

Poems throughout a
healing journey

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Beware
for these poems are
random as fuck
that's only because
healing isn't a straight construct

Bliss came to me in the woods
while I was dancing in the green
all the fairies came to see
and joined me in this beautiful scene

I didn't feel uncertain about what to do
or fear for not recognizing me
no frustration about indecision
all I felt was whole, safe and free

but then the feeling changed
because I didn't want it to
dark feelings came to greet me
I felt alone as darkness grew

I mourned for the loss I felt
for the lack of bliss
so I searched with just one goal
to come back to that which I miss

by doing that I created a belief
that anything but bliss is bad
and darkness is not to be acknowledged
for it distanced me from what I had



I created a cage
for darkness to never come out
all the while searching
for that I could not live without

but I'd forgotten one important truth
that bliss is not found in fear
and that darkness is to be acknowledged
doubt had made it unclear

it was not bliss that made me whole
or darkness that made me fear
it's the belief that I can trust
the heart that I hold dear

whole is not a thing you become
it's what you already are
and fear is just a diversion
for the trust that's in your heart

so whatever emotion walks through you
may it be bliss, darkness, light or fear
a cage is never the answer
merely a distraction my dear

