

Home

Home

Wherever you go, there you are

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Merel van Wolferen

Eerder uitgekomen van Merel van Wolferen
A Written Observation (2021)

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We dedicate this book to family and to anyone that could use a home from home sometimes. May they find peace in their heart and their place in this world.

Explanation of this book

This book is a collection of various moments sat writing in nature, and at home. We, Merel and Malise, set out to capture various experiences, in order that it may be of use to someone at some point in their journey. As we are both fluent in Dutch and English, a few poems have been written in Dutch, though the majority of the book has been written in English.

Prologue

Home is about (re)turning to yourself; to your body, your emotions, feelings, thoughts and experiences. It's about being present and open with yourself throughout your life. It's about staying connected to the internal and the external, to oneself and others, and everything that comes along with those connections; beautiful times that endow us with vigour and strength, and trying times, which are often the gateway to search for meaning and profound change. It's about striving to be the best we can be, and contributing to our environment so that others feel at home too.

In this book you're taken on a journey through the body; from an inside and an outside perspective. Hopefully this can inspire thoughts about one's relationship with themselves. What does it mean to acknowledge the different parts of ourselves, and do them all justice? How do we care for ourselves? Which part could use more care?

We hope that these poems provide an opportunity for reflection and brighten your day. Welcome, and enjoy ☐

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