

# My poetic mind

Sophenia

Presented by

*My poetic Side* 



## Dedication

*Hi! My name is Kenia. I am trying to share my story through poetry. Poetry really helps me to express myself and my feelings. And I hope it can inspire you to explore yourself and your feelings too.*

## About the author

I have been writing poems for a long time now. I started in primary school and haven't stopped since. I am now 20 years old, and I don't only write poetry; I also think in poetry style ;)

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## Love And Light

Cold as the night  
Feeling my loneliness inside  
Let there be light  
Love and light

Hiding my voice  
Silently feeling as though  
I am alive  
Silent but live

Everyone hiding their truth  
But some day when we all connect  
It's like we're one and share ourselves  
Our love, our light, our beauty



## **I will always be grateful for you**

Every word I try to write  
Just feels so wrong  
Not sure how to act tonight  
When I remember our old song

It's not like I don't feel anything  
I just want to keep up hope  
I know this is something serious  
But this is my way to cope

Trying to find some peace in writing  
I am just having a hard time  
Cause I could write a hundred things, so tiring  
Just thinking about the old time

Trying to escape the why  
Cause nothing will make you cure  
I never want to say goodbye  
But I will always be grateful, that's for sure

## The path to enlightenment

Maybe I am someone different

Someone who doesn't quite fit in

But what if I had no embarrassment

And started to begin

Living a life no matter how divergent

Don't having to care about what other people think

Feeling finally free and on my way to enlightenment

Let this new story begin!

## 333 thoughts

333 thoughts running through my mind  
Some are fun, others unkind  
Which makes my mind an overwhelming place to be  
Cause they all want something else from me

333 thoughts running through my mind  
Not being able to unwind  
When they actually all want the same  
But all I do is trying to tame

333 thoughts running through my mind  
They can make me feel blind  
But they are just fighting to win  
My attention from within

333 thoughts running through my mind  
And I finally feel aligned  
I was just sitting in silence  
Listening to each of them without violence

333 thoughts running through my mind  
But now I am feeling unbind  
They aren't longer my enemy  
Because I know that they are only temporary

## If life was a poem...

What if life was a poem...

Wouldn't it be wonderful to exist?

I would love to live and show some

Love without resist

I would let my heart speak more

Not letting fear hold me back

Moving through life as an open door

Embracing everything that once was black

Life would be so emotional

So sensitive and very fun

Living a life a little bit more sociable

With lots of space for everyone

## An exploding heart

Do you ever feel so much love  
Like your heart is going to explode?  
All the good things being send from above  
Giving me an overload

I feel so much love, I could burst into tears  
It almost feels too good to be true  
While it's actually from hard working years  
And all the heartship that I have been through

Whenever you are in need of some extra love  
Just ask yourself the why  
Why thinking: 'I am not good enough'  
And you will finally start to apply  
Having more compassion for yourself than for anyone  
Because the love you seek comes from within  
Of course it's easier said than done  
But you deserve it so bad my love, you always have been

## LIVING LIFE!!!

Everytime I lay in the sun  
Life seems so much fun  
I am on top of the world  
Nothing can make me swirled  
It's so weird to move through life  
Feeling happy without having to strife  
Going with the flow may sound cringe  
Can someone please give me a pinch?

Before you know you are out of the sun  
Leaving life, being left with none  
So make the most of your time in this world  
Be ready for the adventures that are served  
Living a more blissful life  
Supporting each other with a high five  
You Only Live Once, there is nothing more cringe  
But it's true, live your life and don't even flinch

## Sitting in a train

Right now, I am sitting in a train  
Which will lead me to another terrain  
But how the train will get there  
Is a journey you can't compare  
No matter how long it takes to get to the other side  
Eventually you will get there, just enjoy the ride

## Inspiration comes and goes

Inspiration comes and goes  
Can't be tamed, just flows  
Hard to catch but worth when you do  
Inspiration has chosen you because it knew

You don't even have to know what to do  
At some point it will come through  
Go make the most of it's time  
You have permission for a creative crime



## Fear

One little thought  
Very innocent at first sight  
Can destroy every other thought  
Without even having to fight

Because one thought turns into two  
And before you know it,  
The number of good thoughts is few  
But it's not a reason to quit

No matter how afraid you are  
Fear is just that one little thought  
And if you have come this far  
You are truly a superstar

## A wooden violin

A wooden violin  
Playing the most sensitive string  
Sometimes she sounds a bit out of tune  
But that's what makes her vulnerable, just like the moon

A wooden violin  
Can touch anyone from within  
With her magical sound  
She heals everyone who is around

## What if imperfections could heal?

What if we could heal each other with our own imperfections

Would you risk your own pride?

Making more meaningful connections

Without having parts of yourself to hide

Would you dare to feel fully naked

In order to save human kind?

Our imperfections are created

To heal those who feel behind

## The stream of life

It's the stream of life

That keeps us all alive

Not having to keep it to yourself

Being vulnerable and sharing it with everyone else

## Ugly as the new beautiful

Feeling ugly inside and out  
And always starting to doubt  
Not feeling good enough for myself  
Let alone feeling worth it by anybody else  
Originally, the world is a place of love, which will never go away  
But it will, if you hate yourself, each and every day

Seeing beauty in everyone around me  
Wanting to be like everyone else  
Thinking that it would be much more easy  
Than having to look at myself

But here's the truth:  
No matter how good you are in being someone else  
You will still feel ugly  
The feeling will never go away  
If you don't start to treat yourself more lovely

What's wrong with being ugly?  
Why not seeing ugly as the new beautiful?

