

# The flow of life

Poems and thoughts

Liis Lõhmus



*For my family, who has always supported me  
and brought me the sun during the worst times.  
I love you.*

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1.

Dear readers,

my first collection of the poetry and of the beautiful thoughts is in front of you.

It will lead you on an amazing journey, to the depths of your own life and your profound essence. Together we explore the mysteries and mysticism around us, as we build the road to the light, right to the center of our hearts. It is a book made with the love and care for the good of all of us, in order to be able to discover the true values of life together and realize that we are all one and that we all have the possibility to change our life at all times, here and now.

We have the power to truly lead our lives.

At this moment. Here and now.

I hope that reading this book will give you the same joy as I had to write it.

With love,

Liis Lõhmus



## 2.

Isn't it interesting how life constantly creates new opportunities, new twists and unexpected solutions? Like the small suns that crawl around the back door, then warm up quietly, imperceptibly, all of your nature. When the rivers fall as the flow of life, they bring again some new breath to you, something you did not know before. And at these wonderful moments you realize that this is the real treasure of this existence - this moment here, here and now. Yellow maple leaves fall on your window. Pick up one, flick your fingers along the crocheted edges, watch the sun leaving white lines on your face. These leaves are falling still and still and inside of you there is a clear understanding that everything is fine. Everything is okay, and it's always been. Maybe we just do not notice it ... Maybe all people go around, a secret pencil in the backpack, ready to write and share, if there was only someone who would give this opportunity. Every one of us has a secret treasure, every single heart is blooming

something unbelievably beautiful. We are all the creators of our lives and the designers of our treasures. Each moment creates the beginning and the end. Someone now, at this moment somewhere in the corner of the world gets their first kiss, someone is now giving their love a goodbye, deciding to break two united paths in order to give the space to something new. Can you see? Life is everywhere. There is no moment in which the heart remains still or the lungs cease to breathe. The new breath will sprout into the bloom as the most beautiful miracle in the world. And you are flowing with them, flowing ... Fly away from all the darkness, everything that puts you down. Release these circuits for forever, not for the sake of the people around you, but for yourself. To make yourself happy in your happiness and to flow in life and focus a bit more on the current moment. Because life is for all of this - joy, tears, laughter, crying ... For all sorts of emotions, none of them is worse or better than the other. I want to tell you how much I love you. How much I enjoy all the time spent here, in this universe, in this world, under the fall of these leaves. The proportion of fear in me becomes minimal - and breathing goes evenly away. Rather, it's all now about this confusion which I can not express with words -

varied, versatile, special, taking multiple paths. There are no boundaries or no walls that could block the flow of life. This is something we just have to let be and what it is. You no longer need to push things into a definite form, because this form does not exist. It is non-existent, or its existence is so invisible that there's nothing to be seen through this thin veil. However, everything is there, because darkness never means 'broken' or 'missing' in any way. Rather, it's all that we grow from, and all that we can become, if we only find in the small moments the greatest miracle ever seen, from the depths of light and from the depths of love. Because life can flow even when there is no one who recognizes this flow, as one can love even if there is no one to admit it.

before we can love someone else  
we need to find a balance in ourselves  
before the light can spread its golden rays all  
over the ground  
must arrive the darkness  
after a wide range of searches and bottomless  
hopes  
after the clear moments of understanding  
comes this moment here  
when you realize  
that this is the world's most beautiful wonder  
and love comes after so many expectations

*- i yearn*

the pain that holds on to the soul  
shaped its chains in me  
years ago  
before we met  
every time i dropped my walls  
hoping, believing  
in the vitality of the life  
and in the confidence of a peculiar secret  
i had to go back in the morning light  
disappointment hovering above my head  
and the heart shattering quickly  
piece after piece  
the sun was neglecting its days  
black clouds above my eyes  
love came and went and fell  
and my soul broke with it  
so keep me now softly between your hands  
do not let anyone scratch my heart  
without removing the scars  
i have a dream, a tiny dream

that maybe you can sew me  
and all my broken particles  
back together

- *under my heart*

i want to sink into the winds of water  
the tides beating over my hair  
i would wear a dress and jewelry from heaven  
as a goddess i would crown myself  
into the starry day and night's lap  
i would taste the cloudy cream with my hands  
the angels would release me from everything  
which i have tried to suppress  
the waterfalls would draw the freckles over my  
cheek  
my lips would roll in a sweet kiss with the water  
my ears would listen to a flat melody from the  
corner  
the exuberance would take me over  
lucky enough to find a way  
and i would be there  
doing all this beautiful  
which no one believed  
i could ever do

– *creating the impossible*

hard times bring wisdom to today's day  
looking back at the life  
i hope you see all this  
which was not seen before through the  
grayness  
all this hope, constantly striving towards its  
source  
all these strange coincidences  
every little surprise  
and your heart is so unexpectedly and without  
any reason  
filled with light again

- *refilling*

open your eyes, oh sweetheart  
so that you could have there your luck and  
courage  
the heart, oh flourishing chest,  
that you would always  
flow into love  
hands, oh, these wonderful waiters  
so that you can always be loved and to be able  
to  
live for yourself, oh beautiful bird  
and wings so infinitely stretch  
to the sky

- *you are infinite*

the universe creates stars at any moment  
can you lift your head  
and notice new patterns  
shivering in the sky  
the lightful happiness they pour into the heart  
in the middle of black chaos  
what light can create  
just raise your head and feel  
how love is being created for you  
into your heart

- *what the stars of the universe are*

isn't it interesting  
how we can love  
through the clashing depths of the shadows  
and see the light through the waves of the  
world  
that rise above our very nature  
and land in peace in the twilight  
isn't it wonderful  
to find the sun in every day?  
or the wave of hope  
isn't it a wonderful life  
with its infinite immensity  
and our role to create it  
with a light shade in the hand  
every moment

- *the depth of our waves*

every letting go  
releases a load  
each breath makes space to move to the next  
one  
every end of the day gives birth to the brightest  
sun of the day  
and out of every love  
flourishes out the most beautiful  
flower of life

- *every time*

concerns become as waves  
hundred and billions under heaven there  
there is no light breeze at that point in time  
that could put their naughty dances  
away into captivity  
rather is their dance even more proud  
and their song even higher  
than the total of all the wonders of the world

- *the wonder of the world*

in life sometimes one  
must find the balance  
between the combustion and rediscover  
because sometimes we get destroyed so  
quickly  
and are not born again  
before the glow of the dawn

- *the burning*

i take my whole courage  
i take everything i have  
i try and try and try all over again  
don't care about the tiredness in my eyes  
or about the bad feeling in my bones  
i will reach higher and higher  
and give my dreams and everything else  
all the strength i've got

