheetah was the last of his kind, living in freedom.

He was one of Nature's masterpieces.

A few hundred metres away, there was a herd of antelopes.

He knew he was faster than all of them.

But he just stood there, enjoying the tranquillity.

The calm before the hunt.

The Sun was searing his fur.

He was getting hungry.

The poacher had the cheetah in his gun sight. He was following his every move.

He had paid dearly for this hunt – and he had long waited for this moment.

The adrenalin pumped through his body. It was time.

This would be a trophy unlike any other...



## 18. Killing for Fun

There was once a time when humans hunted animals  
for their own survival.

That time is long since gone.

Today, humans hunt animals for sport.

‘It is a way to get out and enjoy Nature.’

Why do we find satisfaction in killing animals that do not  
constitute a direct threat to our own lives?

It is a question that stings.

Even the most hardcore hunters flee from the answer  
to that question.

This is because the question raises guilt.

It is a question that every person should pose to himself.

From the answer, we can then make an active choice.

It is up to each human to decide what feels right or wrong.

But, isn't killing for fun the same as murder?

No matter how we justify it to ourselves.

The child inside each of our hearts knows what is right.

What does the child whisper to you?

## 19. The Victims of War

The girl holds her father's hand. She's crying.  
She is only seven years old, but she understands that her  
beloved father does not have much time left.  
The doctors say there is nothing more to do. Just wait.

Bombs fell yesterday, again. This time, one of them  
hit their house.

She hates the war!

She wants nothing more than to get her life back.

She wants to play, go to school and meet her friends.

She wants to be a child.

The war has deprived her of nearly everything.

Soon, even her father.

So, she cries.

An entire ocean of tears lives within her.

## **20. A Silent Explosion**

In war, there are no winners.  
There are only losers.

The person who takes someone else's life, takes in that  
moment also his own life.

The heart breaks.

Part of it dies.

It is an explosion which is not audible.

But it is felt.

The heart will never be the same again.

## 21. By the River

With his eyes closed, he sat by the river. Here was the place he liked most of all. The river's power, mingled with its tranquillity, provided him with peace. He took a deep breath and allowed himself to let in all of the enclosing sounds of the jungle. If anyone had told him eleven years ago that he would be sitting there, as a forest monk in Thailand, he would probably have laughed heartily.

What he had thought would be a short visit to a Buddhist temple in Northern Thailand, at the end of his nine-month-long backpack trip around the world, had developed into a whole new life. Instead of returning, he had stayed. It happened with total spontaneity. A huge and life-changing decision. Still, it had felt so simple and natural.

He had always been a seeker and sought a meaning for his own existence, but he had found it difficult to fit in with the world back home. All expectations for his career and success. The hunt for happiness. It was hard to find inner peace. He was tired of the superficial in the crazy concept known as the Western human being's world. It was difficult to find purpose and context.

Having just completed his degree in civil economics, he decided to pause the job search and instead travel the world. He had a naive hope of perhaps finding himself and determining what kind of future work he wanted to pursue. He wanted to understand what he wanted to do with his life.

A bit into the trip, he realised that he did not want to work in finances. It no longer felt right. It was not him. He knew that he wanted to do 'something else', but at the time, he didn't clearly know what. Unexpectedly, he found what he had been looking for in Buddhism. It became his cohesion. Buddhism gave him the possibility to grow and develop as a human being, in a way that he had not even been able to imagine on the day he decided to stay.

Life as a monk was everything but problem-free. Above all, the first year had been extremely challenging since he was forced to break most of his habits and patterns ingrained from his past life. He remembered so well how he had first been frightened by the silence and what he might come to find within himself now that he had begun looking and listening inwardly. There had been many mental and emotional barriers to go through, but he did not regret anything. Quite the opposite. Nowadays he loved his everyday simplicity. That his only task was to be here and now. To have time to feel and contemplate. To have the possibility to explore his own inner world and therefore better understand the world outside. He never felt lonely. Throughout the years, the silence had become his good friend.

He was soon done with his yearlong experience as a forest monk and would thereafter return to the Buddhist temple in Chiang Mai, where his brothers and friends were. It would be great to once again feel that kinship, up-close. The temple had been his home for over ten years.

His days in the jungle were allowed to become whatever they wanted to be. Beyond meditation, he had few fixed routines.

Each morning, he wandered down for a cool dip in the river and lingered to savour the surroundings, as he did even this day. It was a privilege to take in the magic of this place. The jungle was truly magnificent and alive. Especially at night, when it pulsed with life and sounds. It took many weeks to get used to its symphony and he had finally been able to sleep soundly in his little hut.

Every afternoon, he'd walk the five kilometres to the village, carrying his bowl, spoon and cup, to receive food and water from those who cared to give. Being totally at the mercy of other's benevolence had at first been frightening. But the people of the village were amazing. They were so loving and caring. They always gave him enough food and water to last until the following day.

He had no idea what his life would entail or where he would be in a year. Over the past several years, he had left thoughts of time, meals and planning for the future. He liked being in the here and now, so he could not be weighed down by thoughts about the future.

He did not rule out that one day he would return to his homeland. If that day came, then it came. Part of him dreamed of helping others through his experiences as a monk. Perhaps he could use the calmness and serenity of the monk brotherhood in a society that truly needed those qualities.

But right now, he sat by the river with his eyes closed. He breathed in and felt that moment, with all its scents, sounds and memories. They were like timeless bubbles on the liquid surface of insight.

The moment was precisely what it should be. It was here and now.

## 22. Monday

Rise and shine! Tired ape.  
Time to walk the line. No escape.  
Red eyes. Coffee.  
Sunrise. Zombie.

Night and day. Dancing still.  
Seems as if they always will.  
Heartburn. Dry lips.  
Left turn. Mind slips.

Oh, it's time to go. Subway.  
Leading you. Astray.  
Working all day. Sweet money.  
Selling your time. Need the money.

Back at home. You crash in bed.  
All alone. Spinning head.  
Life is yours. To throw away.  
Hardcore. Monday.

### 23. The Broken Miles

We're walking the broken miles.  
We're feeling low, but we're acting high.  
The answers are there, inside.  
But we don't have time. We don't have time.  
We don't have time when we're walking the broken miles.

Destroying and depleting seem to be our game.  
We maintain destructive systems that cause this planet pain.  
What your true purpose here is, only you can know.  
Dare to break free from our human show.

For we're walking the broken miles.  
We are afraid of the question: Why?  
The answers are there, inside.  
But we don't have time. No, we don't have time.  
We don't have time when we're walking the broken miles.



## 24. On and On

I pray for those who live their lives guided by  
the Wall Street Journal.

I pray for those who eat their food without feeling the taste.

I pray for those who feel tired and who are always in a hurry.

Why don't we take time to think about how our lives  
become a race?

It goes on and on.

I look out through my window and I see birds flying.

They're flying freely like birds do in a sky that is blue.

On the ground, I see humans who have forgotten  
about flying.

Why don't we take time to think about what we really do?

It goes on and on.

## 25. Until That Day

We are indeed running blind. This is a fact.  
Enough setbacks! It's time for us to life hack!  
It's time for us to move forward as one body and as one being.  
To start giving and thereby start living.

Yes, every time we close our eyes, fear attacks.  
But don't look back! Let's restack!  
Everything in its right place.  
Meaningful purpose. Say goodbye to the race.

Let the flowing rivers take you home.  
Back to a place where you are never alone.  
Where dream is reality and where reality is dream.  
What we see with our eyes is nearly never what it seems.

Clarity and wisdom are always born out of humility.  
Divinity is possible, but only if we break free from our  
present ideas about what is holy.  
For Nature and life themselves are indeed holy – and we are  
both Nature and life.  
Therefore we need to let go of our often subtle yet profound  
self-hatred – and instead choose to embrace our inner light.  
It is a transition far easier said than done –  
but it is possible for those who truly decide to be lovers under  
the Sun.

