

No distractions

Silence
Standing still

Looking inside
Listening deeply

Silence
Standing still

No distractions
Muddy water
It becomes clear

Looking inside
Listening deeply

Pain
Destruction

Wonderful stream of life
Flowing more freely

No distractions
Muddy water
It becomes clear

Drown
Run
Freeze
No distractions

Complete brokenness
Complete wholeness

Resistance
Fear

Suffer consciously
Surrender
Sink
Break

Connected
Floating in the water
No distractions

Lost
Broken
Missed
Darkness

Into a million pieces
Of light
Loved
Opened

Slow progress
Deep healing
Every time a new layer
All the time the stream of life