- *the invisible fight*

some moments in our lives  
will create a black level  
where there is nothing left to flourish  
no shine  
hope  
faith  
will not be able to reach them  
those moments when  
you will head towards the sky  
unconsciously looking for something  
for that *something*  
that not even words  
will be able to describe  
yet up in the sky  
the stars keep shining  
and the moon rolls over  
the heaven  
heart sighs of the heat  
and in the middle of this light  
there is something in your breath

with no name  
and no matter what  
you follow this whisper  
*listen, trust*  
that sound  
and your heart, oh your heart  
so golden and full of love  
opens  
from the endless power of life

- *the warmth of the heart*

i wanna dance  
without any doctrine, aid or instruction  
i wanna dance  
to unleash an original call  
and to call fairies and butterflies and flowers  
to be free from the earthly chains  
the heartbeat inside of me  
opens the door to everything  
the soul knows that i can handle this  
no point to hold on to the old one  
not anymore, not now ...  
so i'll fall into the eternal light in the middle of  
the meadow  
grass nourishes my shins and wetness my lips  
without any fear or doubt  
take this place, this moment here, embrace it  
the eternal light of the eve  
and i want to dance, so much to dance

- *the profession of the dance*

there is no time or space  
there are no seconds  
there are no black worries  
there is nothing what we normally refer to  
no rules and restrictions  
what we usually have  
there exist only things  
that the soul can feel  
however to see or hear or touch these  
is never possible  
leave it to mind:  
there is only love, love and love

- *there is no*

like a purple shining sun  
we lost our dreams for eternity  
our thoughts turned to emptiness  
our secrets got lost in the moment  
it's really so dim  
this world, can it be?  
there is one flame though that surpasses  
every limit  
that's never far away  
that fire or storm or any tempest  
does not ruin  
it is a sacred flame of love

- *the sacred flame*

you were not born here  
to live in fear or in anger  
or in sadness and anxiety and profits  
you were not born here to live  
among the worries  
without ever even knowing  
what they will be  
you were not born here  
to live in captivity,  
nor in beliefs, borders, illusions  
you were not born here  
to live in the box  
so just  
stretch out your hands, let go ...  
fly, free child

- *to live in the box*



### 3.

We all have our dreams, whether they are of large or small-scale, with rich interior and with desire symbols or not. They are like sparse thorns that push us in the back and give us a wave of inspiration for the day to go.

Often people have a question about what to do with their dreams? Would they allow them to curb their heads or take them out and give them everything they can to bring them into reality? But what if their realization is inconceivable, almost incredibly absent? Would they put aside all power and faith and abandon their dreams?

It is said that we all live in our dreams and that's why we are here.

This statement can be understood in several ways. For me, this reflects on the idea that we are dreaming to live. We hope, believe and put our whole will to the fore that the next day is better. That tomorrow or after tomorrow or after a year, everything will be all different. Even though we do not have any hint about opportunities and events ahead of the horizon,

we BELIEVE. We dream of a possible sun on the other side of the cloud, of the greener grass on the other side of the garden. It gives us strength to welcome the next moment, because without life and vitality we may not find a sense to a full-fledged life. We need some motivator, something to wake up to.

you can be like a lion  
someone who never gives up  
no matter what you believe in  
in every your wish  
hide a little spark  
from your soul  
heat it all up  
what do you want to bet on  
every fragment of infinity and immensity  
be it small in size  
or their appearance strange  
but the incredible power of their will  
nobody can tame  
so be like a lion  
take your life and all that you believe in  
to your hand

- *the lion in you*

nothing will come just right away with the first  
moments  
even turtles need a lot of time  
to reach their target  
and also the snakes change their skin  
until finally ready  
take the time off for a moment  
breath  
deeply in and out  
the whole time of the world  
is yours

- *take the time*

we hold our hands firmly  
we connect the previous experiences with the  
new ones  
we will find something from everything  
to learn  
something that takes us higher  
to our goal  
the doors braid with the daisies  
open the path to the forest  
to my soul's forgotten garden  
where the flowers are left  
without the water  
and grass stays careless  
one single owl flies howling through the  
branches  
and i look down at my creation  
gradually accepting everything  
that is broken  
that has been destroyed and abandoned  
and i believe with all my heart  
that this chaos inside of me

and my dreams  
can still be saved

- *the garden of my dreams*

i wish you the light  
coming from my whole heart  
i wish that your dreams  
and all that you have built by yourself  
would come into reality  
with the purest warmth  
this existence of this moment has ever seen  
i hope you'll be on that vacation  
of which you have dreamed of a lifetime  
i pray that you will find that person  
whose name you still have, still  
hold on your lips  
i wish you all this  
what other people around you  
considered impossible  
and what you didn't think  
could be fulfilled

- *i wish you*

aren't you born here with a huge potential  
to know and listen to your heart and body  
and the messages they give you  
constantly sending and sending  
have you learned to listen to your own soul  
trust, listen and wait  
they always show you the way

- *the message*

my best breathtaking moments  
i have put them in your heart  
their beds are beautiful and soft  
and i can see the stars inside your eyelids  
your butterflies in the heart shade  
your pieces of broken hopes  
the layers of your deepest desires  
the best moments of your life  
the woven patterns of your being  
your creativity out of infinity  
your heart and its every stamped wound  
you are love itself  
the light's everlasting lighthouse  
shine your light  
wonderful soul  
i love you

- *i see you*

i fly to my dreams  
through the starry eyes, stormy clouds  
i follow the tunes of my heart  
in the silence of eternity  
now the difficulty of life  
sometimes breaks us down  
crushes on knees, the soul exudes  
as the darkness of the tunnel is greater than  
light ..  
greater than light, courage, and faith  
but i never give up  
my perseverance in the heart i wear  
because i know  
my life is a path of continuous development  
and roads  
my dreams are the beginning  
the beginning of the light  
and the beginning of the new world

- *what my dreams are*

who am i?  
i am the bloom in the brightness  
of the exuberance and of the hell  
i am the burden of  
the ancient light  
i am the sound of my thoughts  
soft, tender  
i am the steps of my past  
of the hardnesses, of my experiences  
i am the hearts of light  
i am an open window without a shade  
that flows on the commode  
like the best memory  
i am the  
infinite expression of the dark shadows  
mixed with light

- *everything i am*

do you feel soul how i'm crying?  
do you know where i will fall?  
do you know about the shadow of my darkness  
which in the glittering heaven  
create the scream?  
do you know ... do you know ...  
the sunflowers of the blue skies  
endless heat of your eyes  
the scattering shell broke out, there's hope ...  
look at me, my friend  
the hope is in the blue flowers  
i feel you, i feel like you