Be you and love everything that feels ugly  
Because what else can you do?  
You simply can't change who you are  
But you can change your way of perceiving

When you are able to accept  
You can live in a world of love again  
And with some patience,  
You will be able to love yourself again  
Just start by seeing ugly as the new beautiful

## Let the water flow

I can't cry at the moment  
Something holds back the tears  
Don't know what it is, don't have to know  
But after all these years  
I would like to let the water flow

## Falling in love

I am not afraid of love  
But I am afraid of falling in love  
Cause falling means letting go  
Letting go of control...

But if I never fall,  
I will never love  
And that means I would regret it all  
And go home without any love

## The family tree

My family will always be there for me.  
I will always keep the love in my heart.  
That's why it's so frustrating to see.  
That they also have given me a false start.  
I truly love them, don't get me wrong.  
It's just that I need to see who I am on my own.  
Not having to listen to what path I should have gone.  
But instead listening to the wisdom that my inner voice has already shown.  
Going into the life that i'm ready to live.  
Being authentic and free.  
Living a life with lots of love to give.  
But there is no giving without receiving for me.  
So I would fulfill my own needs first and forgive.  
This way I can be the one who breaks the selfless patterns in the family tree.



## Be unique and they will admire

Conforming myself to the rule  
Not knowing what that is  
Being so afraid to be seen as a fool  
Trying to prevent by making analyses

Trying so hard to conform to their idea of normal  
But finding out that it's never good enough  
Things I do within the rules will only make me more abnormal  
Rules are made to be broken, but that can be really tough

It's better to not try to conform  
Rather stand out and inspire  
It doesn't matter how you perform  
Be unique and they will admire

## Let the change in

Having so much change to come  
Scares me to death  
Although it will be the best decision yet  
I am afraid of not knowing the outcome

It's all so uncertain, but at the same time so exciting  
I just have to remember for what i've been fighting  
It's not easy to let myself succeed  
When I am used to hurting myself till I bleed

Really wanting to be more compassionate towards myself  
Which is exactly why I need to open my heart and put my feelings on the shelf  
I am letting my past go and will remember all that i've done  
But now it's time for me to go for what's best for me  
And for what I was meant to do all along

## Be fearless

Don't be afraid  
Be fearless  
Three hundred voices  
Bringing joy in the sky

Love what you do  
Little darling  
Dance all night  
Shining fearless and bright

Roses are red  
Spreading love  
Today,  
Is a great day!

## To Heal The Hurt

To heal, to help and to hurt.  
May you feel at peace.  
Never have I ever thought about being okay in the dirt,  
When my adventurous soul tried to cease.  
It's okay to take a deep breath of believe I said.  
Yes, it's okay to be a little fierce.  
As long as you don't worry in bed.  
Go ahead: transform and pierce.

Your breathtaking strength,  
With your authentic blessing,  
Are things that grow abundance in length.  
Just don't hold your breath in the hurt that is passing.

## An ode to the magic within

This is an ode to the magic within  
With every ending there is also a new beginning  
Do I owe myself an apology to start  
Cause dear self, negative critic has played a huge part  
But through discovering the power of the words I speak  
I was able to see how it can make or break, the weak or the unique  
This new insight has cleared my vision  
And made me ready to move towards a new division  
So I wanna thank the magic within  
For always shining no matter how hard I tried to dim

## Stay strong

How can you miss someone so much like me?  
It feels like I am dying cause I can not breathe  
I don't know what to do to feel less heavy  
But it's just so strong so can you please hurry

Cause lately it's been hard  
To let go of fear and start  
Revealing my unseen guard  
But I don't wanna stay long apart so let's get real

How can you miss someone so much like me?  
Tell me do I stay or do I flee  
Cause I am scared of thinking about what might be  
So I played it cool but rarely steady

Cause lately it's been hard  
To hide my strong beating heart  
Don't wanna show you how much I love  
Cause I am afraid it will be too much for you to feel

But I hope we stay strong

## Crying tears of relief

Sometimes life makes me sad  
Feeling sadness not because I am mad  
But after making the right decision  
In line with my highest vision  
It makes me cry tears of relief  
Because my younger self would be in disbelief  
Crying helps me relieve the sadness from within  
And makes room for a new begin  
Which wouldn't feel safe without the right people by my side  
Who will be there before and after I cried

## Flowing through life connected or alone

Flowing through life as a loner  
Making friends with the space around  
Feeling alone when being without it  
Needing to first soften the hearts of everyone in doubt

Flowing through life together  
Connected to our selves and the compassion we possess  
Feeling in harmony with one another  
Finding the space to feel love and express

Together we are stronger  
But only if we stop roaming alone  
To be able to connect to each other  
And accept this new space we can call our home



## **A monkey I would be, wild and free**

In my next life, I want to be a monkey.

I would play alone and with all of my friends.

Life would just be about playing and caring.

I would still face challenges, but always find a way to overcome them.

