



Listening to the Voice of the Heart

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FOREWORD

In this poetic work contradiction is taken and accepted as an inseparable part of human existence. It can be a journey to the inner world of a musician who composes and a composer who writes, above all it can also be taken as a personal compass, a reminder of the most important values that are learned throughout life. As life, this book is not linear in its narrative or theme, however it expresses the restlessness of a sensitive and fickle artists soul, who remains faithful to his writing and musical composition as complementary elements of his own existence.

Listening to the voice of the heart is an invitation to revisit your self-image, values and to recognize your hidden desires and secret dreams. At the same time, it brings the romanticism of one who inhabits his own dream and, in a human way, recognizes his weaknesses without dwelling on them.

It is an appeal to sensitivity, whether in artistic creation and appreciation, or in attention to affection and the beauty of everyday life.

By diving into these thoughts each reader can revisit themselves and be provoked to listen to the voice of their own hearts, seeking deep inside the motivations necessary to regain the right of dreaming.

Rafaela Francisco

1

Following the voice of the heart can lead us to unimaginable paths.

The voice of your heart can also be the so called sixth sense or intuition.

Having the senses sharpened allows us to see the magic and beauty of life.

Even in the face of the madness of everyday life, we cannot let time just pass without listening to our hearts, and we can learn to value what really matters.

Listening to the heart means having the courage to do differently and walk our own path.

It means, in some cases, swapping the security for risk.

It means realizing, at a given moment in life, that such desired security can cost you your freedom and the sacrifice of your dreams for an ideal that may not even be yours.

As long as our heart beats in our chest, it will have beautiful things to tell us, and when you start listening to it you will have the opportunity to rejoin with your purest dreams and you will be closer to happiness.

Then I wish you courage to drift along the path that your soul desires, the heart keeps the innermost secrets of our soul, revealing and living these secrets will lead you to a life of accomplishments.

2

Gotta Change!

When we do not listen to the voice of the heart, we feel despair in the soul.

Yeah, the heart knows its way better than anyone else. Better than your friends, family or mentors.

Your heart is connected to something much bigger than you think, it is intimately connected to your destiny.

We have a path charted right in front of us, but our reason alone cannot understand. It is limited, and when it is not in dialogue with our hearts, it forces us to follow the most rational and logical path possible.

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For so many times we may even be fooled by the voice of reason. It says, "Work with something that gives money, forget childhood dreams, put aside your passions, have a quiet life without great adventures. We should follow the herd because the vast majority of people know exactly what is best for their lives."

Not really! If we stop to listen to the voice of the heart, we will realize the insanity of such advice, once it wants to turn us into mere puppets of a flawed, worn-out, outmoded system!

However, to listen to the voice of the heart, one must have courage and not be afraid of what lies ahead. Challenges and hardship we will definitely stumble upon. Yet if you overcome them, you will be a better person and prouder of yourself.

After all, there are few who dare to take the lead to their own destiny and make decisions based on what truly matters.

And what is more important after all?

Accomplishing our own mission, courageously walking through the path that lies ahead of us and thus leave a legacy which can make this world a better place to live in.

3

In life everything passes.

Friends? They pass.

Family? It Passes.

Loves? They dwindle.

Beauty? It Passes.

Health? It Ends.

Youth? It passes away.

Wealth? Poverty? Also.

Lust? It ends.

Will? Passion? They dwindle.

The best people? They Pass away.

The worst people? They take a little time, but they also pass.

Everything is fleeting.

Nothing in life lasts for a long time.

Life is unique and finite!

And therefore, it is delightful.

4

A letter to my favorite writer

Dear Fernando Pessoa,

You're everywhere I look...

And for me, the most important thing is that you're in my heart.

Your poetry has always touched me and your thoughts speak deep in my heart.

I felt lonely so many times, but his poetry has always been there for me.

I may say that in this whole world, you're the only person who sees me through.

You were one of those highly enlightened people who catch the meaning of life or its lack of meaning.

I feel honored to have found your writings.

Because of you my life is much happier.

Because of you my soul is less deserted.

All I have to tell you is:

Thank you, Fernando Pessoa, for having existed!

5

I am a sensitive bloke; I feel too much.

Whether it is good or bad, I just feel them deeper.

Being sensitive may either be a blessing or a conDemnation.

Due to my sensitiveness, I struggle more because I feel the world intensely.

But also, because I am sensitive, I experience life in its smallest details.

I smile, I cry, I create, I walk, I run, I get excited, I get upset, I feel bored, I freak out, I fall in love, I get tired, I live...

6

I'm going to write a song just for myself and listen to it in my thoughts.

And when I'm sad, I'll just close my eyes and remember the most beautiful song I've ever written!

Maybe one day I'll write it and share it with other people. Maybe I won't...

I might keep it to myself, to be my secret, my secret place that I'm the only one who holds the keys to and knows how to get there.

In this place I will stay as long as it takes to heal my heart.

7

When we do not expect much from the world, we do not build much anticipation and feel content with the good things that come to pass. So much closer to achieving happiness. It could be inside you somewhere. But in order to find it, you have gotta take a look deep down into yourself.

No matter how messed up our life is, there is a secret place within us where joy, peace and warmth can all be found. Then we finally rest our souls, renew our batteries and calm down our hearts.

Yet it is not that easy to find this unique place. In order to do so, we have gotta start a long journey, face our inner demons, keep sharp and awaken.

8

It is amazing how little a free soul demands to be pleased.

Freedom, intelligence, personal flair, health.

Bring them together and the world is yours!

There can be no boundaries for a free soul to make dreams come true.

