

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 ;)

summary

Love And Light

I will always be grateful for you

The path to enlightenment

333 thoughts

If life was a poem...

An exploding heart

LIVING LIFE!!!

Sitting in a train

Inspiration comes and goes

Fear

A wooden violin

What if imperfections could heal?

The stream of life

Ugly as the new beautiful

Let the water flow

Falling in love

The family tree

Be unique and they will admire

Let the change in

Be fearless

To Heal The Hurt

An ode to the magic within

Stay strong

Crying tears of relief

Flowing through life connected or alone

A monkey I would be, wild and free

Hiding in the shadows

Dreams

Overcoming all my fears

First Love

The middle

What does being happy mean?

The reason I keep getting stuck

When I first saw you

Loving you when it is not real

Busy Bee

Finally Feeling Content

Finding connection in the disconnection

The power to control

The playful dragonfly

Survival mode

Yolo

Painful pleasures

The same

I see you

Mind Battle

All that love brings

The Power of Being While Doing

Where does inner peace come from?

I would rather create

Fate

What would happen if you let yourself go?

And.... Action!

I think I am still in love....

The ups-and-downs in the process of creating

Always wishing and dreaming

The Beauty of Feeling Everything

The new norm

I know the answer now

It's almost time

Whispers of doubt

Chapter one has begun

I feel okay

What should we do today?

I forgive

Eat, sleep, work and repeat

In the blink of an eye

Co-incidence

Hand in hand through life's maze

Should love change you?

Fear to be wrong

A Love Unmet, Yet Eternal

Mom and Dad

Our love

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 everyting 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 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 treasuries

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-incident

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