Just by moving, playing, and being

I would only see possibilities, no limitations.

A monkey I would be, wild and free.

## Hiding in the shadows

I hide in the shadows.  
Of the people who are older and wiser than me.  
Overshadowed by the skills an age gap can provide.  
It does feel comfortable here.  
However, it paralyses me from taking action.

I think I would rather be in the light.  
In the shoes of the ones who overshadow me.  
But I doubt that because that would make me go out of my comfort zone.  
Which is scary and a little confusing to me.

## Dreams

It is late at night and I am trying to sleep  
But the 300 thoughts in my mind aren't asleep  
They will guide me to a depth so deep  
To provide me the next day with the power to take a leap

## Overcoming all my fears

I hope I can overcome anything that scares me

For that I have to learn to be flexible

'Cause that's where I find the strength to fear successfully

Which means I use my fears respectable

To stop stagnation and start to flow

That's the courage I need to overcome all my fears and grow

## First Love

My whole life, I have stayed away from love  
Because I always felt like there was a bigger picture from above  
I thought being critical would guide me to the one  
It was an illusion I used to base my choices on

When I finally felt like I met 'the' guy  
I went full in by saying Hi  
It felt like the right person at the right time  
I finally was accompanied in my climb

We started to grow and build our story  
Having a great time and creating a memory  
We fell in love by dating a lot  
It felt even better than I secretly thought

You were the first person I loved so hard  
And turned in to the first one who broke my heart  
At first I didn't accept how you could unattach our cling  
You really hurt me, but I wouldn't change a thing

Cause even though you made me feel very insecure  
You told me that something better would occur  
And the thing you taught me the most of all  
Is to be open for love and not be afraid to fall

## The middle

I am in the middle of what I used to look forward to  
It is easy to forget to enjoy the middle  
But I just look at a sunflower to remember  
The joy of being in the now

Sunflowers help me remember the 8 rules of love  
Where all the rules point out that enjoying the middle,  
Creates space to experience the most love

So next time when I look at a sunflower  
It is a reminder to smile  
Because smiling to the middle part hits different  
It lessens the desire to always be something new

## What does being happy mean?

What does being happy mean?

This morning, I didn't want to get out of bed and start my day  
I was mostly irritated by the idea of traveling for two hours to get to work

But I made it a habit to push through those feelings  
And make myself comfortable by just doing my normal morning routine, waking up and trying to find positivity before I get to work

I listened to my favorite songs on the train  
I watched how the sun slowly appeared  
And enjoyed cycling instead of going by bus

I started setting up my workspace at work and started connecting with the people around me

And there it was: I fell into a flow of working from a connected and positive mental space.

I got some compliments from my colleagues and mostly enjoyed learning about and experiencing office life

On my way back home, I remembered how I felt in the morning

And noticed how happy and accomplished, lucky and grateful I felt at this moment

I was happy to go home and enjoy some free time

But this feeling made my day

And it made me realize that happiness doesn't exist

It's not that I woke up happy this morning  
I just made myself happy

For the sake of me



## The reason I keep getting stuck

The reason I keep getting stuck is me  
I keep getting stuck in my mind  
Not able to get out of it and into the light  
Feeling like others are the ones who are keeping me behind  
But the actual reason I keep getting stuck is me  
I am the one who has the key  
Which I sometimes forget to see  
It is time to be the reason I am free  
Because I am the one with the key  
And am ready to explore and see  
How it feels to step into the light  
And use the power of my mind  
To leave limiting beliefs behind

## When I first saw you

When I first saw you, I tried to deny  
I felt like running away, but didn't know why  
But despite wanting to run away  
I knew that I was meant to stay

With my feet stuck in the ground  
The feelings of longing were too strong to go around  
So there I was, secretly missing you  
So many emotions but not knowing what to do

Wanting to be patient and see where it goes  
But my thoughts keep spiraling back to you, as if it shows  
That running away isn't the right choice  
It's time to listen to my heart's voice

When I first saw you, I tried to deny  
But now I am ready to try  
Keeping a place for you in my heart  
Hoping that one day we will look back at our start

## Loving you when it is not real

My heart hurts when I think back to our early times  
To the point where I dared to express my love in broad daylight

What hurts the most is the love I still have for you but can't express  
The pain I feel is undescrivable and gives me a lot of stress

My mind goes back to the night when you told me you cared for me  
but that a future together was something you didn't see

I still don't understand how the future is all that matters to you  
I only act upon the love I feel in my heart, which isn't untrue

So here I am, still loving you and our memories  
Which I will always keep as treasures

And despite wanting to keep continuing the show,  
I know you don't want to continue and that I need to let go

Even though it is very hard to feel  
I know loving you at this moment won't ever be real

## Busy Bee

Doing everything for others  
Giving myself none  
Being busy as a bee  
Leaves me living without having fun

Being too busy doing things  
No time for the important stuff  
Like a bee who is busy making money  
But not having time to do its job: making honey

So be like a bee to a certain degree  
Being busy helping flowers grow  
But don't lose sight of who you're meant to be

Making time for yourself in the midst of the chaos  
Is essential for continuing to grow  
It's okay to be a busy bee  
But don't throw your life's purpose out the window

