

# Inner Fullness

Persefone

"Here it is again  
Hateful monster  
With all my rage and force  
I pushed you  
Into the dark depths  
Where always you must be  
Don't move from there..."

Deep-rooted  
Always present  
This attitude does not lead to a growth path  
Well fed in our civilization  
Therefore instilled in each one of us

All of our surroundings  
Have conditioned us  
Have taught us  
To hide...  
Hide what they don't want to see  
Have cut ourselves piece to piece  
Forced to hide parts of our being  
But who decides what to do  
About your soul  
It's you!

I realize  
What I've been doing all this time  
Imposed from the outside  
Unconscious attitude

But who are you  
To cut the wings of my soul  
You cannot control me  
You will not have such power on me

Courage in both hands  
Forces and wisdom on my side  
I take the reins of my being  
And now, introspection sinking  
Emotional immersion, go!

I open my thick floodgates  
The fear is growing  
The desire to flee fires  
Afraid I cry!

A wise voice appears  
Supporting me

"Trust, trust..  
With love  
Embrace what you are,  
If you can't accept yourself,  
Who will?"

Affected by the magnitude of these words  
I understand it

I deeply feel it  
Accept  
Embrace myself  
All the pieces  
Shadow and light  
Is the only way to the inner release

Now I know...

All the fear disappears  
I want to see every part of me  
Pushed by the power of healing  
There's no more shadows I won't feel

It's the way  
I feel free  
Healing what consumes me  
The light enters through the gaps  
Breaking them with force  
Opening my soul to life  
To the deep inner fullness

My wings are spreading  
Breathing for real  
Feeling connected to the existence  
I can tell  
I have reached home

I perceive I'm here to experiment and learn  
Being one with everything  
Earth...  
Soul...  
And the universe...

Growing to the fullness

Acceptance is the way to bring light  
And balance ourselves  
End the hiding  
Love all what you've become

You should stop all this game now  
To become completely alive, go!

You waste your energy

Pushing your shadows  
Like air underwater  
You can use this force for your sake  
All the outside world is a mirror  
A consequence, a reflection of your inner world  
Heal it!

See  
Accept  
And love yourself foremost  
You decide your life  
This is our planet's path  
The way  
To the natural state

Living in balance

Healing everything  
Changing inside  
Embracing the existence  
Re-align body and soul  
Perceive the great reality

I clean the window of my life  
To let the light come inside  
Evolve!