

# Love and Light

insights from within

## **Love and Light**

Love and Light...  
insights from within...  
the heart's always right...  
truth cannot but win.

# Love and Light

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## **A walk**

Happily I walk... step after step...  
time is my companion...  
I cross every space...  
that is...will be...and was.

I feel completely liberated...  
that state of freedom is my reason...  
although I walk in 'the present moment'...  
I will repeat it in each and every season.

The rhythm stills my mind...  
who dwells only in peace...  
all noise is gone... has been...  
the reasoning will decrease.

Not much is needed...  
for such a nice feeling...  
just a dose of energy...  
for a relaxing walk.



## **About what?**

What can I write about...  
what shall I testify?  
About The Love That will last...  
even if the world is falling apart.

That Love knows no bounds...  
no fence can restrain It...  
is in the heart of every person...  
will work continuously.

You can always rely on It...  
you are always connected to It in freedom...  
without shackles... without ropes...  
no matter the depth of your life wounds.

Everything is permeated by It...  
nothing is ever without...  
It is sung in all languages...  
that in itself is a miracle!



## **As fast as it is: the moment of now**

The moment of now, that goes by so fast...  
it will soon be the future...  
also the past moreover...  
the present isn't meant to forever last..

A fast moving little moment...  
continuously rushes to tomorrow...  
something that was also known yesterday...  
rather fill it with joy... than with sorrow.

It is sometimes also called 'this moment'...  
time to start every action...  
doomed to transiency...  
the perfect time for reflection.

The moment of now unfolds all the time...  
sometimes leads briefly to victory...  
will soon be over unfortunately...  
is very quickly faded glory.



## **As it pleases**

I want to live life the way it wants to go...  
it's all my own choice...  
without conforming to any trend or whim...  
yes really... I really like that flow.

All that unsolicited advice...  
from those towers of ivory...  
nasty excessive pedantry...  
I definitely don't fall for that... you see.

Life flows, so I flow too...  
it fizzes every single day...  
so don't hold me in check...  
let me go my own way.

No one has to tell me the way life goes...  
or how that process looks...  
discovering it myself it clearly shows...  
you won't find that in no thousand books.

So I want to live in freedom...  
just like life itself always is...  
witnessing the miracle... as an adventure...  
as an experience... yes only like this.

## **As That Silence**

Only as That Silence...  
you is recognized as You...  
without senses...  
you will know Who You Are.

If you close your eyes...  
and you don't expect anything at all...  
you don't direct your attention...  
then at last you will enter your True Power.

You only experience your Being...  
that neither thinks nor feels...  
nothing to do... only to be...  
that is how it is intended.

Present as Emptiness...  
so blissful and full of peace...  
you will experience Who You Are...  
That Silence without reason.

## **At the edge**

At the edge of comfort...  
after all the laziness you've tried...  
your habits reach that turningpoint...  
cos Life Itself will never hide.

You have to jump into the deep...  
whether you'll drown or you'll survive...  
you can't forever sleep...  
let go and be The Truth of Life.

Don't try or strive too hard...  
Life is unfolding anyway...  
It never ends nor did It start...  
It is by all ways here to stay.

Flow with It... It is a mighty stream...  
It will lead you everywhere...  
It is like an everlasting dream...  
just only dive in It if you ever dare.

## **Aware**

I see dark and light...  
both pass before the eye...  
and then I start to wonder...  
who is the one called 'I'?

Sure The One Who is aware...  
and senses in and out...  
Who leaves Existence as It is...  
is ever silent... never loud.

The One without form...  
Who is always separate from day and night...  
holds everything that exists...  
is forever out of sight.

The One Who never has to wait...  
never has any need...  
doesn't become... but 'Is'...  
eternal and complete.

## **Beauty Is**

Beauty is big...

Beauty is small...

Beauty is few...

Beauty is all.

Beauty is in everyone...

Beauty simply 'Is' ...

Beauty cannot be undone...

Beauty you can't miss.

Beauty is high...

Beauty is low...

Beauty's you and I...

Beauty we all know.

Beauty is not shy...

Beauty will not shout...

Beauty's in the eye...

Beauty's in and out.



## **Before**

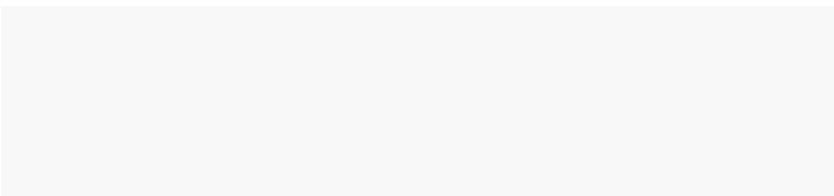
Before I was... Were You...  
the 'we'-idea'... did not arise.  
Only one Being instead of two...  
Unity as Paradise.

A sudden flame... a fire...  
duality was there...  
burning as desire...  
some Souls came to care.

A child born out of Divinity...  
entered the realm of dreams...  
to discover his Reality...  
as often happens... so it seems.

To experience and to strive  
to The Secret of its heart...  
in this earthly dance of life:  
I Am Whole... not just a tiny part.

Before I was... Were You...  
the 'we-idea'... did not arise.  
Only one Being instead of two...  
Unity as Paradise.



## **Being afraid**

Fear is a feeling...  
of something you don't please.  
You know what I mean:  
Being afraid will make you freeze!

Being anxious builds a block...  
your 'energy stream' turns into syrup.  
Yourself... you no longer can unlock...  
'the river of your power' will be stuck.

And often you are the most afraid...  
of something you can't control.  
That is your greatest fear...  
so confidence better plays a stronger role.

You have to trust like a rock...  
let go of things much more.  
You can build on The Highest Good...  
That always opens every door.



## **Being happy**

Be happy for yourself...  
be happy for another...  
be happy for your sister...  
be happy for your brother!

Be happy egoless...  
be happy for no reason...  
be happy nevertheless...  
be happy every season.

Be happy freed from stress...  
be happy to be joy...  
be happy for togetherness...  
be happy being girl or boy!

Be happy to be happy...  
and for one who is too...  
make it a way of living...  
make it just really true!

