

Every day a poem
My response through dark and light
The baring of my soul

A year of my thoughts

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Introduction

On four December 2023, I asked myself “what is the next step?”
And then this thought popped up “write a poem every day for a year”.

So, when that sentence came to me, I saw it as a chance to make time for what is important to me. During the year of 2024 I dedicated my time to write a poem every single day. Through days of joy and grief, even when I was sick. It began as a personal challenge, but after a couple of months I contemplated the thought of making my own book out of this.

In this book you will find my raw thoughts and emotions. Some poems came from a dark place where tears kept rolling down my face. Others are messages that I want to give to you. Joy, gratefulness and laughter will inevitably shine throughout the pages. For life is a never ending journey with all emotions present within it.

Thank you, for reading and giving me an opportunity for sharing my passion with you. Please forget any poem that does not feel right for you. I am grateful for all the animals, people and things that gave me inspiration. Dear Kevin, I sincerely appreciate you for all the time you put in reading and correcting the grammar.

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January 1

I saw the rainbow today
It was only visible, in the one dark cloud that was left
Upon a sky full of blue
The sun, the sun was shining beautifully

It looked like a message
See the beauty in the darkness to feel the brightness
I took a mental picture and saved it in my head
One day I may pull it back

Thank you universe
For this experience

January 2

I lose my sight
When I am not aware
In the moment it feels so right

I am now at a place
Where I can stop the spell
Before it is completed

I guess it takes practice
Like today
The fog was back
It became a mess

I can do better
So for now I rest
Let tomorrow
Be another test

January 3

A night so bright
Every star shows it all
As I stand in the field
Watching the light
That carries me
To serenity

I do not think
I do not move
I am here
As the light flows through

I am steady
Grounded and loved
That, I picked up
From the night I stood still
And looked not in front
But watched above

January 4

I have dreams of my own
It starts with a warm and lovely home
I try so hard to create it
But I cannot reach
The beauty where I can sit
And unleash

I need help
But no one sees
What this place needs
I cannot convince them
So I rot here like the fruit on the table

Step up and stand tall
Oh baby you can do it all
You don't need them
See the creator in you
And the flow will come through

That's what I said
Now I need to act
Make a dream come true
And go on
With the next

January 5

I was looking at some colours
And it made me think
Why so many names
For a tint

I know we love to name
Everything
But I stood in shock
What a world we live in

So I choose the colour green
Not olive, cucumber or pepper
Frog, forest or fucking whatever
Emerald is my go-to

Does it help? You know
To name a colour tint
I guess I saw something familiar
And the name helped me
To clear up and acquire
Paint on the wall to admire

January 6

My grandfather used to say
Child let me tell you one thing
Travel the oceans as far as you can
See the world and the beauty within
Every land has its gem
Experience them

Here I am at thirty-two
Did not put his wisdom into play
Broke as can be
And a dog who cannot stay without me
But the urge is there

I want to go on a journey
Travel and meet new people
Walk into nature beyond my dreams
I want to tell myself
I saw the wonders of earth

I do not travel far
Just my home and the garden
His words linger in my ear
But Grandpa I found it in the common

The birds that visit me everyday
The bees, trees, ants and plants
I can see, I experience
The wonders of the world from here

You took it big
I take it small
Thank you for your wisdom
You don't have to travel far
If you can see it in all

January 7

Did I get it right
That I can visualize light as white
Like the blood in our veins
I see it flow
Sending it to the place
Where love needs to be
So it can heal

Did I get it right
Is this how it works
I feel like it helps
Is it like a little comfort
Or is it more like it could save lives

Did I get it right
Any effort is noticed
And I could tap into the pool
So we can help as a collective

January 8

You don't want to communicate
But it's inevitable
We can't quit
So let's change energy
Like an outfit

I will keep going on
Being the voice
For my child
But I promise from now on
To bring it more kind
So you will have space
To listen without judgement

Dress up
As bright as we can
No make-up
Just be you that's the plan
Speak from your heart
So our interaction is true from the start

Clear the air
So we can be ready
To share care

January 9

Blue sky
Cold nose
No leaves
Frozen water
Breeze

Don't complain
Every season has its flow
I enjoy this day's frame
Because I know
Tomorrow is not the same

It is minus four
Feels like minus twelve
I love to be outdoors
Where the sun's warmth
Combines with the ice cold itself
Feeling the duality
Happily

January 10

Do you absorb the negative
Does it stay in your head
Are you sensitive
For something someone says

Can you still see the positive
And feel the energy
Of a dream you live
Mentally

You can simply know
When you're out of balance
Like feeling low
Down and depressed
Eating too much sugar
Because you feel such a mess

Just think of one thing
That feels good to you
Really embrace it
How does that feel
Go on lovely
Go on with the next