- *breaking out*

solid clouds fill the heart  
so much love, i braid of them  
to everywhere  
to every small space  
i create the most incredible treasure of life

- *about solid clouds*

dreams whisper the secrets  
sigh evening into the night  
through the branches fades a marvelous ray  
they all lead away  
away from the darkness, from the evil  
away from the speakers and liars  
there is no longer just me and them  
but all of us and everything  
that could ever be

- *whispers of the secrets*

i let my head fall  
away, into the downfall of the stars  
i let the worries disappear  
far away, into the flutter of the wings  
among this enormous unfolding here  
i raise my hands and take the power  
take my pillow for the heat  
and from the edge of the deck the fearlessness  
i fall asleep  
into purity  
perfection

- *as i fall asleep*

waterbirds in the twilight light  
raise unexpectedly the speed  
oh, where are you hurrying?  
soul floods from wishes  
you descend deeper  
forget it or that and what you need to do  
now is a moment of gold  
an unexpected wave of the here and now  
grab the horns of the bull  
and so on the waves you go

- *the golden moment*



## 4.

My heart is overflowed with love. This feeling, this LOVE, covers the depths of my soul, my every pain, from the confusion to light's beauty. Each of my chakras explodes into pure water through the waterfalls and endless rivers, which eliminate all bad and negative on its own, pulling out the old roots and planting the new seeds of hope. As I let it flow further in this light and love, I arrive at myself, which is the source of my highest being, of my eternal expression and radiant love.

Love.

Love.

LOVE.

It has captured a whole great universe inside of me.

\*\*\*

What about being endlessly in love, flowing and flashing this pure energy? This energy can naturally be ignited by another person, or

rather giving us such a feeling as we think. The truth is, however, that this pure, eternal and wonderful energy of love always exists within ourselves. There are no people who would not have this for some reason. The source of love lies in our souls, this is the basic material of our being.

the eyes glisten with the sparkles  
the cheeks are turning cherry-red  
silhouettes of the city and the towers reaching  
the sky  
people rush in the street here and there  
we stand at midnight  
with the last yellow lights  
i squeeze your hand so hard  
for i want still believe later  
that we and all those sparks  
were real

- *was it real?*

how many years have i heard  
the same story  
that i would forget you  
that one day you would walk out of my  
memories  
just as lightly and painlessly  
as you left my life  
promises so many and so strong  
that you would keep my heart  
as much as holding my hand  
like on that rainy Monday night  
when we looked in the television the news  
or when we arrived at the most beautiful sight  
our eyes had ever seen  
and there you held my hand so hard in your  
palm  
and whispered to my ear  
about your favorite moments  
and put the pillow under my head  
so i could sleep in peace and silence  
but from this dream

i did not wake up anymore with you  
the soul now lives on knowledge  
that all the beautiful times  
will remain in my heart  
and i try really, really hard  
but forget you i'm not able to do

- *your hands*

i write our story on the wall  
it would listen to me, always  
i hold the pencil and my hand trembles so  
strongly  
in front of my eyes are  
all the moments we spent together  
your coffee in front of the bathroom mirror  
this peculiar dimple on your pillow in the  
morning  
the colored stockings that you so weirdly  
lost all the time  
every part of us, i'm writing on the wall  
it can listen and be  
and most importantly  
it never leaves

- *someone who stays*

beam your heart to everyone and everywhere  
lose the chains and all these walls  
which you have built with such care  
to protect yourself  
new time and new winds  
always bring light and a new start  
new people and goodness  
bring with them all that wonderful  
you were afraid that you might have lost  
for eternity  
and they'll make you forget  
all those people  
whose one word only  
caused chaos in your entire being  
this time comes and lets itself shine  
more beautifully you could ever imagine

- *everything will come*

i would like to be your heart's sunshine  
and fly with you  
in the middle of eagerness  
and we would shine like a thousand diamonds  
in a crystalline mirror  
and would paint the whole world new

- *painting the world*

soul flutters like a candle  
hands tumble through the air like a hundred  
sunrays  
in the evening of the shadow  
two hearts  
they braid together  
at that moment  
there would be everything possible in the world  
there are no obstacles  
nothing that could crush  
the relationship between these two  
or the love  
that flourishes from their hearts

- *merged*

tonight, the stars will fall  
fall between us tonight  
tonight, the feathers will fall  
who knows  
if it's a good omen that?  
tonight someone will find  
the love in himself  
tonight for forever  
comes alive the fire  
of the two lovers

- *tonight*

quietly  
there are falling flakes  
wearing with them the memories  
quietly  
moves the ray of light  
without knowing where ends its horizon  
quietly, i close my eyes  
quietly, very quietly  
quietly, when no one can hear  
i kiss you  
on the lips

- *close my eyes*

warming the heart, touching the soul  
melts love the feelings, dissolves tension  
finds the hidden world of light  
arouses people  
brings all things to the spring  
new and marvelous  
without harming the feelings  
love gets into people's soul  
does not care about the surface  
does not have selfishness  
maybe bright white color is love  
but the appearance or shape  
nobody knows

- *what love is*

i'm wrapping my heart into a small world  
in a paperback  
a colored gift  
and i send you it  
with the mail  
let it sink into your soul  
into the corners of your cheekbones  
i promise it will be a part of you  
and a part of me  
and dance in our splendid fields  
in the parallel universes  
one time, one soul  
two places, two bodies  
different, while both the same  
versatile, beautiful,  
amazing, admirable  
common world

- *a part of us*

i remember the moment  
when our eyes first met  
in this world  
i remember the butterflies  
beating and fluttering inside of me  
and the lips  
turning red from joy  
when your hands entwined with one of mine  
lost the world  
and all the other things  
any significance  
in the middle of the enormous silence and  
ecstatic valleys  
something new was born  
from our meeting  
since that moment  
the flowers flourished behind my window

- *the new birth*

the love for you  
overflowed every part of me  
from every breath i gasped  
the sweet flavors of roses  
flowers that you had given me  
at the first fall of the petals  
at the heart's first opening  
those roses breathed into me  
the ancient secrets of your aroma  
the ancient testimony of the universe  
all the paths your feet have once taken  
i will confront with you now  
take me  
let me disappear into your abyss  
let the stones in your hand  
take the soil from my feet  
the secure land  
on which to take the next step  
let me drown into the waters  
into the bottomless sparkle  
into the blue wave of a petal

promise to stand and endure with me  
allow yourself to sit and listen to the ice and  
waters  
and all the sounds of nature  
allow the faithful soul to give you a permission  
to stay with me  
to sit down with me  
and glance down at the edge of the universe

