

12 Poems

... about the art of thriving, of living a full life, the one we all dream about ...



DREAM Bolaly

Unleash your heart and let it take you on a journey, to places vaguely remembered, futures barely glimpsed and treasures beyond belief.

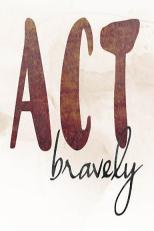
Set sails to lands unknown and bring home no less than a castle, with the gilded doors and windows of a kingdom yet to be born.



Again and again, defeat after defeat, turn your heart inside out and bravely expose old scars and new wounds barely healed.

Never allow those mighty doors to close shut, no matter how many times your calls go out into the night, unanswered, echoless.

Because in the silence you will hear your heart whisper: "I'm alive!"



Not a single act of courage
has ever come from a mighty man.

Born from the frail and the weak,
it creeps through the cracks
of a stubborn heart
that will not give in to the siren song
bound to betray the soul.
So take heart,
and with a hero's breath you will rise
to embrace the truth
that will bring fear down to its knees.



Nature never struggles.
Rivers flow. Flowers grow.
Life does not labour.
Moments flow. People grow.
Naturally unfolding,
expanding into space,
sprung from seeds of destiny,
a steady stream towards the sea.
Gently now, follow the path
that every flower must embrace
to bloom into being.



Chuckle, giggle, laugh out loud, find the humorous in humility, the hilarious in the nefarious.

Let laughter transform the serious and lighten feelings of heaviness.

Laugh often - a cheerful heart will turn fear into frolic and anger to ashes.



Move to your own drum,
create your own rhythm.

Step left if you want to, even if it's not right.

Follow the hidden song only you can hear,
begging you to dance - each move
weaving together the lines of your life,
the love of your heart, and
the light of your soul.

CHOOSE joy

It takes courage,
to turn your back on the shore
of a luring promise,
the safe land of strain and sacrifice,
leading you astray on an empty quest.
But the place that you seek is a sea of delight,
and only a joyful heart
will make port in
the haven of happiness.



There is magic in the failure-free fun of a game, spreading your wings and taking leaps, again and again, until you learn how to fly.

Let laughter and delight turn the innocent skip of a child into the footstep of a giant.



There's a place of peace
beyond the haste, the quest for more,
the shield of things.
The hum of your heart will lead the way
to the quiet well of simple truth,
of real needs met and false wants shed.
When you drink from
the waters of value,
you will know the joy of enough.



Trust the call that drowns all voices, the Shoulds that guard the common rule, the Shouldn'ts bound to rock the boat, the warning cries of bygone guides, the fearful counsel dressed as love.

Let your heart alone speak of right and wrong, and follow the trail of truth.

BREATHE

Let your body sink
into the arms of silence,
the deep solace of a soul at peace.
Stop the world for just one moment,
and inhale the soothing still.
Rest your mind for just one instant,
and let your breath
steer your home.



Take a breath and
breathe the world,
taste the sweetness underneath.
Take in all you take for granted,
fill your soul with all there is.
For in this moment
no one else owns this piece of life, but you.
it is yours and yours alone
to hold and love.
This gift called Life.

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