You are in the flow
Let's try a new glow
Are you are ready to go
Positive energy creates
The life you want to embrace
The universe will show

January 11

Leave me alone
My tears are falling
I force my mind to go
So I can focus on the tone

I asked the universe
Please stay here to converse
And I thank you dear
For the love I feel appear

Slowly I calm down and visualize
Sitting on a beach lounge
Watching sunset or floating in the water
In awe of the night sky colour

This is my ritual
My way of nourish
To remember the jewel
And recon I was amiss

I am ready to leave my room
Facing the world with brightness
Had a moment of doom
But now I continue to give loving-kindness

January 12

I had finished my search
Thought I knew for sure
That this was the end

Till a lot came knocking at my door
New things to think about
I need to make decisions for sure

Swimming in the pool of lessons that are present
Choosing the assignments
And meditate on its content

I feel like I am opening the toy storage doors
I need to give all this information a new place
It takes time to clear my head space

I see the light and I am so proud
Without negative emotion
I sorted it all out

Not to judge
Just laugh
No grudge
I like my voyage

January 13

I need to believe
That your thoughts
Won't affect me

I manifest without your help
We both aren't on the same line
So it won't work if I depend

I need to stop influencing you
Because it may not be part of your story too
Now I let the flow through

I create for us the life we want
As long as it's my goal
You can say it is a miracle

I will know
And smile back at you
I won't tell you so

January 14

It took some time
But now the job is done
It feels like the end of a climb
Empty and clear
Is it here

I'm excited for the future
This place will be an inspiration
Where I create
The life I wish to taste

Now stay with me
Bright strong colours
Our treasures in sight
Still room to dance
And energy providing us
To be more advanced

I love what's in my head
I can tell you many times, lad
That it is already here
I don't care that you can't see it near

You can wait and see
I made a head start
Because I already believe
What only matters is the love
The love we feel so dear

January 15

The day started with thunder
Hail and snow
Later on, sunny and blue
Gray clouds wonder
Every time I looked outside
The weather transformed
With her

While I hear people complaining
I can't stop appraising
I love seeing the universe creating
It seems like
I saw it all at once
Unfolding

January 16

You may think you're funny, boy
But I see through you
You think people see joy
But they are irritated
We all see a different decoy

I am here, you're save
Act as you want but I will not let you drown
I'll give you the positive encouragement you crave
You may not notice it straight away

Behind all that act
I know there is hurt
So it doesn't matter what play you give me
I will not be burnt

I can only be love
So you would receive what you need
But it is not up to me
To teach

I do not hope or wish
Let the situation switch
If you genuinely want to stop acting
As a bitch

January 17

I am grateful to be at the other side
But now I feel it doubles inside
I see it happening in front of my eyes

I'm so happy when it doesn't hit me
But when I am out of alignment
It's a lot to carry

I love to notice
Because it just shows me where I can improve
Another step to optimize my life

Ego will collide with light
And when I am ready to drop it
Ego will not survive the bright

There is help from all sides
I am stretching out as far as I can
To the love and wisdom guides

They help me with my life
So I can create and illuminate
Following the plan that's my strive

January 18

Why do you fight
If you just let go
There would not be a problem
You took his food
For you to show your dominance

I will not stand by
Feeding your ego
So I let you know
Don't ever react this way to my child
Be gone with your pride

I'll stand in front of you
Burning a hole in your heart
With the light by my side

You choose your own path
But don't involve my boy
My ego is ready to bite off your head
Jumping with fists
This is what a mama bear is

Standing on the edge
Holding on with all my strength
To the silver string I can
So I won't attack you
Like a caveman

January 19

I have a different view
I see you carry all this pain
And the shadow you are going through
I am here for you

Am I making the right choice
To reach you on your level
I want to remind you of the joys

I know that this is not your path
I can give you pure light
That would not be
An infringement on our believes, right

Because girl I just want you to be happy
Free from the past
I listen to you today
And keep sending love your way

I wish, one day you could see it through my eyes
So this day would not be so tragic
But a celebration of life and rebirth
Because I believe he is smiling in the skies
And helping you to heal and rise

January 20

I feel
Yeah, I feel a lot
A lot of rubbish
Ready to throw it away with a slingshot

So I focus
On the feelings that make me happy
My eyes are searching for objects
And my mind is racing
My whole body will notice

Alarm bells are ringing
Found something appealing
So I sit down
And close my eyes
I'll explore and energize

I like the feeling that I feel
Right now, to see and believe
That everything comes my way
For real

Because it is
There is no other way
What I feel within
Is more important
Than anything

I dragged myself out of the quicksand
Because I do not want to be in there
I want to live the life I've planned
I have so much to create and share
And to experience at first hand