- *sit with me, stay with me*

trusting is when  
your crystal reaches the  
outside world  
carefully done, kept with love  
every piece of it  
hides your most mysterious secrets  
each woven crystal  
encrusts from the incredible flow of life on your  
path  
in this world  
for years created, you have spent more  
every happiness, each piece of  
every broken soul  
sadness runs like a blue ribbon through them  
no melancholy must now fall  
this crystal  
you give to people  
every time when trusting them  
your heart plan and life card  
the guide comes along as well  
as how to find the way through the loss

or through the field of confusion  
how to learn to love *you*...  
how to be able to listen, to give ...  
how to understand *you*..  
let's just free everything for now  
just for one moment let the shackles fall  
bring the crystal with you  
and loosen the heart's bird

- *your crystal*

through the years of bright light  
the bird of happiness gathered courage  
grew wings, tried the surface  
now the horizon seems so far away  
she believes  
there is a chance  
to fly, to believe, to love  
to do everything the heart desires

- *the awakening of the bird of happiness*

our souls began touching each other  
long before the physical world  
coincided our paths  
do not need a moment, or listening  
for our eyes to understand  
that this relationship  
does not need to be written on the stars  
only feeling with the heart

- *feeling with the heart*

two galactic rivers  
tears with the star stripes  
in the middle of us and him  
was only the same bridge  
the holy power of love  
once flowed in these waters  
and the crowns popped up the pollens  
bees' buzz in the early morning  
announced a new beginning  
of the two lover's palms  
in the beautiful kiss  
united

- *hand in hand*

if my hands were the brushes  
and your lips a canvas  
i'd paint you forever in the most beautiful colors  
you would never be alone

- *brush and canvas*

she never really threw him out of her head  
but kept him in the rear part of her heart  
    their hands joined together  
and their eyes intertwined with shades  
    and with love  
and it was always, always there

- *always together*

someone to take care of  
should not come from the external world  
it does not take a minute  
nor needs a hundred pounds of money  
to simply turn your eyes to your inner heart  
and love its endless depths  
both the pain and the sunshine

- *this inner*

and when your eyes ran the salt streams  
i put my hands on your cheekbones  
and drew your mascara stripes  
everywhere all over your face  
embracing your pure ability  
to stay in the moment  
and to allow yourself to swim  
in the most intense feelings  
you could ever possess

- *the mascara on your face*

you have no reason to be afraid anymore  
for my soul speaks to you  
from the darkest parts of your being  
finding the light along the way

- *without fear*

all the wonderful colors from  
my heart  
are born from the overflowing love  
and heartbeats  
shared between two lonely souls  
who once breathed into each another  
too much

- *what is a lot?*

let me keep you between my fragile hands  
let yourself get lost in the world of my secrets  
i'm right here  
waiting for you every night  
and then with the daylight  
i would let you go again

- *every night*

my love will never just stand on the shore  
rather it grows its wings so very big  
and then it'll take the direction  
straight into the sky  
oh, my love  
she's waiting for me

- *waiting for you*

he looked at me  
with his hazel eyes  
and my fear grew slightly smaller  
and my arms shook a little less  
and along with my hands  
my heart  
opened a little more  
too

- *him*

i love  
i love from the bottom of my heart  
everything and all  
this love falls into darkness  
and shows the way for the light  
not a single creature  
can be without my love  
it flows like a small river everywhere  
everywhere  
and at any time  
forever

- *everything and all*

two worlds came crashing together  
and there was no way for her to run  
no more space to hide her thoughts and  
wounds  
that were pushed to the surface  
like a million diamonds he made her see  
and that shine collided the two galaxies  
melting the stars of each into one  
she knew she couldn't run  
from the feeling of infinity  
it wasn't like his love  
had made her  
to realise  
all those things  
but the two worlds were connected  
and from the pain turned her eyes ocean blue

- *and her ocean is blue*



## 5.

What would the world be if we all with our hearts and minds expressed our truth? If we just let our souls to be open to everyone and everything? Should we then back off with the first kickback or raise back to our feet, the heart still open? I believe that living with an open heart does not simply mean acceptance of life and mostly accepting everything that comes our way, but also the simple declaring of our truths. What is the truth? That's what you feel in your heart. Your truth. The truth of your heart. Even if you remember a few years later, thinking that your values and truths are now completely different and radically changed, it does not mean that the truth of that day would have been 'wrong' in any way. It simply responded at that moment to your development and vibration Here and Now and it was your greatest right to have this truth at that moment, to be aware of it. There can be no right or wrong in the world, because in this case we would live on an ego level which leads

to a single and total principle, denying and staying away completely from all the others. For each person, there is some sort of their own truth and, in my opinion, this is what makes us so interesting. Every person has their own way of learning their lessons and their own TRUTH.

So what's the truth, when digging a bit deeper? This is the thing that at this moment, here and now, resonates best with your heart. Perhaps this truth is completely different from the present day or the next day, maybe today your world is set in a certain way, expressing your truth at this moment, but next it collapses into something different. We can not keep up with anything because then we could not flow with life like that. It is like a free, crisp, boundless and independent river being blocked, placing there in front a stone or other obstacle. On the one hand, the river flows freely, on the other hand, it will again interfere the whole harmonious work that would be possible if the river flowed freely. Just like the river, we can not set ourselves ahead of time. We can not hold on to anything that does not contribute in any way to our vibration, be it another human, work or anything else in our lives. I believe that if something is set to be, the universe will do its job to fix it permanently / for a certain time in

your life. We press ourselves too much, keeping people in our lives who treat us like the last pollutions or constantly doing activities that in the long run will not make us happy in any way. What if we just let everything go? Just let our lives go freely without constraints or beliefs? How would it be to TRUST that everything that is set to happen happens and everything that is assigned to leave leaves? In addition to the wonderful functioning of this simple thing, there is another effective fact: we can breathe freely, FINALLY.

