

My eyes hurt

I have to close them
Sitting here writing this with eyes shut
They are hurting, sight is blurring
What is this?
Tears coming up?
Hurt to look around me?
Into the world?
Full of disaster, war, terror
Angry men fighting
Playing the guilt game
To make believe that
“the others are the bad guys”
And justify their war actions
Not to mention the strong economic impact that this has
And supports to maintain the power position
To the costs of the others
Victims
Injustice
Also
The pictures of the burning forests
And dying animals and people
I am devastated
Clueless
Feeling powerless
Results of man-made exploitation?
All of this wants to close my eyes
Yet I know that
We have to keep our spirit up
We have to shine our light
Also into the darkest places
Only light can lighten up the darkness
It is just damn hard
And takes a lot of energy
To hold the space
For all of this
To breathe through it and let it go
Sending love and peace and rain to all humans
Independently from where they are
Under which regime
These are all concepts, theoretical ideas established by some people to gain power over
everybody
To make believe in their game
But in the end, we are all human, we all have a heart and a soul and want to have a life
worth living
With love and contentment and friends and family
And peace