

1

Time floating by. In the midst of the night. This intense feeling while getting a sense for the past tense. The present is a real gift. I feel the future, a longing for a wish. A hope for the best. I want connection. To people. To things. To feelings. To situations. To emotions. A deep connection within feeling an interconnectedness. Interaction is the biggest action and brings a lot of satisfaction in the best case. Why worry, if you can just go out and leave it, do it? It's just a duel. A duel between the world and yourself. Between life and death. Beginning and end. Enemy or friend. This can be so meaningful and yet, when the time has come, it was just a moment. This one moment, that passed by just like any other. But in that exact moment, you felt a deep connection with everything and everyone around you. The good thing is, a feeling lasts forever and ever. Though, it leaves no trace. Except the ones that amaze us. Just go out and look. Look right into its face. Memories. Pictures of another time. Voices of another era. Things undone. The time has come.

I want to un-be Me. I want to feel seen for what I see. Recollect the recollection of my memories and forget all my enemies. Just be as I am. Come as I may. I've done as much as I can. I want to stop to run and start to stay. Start to feel. Start to enjoy. Isn't that okay?! Go away, come back. Feel free. Just reset. Start anew. Go through. I want to travel out of my comfort zone. Remember how to sit with myself and just hum. Just reset all the things that haven't been there yet. Come on: Undo the undone. Ready, set, go. Feed yourself. With joy and fun.

2

What is it good for? Or might it even get better. With time. They say. Time is supposed to heal you. Surrender to the space between us. Fear less. Do more. Take the role of the main character in your so called life. Free birds thrive. Yes, I may be dreaming, but unseemingly I believe in the deepness of our souls. We are more than just the holes in a bucket. Our flaws define us. But instead of dividing us, they form connection. On the deepest level. On the basic layer. Fly high with the free birds. No need to try. Just linger. Linger on. Get a sense of where you belong. Strong minds have beautiful hearts. Deep souls combine the parts.

Memories.

We all have them. We all know them.

Some we cherish and indulge in nostalgia when we bring them into the present moment.

Some we prefer to keep deep down, hidden. In the subconscious.

Every moment we have lived through was important.

There are special key moments that remain deeply within us.

That left a mark on our system.

Traces.

That we freeze.

Traces.

That we preserve.

Traces we want to keep.

To remember.

To bring out when we need them.

They inevitably make us the person we are today.

Sometimes they hold us captive.

Captive in our own memory.

Making change difficult.

Making change empty.

Let us empty our pockets.

To show: we are alive.

First laying out our fragments, only to piece them back together again.

Into the greater whole.

The whole self.

With all its peculiarities.

With all its facets.

To move forward.

Towards progress.

Towards the great new whole.

Towards the new great whole.