The day we see through our fears, it might become crystal clear  
that love is always near. Right now, right here.  
But until that day, the angels will cry.  
Over me, over you. There's no question why.

## 26. I Really Don't Know

We are the only animals that can lie.

We are the only animals that can deceive ourselves.

We are the only animals that overexploit this planet and disturb ecosystems that have taken billions of years to develop.

We are the only animals that run from ourselves.

Can we ever break free from the prison of our minds?

Can we ever make love and compassion our laws?

Can we ever create systems based on respect towards this planet?

Can we ever be whole when we're falling apart?

I really don't know.

But I truly hope that we can.

But I really don't know.

So, I keep on hoping.

## 27. Ownership

The inner stillness. The outer peace.  
The world inside you becomes the world outside you.  
It all works together.  
In the weave of life, all is one.

We human beings are used to holding onto things.  
We call it ownership.  
We have to learn to see through this great illusion.

Ownership makes us want to control and rule.  
It makes us greedy.  
Ownership enslaves us.  
It separates us from each other.  
It goes against the grain of the ultimate laws of Nature.  
For in Nature, there is no mine or yours.  
Everything is its own master and everything is free.  
In the economics of Nature, all are winners.  
All are rich.  
Rich in freedom.  
Rich in life.

## 28. The Animal Industry

Dutifully, she waits in line with her friends.

She does not know it, but she is waiting for her death.

The last thing she will experience is a bolt gun, pressed to her head.

After that, they will slit her throat, so that the bleeding can commence.

It is called 'A quick and painless death'.

She is a living and feeling being.

She is a cow.

Today, she will die.

Why?

Because we humans think her life is worth less than our lives.

She is only an animal.

She exists for our sake.

She will die, so that we can eat her body.

For her entire life, she has been used by us.

She has been artificially inseminated to have calves and produce milk, only to have her beloved babies taken from her, right at birth.

They must fill another function, according to us humans.

Every day after that, she is forced to be milked by machines.

The milk is intended for her offspring, but it is humans who will drink it.

She is fed feed concentrates and seldom experiences the Sun's rays on her skin.  
She is imprisoned.  
She is a prisoner.

This is how she spends her life until the day when she becomes too old to produce calves profitably enough. She has then played out her part and will be slaughtered. She will die. For our sakes. She will become food. She could have lived longer and become twenty to twenty-five years old, but she is killed when she reaches a mere five years young.

Her meat will melt in our mouths.

The animal factory never rests.  
There are many mouths that must be satiated...

## 29. Just Let Things Be

Inside rain. Outside sun.  
Buried pain. Loaded guns.

Closed minds. Blind eyes.  
Legal crimes. Hearts of ice.

We don't hear Nature's call.  
Due to all the shit we talk.

Eternal truth. Timeless.  
What we can buy. Useless.

What is owned. Cannot be free.  
Best to follow Nature and just let things be.

### **30. In the Forest**

In the forest, they find their peace. The human animals.  
This becomes a most necessary break from the bustle  
of the city.

The wheels spin. The city hums.

It can make anybody lose their way within themselves.

In the forest, time stops.

There are no deadlines or musts.

The leaves fall when they want to fall.

In the forest everything is as it should be.

All is one.



### **31. Under Our Feet**

Darkness. Wonderful darkness.  
The scent of the earth.  
It feels reassuring.  
It feels like home.

He moves forward.  
Precisely where he wants.  
The darkness shows him the way.

Under our feet, it spreads out:  
The empire of the mole.

## 32. Curiosity

‘If you fear that which you do not know, perhaps you fear what you love.’

The curiosity within us dances with the fear of the unknown. Curiosity is something we share with most feeling beings. Just look at the curious dolphin that inquisitively swims to the boat. Or the dog, wagging its tail and greeting every person it meets. Curiosity is one of our best attributes. It helps us grow and develop. Curiosity fosters love and freedom.

Fear of the unknown, however, is an extremely strong human trait. The fear remains as part of our original survival instincts. That which we do not know could be linked to danger. That is how things work from a purely evolutionary perspective. But for us humans, with our thinking brains, this can result in extreme expressions, to say the least. Discrimination, xenophobia and racism are all extensions of our fear of the unknown. And this restrains us in many ways. It makes us suspicious and frightened. It holds us back.

We need to be aware of the compelling drives we have, to be able to influence how we are affected by them.

With curiosity as a guide through life, we cultivate open minds. An open mind expands and thrives.

Using fear of the unknown as a compass, we cultivate a closed mind. A closed mind shrinks and dies.

Dare to choose curiosity. This is one of the most important choices you can make in your life.

### **33. Humanity**

We are running fast in our endless mazes.  
No matter what we do, we seem to leave our traces.

We are holding on to our self-created illusions.  
Forever guided by our human delusion.

Most of us do not take time to think about what we do with  
our time.  
Lucky for us that ignorance is not considered a crime.

‘Behold the greatness of humanity.’  
That’s right, no one will ever beat us when it comes to  
insanity.

We are too busy to choose our destiny.  
Neglected is our inner child along with its wisdom and  
honesty.

So we’re slowly drowning in our swallowed lies.  
Yet we all grow like flowers under the sky.

### **34. It's Time**

It's time for us to let go.

Deep down, we know that it's so.

It's time for us to feel, laugh and cry.

It's time for us to spread our wings and fly.

It's time for us to love, give and live.

It's time for us to heal and forgive.

Our human world is a crazy show.

It's time to move on. It's time to let go.

### **35. Love and Fear**

Love is the air under our wings.

Fear is the shackle that binds us to the ground.

Love is the strongest power – without trying to be the strongest power.

Fear knows this to be true and it makes him jealous.

Love always wishes us well and loves us, regardless of who we are or what we do. It's part of her nature.

Fear, on the other hand, only thinks of himself. It's part of his nature.

Love and fear need each other, just as much as the day needs the night.

We humans do best to accept them both for what they are.

Only afterwards can we choose which one of their attributes we will adopt for our lives and actions.

### **36. The Future Is in Our Hands**

Blue sky. Not a cloud as far as the eye can see.

The children play as only children can play.

Flowers, in all colours of the rainbow, spread out to cover the meadow like a colourful blanket.

The birds sing their heartfelt melodies and the wind whispers Nature's secrets.

This is here and now.

The future is precisely as bright as we choose to make it.

### 37. The Sniper

The sniper waits patiently.  
He waits for his enemy.  
He waits to pull the trigger.  
When he does this, a life is extinguished.  
Yet, he doesn't see himself as a murderer.  
He is just doing his job.  
He convinces himself that he is waging war for peace.

His soul cries within him.  
It screams.  
It pleads with him to stop.  
But he stopped listening to it long ago.  
He has turned off.  
His heart is cold.  
He is like a ghost.  
He is a languishing shadow of the human being he once was.

So, he waits for his enemy.  
Patiently.

### 38. The Farmer

The man stood looking out over the field. He never stopped marvelling over its beauty at dawn's first light. He had a long day ahead. It was the harvest.

He let his attention linger at the horizon. In the same way, his father – may he rest in peace – had stood there, dreaming himself away. Just like his grandfather and his grandfather's father.

However, he was the last of his family to do this. None of his children were interested in taking over the farm. They all longed for the city once they had finished school.

He couldn't blame them. Life as a vegetable farmer was anything but glamorous. It meant long days, hard work and barely provided enough for survival. Still, he loved the life. To till the earth. The teamwork with Nature. It made him feel whole inside and he always slept well after a long day in the field.

'Nature gives, Nature takes', his father would say. Today it would give. It was high time to start the harvest.

It was a fine day in life.



### **39. The Weakest Point of Democracy**

She was walking at the very front of the protest march. In her hands, she carried a placard with the texted words: 'NO to dictatorship! YES to democracy!'

Now, thousands of people had joined the march. Men and women of all ages and from all social classes. Still, most of them were young students like herself.