There can be no limitations to a free soul.

A free soul is able to pick its own fate and it is not afraid to give away what it has already taken.

Either way, a free soul has no attachment, no excessive esteem for anything that prevents it from taking its great journey!

As Don Quixote once stated it *"is one of the most precious gifts that heaven has bestowed upon men."*

Just in case the price of freedom is detachment, it's fair enough and already paid off.

9

How long will you wait to get what you want?

Will you resign yourself and wait for time to pass?

How long will you suffocate your heart without doing what you want?

10

When I'm finished, I want to look back and feel proud of everything I've done.

A rich life, full of achievements, full of adventures, is undoubtedly a life worth living.

And the end of an existence need not be plenty of pain and frustration.

The law of life is that one day you will die and there is nothing you can do about it.

So why not accept the end as something beautiful?

Why do we not face death with courage instead of fear?

As long as I am young, I do not see death as a neverending threat to my existence.

But I do see it as a motivation to make the most of my youth and to do everything I can to have a rich and happy life story. I must bear in mind that time is a finite commodity.

Time is the scarcest and most elusive commodity I possess.

So why not make the most of it by doing what really matters?

Why not use time to do what makes me pleased and adds meaning to my life?

11

Every day you will wake up with many reasons to feel blue.

On the other hand, you will also wake up with lots of other reasons to feel cheerful and motivated. What are they?

What is worth focusing on?

12

I look to the future and see a better version of myself.

I work towards my goals, I act in accordance with my values, and I am sure that if I do the right thing, I will get to where I want to go.

I do not allow myself to be discouraged by any uncertainties.

I am not going to allow myself to give up on this journey.

I'm not going to stop in the middle of the road and complain about how far I have to go to get there.

I'm going to hold on to my resources, my tools, my talent, and keep going.

Because no reward comes for free.

It comes with effort, with dedication, and with a certain amount of denying oneself.

The real joy comes from the result of a constant effort towards the accomplishment and the fulfilment of the dreams.

13

Is there anything worse than dying?

Yes, being stuck in time.

Standstill.

Unable to move.

Some days I wake up and wonder:

What is the one thing I can do today to become a better person?

What am I going to do with my time? This precious gift is given to me for free.

What am I going to do with my gift, with my flair, with my skills?

Few things can be said to truly belong to us.

Therefore, time is ours and we have free will to do what we want with it.

There are those who spend their time doing boring and meaningless things just because someone has told them so. And they end up doing it for money, in the name of strange values or outdated beliefs.

There are those who sacrifice their existence with completely irrelevant things.

Though there are also those who dedicate themselves to a noble and ethical cause. Such people stand out in the world.

Obviously everyone ends up underground, and often the best people are the first ones to pass away. However, the end of life is nothing more than the end of a story, which may have been dazzling and adventurous, otherwise boring, sad and dull.

The rich and interesting stories are the ones that are worth reading and inspire other people. Some are more distracted than others, but all are trying to find some meaning in life.

When in doubt about whether or not something is worth doing, imagine that decision taking up an entire chapter of your story.

Will that chapter be worth writing?

Will it make your story richer and more interesting?

If you, the sole author and responsible for your story, think so, great.

Do it! If not, do not hesitate to put it aside. Delegate it to the realm of possibilities rather than concrete actions.

15

What makes life worth living are the moments when we manage to clean forget the insoluble matters and appreciate the beauty that is right in front of us.

We find relief from our anguish in the little things in life.

Even though we manage to open a gap for a ray of light to enter the darkness, we will be able to appreciate a stunning blue sky, a great tune or of a noble gesture a lot more... and in that moment we will finally be happy.

16

Always fight for your dreams.

Because they make you who you are.

17

The artist

He doesn't look like anyone else

And he doesn't really want to

He's always on the wrong side of the road

And doesn't fit into any scheme
He has a taste for laughter and booze
He loves making drama out of stuff
Never sluggish
He is rich in spirit
And his existence is such an adventure
He lives more in one lifetime
Even more than the sum of ten lives put together
He is always surrounded by his fans
But deep down he feels lonely
All the people love him
And many would like to be in his place
But little do they know that deep down inside he is in pain
Carrying the world's pain inside.

18

Defining success in life according to the money made by working is to impoverish the greatness of the paths we courageously take.

Doing things, you really like is a more accurate criteria for knowing whether someone has a successful existence or not.

In case you have the talent and the desire to study music, but have been unable to do so because of the demands of your labour, you are doing nothing to enrich your life.

If something's going to make you happy, even if it's not going to pay you, just do it!

In the end you will see your whole life as a film, and you will look for the good moments you dedicated to what really gave you fulfilment and pleasure.

We have been imbued with false values by the utilitarian society. The idea that everything must be worth something, also known as servility, is a kind of modern slavery.

Freedom is what brings happiness!

The freedom to do what your heart tells you to do!

Without listening to others or being carried away by discouraging words.

So, work enough for a peaceful existence and find time to do what you love. You have conquered a high level of existence when you work at what you love.

Congratulate yourself.

And be grateful for it!

19

When the storm comes, know that no matter how strong and turbulent it may be, within an hour it will have calmed down and peace will be restored.

20

Have you put your best foot forward?

21

Take refuge in silence.

Silence is a stronghold.

Silence is a fortress.

Enjoy the peace and quiet.

Stillness is true and deep.

Silence is true.

In silence there is stillness.

There is calm. Safety.

A rest for restlessness.

22

Life is a battlefield.

It is a struggle in which the winner is the one who persists.

Even if they succumb in the end, they win just by not giving up.