Be like a bee to a certain degree  
Working hard for you  
Being able to be passionate and free  
While doing what you're meant to do

## Finally Feeling Content

I am finally feeling content,  
With the idea of not being perfect all the time

In a state of peaceful happiness,  
Because of the change of perspective in my mind

I didn't know how to feel satisfied with my life  
Thinking that others were always enjoying theirs

But now I am finally feeling content with mine  
Pleased with the idea that I am not alone  
Knowing that everyone else is wondering too  
Not sure where they want to go

Satisfaction can only be obtained,  
When you feel fulfilled without the successes  
It is good to work toward your wishes, expectations and needs  
But don't forget to feel content in the progresses

## Finding connection in the disconnection

I always feel most connected when disconnected from the busy world.  
The earth and all the people and things upon it sometimes distract me to a certain point.  
When I am disconnected, I can be in my own dreamworld.  
No one who can bring me down from a higher to a lower point.

I feel so much more at peace when I am in my own world.  
Where I don't have any expectations.  
Believing that something will happen, will only happen in my dreamworld.  
In reality it can only happen that I will be let down by my expectations.

It is when I let go of my preconceived notions about my ideal world.  
That I start to give myself what I need instead of searching for it outside.  
And am more open to receive anything that comes to me in the real world.  
Finding connection in the disconnection makes me feel quite satisfied.

## The power to control

The power to influence or direct people's behavior or the course of events.

A power that is also called control.

Control has been very helpful in my life's invents.

It has enabled me to achieve what I wanted to achieve.

And has brought me certainty in times where everything felt out of control.

But sometimes this power turns into a burden.

Because I always felt like the one accountable.

And to prevent chaos, I was always the one to blame in times that were uncertain.

Because I allowed everyone else to be free and out of control.

This pattern has made me the responsible one.

The one who always needed to have control in order to succeed.

Living like this has caused a fear of having fun.

Because then there is a chance that the uncontrollable parts of me will lead.

The good uncontrollable parts enable me to let go and be bold.

While the bad uncontrollable parts are very impulsive and lack forethought.

Both parts are frustrated by always being controlled.

They always need to behave within limits and justify any thought.

In order to tame the reckless behavior that may come out.

I have learned to control my behavior.

The power to control is now the reason I always doubt.

And influence or direct myself to prevent failure.

## The playful dragonfly

Life isn't always fun, they said.  
But what they didn't say is why.  
Everyone associates getting older with getting more serious instead.  
But I want to be someone who keeps being as playful as a dragonfly.

I can understand the why.  
Because growing up gives you more responsibility.  
But I think that it is better to be afraid to die.  
Than being afraid to live and saying no to any possibility.

A boring life doesn't suit me.  
But always striving also isn't fun.  
I would rather use boredom to create carefree.  
And let it inspire me to live more like the sun.

Because the sun isn't afraid to stagnate.  
It knows that whatever will be, will be.  
Knowing its own timing helps the sun create.  
A life with times of action and times of wait.

With trust in my own process of knowing when to strife and when not to strife.  
I am not afraid of getting older.  
I like that I am responsible for my own life.  
Which makes it possible to live a fun life despite getting older.



## Survival mode

I am always in survival mode  
That's why I easily get overflowed  
It is normal for me to feel stressed, even in my comfort zone  
Positively speaking, it has trained me to feel comfort in the unknown

My comfort zone has been surviving  
Afraid to let go because success entails striving  
What would my life be with less effort in achieving  
A life less perfect but lived out of pureness instead of fearing

My life has shown me that I survived all the uncomfortable  
Let's show everyone that I can also survive letting go and being vulnerable  
Because my heart would be happier when I let go of the stress  
And start to work towards days that consist of more inner rest

## Yolo

I am scared of the yolo version of myself that shows love for life.  
More comfortable with the serious version of myself trying to survive.

I feel like a naughty and disobedient girl when I let myself loose.  
Thus I isolate and punish myself and always excuse.

As scared as I am to let loose, I am even more scared to live a life of regret.  
What comforts me is the pureness in my heart I won't forget.

I missed out on experiencing and having fun.  
I deserve to live that yolo life I get goosebumps from.

## Painful pleasures

Human kind.

All the same, but sometimes so far behind  
I can't help but think about how  
We are all afraid to be alone and don't allow  
silence in our lives to guide the way  
Taking things seriously, yet taking time to play

We kind of think, act, and fear the same  
And in being sad or happy, we have a feeling of shame.  
If not for a moment, the guilt creates our life,  
Our next steps while trying to survive  
Surviving this world's challenges together  
By doing what we are doing and forgetting painful pleasures

Humand kind.

Something feels wrong with leaving the same behind.  
starting to change instead of survive  
I think I would like myself and others better if we loved life.  
Rather love by doing nothing instead of overextending  
Feeling happiness without doing or pretending

## The same

I hate being the same

I always want to improve myself and play a different game

While I sometimes long for the easy and the normal

I also feel the responsibility to change the norm and support the abnormal

As much as I hate being different, I hate being the same even more

I want to be loyal to my own personality and my own moves on the dance floor

Dancing together with likeminded people or else dancing alone

Authenticity is more important to me than the fear of being on my own

## I see you

I see you  
But do I see the same?  
Do I see what you want me to see?  
How am I meant to play this seeing game?