A few hundred metres in front of her, the police formed a line, with their shields and batons in place. Ready to be used. Would they intervene, or would she and the others be allowed to pass?

She was angry. Above all, she was sad. Today was a dark day in the history of the country. With a tally of 51 percent to 49, a new constitution had been voted through. A constitution that gave the president radically greater authority. It was now easier for the president to instate martial law in the country, essentially giving him free rein. He now even had the possibility to influence the courts of law, and with that the balance of democracy no longer applied. Moreover, he could now remain president for unlimited terms of office. The list of amendments giving him power was long and, presumably, quite few of the voters truly understood all of the details. This was simply nothing a common resident had the time to comprehend.

The president spoke of simple solutions to complex problems, claiming that he was the only one who could lead the country

in the right direction. His excessively populist rhetoric seemed to win people over. The rumours of corruption and voting fraud were widespread – and if she knew this president, they were probably mostly true. In theory, her country was still a democracy, but for all practical purposes, it had today changed to a dictatorship. The weakest point of democracy is, and has always been, its ability to abolish itself. Today, it had happened.

The demonstrators protesting their grievances seemed to be about the same amount of people who were out celebrating. The celebrants danced, sang and waved the flag of the country. She had a hard time understanding their happiness. In a way, they were celebrating the loss of their own democratic rights to influence the future of their country.

The police were now less than a hundred metres away – but she continued to walk with the others. There was only one way and that was forward...

## **40. Always There**

Space. Infinite space.  
Upward. Downward.  
Forward. Backward.  
In all directions, space.

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

It can only be experienced.

It is there for us, all the time.  
Beyond our thoughts and feelings.  
Somewhere between our breaths.  
Here and now.  
Always there.

## **41. Friendly Advice**

You are born from nothing – so you are held back by nothing.

Believe in miracles and miracles will begin to happen in your life.

Make a habit of thinking happy thoughts and you will eventually become happier. It's unavoidable.

There's no need to fake or force anything. Just be it till you are it.

Nurture your friendship with yourself and see your friendships with others blossom.

Choose to help this world in any way you possibly can. Not because you have to, but because you can.

Establish inner peace and you will thereby put an end to your inner wars.

View yourself as a student of life and every day becomes a wonderful opportunity to learn and to grow. One day you might wake up and find yourself to have become a master of life.

Set aside some time for yourself on a daily basis. Time for being you. Close your eyes. Breathe. Calm your senses. Then,

feel the beat of your heart. You are alive. This means that you are free. Free to be exactly who you are right now. In each moment.

When you have become one with yourself, you are ready to become one with everything.

## 42. Fly

There's no need to run.  
The road will take you where you need to go.  
And the Moon will sing his lullabies  
no matter what you do.

And the Sun will shine and the wind will dance  
as long as they want to.  
Now leave behind what's holding you back  
and let the light of your soul be you.

May you fly.  
Freely in the sky.  
No mountain is too high.  
Now do as the birds and fly.

### **43. The Garden within You**

A garden dwells inside of us all. If you don't believe me, just shut your eyes and look inward. Open your heart and spirit and dive deep within yourself. It can, at first, feel unusual to explore your inner world. Yet, it is always there for us. Continue looking inward and, given enough time, you will reach all the way to your inner garden.

The appearance of your garden depends totally on who you are, how you feel and how you live your life.

A person who is harmonious and happy has an inner garden thriving with life. Flowers. Trees. Bumblebees, butterflies and birds that dance in the wind. All kinds of insects. An ecosystem in constant development and symbiosis. Everything working together. All is one. The garden radiates life and balance.

An unhappy person also has a garden which mirrors how the person feels. The weeds of fear cover the ground, making it difficult for the flowers to grow and multiply. The fires of worry and grief have left tracks, while the grass and trees do their best to once again rise from the ashes. But it is difficult. The garden's balance has been disturbed and birds and insects are hardly seen. The ecosystem is not working. The garden radiates death and decay.

An inner garden that is out of balance is hard to regrow and rebalance. Just like a garden in the outer world. But it can

happen. It is possible. Still, it takes time and craves dedication and patience. It is so much easier to maintain and cultivate than starting from scratch.

One has to start with plucking the weeds. To cleanse the spirit from fear. This will hurt and the fear will fight for survival. Fear, like everything else, wants to sustain itself.

Once that process has begun, it is time to plant new seeds. The seeds of love. Let your heart decide what is to be planted in your inner garden. Choose from insight. Let your tears water the seeds, without drowning them.

Then, revive your senses and invite the bumblebees, butterflies and birds. They will come, but you need to invite them to your inner garden. Invite the insects, too. Open your heart to become born anew. To get a new chance, in the same body. To become precisely the person you want to be.

In the beginning, it can be a laborious task to breathe life into one's inner garden. But it is possible if one truly makes the decision and takes the time to create from insight. Once the ecosystem is established, the garden will evolve and become itself again. It will once again be bursting with new life. Still, it is ongoing work and you need to continue picking the weeds of fear before they take root and spread. They will try. It is part of their nature.

Therefore, take your time, a little bit each day, when you explore and design your inner garden. Make it a spiritual moment where you give yourself exactly what you need right now.



We are all born with an inner garden in perfect balance and harmony – but life and life experience leave their tracks in the garden. They form our spirit, whether we want it or not.

Our parents and communities seldom teach us how to care for our inner gardens. All too often we settle for ‘whatever will be, will be’.

So, make a hobby of evolving your inner world of insight. Awaken your inner gardener. The one who lives inside each one of us, waiting patiently to create life.

Your heart will be eternally grateful.

#### **44. It Sure Isn't Easy**

Cramped.

Can hardly move.

Panic.

Want to get out. Can't.

Trapped.

Hard to breathe.

Want to die. Can't take this anymore.

Want out. Can't.

Cramped.

Scared.

Panic.

It sure isn't easy being a caged egg-laying hen...

## 45. Balance

The snowflakes fall steadily from the sky.  
Unique creations that combine to colour the ground white.  
They fall so purposefully – as if they knew that winter is soon over.  
Spring is drawing near.

Under the blanket of snow, the grass waits to become green.  
The flowers wait to bloom.

Nature is a master at mediating balance between polar opposites.  
Heat is balanced by cold.  
Life is balanced by death.

Nature is both ingenious and magical.  
In so many ways.

The human being who allows himself to become aware of it all, will become spellbound.

## 46. Every Day

Every day the angels are flying.  
How it rains when they are crying.  
Every day the birds are singing.  
Every day the Moon is whispering.

Now close your eyes. And search inside.  
Dare to see. Dare to feel.  
Dare to be. Dare to be free.  
What's inside. Behind closed eyes.

Darkness and light. Both day and night.  
Singing souls. Are always whole.  
One step at a time. Beyond yours and mine.  
Oh, how you shine. Like the Sun, you shine.

Every day the angels are flying.  
How it rains when they are crying.  
Every day the birds are singing.  
Every day the Moon is whispering.

## **47. Our Home**

It is said that you were created by chance.

A miracle of coincidence.

Today, your web stretches over our entire planet.

You create life.

You sustain.

You evolve.

You are Nature.

You are our creator.

You are our home.

## **48. Deforestation**

The deforested area spreads in all directions.

Previously, the area was bursting with life.

Now, it only radiates death.

We humans sure know how to leave our traces.

Nature forgives us, for it is merciful by its nature.

It knows that we humans will eventually wake up.

Until then, we continue to dig our own grave.

## 49. Once upon a Time

*Words from a future that we still can avoid...*

Once upon a time,  
we used to see birds fly.  
Now all we see is smoggy sky –  
and we know more than well why.

Once upon a time,  
the oceans used to thrive.  
Now they're polluted and about to die –  
and we know more than well why, why, why.

We could have had it all, but we threw it all away.  
Because of what?  
Money, money, money.

Yes, we could have had it all, but we threw it all away.  
Because of what?  
Money, money, money.

