



FREEDOM FROM FEAR

nature v nurture

We are all embraced by wombs
We breathe all a first breath and cry it out
We all open our eyes for the first time to our new earthy home
We all have known no fear

My nature is fearless
My nature is curious
My nature is willingness to live
Where is it, that fear enters my world?

I am nurtured
Fear is nurtured by the earth home I place my feet on
Suddenly I shake
Suddenly I am fearing for my life
Suddenly I see death at the hand of others
Suddenly the earth under my feet is warm
Suddenly it is only money
Suddenly it is only white
Suddenly it is only chained
Suddenly it is only slaved
Suddenly it burns
Suddenly it is only power play
Suddenly all guns
Suddenly all violence
Suddenly all silent screams through tears
Suddenly I cannot breath
....
And suddenly I cannot unsee...
....
I just cannot unsee
...
How do I live on?
How do I not go numb?
How do I cope?
How do I return to not knowing fear when it is in my nature to be fearless?

I am silenced
I go back
Back to where I came from
My first drawn breath
My core essence
The being as I am
Human
It is my birth right as a human being to stay fearless as gifted at birth
Nurture for our right not to fear is where we dawn

By Hande Wevers 25.11.2019 Maastricht