I see your place in the world  
And how it differs from mine  
It looks like our differences and comparisons define  
Why and what we feel on a daily bases

I respect you and your feelings  
While wondering why the world is as it is  
How do I know what you're feeling?  
Knowledge gives me the power to understand a part of this

Am I meant to see all your colours?  
Spotting the bright colours as well as acknowledging the grey?  
Do you want to show the colours of your colour palette?  
And teach me how to paint with those colours like you do every day?

I try seeing and feeling as much as you allow me to  
With respect to everyones place in the world  
I see the world as a rich colour palette  
That allows everyone to feel different and the same

## Mind Battle

I love being creative  
And taking time to think out my inner narrative  
To me, thinking means coping with the challenges inside  
If you could have a look inside my mind, you would find  
A battle where the yes and the no are in conversation  
A conflict that creates more chaos and frustration

Our minds can do so much  
It is way easier to fight against an opponent than your own clutch  
Try fighting your own created negativity  
By being productive and listening to your heart's creativity

Creativity helps me find other ways to cope  
Because the result of thinking is losing sight of hope  
Fighting my own mind doesn't help me win  
What does help me is to share my battle with others and let acceptance in

## All that love brings

Love can make me feel lonely  
I did not expect it to be  
But I'm here, witnessing the unexpected closely  
And learning to say goodbye to things that shouldn't be

I can't do it all without complications  
But I can do it one step at a time  
I am proud of myself for the way I handle situations  
I am handling them better from time to time

The outer world reflects what's happening within  
That's a knowing that still feels unreal  
I want to create a state peace from within  
And slowly letting it appeal

Don't take all your feelings for granted  
Celebrate the unexpected and small things  
You are here now, trusting and experiencing all that was planted  
The unexpected is necessary to receive all that love brings

## The Power of Being While Doing

It is not about the doing  
It is more about being  
Never wish moments away  
Because of the fear of play

When you don't live in the moment  
You are your own opponent  
Always remember your ability  
To belong and create tranquility

We live in a world of cause and effect  
If things aren't going well, we try to correct  
But rather, keep doing and making mistakes  
Start playing for all of the stakes

It takes time to unlearn and change  
But with intention, nothing will feel strange  
Just keep calm and dare creating  
Focus on playing and stop hesitating

It is not about the doing  
It is more about being  
Practice makes perfect  
That's why you embrace rather than correct

Sometimes getting lost is what you need  
But getting back on track is the end goal indeed  
Have as much fun doing  
While feeling everything as a human being



## Where does inner peace come from?

I don't feel at ease in this mystery called life  
While my end goal is very clear, I constantly strive  
To feel peace from within with all the feelings that arise  
It's an unfolding story where letting go makes you wise

Everything in life comes in its own time  
The road may be long, but it's an easy climb  
Because you are in charge of how you deal  
It's best to consider and surrender to how you feel

Inner peace comes from accepting the mystery  
It's time to explore the new and let go of your history  
You are the main character, with a very clear goal  
You will know which steps to take because you are a very brave soul

## I would rather create

I would rather create than consume  
But sometimes it's necessary  
To consume in order to make room  
For new ideas instead of the ordinary

I notice the added value when I connect  
With myself, others, and the beauty in life  
But in order to connect, I need to distract  
Any negative consumption from my life

Maybe I am just afraid  
That my creation won't work out  
But it doesn't matter when creations fade  
Because the ones that are meant for you will always find another route

## Fate

I have no idea what is about to happen to me  
And while I am curious about what it would be  
I know that I can do nothing about it, but if I could only see  
Where my fate will bring me I wouldn't disagree

It would make it easier to trust the process to  
Where it is I am meant to go and what I should do  
But in reality I am just impatient to get to you  
Even though I know that I have to push through

You don't have to care about your fate  
If it's meant to be, it doesn't have a date  
The uncertainty is not something to hate  
It is only a reminder that you are the one that can create  
The life that you want and say no to the rest  
You only live once and you deserve the best  
If you would only trust that you are blessed  
It will make it a fun process towards the things you want to manifest

## What would happen if you let yourself go?

What would happen if you let yourself go?

When you follow your heart

And go with the flow

Even though there will be sad scenes in your show

Remember to let yourself flow

Because the path of non-resistance is the way to go

Just focus on growing slow

Because life is supposed to be fun, you know

Say yes to what's right; otherwise, say no

Nothing and no one is against you, so

Take the lead and choose to flow

The waves of life will bring you where you need to go

## And.... Action!

Everything takes action  
But there are different types  
A plane is only in action  
When it needs to

The elephant is a living species  
Which means that its always in action  
Even when its asleep  
There are always activities going on

And looking at a tree outside  
You don't see much going on  
But there are secretly a lot of processes going on  
A tree is active in its own way

Action can't be avoid  
It can give you energy  
But being too active can burn you out  
That's why theres always a need for balance

While humans find it hard to be aware of that  
Animals know how to balance being active  
With resting when they feel like it  
So take that action today to rest my dear

## **I think I am still in love....**

I think I am still in love....

