

New paths

By Tini

This early morning, at my early morning run.
There was no soul in sight
I was the only one, the sun could sing her morning greeting to.
When a path showed up in front of me.
A path I've never recognized before.
It led further than I've ever been, into the woods I've never seen.
It piqued my curiosity.
It awakened my thirst for adventure.
Yet a tiny voice inside my head kept on worrying.
Kept pointing out I've never run that far,
that my legs wouldn't be strong enough, my lungs not wide enough.
Kept pointing out my terrible sense of direction, that I will lose the way, for sure.
Nevertheless, this time I did not listen.
I smiled at the sun, I knew she'd look after me.
And then I nudged the tiny voice down the hill and entered the forest.
I probably ran a circle several times and found myself on overgrown paths
Not knowing how to find back.
Yet I felt that unconditional happiness of stillness and excitement,
meditation and discovering the beauty of nature.

And maybe sometimes, we should carry this lighthearted feeling with us
When we have to make our decisions.
We'll maybe run in circles or find ourselves on new undiscovered paths,
But if we don't sometimes dig down this tiny voice,
We won't ever catch that thirst for adventure and that excitement
for new things in our lives.
And if we don't dig down this tiny voice
we'll never find out that our lungs are wide enough,
our minds are clear enough and our legs are strong enough
to carry us through every new path.