

...Be sand in the world engine motion  
wind in the universe space  
and rain in the colouring rage

Be moon in summer nights  
stars in the dark of life  
and sun  
in the beauty that all sorrounds

Be feet on earth  
and hands up reaching the sky

But  
Above all...

Be in the middle when you meet someone  
forward when you guide  
High on the top when you love  
back behind  
to protect from the fall  
and beside when you walk

Remember  
you were seagulls  
in the highest skies  
and fishes  
in the deepest abysses

and come back always  
come back always to your center

And in the sum of what you are  
of your lived life  
and of everything  
and everyone existing before you were here

Be always yourself

from the seafoam and the whistling wind  
whispering...

altea