Because you are the only one I can think of

I get butterflies when I am around you

And you are the one who

Makes me feel like the best version of myself

Giving me compliments while I want you to look at yourself

I melt when you give me a hug

Because I feel so much more than just feeling snug

I feel protected and safe in your arms

And you make me forget all my morning alarms

Because when we are together everything else fades

I can be myself in all my different shades

The only downside of still being in love...

Is that the right timing can only be secured from above

And right now you are the right person at the wrong time

I wish loving you wasn't such a crime

We both owe it to ourselves to make a choice

Do we wait or let go and suppress our desiring voice

With so much love in my heart for you

It's the unknown I jump into

Because while I let go I secretly hope we are meant to be

I give the both of us some space to find out and see

Where all the beautiful memories will lead to

Whatever the outcome, I am excited to see if it's you

## The ups-and-downs in the process of creating

I can't handle the waiting

Waiting to show others what I am creating

Because creations start with ideas in my head

Waiting for the right timing to be spread

It frustrates me that there's a whole process ahead

Wanting to skip the process is what I would love to do instead

Because it always consists of ups-and-downs

Which I know is necessary in order for the ideas to ground

So in order to create, I know that being patient is what I need to learn

I love creating, but I hate waiting for my turn

That's why I can get very frustrated with myself

And feel a lot of other emotions that I used to put back on the shelf

Those emotions started to feel like a lot of messages unread

Which is why I now choose to embrace all my emotions instead

And use them as a part of my journey towards the things I am creating

Experiencing ups-and-downs in the process is the solution to waiting

## Always wishing and dreaming

I don't know what is happening to me  
And I don't know who I want to be  
Because everywhere I look  
There is greatness I see

Which always makes me question  
What I can do to radiate the same passion  
And while I love loving other people  
My life feels never enough doubting my own expression

But this is me, always wishing and dreaming  
Thousands of possibilities of who I could be felt so freeing  
But always striving makes me forget living my life  
My biggest wish right now is to enjoy being a human being



## The Beauty of Feeling Everything

Maybe

I am scared of having everything

Because what if

I wont feel a thing

Being perfect was all that mattered to me

And while it has kept me from hurting

It is true that it keeps me from feeling

And thats exactly what comes with being

Because what if along the way

I will lose people that carried me this way

I wanna have somthing left

A sweet memory that carries me through the rest

A memory created by actions and feelings

So why being scared of having everything

When feeling all that comes with it

Is exactly what I want to remember for the ending

## The new norm

I am unbound, free and right  
When I reflect, I no longer want to fight, freeze of flight  
My healing journey is complete  
I forgive myself and accept the defeat

I am protected in my own bubble  
Where I excuse myself from trouble  
Ease, comfort and simplicity are the new norm  
They are allowed to enter the bubble and change it's form

## I know the answer now

I know the answer now  
And it is what I actually knew from the beginning  
So it is not a surprise, anyhow  
It is a confirmation that this is the right beginning

I found what I was looking for  
Which left me quite overwhelmed with joy  
It made me afraid to join him on the dance floor  
Because what if he was the wrong boy

I pushed myself to look at my thoughts and feelings toward him  
I never wanted to quit or leave because of my confusion  
I wanted to know the things that are pleasant and the things that are grim  
After this confrontation, I came to the conclusion that I really love him

It is all so surreal and new for me  
And because it is so precious, I don't want to fail to appreciate  
I feel like things happen because that's how they are supposed to be  
And that he is the one who guides us towards the life that we want to create

## It's almost time

It's almost time for you to move a few miles  
And that makes me happy and sad at times  
Because I know how much it means to you  
Which is why I fully support you

But on the other hand, it feels like I'm being left behind  
Being alone and left with too much worry in my mind  
Because what is it that I am going to do?  
Nothing beats doing things together with you

Of course we won't stop texting and calling  
But that doesn't hit the same as being together and talking  
I have noticed that life has gained more value with you  
And with the things we are planning to do

I know I'm going to have a hard time while we are some miles apart  
But the thought of being back together creates hope in my heart  
And will overrule the difficult emotions that will come  
I am curious to see how strong our connection will become

## Whispers of doubt

Whispers of doubt  
Are overpowering my dreams  
They show up in moments of reflection  
And whisper all the reasons of how I will fail

Whispers of doubt  
Are not letting me fully embrace this time  
Though I know they are not my true feelings  
It's hard to separate from their grip

Whispers of doubt  
Can be incredibly loud  
While I think they are there to caution  
It seems they are there to transform

Whispers of doubt  
Not only affect me, but also impact you  
In all the things I said out of doubt  
I hope I didn't make you afraid of failing too

You always saw the sincerity of my emotions  
And deep down, I knew it too  
But I was so afraid to let go of those whispers  
Because they provided some semblance of comfort

I now choose to love  
And I want to express my gratitude for you  
My doubt has been my greatest adversary  
But you were always there to support

So I want to bid farewell to those whispers of doubt  
And commit to this journey  
I don't need to justify why

I simply need to start believing

Goodbye, whispers of doubt

You are just a voice, not my true essence

A new chapter has begun

Where doubt will never overshadow my love

I had a dream

And it was planted in my heart for a reason

I won't dig up in doubt where faith was sown

I believe in my heart, not in the doubts.