## **50. Doubt**

Hear my cry, beloved Mother.

Where are you now when I need your shoulder?

Hear my cry, beloved Father.

Why should you even bother?



## 51. Mindless Beings

Living creatures. Mindless beings.  
Born from Nature. Pooping and peeing.  
Believing we are something more than that.  
Self-deceiving. Our thoughts attack.  
And feelings, feelings. Always there.  
They can make us run fast towards despair.  
Tell me, what's the purpose of humanity?  
We don't take time for Eternity.

Stressed out. Chasing happiness.  
What about that thing called mindfulness?  
Behind closed eyes, we might find ourselves.  
Love and honesty are always there to help.  
But we don't take time for peace and equanimity.  
We are indeed the masters of messing up our reality.  
Yet none of us are born afraid of closing our eyes.  
None of us are born drowning in swallowed lies.  
We are all born as enlightened beings.  
Masters of living, pooping and peeing.

## **52. I Want to Know**

I want to know, I want to know  
if you feel the flow?  
I want to know, I want to know.

And I want to know, I want to know  
if love can make us whole?  
I want to know, I want to know.

### 53. Listen to Your Heart (Part 1)

We have lost the spark for sure.  
We are stuck in our endless wars.  
We have fought too many battles.  
This planet cannot take any more.

When fighting ghosts from the past,  
sorrow will be vast –  
for there's no point fighting  
what cannot be fought.

When giving in to fear,  
there will be no turning back –  
until you've realised  
what's your true purpose here.

Underneath your feet,  
the grass is always free.  
Choose your destiny.  
Think, speak, act and be.

Whenever you find yourself lost in the dark:  
Remember your spark.  
Let the light of your soul guide you home.  
Listen to your heart.

## 54. Be the Wind of Change

‘Be the wind of change that you wish for this world.’

These are words that offer hope.

There are many motivational words and we have nothing against reading them.

Yet, we seldom take the time or space to reflect upon what they mean for us and for our lives. How can we act upon these words? How can we let them genuinely affect us?

Fetch a pen and paper and write down your most honest and courageous answer to the following question:

How can I, based on my characteristics and the person I am today, help this world become a better place?

When you are done, give yourself a warm hug. You have done yourself and this world a great favour.

Now, make your words real.

Act upon them.

Today.

Every day.

## **55. Leave History Behind**

Loving me is loving you.  
You are so beautiful. This I hope you already knew.

Embrace the Sun, for the Sun is you.  
Embody its light in everything you do.

Timeless energy. Everywhere.  
Endless mysteries. Always there.

When one with Nature, you will always be whole.  
One heart. One mind. One soul.

You are alive. Such a miracle you are.  
There's no need for you to hide. You are indeed born from  
the stars.

May you shine. May you be free.  
Now leave history behind, you echo from Eternity.

## 56. The Puzzle

The bumblebee flies from flower to flower.  
He is one of the white knights of Nature.  
By just living his life, he helps Nature thrive.  
He is one of the many pieces of Nature's puzzle.  
We humans will never understand the entire puzzle.  
It is much too complex.

That is why it is dangerous when we disrupt and destroy parts  
of the ecosystem.  
We can never truly know what the consequences will be.  
The best thing that we can do for Nature, is to let it be.  
When it cares for itself, Nature thrives.

Nature does not need us humans.  
But we humans need Nature.

## 57. The Eagle

The eagle spread its wings and allowed herself to dance  
in the wind.

Beneath her lay the ocean.

In every direction, the ocean.

She loved this view.

She loved the freedom.

When she danced in the wind, she felt whole.

## 58. The Light of Dawn

The light of dawn. Oh, the light of dawn.  
Every morning, it awakens us to life.  
A new day. A new beginning.  
An unwritten chapter in the story of life.

We are all authors of our own histories.  
Whether we are aware of it or not.  
We are born as empty pages.  
Ready to be filled by experiences and memories.

We decide the themes to our stories by paths that  
we choose to walk.  
Yet, we seldom decide how our story ends.  
Or what happens after its ending.  
It is, and continues to be, a mystery.

Every day above earth is a good day.  
It is something to be grateful for.

So, welcome the light of dawn, for it welcomes you.



## 59. Forbidden Fruit

The wind blew with full strength. People were running everywhere. The chaos on the oil platform was nearly all-encompassing.

The man stood alone, paralyzed by the icy cold. How could it have come to this? Everything had been planned, down to the last detail...

They were one of the first companies awarded permission to drill for oil in the Arctic. The president had finally succeeded in driving through this historical and controversial decision. There had been massive protests and the environmental movement continued its demonstrations to show their outrage. These tree huggers did not seem to understand that oil was good for the country. It generated important revenue and would provide escalated employment in direct correlation with the extraction of the crude oil. The economic crisis of the world was growing ever greater and solutions had to be found.

The cold and the unfriendly terrain placed new technical demands, but safety requirements had still been met, giving them the green light to start the work. The oil was there, in abundance. Ready to be extracted.

Many companies wanted to get the licenses to pump the coveted black gold. The other involved countries had not yet made the decision to allow extraction, due to public opinion

and national political opposition. Yet, it was just a question of time before more countries, within the borders of their territories, would join the hunt for Arctic oil and gas riches. As a result of global warming, the vast areas of ice were now melting, which made it easier to reach the raw crude. There were already disputes regarding which countries had rights to what, and how it was all to be divided. All of the involved countries tried to do what they could, politically, to expand their share of the geographical area. It looked to become a never-before-seen race which could possibly even trigger international conflicts between them. The situation was already tense.

Oil reserves throughout the world had already started to run dry and demand had long ago surpassed supply. The lack of oil created a constantly accelerating global crisis. The world had not adequately transitioned to other energy strategies and was still dependent on oil. This made the market more profitable than ever to extract and sell oil. Crude prices set new records on a monthly basis.

A sudden gust tugged at the man's clothes, waking him from his momentary stupor. The storm had not let up for over a day. He was one of the engineers at the oil platform and, with the others, was responsible for fixing any situation that went wrong. Despite all the contingency plans put in place before the project began, nobody knew how they would actually address what had happened. The storm added to difficulties and they did not have enough resources on site. Help from the mainland was on its way, but everything was taking longer than they had expected.

The oil leak from the bottom of the ocean was huge and the water surrounding the oil platform had turned black. It just continued to flow and it was becoming an ocean of oil, stretching out in all directions. They had truly done everything in their power to stop the leak or, at least, constrain its magnitude, but with no luck. Panic among the workers grew for every hour that passed. Everything that shouldn't happen, had happened.

What the true consequences would be for the environment was impossible to say, except that it was a catastrophe, in the true sense of the word. Cleaning up this mess would be problematic and extremely expensive. Environmental organisations would certainly use what had happened to get politicians to rescind the decision to drill for oil. Something they very well could succeed in doing.

The rain battered the man's face. It was time for him to join the others to try to solve that which seemed impossible to solve.

The wind howled like a scream from Nature. Mother Earth was both sad and angry...

## 60. Silly Talking Monkeys

*This one goes out to all of us straight from the lips of Mother Earth herself.*

Silly talking monkeys...

Competing and fighting over glory, gold and land.

That is not why I created you.

I created you to live, to love, to poop and to die.

I did not create you to be driven and blinded by fear and greed.

Can't you see that you live in a paradise?

A paradise that gives you everything you need and more.

And what are you doing to that paradise?

You are killing it.

You are slowly draining the life out of it by living the way you do.

Yes, you are my children and I love you and all that, but seriously, you're making it hard for me to be a proud mother.

You need to stop doing what you're doing and start doing something better.

Otherwise, I have to kill you while you sleep – and we don't want that to happen, do we?

Silly talking monkeys...

You are running so fast.

You know it won't last.

You are enslaved by your past.

This cannot be your best.

You are all born from the stars.  
But you neglect your own hearts.  
So you are falling apart.  
Yet every day is a new start...