FINALLY we are free, not only indirectly, but literally, because energetic bonds that were bound to the things we decided to cling to, are breaking down. The sun comes out again, creating a new life and a new beginning for ourselves. This feeling is overwhelming, even into the heart comes like the new light again; it's like a rock falling from our soul. Now, that does not mean we should let our dear people go, or throw them in some way out of our lives, oh no. The key lies in the liberation of our own soul from the burden that we will break when they leave from our lives. It is a subconscious fear that we can not survive without them or that our existence no longer has any significance. This is not just about people, but about any situation. Let's take a deep breath

for this feeling. Fear so great, lethargic fear of our self-refusal that we are ready to squeeze the things or people we so strongly desire, so tightly between our hands, that they leave no room for breathing, either for ourselves or for them. Depending on the people, some see this holding with the ten nails as some sort of big love statement, as 'oh, so cute, she loves me so much that she can not be any second without me', but in most cases this is wrong. Subconsciously, a person does not hold for you such a great love, but rather they have so strong fear that they can not handle without you, it relates only to themselves and in no way to another person. Why? Perhaps this person has to offer them something they have always looked for or desired. Maybe this person makes them feel a bit better about themselves, perhaps she reminds him of something he never had or offers him a sense of security, regarding to the future. Whatever the reason, it is rarely somehow related to other people at a deeper level. We need someone to know us better, someone who would offer our broken soul a little bit of warmth. So many couples cry that they can not live without each other and that without each other they feel 'so much pain'. But no, you *can* live without them. You are not dependent on anything or any person,

because you yourself are already a soul and personality as a whole, there is no need for any supplement or addition. If we really, TRULY arrive at the source of our hearts, we will see that all this time, we were already full. There is no darkness or hiding place. The life on Earth creates a lot of illusions and false images only for us to learn the greatest lesson that is ever possible: that we are HUGE UNITY and learn to love this whole unity, ourselves. When we reach this level, we do not 'need' anybody directly into our lives, because we have already come to the understanding and to the knowledge that we are not broken or imperfect at all. This knowledge gives us the opportunity to really choose the right people into our lives and choose them so that we want them in our lives, not because we need someone to fill the gaps. And even if this relationship ends, or our dreams do not materialize as we hoped, we will always go straight ahead without any worries, retention or difficulties. Would not that be a real freedom? Alertness, infinity, endless love? Isn't it all that our soul desires? If now come back to expressing our truth, it also has a different side: telling people honestly about our feelings for them and expressing ourselves honestly and accepting our feelings and emotions. Why is this important? This again helps to move

energy and is part of the release of the burdens, for allowing water to flow more easily. If we do not say / do not express how we feel or think, we put again as an energy block on the flow of life, energy can not flow freely between us and between other people / situations that are related to it. It does not matter if you intend to express your feelings loudly (and whether it's anger, love, sadness, jealousy, or whatever), write on a piece of paper, or hit the wall with the pillow, but it's important to get that energy moving. This is again part of the letting go and trusting life which is a natural and beautiful consequence when we just let things flow and trust our truth and the universe right now and always. Wouldn't it be a wonderful feeling?

i stare at the ceiling  
and create the picture in my thoughts  
of the things that i would have wanted to do  
already long, long ago  
but never did instead  
now i do not know how to start  
my list is so long  
it consists of all the small joys  
which i hoped that in the long run  
would create the whole  
things like  
my non-existent cat  
looking down at the streets from a windowsill  
or the face with my smile  
when i would look for the first time the falling  
stars  
the sky all glowing  
and i would think about myself, about us  
and about every living being in this world  
or that cake in the box at the edge of that cafe  
which i would like to buy

such small pleasures  
the astonishing treasures of my heart  
they need to be filled

- *growing the happiness*

we walk quietly today  
without a hurry  
do not care about the falling rain  
or about the air  
turning colder and colder  
in our breath there is a glowing flame  
we combine all faith and power  
blow the life to everything that is in ice in this  
dimension  
we'll dance with stars, planets and infinity

- *as we walk*

i remember my parents holding me  
and how i was slowly swinging  
back and forth on their lap  
i squeezed my small fingers into the beauty of  
my mother's hair  
and breathed in my father's perfume  
they whispered to my ear  
'we can hold on to something  
for as long as possible  
but in the end  
we always, always let it go'  
'but why', i asked  
'because our heart always  
wants to be free  
to be free from everything  
that prevents it from flying'  
'but all the good things in our hearts'  
i asked  
they smiled and said  
'they always remain to shine  
even after several years

with the most amazing glow  
this world has ever seen

- *free*

never fear something  
that you can not even see  
illusions and problems are created just like that  
their size is built so incredibly gigantic  
to hide from the truth  
but how small are they really  
and how much their dimension can diminish  
if we just changed our thinking

- *the true size*

we were never supposed to grow up  
to step out of the galaxy form  
limits pushed to the edge  
and pushed us out of the motherly womb  
but the hearts of ours  
are still there  
clinging onto hope that we would be a child  
once again

- *the galaxy's lap*

even when i tried to break through  
your inner walls  
i could never get rid of the fear  
that maybe i break  
myself

- *walls*

if i had the delete button inside of me  
i would never cancel anything  
even the dark shadows are there  
to remind me  
how fiercely i lived

- *the delete button*

even if this life  
is the only one you will ever live  
you should not ever cease from breathing  
into the thought  
that there might be  
something more  
than this

- *something more*

even if my eyes seem empty and my look stays  
frozen  
my mind is never truly closed  
it is alive in its most beautiful harmony

- *my secret*

my mind is a huge cage  
and its flowers dried a long ago  
but i'm still flowing between the two worlds  
watering the seeds in each  
every day

- *the mind's flowers*

i wanna be a child again  
i wanna feel my fingertips turning black in the  
mud  
i wanna let my legs freely flow along the  
riverside  
i wanna feel my eyes drowning into the clear  
blue sky  
i wanna catch the butterflies and hold them  
between my hands  
i wanna do everything  
they say i'm not supposed to do anymore

- *the inner child*

cry cry little child  
pour your whole heart out to the world  
let your pain be part of something greater  
something more collective  
look around  
you're not alone  
the whole world is crying with you

- *the cry of the world*

imagine every moment as a little miracle  
that's where you find the true meaning of life

- *the true meaning*

her heart used to build shelters to hide from the  
pain  
faster than you could ever imagine  
working in rhythm like a perfect melody  
glowing like a beautiful harmony  
but her eyes broke into million tiny pieces  
under the power of tears  
and its fragile capacity to hold her heart

- *the fragility*

her heart dried into dust and nothing  
her hands fell down to her lap  
she tried to hold on so tight for so long  
until in the glory of the light of dawn  
the sand turned her eyes into gold  
and the galaxy brought her home  
in the depths of her soul again  
she found the way  
and she would shine again

- *her eyes*

and sometimes, just sometimes  
i'm afraid of my own depth  
afraid of drowning into its endless galaxies of  
mystery storms and hidden caves  
that would tear my soul open to spread and  
amaze

- *what i'm afraid of*

one breath or two  
now about numbers and times  
i no longer care  
one tension or more  
nothing can stop me  
from trying  
one or a thousand  
or a million  
or trillion of  
unsaid words  
they free my heart  
open the door to the new  
to the new shine, new opportunities  
the eternal echo of the universe  
the understanding  
i have found peace