## Chapter one has begun

I finished chapter one  
With eleven more to go, the year's just begun  
I started with excitement for all that's new  
But also some fear, unsure of what to do

I questioned and pondered, a bit too much  
Examining my life, finding areas to touch  
But I realized I'm content with where I stand  
I needed to change my thoughts, take a positive stand

Accepting the present, that's what I found  
Embracing insecurities, they'll make me strong and sound  
I'm ready for chapter two  
I already have a hundred things in mind that I want to do

One goal is to embrace the unique parts of myself  
To see my tenderness as power that's what will help  
I've learned improvement isn't always the key  
Life is about embracing my perfectionistic side, but staying free

## I feel okay

I feel okay

As long as you feel appreciated anyway

You almost make me cry

Because you are so gentle and sweet and I don't know why

You taught me what happens after falling in love

And that the feeling of ease is a sign of true love

Never have I shown people all of me

Do I even know how to behave when I feel free?

I can be imperfect and still perfect in your eyes

It's why the younger version of me softly cries

She feels safe and seen

Yet she struggles with letting go of who she had been

While there's this gentle and sweet boy in front of her

It feels like she has to prove her love by loving even harder

She hopes that he will feel appreciated as much as she feels appreciated by him

If she could name one thing she loves to do together, it's to sing

It makes her see more of his lovely personality

It shows the depths of his heart and makes her pull towards him like gravity

How scared she is that this is all a fantasy

He reminds her of their love for each other and makes her see the reality

I feel okay

As long as you feel appreciated anyway

You almost make me cry

Because you are so gentle and sweet and I don't know why



## What should we do today?

What should we do today?

Society makes me want to run away

To a place where I can slow down and just be

Nowhere to go, we trust and will see

I would rather do nothing in a day

Then get stressed from working the whole day

I don't think the purpose of life is to suffer

Freedom in society will give people space to discover

Everyone's day looks different

I think everyone deserves a glimpse of magnificence

We walk past each other on the street

Not knowing if the other person feels strong or a little weak

What should we do today?

I think connecting and being nice to each other is what keeps us alive nowadays

In a society where people often feel like they are alone and not enough

Go ahead and give your smile today to make someone else's life less tough

## I forgive

Dear you

You are always trying to reach your full potential, but for whom?

You are always striving to be your best self

Even if that means neglecting authentic parts of yourself

You have taught yourself to be perfectionistic

It's who you are when you hold standards that are unrealistic

Why be so hard on yourself and for who?

Is it because you like it or because you don't know what else to do?

Look at where you are in this moment

You are probably your own opponent

Everyone else is enjoying their time as a child

While you are sitting here, making life in your head more compiled

Your biggest dream is to feel confident and free

So why act like you don't know how to be

Your own criticism takes the best of you

Is it all necessary to blame yourself for doing few

If you only knew

How life would feel when you were the true you

I would grant you that feeling

It's a journey to self-healing

Dear you

You are always trying to reach your full potential, but for whom?

You are always striving to be your best self

Even if that means neglecting authentic parts of yourself

I feel angry towards you

While I know it's not fair or the right thing to do

But I wish we would have embraced ourselves sooner

I wouldn't change a thing, but to live life with more humor.

Even though you make my life more difficult than it needs to be  
I forgive you for everything?the whole picture you couldn't see  
I'm sorry for showing expressions of disgust  
I should have started making trust in the process a must

If I could take back my ugly words, I would do it  
Because I can see how it wasn't to your benefit  
You did everything because you wanted to impress  
You made it, but it has given you lots of stress

I now want you to feel very loved  
Despite everything, you have never been unloved  
I am here for you now  
Accept my trust and allow

Dear you  
You are always trying to reach your full potential, but for whom?  
It's okay to strive to be your best self  
But not if that means neglecting authentic parts of yourself

## **Eat, sleep, work and repeat**

Eat, sleep, work and repeat  
And they keep saying that life is sweet  
But what if we die?  
Will our work colleagues cry?

Eat, sleep, work and repeat  
We do anything in order to deserve a treat  
But what if we die?  
Are we happy that we stopped when we got shy?

Eat, sleep, work and repeat  
There's a lot more to this beat  
And I want to experience as much as possible before I die  
I would never forgive myself if I didn't give it a try

## In the blink of an eye

In the blink of an eye, the months swiftly fade  
Wishing each lovely moment could forever be displayed  
From daytime to bedtime, the moments slip away  
I reach out to hold them, but they'll only stay for today

I yearn to be present, and strive to achieve a state of tranquility  
I'll embrace the seconds, the minutes, the hours, though they aren't like infinity  
For time may be fleeting, slipping through my grasp  
But I'll cherish each moment, making them last

Time can pass quickly, there's never enough  
I can only control my own pace, even that is tough  
But it helps me feel like I have a grasp on time  
I want it to be like a good rhyme

Life's a journey where time goes by  
It seems like we need to let go of trying to rely  
New goals, new ideas and new aspirations  
But the thing I love most are our conversations

## Co-incidence

There is no such thing as coincidence  
Although it felt to me like a happy incident  
A stroke of luck some might say  
Whatever it may be, it's a fact that synchronicity happened that day

For some reason I was surprisingly sure of taking this route  
If I could do it all again, I would  
You asked me for the reason behind my conclusion  
This is why, without any confusion