Silly talking monkeys, come on!  
You are timeless energy.  
What about embracing harmony?  
What about living open-heartedly?  
What about singing and dancing your way towards Eternity?

What about choosing to fly?  
What about daring to cry?  
What about howling towards the sky?  
What about taking time for the question: Why?

You are stuck in a dream that is not a dream...

Wakey-wakey silly talking monkeys!  
It's time for you to wake up.

## **61. I Feel You through the Wind**

Forgive us for what we've done to you over the years.  
We're blinded by our fears.  
We've forgotten why we're here.

We are destroying and taking.  
We are masters when it comes to faking.  
Oh, all the sacred rules we are breaking.

And I really don't know. And neither do you.  
If we can start anew.

So you tenderly caress my skin.  
I feel you through the wind.

## **62. Let's Make It**

Let's make it.

Don't fake it.

Don't break it.

Let's take the chance to heal the wounds that we have caused  
this beautiful planet.

So let's make it.

Don't fake it.

Don't break it.

Let's take the leap towards a world where we live in harmony  
with Nature.

### **63. Here and Now**

The leaves are dancing in the wind.  
May the storm blow away all the fear that dwells within.  
Embrace love and find your destiny.  
Remember this, my friend: You were born to be free.

No need to worry.  
No need to hurry.  
All we need is here and now.

The Moon is singing lullabies tonight.  
Close your eyes and let the darkness bring you sight.  
Feel the ground underneath your feet.  
Be sure of this, my friend: You were born to be free.

No need to worry.  
No need to hurry.  
All we need is here and now.



## **64. Because My Heart Says It Is So**

Bombs fall for no one's sake.

A person with weapon in hand can never find peace.

We are not born to fight.

We are not born to kill.

We are born to love.

We are born to live.

How do I know it is so?

Because my heart says it is so.

## 65. Statements

Soldiers who put down their weapons are true war heroes.  
Those who love will always be winners.

A cold heart is a dying heart.  
A warm heart is a living heart.

A closed mind is a shrinking mind.  
An open mind is an expanding mind.

Those who believe they know everything are truly fools.  
Probably without knowing it. This makes them both  
ignorant and dangerous.  
Self-aware fools, on the other hand, are wise human beings.

Those who are driven by fear will always find themselves lost.  
Those who let love be their guide through life will always find  
their ways to belong.

## **66. In the Silence between the Words**

To be without trying to be.

To do without trying to do.

It is difficult for us humans.

The answers to our questions wait for us.

Somewhere in the silence between the words.

## **67. Choosing Our Path**

Fear is manifested through our thoughts.

Love, on the other hand, is manifested through everything.

When we are scared, fear grows.

When we love, love grows.

We choose which of these gives the most nourishment.

It is a choice we make either consciously or unconsciously.

Every day.

Every moment.

It is up to all humans to choose their own personal paths through life.

## **68. More Statements**

To find ourselves, we need to have first lost who we are.

To experience love, we also need to have experienced fear.

To know true happiness, we need to have tasted the salty tears of grief.

To truly find our way home, we need to have first lost our way.

A person who only wants to see one side of the coin, misses the whole picture.

## **69. Your Arms Are Always Open**

Your green plains.

Your snow-covered expanses.

Your high mountains.

Your deep oceans.

Your harmony.

Your chaos.

Your beauty.

Your power.

Your sincerity.

Your wisdom.

You speak to those who take the time to listen.

You give to those who dare to be receptive.

Your arms are always open for those who want to find peace.

## 70. May Love Bring Us Sight

You hold my hand.  
I know that you will be there till the end.  
When you look me in the eyes,  
you see through all my lies.

Only truth comes from your lips.  
You guide me back when my mind slips.  
Can we save this sinking ship?  
Hold me, for the wind whips my skin.

Echoes into the night.  
Darkness dances with light.  
May love bring us sight.  
You say that there's no need for us to fight it.

## 71. Life on Mars

She glanced out through the window. The red desert stretched out in all directions. Ice cold. Nowadays, it was her home. She was feeling cold and sad.

She remembered the euphoria at the news that she would be one of the participants on the second expedition to Mars. She would therefore be one of the first humans to colonise the planet. Several thousand had applied, all dreaming of participating. Before she had been chosen, she had to endure extensive testing, interviews and exams. She had dreamt of this her entire life. To take part and write a new chapter of human history. To be part of something greater than herself. The human being would now become an interplanetary being.

The flight, lasting close to nine months, had almost broken them all. Living such a long time in such a small space was psychologically exhausting. Quite a few unexpected conflicts had happened – but for the most part, there were physical issues. Their bodies had broken down during the length of the journey. This, in spite of the training and having done everything in their power to slow down the deterioration. A human body was simply not made to live in space. Spending daily life in a weightless state was at first a cool experience, but a high price to pay for her body. She could attest to that.

Now, six months after landing, they had settled in. During the first few weeks, everyone had been happy and excited. It



had been the beginning of an adventure. They had felt like pioneers. Curious, as to what was to come.

She, like the other astronauts, had before the trip signed a contract to stay on Mars until further notice. Only serious illness was the definitive reason for returning to Earth.

She had not hesitated when she agreed to the mission, but she had not totally understood what that meant – in reality.

Building the base had been hard work, but most of it was now in place. Their mission was to explore and map the geography of Mars and lay the foundation for the next stage of human colonisation of the planet. The next group would arrive in about a year.

Billions upon billions had been pumped into the project and they felt honoured to participate. Yet, they also felt enormous pressure. They were taxed with a great responsibility and if something were to go wrong, there was no help to find.

After a few months, she and the others had found and settled in to their daily lives. With time, the euphoria had dissipated and they had all felt the stress that came with being ‘Martian’. They lived in a bunker and going outside always meant grave danger. The average temperature outdoors was  $-63\text{ }^{\circ}\text{C}$  but it could even drop to  $-140\text{ }^{\circ}\text{C}$ . Except for the poles, where the blanket of ice had spread, Mars was one vast red desert. Dead and without life.

More and more, she missed her life back home. She had neither husband, nor children, but she missed her friends and family. She also missed her daily life on Earth. To be able to jog in the forest. To swim freely in the ocean. To dream time away while listening to birdsong. None of this was possible on Mars. It was a planet without nature.

With time, she and most of the mission participants had become increasingly depressed. The happiness of being there had slowly, but surely, changed to anxiety and sadness. They had their routines and tasks, but it was difficult to feel happiness in their daily lives. They did what they could to enjoy their time off, but the truth was that it was like institutional living. It was like being imprisoned in the bunker.

They missed their old lives and had, in time, realised that the dream of Mars was much cooler than the reality of Mars. Humans were not made to live here. No life was created to live here. Truth be told, they longed for home.

Home to Earth.

## 72. Giving

‘When you give from your heart, you will always have more than what you need.’

The power of giving is huge. Even limitless. It could revolutionise our whole world.

In fact, most of the charity work happening in the world today is based on giving. That people and countries give what they can. That people want to help. Yet, most of us only occasionally donate for charitable purposes. We seldom make it a habit – despite the fact that most of us can afford to give part of what we have.

Starvation, poverty and many other unjust situations are kept going by systems we have created and defend. Enough food is produced so that all humans should have enough to eat. There is enough money in the world so that all humans could afford the bare essentials. It comes down to how we divvy up the resources. Or rather, how we don't share the resources, which creates and sustains starvation, poverty and many other human problems. The very same thing applies to the challenges we have with Nature, such as global warming, deforestation, environmental toxicity, etc.