- *lost and found*

how much can be changed  
at one glance  
which seems like an echo of eternity  
with a lone sound  
migrates for many years after being launched  
along the fields marked with greenhouses  
forming a pattern of its own  
as the pathway  
for anyone who craves to follow  
or experience their own potential calling  
the prayer of nature  
the sea's humming, the sand is scalding  
against the skin  
the wind will bring us with you  
in the middle of the night  
away from this town and the houses  
and so that in the morning  
we would reborn for once again

- *the prayer of nature*

the boats of the straws  
your hands push the waves  
small fingers print secret codes on the leaves  
private barcode  
to understand the deeper meaning of life

- *the code*

i crave with all my heart, with all my soul  
to be free  
to let the winds bring me along  
to fly to the far ends  
swing my feet across the cloud  
and create from its whipped softness  
something so amazing, so powerful  
that the whole world's breath will freeze  
i crave with all my heart, with all my soul  
to be someone, to do something  
to blow a little bit of life  
into this cradle of mankind

- *i blow the life*

window panes flattened  
dusty air droops over the damp  
christmas' tricks and colors  
the whole hall is full  
children's steps, joy and laughter  
shout from every corner  
somewhere in one room in this house  
some soul once  
with all his heart  
loved

- *the sleepy house*

every part of my soul  
hides from the hard truth of reality  
and shapes the face of the new universe  
the stars dance in its purest form  
and the sun shifts from the circle around the  
sky  
let me take them with me  
let the stardust steal my feet and give me the  
wings  
in the middle of this fluidity and wonderful  
silence  
i experience an incredible start of the rebirth

- *the disbelief of life*



## 6.

I do not want to be like them. I want to be SOMEONE. I crave for all of my soul to be someone else, different from this world and all that we know here. Every familiar, well-known road I've known all my life; I want to get rid of it all. I want to lose myself to a free lifestyle, which, however, combines something special with its heart-warming beauty into our world. If I had this something which would carry my whole life back to the starting point, I would never do it. I've been standing in the middle of the sun and enjoyed the nice breeze in my hair, but I've also seen the horribly destructive attempts of rain to break me. I have seen everything. The good and bad, the black and white. They roar in harmony in my heart together, and if I now, at this moment, did a restart, wanting to be that SOMEONE, I would take them with me. Together they would create something special, these two contrasts. Perhaps they create a new world, maybe their mysterious glory still remains unknown to me. I just want to be myself, but at the same time I

want to merge with everything. I do not want to miss out on anything, but I must first learn to see myself, at any moment, at every stage of life.

I just want to be someone ...

living between the two dimensions  
being in both of them  
creating an image that i am alive in both  
but knowing at the same time firmly  
that i live only in my imagination

- *imagination*

perhaps her only wish was to be free  
to float without any boundary  
in the center of the endless mountains  
to break free from the things  
that did nothing else  
but brought her down  
her home garden in her head  
lit up with clean water from the fountain  
and in the sky there was a shade of a special  
color  
she denied with all her heart  
the shadows of the past and their invisible  
threads  
which still put her in the middle of things  
which she wanted to forget so much  
and in her own tea mug  
she still saw the reflection of something  
or someone  
telling her who she was  
and a glamorous note about

who she is today, at this moment  
and who she may be in the future  
anywhere  
within an unlimited distance

- *believe*

all those days when you hid yourself  
from other people  
all those years  
when you pressed your head against the wall  
and prayed to the sky that you'd be normal  
to fit into this box  
that society had been building for years  
never understanding or noticing the truth  
that you were already perfect  
and that normality never even existed

- *the illusion of normality*

i'm moving away from reality ...  
and back again  
moon, stars, sky and the sun  
they all look forward to my return  
when i come back  
in the morning light is the only evidence  
of last night  
the glowing stardust on my feet  
everything else flows away into eternity  
with the first rays  
reflecting from there on the desire to be back  
to it all  
to everything  
i have now locked into my heart:  
wonderful, pure, passionate, vivid

- *the two realities*

i'm a boat builder  
in the middle of the comet triangle  
i bring Saturn's circles to another place  
i'm gonna pick up a long arrow  
and shoot it from the biggest bow  
i still do not know my own goal  
i feel  
that i'm still searching  
my own world  
and sailing in every sea  
and shooting arrows in every direction

- *searching*

hello world!  
i gladly welcome you  
hello mankind!  
i'll hug you quickly  
hello plants, young people!  
i'll send you a kiss  
hello birds in heaven!  
you will fly to infinity  
hello all the biggest treasures in the world!  
i'll give you the light of your heart  
and love  
which radiates from the beautiful whirlwind of  
this universe

- *filled with love*

inside of my soul is so warm  
this world, that  
is that my home?  
flames rise to the fire  
i'm heating it up yet  
anxiety increases  
the hands reach out  
and the little squirrel will pick out the first seeds  
the beginning, the growth  
it's born everywhere  
every end and departure  
the new steps are already in underway  
a solid soul it combines borders  
creates the world forever  
into something  
where i would feel at home

- *where is my home*

i want to swing over the stars  
crawl with the running water  
let the ears enjoy the wind  
and while i'm smoothing your hair  
i'll fall into the heaven  
into the storm of the illusions  
knitted over the years, kept in the wardrobe  
hundred thoughts and more  
variable and odd  
weird  
what's so bizarre about this world?  
listening to your heartbeat  
the ear by itself, so easily  
pushes against your chest  
and then listening to the taps  
against your heart and your chest  
which will continue to rise  
after all the pain and the breakdowns  
still ...  
oh my heart, the world

i'm fluttering into smooth strikes  
welcome me, hold on, world

- *how the world holds me*

come on into my ocean  
dare to descend down to the corals  
make a circle in my whole heart  
sit both in the light and the darkness  
be prepared to accept  
every part of me  
both black and white  
paint colors more  
let me be part of  
something more  
than only one reality  
one presence  
tear the tape off my eyes  
let me see something beautiful  
and i promise you  
that at least this one moment here  
you never have to be afraid again  
of nothing  
not a shade in the world  
which falls like a gray veil  
going deeper and deeper

it's so beautiful, oh so beautiful  
shine your light right now  
in different colors  
without fear

- *your colors*

our tricky thoughts  
are of greater importance  
than we can ever imagine  
they fly through the sand and storm and rocks  
create foundation for the establishing  
between our hands  
so easily  
we shape the world  
and whether we accept it or not  
but we are the influencers

- *the influencers of our world*

the prosperity of divine life  
started already a million years before  
before our time and ideas  
life was just about to grow from its soil  
grew roots to hundreds of different lands  
looking for a strong base to grow  
and believe it or not  
but life can be and find the way  
in the craziest wilderness, in the aridest desert  
where the sunflower raises from the dust  
and now tell me  
why do you think that you and we  
and all these wonderful dreams  
and what we are looking for and what is the  
food to our soul  
could ever be impossible?