When going through my picture collection  
You will find a 'my favorites section'  
It is filled with moments of joy and bliss  
The memories keep me warm and restore my peacefulness

The reason why I chose this direction  
Is because of your impression  
Not only did I feel calm and safe in your presence  
You also were the evidence that people are good in their essence

It is not only how you impress  
But also how you behave in times of stress and success  
You are so kind towards everyone  
And to me, you are the one

You're beautiful inside and out  
You're who I can't stop talking about  
Because it feels like a happy coincidence  
To have met you in an incident

## Hand in hand through life's maze

With lots of wonderment, I look back  
With so many good memories to unpack  
In a state of awed admiration  
I am so happy that we started our conversation

My younger self wished to meet her lover  
She was so excited to discover  
How this person would look and feel  
Unaware how swiftly you'd appear and reveal

Here in this moment, I am in disbelief  
A pleasant feeling of wonder and a sigh of relief  
My wish, now a reality so true  
Emotions surge, in waves anew

I want to thank you for not giving up on me  
I was judging you and couldn't see  
That my judgement came from old concepts and frames  
Closed eyes, blinded to your flames

Above all, you're my trusted friend  
Someone who is quiet, honest and helps me expand  
Who fights for me and always makes me laugh  
This is a thank you on my behalf

I don't want to take a moment for granted  
In attentiveness, love is planted  
You taught me to surrender to the unknown  
In your presence, my love has grown

I look back with wonderment at the moments we share  
So many joys, and you're always there  
I forever wish to meet your gaze

Hand in hand through life's maze



## Should love change you?

I asked myself how my relationship has changed me  
But I didn't know  
I feel like it should have changed me  
Because from what I know, that should be the way to go

Of course I have changed over time  
But I can't pinpoint how you changed me  
Should love change me at anytime  
Or is it okay to just be me

I don't think I've changed that much  
And it's actually the best gift you could have given me  
You supported me in staying true to my own dreams and such  
And made excited to grow into who I want to be

You opened my heart and made me feel connected  
Every day, you teach me to slow down and enjoy the present  
And when I feel disconnected  
You can always direct me back to feeling pleasant

So no matter if or how you've changed me  
I do feel more positive and supported in life's journey  
Change is okay, but not necessary for me  
I just want to enjoy life with you fully

## Fear to be wrong

### Fear to Be Wrong

Wanting to be sure and right  
Keeps me from doing my thing and makes me sit tight.  
Scared for feelings of failure to arise,  
I consider every scenario before my eyes.

On the other side of fear lies happiness,  
But listening to my intuition feels reckless.  
Life asks me to weigh the consequences,  
While I'd rather go with the flow, without pretenses.

I want to let more happiness in,  
And maybe that starts by daring to let failure in.  
I fear being wrong, but what if that feeling's amiss?  
What if it's just the cost of seeking bliss?

I want to rediscover myself and my dreams,  
For any fear of being wrong will not be redeemed.  
I want to be excited in everything I do,  
And I recommend you do the same, to feel proof through and through.

## A Love Unmet, Yet Eternal

We were already preparing for your arrival  
Yet fate had other plans in store  
We were already celebrating you  
Perhaps too soon, as time slipped through the door

We already loved you  
Imagining the life you'd lead  
How your parents would nurture you,  
And when you'd take that first step, indeed

We believed this world was yours  
A place for you to thrive and explore  
Yet it wasn't meant to be  
Fate had a different path in store

We will always wonder who you might become  
A life unrealized, lost in the womb  
You left us with questions, aching and deep  
But above all, we mourn the chance to meet

Rest easy, little one  
We'll hold your parents close, their hearts entwined  
For you made them parents, and in that moment  
You gifted them a love that time cannot unwind

We were already preparing for your arrival  
Yet destiny had a different say  
We hope you're safe and warm now  
Wherever you may be, come what may

## Mom and Dad

You deserve this with a hundred percent  
Yet it feels so unreal  
That it's truly happening, here in the present  
And things are moving undeniably real

Happy and sad both at once  
Knowing things will never quite be the same  
This didn't come out of nowhere, it's been building for months  
Yet I still hope that positive things will happen in loves name

It's comforting to know that no matter what happens next  
We'll stand together through it all  
Embracing the changes, allowing what's best  
Step by step, whether large or small

You deserve this with a hundred percent  
It took real strength to break the pattern and turn it inside out  
While many parents can do this, what sets mine apart  
Is the unwavering love and care they've shown throughout

So to you guys, I raise a cheer  
May my joyful Mom and Dad reappear  
Through all the change and the paths unclear  
I know you will both show your love, steady and sincere

## Our love

A year ago, we began our connection  
I wanted it to be flawless, without imperfection  
Any small flaws I noticed made me mad  
My mood quickly shattered, leaving you feeling sad

Despite the waves of doubt inside  
You've always stayed right by my side  
Through all the changes still to come  
I know our love will overcome

Because real love isn't about perfection  
It's about growing together and finding strength in imperfection  
The moments of vulnerability, when our hearts are close  
Those are the moments I cherish the most

There are still times when perfectionism takes hold of me  
But now, I can find my way back to who I want to be  
Feed from the chains of an ideal I once chased  
Only now does our love feel real and embraced