What if a majority of people would make it a habit to donate to a cause where it would do the most good? Imagine a world where all workers, in rich and developed countries, gave ten percent of their taxed incomes to charities. In Sweden alone,

in 2019, 5,1 million workers made an average monthly salary, after taxes, of 26,800 SEK or Swedish Crowns. (Source: 'Statistics Sweden' official government agency SCB). Converted to USD this monthly salary would be approximately \$2,680. This is a yearly salary of 321,600 SEK or \$32,160. Thus, an average individual charity donation could be 32,160 SEK or \$3,216 per year. If you made more, you would give more. If you made less, the donation would be less. If every worker in the little country of Sweden chose to donate ten percent of their salary, after taxes, the annual total would add up to 164 billion SEK or \$16,4 billion. Imagine the beneficial changes that we could create with a gift of 1,640 billion SEK or \$164 billion per decade. Now consider the possibility of the same percentage contribution by every wealthy country in the world, if they were to make the same active choice. Most of the problems that we have created in our world might then be solved – and in a relatively short amount of time.

How can we justify having the means to afford giving ten percent of our so-called disposable income to charity?

It is actually simpler than most of us believe, but it would mean daring to think in a new way and breaking a few of the patterns and habits of our lives.

By practicing the following two pieces of advice, it becomes possible for most of us.

**Lower your consumption.** When considering buying something, ask yourself the following questions:

Do I really need what I am thinking about buying? Will it make me a happier person?

If your answer is no to any of these questions, abstain from buying and instead donate half of the expenditure you were going to pay. Hence, you have saved money for yourself and you are helping the world.

**Buy second-hand.** If there's something you really need, try to buy it second-hand. This is totally possible regarding most things we need in our daily lives. Besides saving money, you are doing Nature a great favour. The money you save by buying something used, you can thus donate to a charitable cause.

There are many more ways to save money for giving to and helping our world. Get a pen and paper. Write down how you can lower consumption by changing your life, your habits and patterns, live more eco-friendly, save money for yourself and simultaneously become part of the solution for world problems.

If you want to compensate Mother Earth for the carbon dioxide emissions to which we humans contribute, you could choose to donate to charity organisations that plant forests.

Remember:

You are never forced to give from your heart.

But you are always free to do so.

### **73. Best Friends**

The boy and the dog raced over the lawn. Even though the boy tried, the dog was always one step ahead of him. The dog was his best friend. His name was Rambo. They did everything together. Rambo had been with him for as long as he could remember.

But his friend was getting old and ill. He was afflicted with cataracts and would eventually become totally blind. The boy's parents had prepared him for the need to bring Rambo to the veterinarian to put an end to his suffering, when he no longer could see.

The boy had cried and begged his parents to change their minds. He had promised them that he would care for Rambo and help him when he had become blind. Finally, the parents agreed to their son's plea.

He would be there for his friend. The entire way.

He knew that Rambo would have done the same for him.

## 74. Below the Surface

She felt most at home down by the coral reef. She had always enjoyed being underwater. It was much better than being above the surface.

The Great Barrier Reef stretched out over a vast area. She could never stop marvelling over its magic. It was truly bubbling with life. Plants, fish and other beings in all sorts of colours and kinds. A unique interaction between so many living organisms. The reef was like a rainforest in the ocean. It was totally crucial for the survival and evolvment of thousands of species. The Great Barrier Reef had taken Nature millions of years to evolve. But the corals were in great danger.

Global warming had led to warmer water temperatures, which in turn had led to coral bleaching and massive death in large areas. Certain areas were able to recover, but it took decades. Other areas never recovered. Even if tourism was an important industry for the country, ship emissions damaged the reef. Furthermore, some corals were harvested and sold as souvenirs. Over the years, the fishing industry had also created deep scars and human mainland runoffs caused algal bloom build-up of poisons and less light, which put together, led to the suffocation and death of the corals in several regions.

She wished the ruling politicians of the nation and the world would themselves see and realise what the consequences were of living as people live today. She wished that they would

understand that we need to change our thinking, in so many ways. We humans took the riches of the ocean, and the ocean itself, for granted. If the corals died out, thousands of species would also disappear and upset the balance in the ocean. No one could say with any certainty what the consequences would be.

A giant stingray swam by, less than fifteen metres away. She remembered so well the first time she had encountered one that close. Her heart had nearly stopped. She was no longer afraid of what she might meet under water. Humans were the unnatural guests in the deep ocean and most beings made sure to avoid them. ‘Wise animals’, she mused and laughed to herself.



## 75. Heartbreak

The woman sat waiting at the restaurant. She was waiting for the man of her dreams. That was how she felt about him. They had only met twice, but she had already told her parents about him. He could be the one she had been waiting for. Finally, she had met someone with whom she could share lifelong love. She was tired of all male chauvinist pigs and other idiots out there. She'd had enough of them throughout the years. Her heart had been shattered, so many times. She had nearly given up on finding someone.

This guy was different. He was handsome, fun, intelligent and, above all, loving. He was ambitious, but not too ambitious. Already on their first date, he made it clear that he wanted a serious relationship. Somebody to share his life with. To grow, together. He, like herself, was seeking true love. A love free from the superficial and the short-sightedness that was so common nowadays. He actually seemed to be interested in her and didn't seem to care that she was a few years older than he was.

They had clicked from the first minute and had talked for hours. It had felt so easy and natural. They had looked deeply into each other's eyes and held hands. She was hoping they could take the next step tonight. She wanted to be kissed. But she wanted him to make the move. It felt best that way.

She checked her watch. Why hadn't he come? He was now more than twenty minutes late. She sent a text. No answer.

Fifteen minutes later she tried to call him. No answer.

Her stomach felt ill at ease and an inner anxiety made itself known. She let another thirty minutes go by before she tried his number again. No answer.

Then, it hit her. Yet one more time, she had gotten burned. So he was a swine, after all. She should have figured it out. If it seems too good to be true, it usually is. She burst into tears. She felt totally devastated. Duped. She felt worthless. She hated being hurt. Every time felt like the first time. She actually heard her heart breaking. She had dressed up in her hottest outfit, hoping to kiss him. And then, he dumps her! And he didn't even have the guts to answer her calls! Damn pig!

On her way home to her apartment, she passed by the 7-Eleven and bought the largest Ben & Jerry's she could find. Tonight, she would allow herself a good cry. She would cry like never before...

## 76. Nature's Path

To let go.

To just be.

To live, grow and die.

This is Nature's wish for all life on Earth.

When we flee from our innermost nature, we will in time  
become unhappy.

This is unavoidable.

When we embrace our innermost nature, we will in time  
become happy.

This is unavoidable.

Nature's path is the happy path.

The path is not always straight.

But it leads us home.

## **77. A Mystery**

Everything is music.

Timeless vibrations sprung from the spring of Eternity.

Who created it all, I do not know.

It is and will always be a mystery.

## 78. The Final Destination

The smell of scalded skin permeates the whole room.  
He hangs in an iron hook from the ceiling.  
Lifeless. Dead.  
Ready to be butchered.

He used to be a living, feeling being.  
That was then. Now, his life is over.  
He has played out his part.  
Now he will become fillet of pork, ground meat and ham.  
This has been his final destination since birth.

The pig never got to experience freedom.  
He wasn't allowed to express his natural drives.  
The pig was born a slave – and he died a slave.  
This was not something he chose.  
We humans chose it for him.

## 79. The Sunflower

The sunflower. The crown jewel of Nature.  
The golden ratio. Like the art of an engineer.  
Perfection.

The sunflower grows and thrives unlike any other.  
It follows the light of the Sun.  
It is one with the Sun.

We humans have a lot to learn from the sunflower.  
It chooses the straight path.  
It chooses the path of Light.

Imagine if we humans would follow the light within  
ourselves in the same way.  
The sun that lives in our hearts.  
The light of love.

What would our world look like if every human started  
following their inner light?

It would be a different world.  
More exuberant.  
More sustainable.  
More alive.  
It would be a better world.

Let us create a world like this.  
Here and now.  
Today.

## 80. Farewell Life

The speakers streamed the tones of Beethoven's fifth.  
The man sat in his sofa with a bitter face.  
A jar of pills in one hand and the bottle of booze in the other.  
His time had come.  
Tonight, he would pass away.  
Tonight, he would die.  
This time, he would succeed.

