

Utopia

To connect you can let go
of assumptions and expectations

To connect you can let go
of purpose and preservations

To connect you can be open
to looking deep within

To connect you can experience
the process of free falling

Falling whilst behind held
in collective arms of care

Falling whilst being present
using all senses to be aware

Falling with no desire
to get to a certain place

Falling into nothing
that is not an empty space

As the means are the goals
the process is the aim
through connecting with all that is around
And feeling alive again.

Fleur Nash