

UNVEILING THE
AUTHENTIC SELF

book 1

poems from 2013 & 2014

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*why should we stay asleep
if we can wake up?*

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1 : THE LIGHT WITHIN THE HEART

I work as a scientist
and I realize that much of my life
I was ruled by my thoughts

with my thoughts
I tried to live my life
but one day I found out
I had also a heart
and this heart could feel
it could feel pain and sadness
of course

but there were also very special moments
in which I could feel love
I could feel a connection
with something bigger
a wonderful source
of unconditional love
so big, so large and so beautiful
endless

while I thought
that nothing could ever touch me
it touched my heart deeply
and it made me cry
not of sadness
but because of the love
and the pureness of the feeling and connection

somewhere inside it is waiting for us
to remember it and reconnect with it
it is waiting to give us
all the love and light we need
to feel happy and loved
and when I felt filled up with this love
I realized I wanted to share this love

because to love is one thing
but to share it
makes the love even grow bigger

so if you feel sad, lonely or hurt
close your eyes
and imagine a spot inside your heart
search inside your heart
for a little sparkle of light
and don't be surprised if you find it
and if you find it make it grow
let it fill your whole heart
with love and light
and the loneliness, the sadness or the pain
will be gone

the darkness will be gone
because you found the love and light
within your heart

you have the power
to fill your heart with love and light
you can be a star
and shine

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2 : EGO, THE INTERNAL DICTATOR

I realized that we can see our ego as
an internal dictator that rules us
and he does not accept anyone else to rule together with him
every human has an internal dictator
and everyone's internal dictator
sees every other person's internal dictator as a threat
so people keep on arguing and fighting
to try to keep their internal dictator satisfied
so he can claim his rulership
and his rightful place on his throne in our mind

when we were just born and were helpless
we needed an internal leader
to protect us against danger from the outside world
but now we became imprisoned by this leader
the leader became a dictator
he is responsible for all our pain and suffering
just like a dictator in the outside world
look and see the comparison

we have to start an internal revolution
we have to see through that he is lying to us
and that he is deceiving us
he keeps us as slaves under his command
he is happy as long as we please and obey him
he keeps our true nature invisible and small
he does not want us to express our true nature
because that would be a threat to him
there is no space to be what we really are deep inside

we can dismiss the internal dictator from out from his throne
and then we can take leadership over our self
we can all do this and it will stop the tyranny inside

then we can create our own life
then we can create our own future
the way we really want it to be
then we can be truly happy

20-09-2013

3 : ANIMOSITY

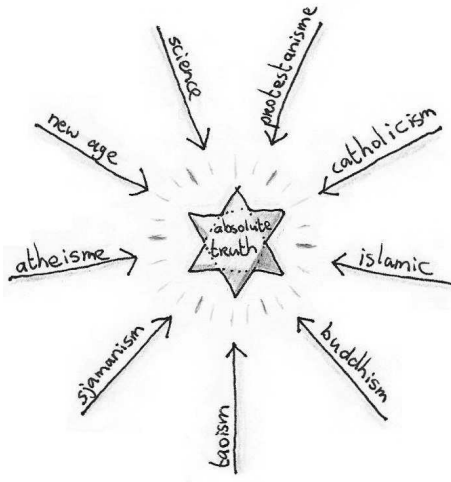
animosity

has never brought anyone

any happiness

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4 : ABSOLUTE TRUTH



above you see some different points of view
upon our world, our existence, our reality
the different arrows are all a part
of the whole picture
a part of the whole absolute truth

one arrow is just one point of view
of the absolute truth
but one arrow is not the absolute truth
it is only a part of the absolute truth

so all the different points of view
are all partly true
but if you would put all the points of view together
you would come closer to the absolute truth

we should not judge each other
according to our point of view
because all different points of view
are a part of the absolute truth
that lies underneath everything

your truth is yours
and my truth is mine

this is how we see our world
our existence and our reality

we are all unique
we all have our own unique point of view
upon the truth
and that is alright
let's respect each other's point of view
and maybe one day
we will know the absolute truth

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5 : TOP OF THE MOUNTAIN

I have been walking in circles
for many years
I followed the voice in my head
(ego, internal dictator)
telling me
that every step I took
was wrong
that everything I did
was wrong
I
was wrong
I was lost in a dark and lonely forest
I felt unhappy, sad and lonely

but one day I looked inside my heart
and I found a path
it was almost invisible
but I knew it was my path
and as I kept following this path
it became more visible
the path became wider and stronger

while walking my path
I crossed many other paths
other people walking these other paths
told me I was a fool
if I kept following my path
my path would lead nowhere
a dead-end street
but I believed in my path
because it was mine
and mine alone

one day my path brought me
to the edge of the forest
for the first time I could see the sun
suddenly my life changed
the dark of the night
turned into a brand new day

I could see the sky
the moon and the sun
they were invisible in the dark forest
and now the stars can guide me home

I could see further away now
because there are no more trees
in front of me
that keep me from seeing beyond

I saw that my path leads
towards a mountain
in the far distance
on top of the mountain there is snow
pure white snow
that is glittering in the sunlight
it is calling me to come

now I am on my way to the mountain
because I know that on top of the mountain
the view will be amazing
I will be able to see much more
than I have ever dreamed of
I know because I have been there before
in my dreams
and now I have to go there in the real world

reaching the top
is almost
like reaching the stars
like reaching God
a staircase to Heaven
the way back home
my destiny
everybody's destiny

filled with new hope and wonder
I continue my journey
my journey home
to the place I long for

22-09-2013