He hated the tragic person he had let himself become.  
But the self-hatred had long ago become normal.  
He did not feel depressed.  
Mostly, he felt an inner weariness.  
He had tried to be human, but he no longer liked it.  
Life was too dark and cruel.

He was a lonely alcoholic.  
That was the path he had chosen.  
Today's society was not for him.  
This broken human tragedy.  
His dreams had been suppressed and he no longer heard how  
the child of his heart whispered to him.  
How it pleaded with him to believe in life.  
To continue trying.

Within his chest, he felt a sneaking feeling of fear, mixed with  
total peace.  
He felt ready.  
He had decided.

He emptied the pills in his mouth and began gulping down the liquor.

His mouth and throat burned from the liquid, but he continued to drink, emptying the bottle.

Now there was no return.

His heart raced.

His body protested in defence mode, but he managed to stop himself from vomiting.

He took a few deep breaths, lay down on his back and shut his eyes.

The music drew his attention as it filled the whole room.

Throughout the years, Beethoven had given him many fine moments.

He was constantly discovering new details in this masterpiece.

This was the way he wanted it.

This was a dignified way to go.

The music made him calm.

He felt drowsy.

Now, he only had to wait.

Farewell life...



## 81. The Newborn Child

The newborn child looks its mother in the eyes.  
The mother's heart completely melts.  
Never before has she experienced such a strong love.  
So pure. So overwhelming.  
She knows that she will love and care for the child for the rest  
of her life.  
She would give her own life for the little one.  
She could go through fire.

The child's eyes twinkle like stars.  
The eyes whisper the answers to all of life's riddles to her.  
The newborn child is one with the eternal light.  
The child is love, personified.  
The child is pure life.  
The child is a miracle.  
A gift to this world.

The child makes its mother whole inside.  
The mother smiles. She cries. Simultaneously.  
They are the tears of love.  
She lets them flow freely.  
She may be tired and exhausted, but her entire body is  
singing with happiness.

Life starts now.

## 82. The Victims of Famine

The child's stomach swelled like a balloon.  
His eyes stared blankly.  
His body was weak.

His mother carried him in her stable arms.  
She walked with quick steps on the road.  
The Sun baked her skin.  
She was thirsty and completely exhausted.  
But she had to continue.  
She was on her way to the refugee camp.  
They had water and food.  
She still had several miles to go.

The annual drought had already taken many human lives.  
She must get there in time.  
For her child's sake.  
He was her everything.  
She could not think of life without him.  
Her love for him gave her the strength to continue walking.  
She felt dizzy.  
She was so thirsty.

May her tired legs carry her all the way.  
May she make it in time...

### **83. You Will Figure Out the Rest**

Every night, we die and slowly fade away.  
Only to be born again the next day.

Time is forever free.  
Every heart has its melody.

We are ever-changing energy.  
With the potential to be exactly what we want to be.

Feel the light of love, deep in your chest.  
Follow your heart and you will figure out the rest.

## **84. That's How It Is**

Fear is afraid.

Love loves.

That's how it is.

## 85. Tears of Love

The old man held his wife's hand. He sat there by her side. She lay in the hospital bed with her eyes shut. She looked so peaceful. Her breathing was weak.

How he loved her. She had given him life. He would have been lost long ago if it were not for her.

He was younger than her, by several years, but he still wished they could exchange places. He wished that she was the one who would get to continue living. He had promised her that he would continue living and enjoy life. Whatever happened. It had been her last wish. He wanted to honour that promise. At the same time, he could not imagine an existence without her.

He was deeply thankful for having been able to share his life with her. Over the years, they had experienced so much together. They had travelled to all corners of the world. They had been there for each other for all of life's events. They carried with them so many beautiful memories.

Their only common regret was that they had not had any children. They had tried. But that was never written in the stars. Throughout the years, they had adopted many cats, which had all become like children for them.

She was the finest person he had ever met and it was thanks to her that he knew the meaning of true love. She had always had a hot temper but was at the same time completely honest and straightforward. She was warm and genuine. She had

taught him what it means to live from the heart. She had helped him to dare to feel what he was feeling. Her smile had always made him happy inside. Her eyes were the mirror for which his soul had been waiting. Of that, he was sure. In many areas they were each other's opposites – but still they were meant for each other.

They had been close to not becoming a couple. On the way to their third date, he had been mugged, beaten and robbed – and he remembered too well how he had woken up at the hospital. His whole body ached. But his first thought was of her. A feeling of guilt washed over him – he had not showed up for their date at the restaurant.

When he was allowed to leave the hospital, the first thing he did was to go buy a cell phone, so that he could call her. He still remembered how angry she had been. At first, she had completely chastised him, but after he'd had a chance to tell her what had happened, she had quickly softened. She had still felt emotionally hurt, since the incident had stirred to life old traumas in her, but together, they had found a way to deal with it.

He reminisced about how she had come over that same night. She tended to his wounds and just her presence was enough for him to forget the pain. They talked and held each other until night turned into day. He knew, then and there, that she was the one that he wanted to share his life with. That night was the first time they kissed. It was one of the finest moments of his life. He remembered it as clear as if it were yesterday. It warmed his heart.

He bent forward and whispered in her ear:  
'I love you. I'm here for you. Always.'

He kissed her forehead tenderly and then sank back in his chair. His body was exhausted. He had not slept for more than two days.

Now she lay there. On death's gurney. The tumour in her brain had with time grown so large that she was now in a coma. Her vitals had drastically gotten worse over the past days. Just a short while ago, the doctor had entered their room and apologetically proclaimed that there was nothing more to be done. That it would probably only be a matter of hours before she passed away.

A bit later, the old man spontaneously began singing his wife's favourite song. She had always loved it when he sang to her and had encouraged him, even though he was not fond of his own voice. He did not know if she could hear him, but he sang anyway. He intended to sing all night long. Until her final breath.

Not quite two hours later, she stopped breathing.

He had mentally prepared for this moment, yet it felt like an emotional storm. It felt so unreal. He did not want to accept it. He was still holding her hand. It was still warm. But her life was now over. She was dead.

He started crying. Uncontrollably.

Tonight the tears would fall, any way they wanted. They were tears of love...

## **86. It Is Not Yet Too Late**

‘Those who hurry to where they are going, will not get there happy.’

Nature lets things take their time.

Nature knows that it takes time for long-term sustainability to evolve.

Deep inside, we humans know that Nature is right.

If we were to design our world using the same principles, we and Nature would thrive side by side.

Today, we humans have a different reality.

But this reality, like most things in this world, can be redesigned.

The human world can be changed.

It is a question of making a decision.

To choose the path.

It is not yet too late for us humans.

Nature has all of the solutions we need.



## **87. Free from Sorrow**

May today be a new beginning.

For our world is going down and our heads are spinning.

Let us live like there is a tomorrow.

Let us give free from sorrow.

## **88. Just Be**

May this day bring you peace,  
tranquillity and harmony.

May this day bring you whatever you need.  
Just be.

Just be.

## 89. We're Going Up

I see birds flying.  
And the sky is blue.  
And the Moon is crying.  
For all the things we do.

The grass is always free.  
Just like we could be.  
We are all echoes from Eternity.  
We're going up.

And the stars are shining.  
Both day and night.  
Let us stop fighting.  
May love be our light.

The flowers are always free.  
Just like we could be.  
We are all echoes from Eternity.  
We're going up.

I see birds flying.  
And the sky is oh so blue.  
And the Moon is still crying.  
For all the things we do.

The wind is always free.  
Just like we could be.  
We are all echoes from Eternity.  
We're going up.

## 90. Love Is You

I don't want to hear you lying.  
I don't want you to be denying.  
I want you to be who you really want to be.  
I want you to be whole.  
Now let us dance under the moonlight.  
There's really no need to fight.  
You see, we're all one big family.  
One heart, one soul.