January 21

It's clean
With a hint of paint
A dashing wall
And the rest to create

I can hear the echo of your laugh
And your feet bouncing so hard
Still need to place the photograph
From us by the yard

It feels like a new start
With fresh energy
We live in this home for a decade
But something changed suddenly

Is it me or you
Would it be our home
I see things that I never saw
Some kind of spell roams

Whatever will happen in the future
I don't care because this blessing
Unlocked my horizon
I follow this spark
And let tomorrow's worries park

This sensation is a gift
My whole sight shifts
I am certain that our home
Would reflect love so swiftly
As we go on

January 22

Did I push too far
Or is this a permission slip
Because I don't want to be negative
Just clearing my heart from things
That doesn't belong there

Why am I still falling back
Wish you could punch me in my head
Every time I slip a little bit
Let the impact be so massive
That I couldn't miss it

I loved the obstacles
That were present today
Because it gave me a chance
To do better right away

I can do it on my own
Rewire my brain
I keep practicing to the bone
Getting better every day

And then boom!
The miracles starting to roll my way
I have so much energy
Oh god I am so happy
I love every day

January 23

The morning has arrived
A flock of birds sing
This joyful welcome
Feels like spring

It's all grey and white
Through my sight
But I feel the opposite
Inside

Trying to fix the wire
From my eyes to my emotions
Something does not seem right
Which skills do I need to acquire

I am singing with you
Sharing my happiness
My eyes are telling me
That this place is a freaking mess

It is hard to focus on my heart
When out there falls apart
Please tell me how to colour the space
Because I will go all out and sparkle it with grace

January 24

I feel like
Every catalyst collapsed on me
I am screaming for help
What do I need to do
I just want to flee
Start over somewhere new

You seem scared
Just know
I am not the wolf barring her teeth
There is no drool on my mouth
Only desperate tears
Universe please

Shouting my prayer
Only hear, where is the love
I just wish I could see another way here

My heart is love
And my intentions
Want to resolve
How did we end up like this

I need to breathe
Let's separate
May we one day cooperate
Now we need to regenerate

January 25

Full moon

A new phase

High water

Emotions amplified

Time to celebrate

Moments of joy

Stand in your power

Be the light

Meditate

Give up control

January 26

When your hands touch my skin
I sense the love you send
From within

The warmth of the oil
Relaxes my muscles
And my mind stops thinking

We are in a bubble
Fully in the moment
All that is there
Two souls combining
Strengthen each others life force
We are back to source

January 27

I love what I see
These improvements
Are joy to me
I appreciate and adore
That amplifies my excitement
To transform more

When I took the time
To discover what I wish to see
I was ecstatic
With the beauty that came to me

Now I see those things come alive
Oh man, I am the happiest
I thrive

January 28

A little glass bowl
With tiny edible titbits
Colour and tasteful
On the table

A beam of sunlight
Reflects the glass
So when I enter the room
I see what I like the most
Sweets on display to consume

It's my centerpiece
My mood switch
A reminder to value
Even the tiny bits

And when I eat such a delight
My heart warm with love
Tune inside

Can you imagine
How amazing my life can be
If I appreciate like this
With all that I see

January 29

So many cars
Tried to hit me
But miss
Still have no scars

I was on my bicycle
They were looking at their phone
Classical
Almost dead
Multiple times today
Please look at the road instead

I know you're a shitty man
But I don't wish to be
The next Jane Doe
I don't like your plan

I dodge like walking around toys
I am someone's mum
Ponder your choices
Which alarm will I become

January 30

This is the end of an era
The doors are open
So choose where you want to be
Here on Gaia

Let's drop the ego dead
Come on, walk naked through the door
So you can be in a place
Where you can finally take a breath

Oh can't you see
That it's already in you
Everything to be
Like an Acacia tree

So make a dash
Because you're more worth
Than your ego mind
Know who you truly are in a flash

January 31

I like to sleep more
Let my mind rest
Follow my dreams
Explore

I like to meditate more
Surrounded by my inherited crystals
Only hearing the birds
Grounded to the earth as before

I like to do allot of things more
Trying to stop myself from making excuses
Habits can change
Just doing the things I adore

February 1

There was once a baby magpie
Who grew up in my garden
Now he can fly
And everyday he comes by

He always screamed at his parents at feeding time
Little guy is now older, and I can't call him a baby no longer
So I decided to call him Echo
Currently he has the same size as the other magpies

I feel connected to these birds
From the day that I met him
The way they interact with others
So lovely to see their connection

When my son sees a magpie
He thinks it is Echo
Shouts his name and says hi

Dear Echo
I'm amazed by you and your kind
Thank you for all that you are
I love you fellow