- *growing from nothing*

stay away, far away from it  
make it free, clean the soil  
all the chains let go now, lose the bindings  
any kind of genuine restrictions  
loosen the butterfly from your heart  
stretch out the wings, reach towards the sky  
do not be afraid anymore, dear soul  
water the wounds  
and feed your heart with love  
the flowers in this place  
grew too big for you  
special needs but never enough, you see  
rain causes a bit of life in the dry air  
blows the purity into the bones  
yesterday is already in the grave  
and tomorrow not yet born  
the state of planets and that  
i can promise you  
they show you the way  
mental thoughts in the black sky

do not let you drown  
breath into the infinite life of the river  
or into somewhere  
where you will find peace for yourself

- *and you will rise again*

you saw my birth with your own eyes  
kept my body  
between your bleeding hands  
purity and this moment here  
put me into the soft cradle  
they do not know where the stars come from  
do not know that everything here  
starts with pain  
and with the light and beauty  
and from your grace  
who you were with me at any moment  
watching my lonely road  
when i hurried through the celestial bodies  
down to the ground, angels called me along  
and nature itself showed me a note  
there was no worry of the present  
nor whispers of the future  
at this moment somewhere in your depths  
you kept me soft  
and stopped the time

your hair came along  
all over my body  
and when you wrapped your soft hands  
around my face  
i believed and felt  
that i was alive

- *the new birth*

we have already taken these paths  
this soil has felt our warm footprints  
when we left the mark  
for each leaf and root  
every part of this planet embraced us  
and when we left the stardust itself  
so that you could slip along the stem of life  
(grown from this primordial land)  
there would have been nothing or no one  
who could have stopped it  
believe in this and all that we do  
is up above the earth  
exceeds each sphere and surface  
breaks the thoughts and prejudices  
the echo of the galaxy and the sparkling ray of  
ours  
gives you strength, sighs  
*break the last boundary*

- *the last limit*

the sky woven by the airplanes  
my hands push into the sand  
my fingers are looking for your touches  
the nails grab the stones from the water  
the balance of life's duality  
i'm constantly looking for something new  
something that would destroy everything  
that i have learned  
and that would open the door  
to the most obscure secrets of the Mother  
Earth

- *i want more*

i'm not an artist during the day but as soon  
the moon raises its light  
over the hills and the waterfront  
my soul ignites into the fire  
so just for one moment, i become the  
impossible  
i fly over the valleys and the forests  
holding a pencil of the pine wood and colors  
all different, mixed with yellow and silver  
i have a can of the rainbow's song  
and the warmth of the bog  
i raise my hand and resist the light of dawn  
the heart whispers : *there is still time*  
and so in the dim shade of the moon's rest  
i'll paint a whole new world  
not that the old pain and its weight  
pushed too much on my shoulders  
but by the wings of an airy, foggy night  
i was given the freedom

- *my canvas*

from where she came  
there was no time  
clocks and minutes and hours  
everything followed the same direction  
the voice of love  
where everything else lost its importance  
cellars and cities and lights of the center  
constant rush to be like them  
in this world here  
the rules have been dictated for centuries  
but she kept in her heart  
in her goblet  
the violet flame  
its sound suppressed the noise  
and the plundering of the planets  
she did not hear any more pain  
sadness deleted the melody, she knew  
it's time to create the harmony

- *where she came from*

sometimes you do not have to look for  
tomorrow  
but simply focus on this moment here  
look around  
what do you see?  
an unexpired tea mug on the edge of the table  
rain drizzles against the fragile window  
your love touches you on the shoulder  
two cookies sink deeper into the bowl  
do you understand  
the beauty lies everywhere

- *the small things*

maybe we never understand completely  
the real value of the things around us  
till their pictures in us  
sink deeper into the mist  
and the borders are blurred in reality  
then one day  
when we discover ourselves  
looking for these things  
that we never could appreciate before  
we find the void  
or the non-existence  
with the broken fragments  
still lying somewhere inside of us  
but these fragments  
we can not pick up into the whole anymore

- *appreciate the moment*



## 7.

Through the journey in our lives we are constantly exposed to a variety of choices and opportunities in the world, the paths that we take as we decide to become part of one or another experience. What's important here is also comprehensive awareness which is the key to becoming happier in every experience in life. Thus, it may be good here to think that how do we perceive ourselves in the surrounding natural environment?

The concept of the environment is not limited to nature. The so-called environment can be created in every place, be it at home, at the workstation or on the move. The environment means, for me, the presence of any type of energy, whether positive, negative or a mixture of both of them - by which the rest of the whole is created. It can play an important role in shaping the mood of the people in the environment. After all, we never know what can affect us at some point in time, and especially if some of us are more sensitive, more delicate to the surroundings.

Environmental awareness is something we may not want to admit to ourselves because then we can see things in a completely different image. Often, we discover that we have behaved incorrectly or overestimated our performance. Perhaps we made the wrong decisions about our environment, putting the negativity first instead of positivity.

How much we care about a particular environment gives us another dimension of how we take care of it. For example, at the time of the childbirth, we do our best to grow our sweethearts in full and good energy, to have all the necessary things for life and that their constant companions would be a brilliant laugh and endless happiness through the day. We will do this because it is important for us. We do this because it forms an important part of our essence. In this case, the happiness of another person is our own happiness, fastly filling our whole heart. For example, creating a happy home, because once again, we care about it. And we also care about our own well-being, because we want to feel very well in this environment and clearly, not tired or bad. So, everything will eventually come back to how we feel and how we love ourselves. Even the happiness of the other person could be called

our own if it makes us happy as well. The exterior is only the plain or influential expression of the inner side. How we design our home or any environment shows what's happening in our own inner world. How can you then, from loving our children or, for example, from designing a home with good energy come to love and become aware of our natural environment?

Nature has been around us for centuries as an ever-changing part. We do not think of it as something special or unique, rather we are so used to it that we often take it for granted.

Some people see nature as a breathing and united, beautiful sector of all of us, a sector by which we all are affected, as a living soul that strives to live in a healthy way like we all.

These people are very conscious of the fact that nature is one of us and they do not have to harm it in any way. This does not mean that other people are in any way worse or lower than them, but it also proves that we are all completely different and unique with our own fascinating and interesting ideas and thoughts. No one is worse, but no one is alike. There is no such person as you, it does not exist and will not come.

