

Music Helps

(English version of “Muziek Helpt”)

When Everything Is Too Much

When everything becomes too loud
I play music only my heart can hear.

The storm grows quiet.
And for a moment
I feel whole again.

A Song From Back Then

Suddenly it was playing—
that old song you loved.

Without warning
I was back beside you in that car
driving nowhere
but full of life.

Morning Note

Sometimes a single chord
is enough to carry my day.

One simple line
that gently plays over
all my worries.

Dancing in the Dark

Even when it's dark
music never turns the light off.

You don't have to feel happy
to dance.

Often your feet know before your mind
that you can keep going.