No matter what thoughts are whispering.  
No matter what fear might do.  
No matter if we're trembling.  
No matter if we're feeling low.  
For love will always be there.  
Bigger than the rest.  
Forever honest and sincere.  
Love always knows what's best.

So let us dance under the moonlight  
and do what we know is right.  
Let us be the creators of our destinies.  
Guided by our hearts.  
I want to see you trying  
and I want to see you flying.  
I want you to be as free as you're meant to be.  
May you turn love into a living art.

No matter what thoughts are whispering.  
No matter what fear might do.  
No matter if you're trembling.  
No matter if you're feeling low.  
For love will always be there.  
Bigger than the rest.  
Forever honest and sincere.  
Love always knows what's best.

Love is you.

## 91. Aspects of This World

The dream is reality.

Reality is the dream.

I am you.

You are me.

Everything is one.

One is everything.

No light without darkness.

No life without death.

Mouldable energy.

Endless space.

Eternal light.

The circle is always whole.

## **92. By You, I Am Carried**

The songs of birds.  
The greatest anthems ever heard.  
Nature's own symphony.  
Untamed and free.

You help me let go.  
You help me feel the flow.  
You are Nature.  
By you, I am carried.

### 93. Dark Times Ahead

Dark times ahead. We're governed by our heads.  
Too busy to breathe. Living dead.

Time passes by. We've forgotten how to fly.  
There's too much noise to hear Nature's cry.

We would not be if it weren't for you.  
How can we do the things we do?

Dark times ahead. We're truly unknowingly mad.  
Too busy to give. Living dead.

Life rushes by. No time for the question: Why?  
There's way too much noise to hear Nature's cry.

No, we would not be if it weren't for you.  
How can we do all the things we do?

This is my cry. My echo into the night.  
May the Moon's lullabies bring us sight.



## **94. In the Best of Worlds**

We mess up.

We wake up.

We clean up.

## 95. Every Day Is a Brand New Start

What about peace and harmony?  
We're chasing shadows so it seems.  
There's a hole inside our hearts.  
Yet every day is a brand new start.

Fading destinies.  
Yet living are our dreams.  
Try turning love into a living art.  
Take time to feel the beat of your heart.

Enslaving memories.  
Thoughts appear and vanish like steam.  
I'm gazing up towards the stars.  
They remind me of who we really are.

What about freedom and honesty?  
We're running in circles so it seems.  
There's a hole inside our hearts.  
Yet every day is a brand new start.

## 96. Forward

Forward.

The road leads forward.

I wonder: Towards what?

Maybe inward.

Silence.

Never-ending silence.

A new horizon.

Say no to violence.

## **97. Darkness and Light**

We are darkness and light.

We are both darkness and light.

There's no need to deny it.

Let us be who we really want to be.

That is all.

## 98. Ignorance or Honesty?

I'm so lost that I don't know where to start.  
Like most of us, I'm slowly falling apart.  
Yet beating is my heart.

How I wish that we could undo all the harm we've done to  
this beautiful planet.  
But we cannot undo what we have done.  
We can only choose what we will do next.

It's no secret that our human ship is slowly sinking.  
The sad part is that we seem to take the rest of the  
world with us.  
And that is not okay.

Every day as a human being is full of crossroads.  
Crossroads that decide who we are and who we become.  
But we seldom take time to think about these crossroads since  
we are too busy doing what we're doing.

What might be one of the most important crossroads in the  
history of humankind is taking place right now. At this very  
moment.

This crossroad may be summarised with this simple question:

Will we humans choose to be guided by ignorance or  
honesty?

Choosing ignorance as our guide means that we continue  
living the way we do today.

Business as usual.  
Maintaining. Looping.  
Depleting. Fleeing.  
Feeding greed. Souls that bleed.  
Money sweet as honey.

We are shadows of the Sun.  
We're holding on to our guns.  
Oh, all the roads that we run.  
We've forgotten that we are all one.

We exterminate other animals.  
We are cold-hearted criminals.  
We are full-blooded hypocrites.  
Too busy to see the miracles.

For as long as we're lying,  
we will never be flying,  
and as long as we're denying,  
we aren't really trying.

The child in our hearts knows what is right.  
Deep down, we know what we need to do.  
We need to change.  
And that is difficult for us humans.

Choosing honesty as our guide means that we stop living the  
way we do today.  
That we screw business as usual.  
That we break free from our old patterns.  
This means that we have to change how we think, speak and  
act.

And we must make that decision as one unit.  
As one heart, one mind, one soul.

Open hearts = A new start.  
Feeding our souls = Becoming whole.  
Giving = Living.

For if we start planting trees  
and then just let Nature be,  
wounds will start to heal  
and the impact will be real.

But we must first learn how to love and once again  
start to feel.  
Then one day we might realise that we are all born free.  
For we can indeed be whatever we want to be.  
Peace, joy and harmony. Endlessly.

The day we have let go of our guns,  
we will be lovers under the Sun,  
and there will be no need for us to run  
because we know that we are all one.

Yes, fear will fight  
and darkness will dance with light,  
so let love bring you sight  
both day and night.

One step at a time. Mindfully.  
Leaving history behind. Finally.

We will understand that Nature is both wise and beautiful.  
It's vibrating. It's timeless. It's mystical.  
Oh, all its marvellous plants and animals.  
Nature is truly nothing but a miracle.

For as long as we try,  
we will learn how to fly,  
and as long as we see through our lies,  
we can reach for the sky.

The child in our hearts will always know what's right  
for us to do.  
And the child whispers: 'It's time for us to choose.'

For we must choose now.  
We must change now.  
We must act now.  
Otherwise, the problem will be that one day it will be  
too late to solve the problems.  
And what will we do then?

Ignorance or honesty?

The choice is yours.  
The choice is mine.  
The choice is ours.



## 99. Listen to Your Heart (Part 2)

May we find the spark again.  
May we do everything we can.  
Enough of fighting battles.  
May we find peace in the end.

When we are letting go  
and we dare to feel the flow,  
what we touch turns into gold.  
Deep down, we know that it's so.

When giving in to love,  
there will be no holding back –  
feel free to spread your wings  
and fly towards the sky above.

You are an echo from Eternity.  
A living mystery.  
Create your destiny.  
Trip, fall, rise and see.

So, when you're lying there alone in the dark:  
Remember your spark.  
Let the light of your soul make you whole.  
Listen to your heart.

## 100. Stars Shine

Stars shine. Magically.  
We're running blind. Tragically.  
Flowers grow. They're forever free.  
Our world is a show. Truthfully.

We take one step forward and we take two steps back.  
Every time we close our eyes, fear attacks.  
Thinking minds will never take us there.  
All we need is right now, right here.

Stars fall. Just like you and I.  
Love is all. There's no question why.  
Let us live. In honesty.  
Let us give. Heartfully.

For we take one step forward and we take two steps back.  
Every time we close our eyes, thoughts attack.  
Closed minds will never take us there.  
All we need is right now, right here.

Stars shine. Just like you and I.  
There's no yours or mine. All we have is time.  
See through the show. Choose your destiny.  
May you grow. And be forever free.

Thank you for reading this book!

If you have enjoyed the book and want to honour it in some way, feel free to make a donation and plant trees through:

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Together we can help the forests of the world to flourish.

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Discover his poetry at:

**[www.soundcloud.com/richardgavette](http://www.soundcloud.com/richardgavette)**

Nature is both our Mother and Father.  
It has given us everything that we have.  
Still, we humans seem to take it for granted.  
The truth is that we are destroying it.  
We are slowly draining the life out of it.  
Every day. Just by living the way we do.

Does it really have to be like that?

This book is my humble attempt to describe  
humanity, Nature and the interaction between them.  
I want to raise awareness of the madness of our  
human world, but my intention is also to shed light  
on some of the beauty, magic and solutions that are  
there for us, all the time.