Of course, in the twist of all these endless characters, it is possible that some people do

not want to and do not think about the necessity of caring for nature, that is to them as an empty earth without life. They have chosen not to care about our natural environment in this sense and don't consider it something more than only an annoying sidewalk or the unexpected fall of the raindrops on the road. I find that, instead of fiercely pushing ourselves with our thoughts and values, we should try to understand other people. People who either subconsciously or deliberately made their own decision to consider nature as minor or insignificant. We could listen to them together and reflect with each other, and then carefully introduce our own perspective, lifting a small door to a different world. However, we also need to understand that imposing another person to do something is meaningless and should not even be done. We can decide for ourselves even the choice. For example, we can very well know and maybe even let ourselves know that we need to lose a few kilos here and there, but we will still make the final decision about it, if it is not by chance. With high pressure or exertion. The same is true for environmental awareness and nature as a close friend of ours. The choice is for ourselves, even becoming conscious is optional. Some of us do not need

to have other than just one glance into massive forests or just a joyful play of the sunflowers in the tree trunks, for the sake of nature. Some again need to see a catastrophic event, the consequences, which are no longer confined only to a few destroyed plants or landscapes, but to the destruction of the entire extensive ecosystem. In order to keep such horrible sights away and to avoid them, in my opinion, at least half or more of the mankind should understand the eternal soul and the importance of the nature in our world, inasmuch as a substantial part of all of us. We can not force anyone to understand but we can direct, offer our own variants and visions, and respectfully listen to another person. After all, cooperation and tolerance are some of the most important points that will pave the way for a better and more peaceful world and create a new, positive start for everything and everyone. A wonderful journey for all of us in creating an environmentally friendly and joyfully vibrant world.

my mother taught me  
how to listen to nature  
and how to be in balance  
so that the trees' murmurs  
and the stream's sounds  
become words  
she directed my little hand to one flower  
i remember how i squeezed it in my palm  
and my mother's bright whispers  
'do not make it too much'  
and at that moment, when i stopped  
i really began to hear  
how everything around me came to life  
and how nature really talked to me  
it was that day  
where i and the Mother Earth  
became one

- *the voice of the silent leaves*

even for one day  
take a moment  
to rest from everything  
which has recently let you down  
even for one minute  
go back, listen, look, explore, think  
take a walk in the woods  
or dive in the depths of the mountain lake  
forget about this half-finished project and those  
unwashed dishes  
just change that one moment to something  
amazing  
the moment when you're free

- *one moment*

she was something so special and unattainable  
that nobody understood  
what she hid behind every detail  
what power she was capable to have  
one thing was only sure  
when she came to you  
pink flowers poured on her head  
you knew that you had never seen anyone  
so beautiful and unbound

- *unbound*

so many years of learning and taught wisdom  
but no one told us  
how the sun has the power to bring  
a new start  
and the water to remind us  
of the importance of the self-love

- *forever learning*

i would like to get to know you  
in a more deeper way  
like what is the first thing in your mind  
when you wake up in the morning  
where the next day will take you  
what brings you a smile on your face  
what is the color of the chocolate you eat  
when you are alone and listen to 90s music  
what would you do if now  
you were able to be anyone  
or be anywhere  
i want to know your dreams, fears, hopes  
everything  
i want to get to know every part of you  
to shape for you and for everything  
around you  
and to all people  
an extraordinary world

– *every person on Earth*

breath, let it free  
everything is alright  
everything is exactly as it should be right now  
trust that everything will come to you  
at the right time  
and that everything you have always wanted  
will gently fall on you  
like the rain on Sunday mornings  
or like thousands of rose flowers  
without beginning or ending

- *it will come*

let yourself just be  
let yourself be angry, upset, disappointed  
give yourself the permission  
to release everything  
that you have kept in yourself  
for too long and too strongly

- *look up and see the sun*

Mother Earth loved our steps  
already long before  
our feet touched her surface  
she believed in us  
and blew life into our lungs  
already years before  
we were able to believe in our potential  
feeding us with swallows of happiness and  
hope  
holding hands and singing us into the morning  
life was born in us  
and eternal love  
for the gift of wisdom  
she had given us

- *long before our footprints*

the chestnuts made by nature's grace  
i pick up one  
and when its small angles  
push against my palm  
i truly understand  
the large magnetic field  
of our own possibility and power  
pulling closer new roads and abundance  
and manifesting them into life  
into our reality  
just like the chestnuts that fall on the head  
and their strong influence that for a long time  
our scalp can feel

- *the chestnuts of our life*

spring came and sighed on us her breath  
twigs made of star anise  
hid your dark shade with us  
in the middle of this beauty and unexpected  
wealth  
i felt lucky, the happiness rose inside of me  
the flowers fell further  
purple and light pink  
so the seeds of a new life would emerge  
and the heart grew the spring for us

- *the sigh of the spring*

release the door from the souls  
tear open the windows  
the light craves in  
wants to direct into the day its fresh rays  
wants to dance with the honeybee  
and pick flower buds from the branches  
at this moment, here  
old rules no longer apply  
the new moon and the new winds  
are blowing now in the afternoon  
allow them to return in the morning  
and leave again with a marvelous flight  
in this land i will create everything new  
ancient frames, borders; no longer shall be  
the echo of the sunshine brings a laugh to the  
lips  
no doubt, worry  
open your arms and the windowsills

- *releasing of the old*

after centuries of nature's power  
and its flowering on the Earth  
the flowers of our life withered into emptiness  
this planet, these ancient mountains  
have lost its meaning  
the wind brings messages of sorrow  
the snails move over the huge petals  
and the big birds dive their eyes shut into the  
water  
this fact is tough and deserves denial  
eating and eating out of reality  
away, away  
but nobody can stop the heart  
from feeling the truth

- *the truth*

kiss the red-blue lips of the sky  
dance with the Saturn's ball  
breathe in the Earth's wood for the smell of  
honey  
take the fairy's crystal goblet  
let yourself fall into infinity  
between the moments  
where there is only a whisper of eternity  
and the reminder of the past  
like an echo in serenity

- *the happiness of being alive*

we will step together, you and me  
together, through the deep waterfalls  
i watch gently with my eyes  
where you caress my shoulders with your hand  
and you leave a glimpse of your affection  
to my soul  
boiling with life now and forever  
and the heat of your breath  
pushes a sharp layer to my forehead  
and with heavy crescent you decorate my hair  
and the star crowns my eyelids  
my love for you is so very big  
burns down all the old inside of me  
all built walls and prejudices  
can you see my love?  
our story was set to be

- *me and nature*



8.

*thank you  
dear friend  
for your dedicated time  
thank you  
dear friend  
for opening your soul  
thank you  
a thousand times for this moment  
thank you, thank you, thank you*



## **About the author**

Liis Lõhmus is a young author, who has written stories and poems already many years. She has her dream of a more beautiful and friendly world and this is what she hopes to accomplish through her writings, giving people hope and the feeling of infinite joy.