



Perspectives from between
by Jessica Brockmann



_ 30 Poems

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- _ Remember

Come sit with me
at the place by the river
can you feel it
our place
between here and there
between in and out
I feel your hand in mine
your breath rising and falling
nothing to do
just us
observing the flow of life
at our place by the river

Listen to silence
in the sound of time
can you feel it
our place
between earth and sky
between the dance of life
I feel your warmth
your inner smile and knowing
nothing to do
just be
resting in the moment
at our place by the river

Deeply connected
beyond time and space
can you feel it
our place
between light and dark
between the rising of the sun and moon
I feel your love
your tenderness and heart
nothing to do
just feel
the love that will bind us together
in eternity
at our place by the river

_ The place by the river



There is no wrong
There is no right
There is just be
on the path
that's unfolding
in front of you
while walking

_ Walking



Be the Divine
Be the Human
discover both
learn to see
to listen
to experience
with both
experience humanity
the up and down
the inside out
follow your heart
and stay calm
inside you
the Divine knows
law's unfolding
magnificently

_ Dance of Life



I'm the driftwood
floating in an ocean of life

Be the moment
Be the breath

and experience the beauty
arising in the now

_ Driftwood



Can you be
with what is?
Without changing
without pushing
without interpretation
just as an experience
a human one
embracing it
welcoming it
listening to it
with innocent curiosity
Can you be
just be
at peace?

_ Being



Time folds
within time
here
there
all the same
flowing through you
as life unfolds
stops with the Divine.
In moments of presence
it disappears
all stays
all goes
changes
and still comes back
to now.

_ Time



The Feeling
that arises inside you
no word
can express
no mind
can process

The Feeling
that guides you
silent
trustful
without reasoning
without explaining

The Feeling
you can trust

_ Intuition



The other side
so distant
so far away
life seems blurry
I touch and yet don't
I open and close
I feel and yet don't
numbness
inside outside
upside down
where does it start
where does it end
if it ends
a space beyond life
a reality without change
indifferent
observing
questioning
will I get out
will I find back
to the other side
where the sun touches
where hearts open
where love flows
the other side
so far away
perceived as such
stay there
stop
and embrace
what is and is not
what moves and moves not
just be
rest in every moment

sit
with all that is
embrace
what seem unembraceable
accept
forgive
and feel the love
that's there for you
inside yourself
whispering
that the other side
is inside you

_ The other side



A silent scream
in your chest
darkness
surrounding you
you didn't choose
the Story
that you're living in
you didn't choose
the alienation
that you're facing
day by day
seperation hurts
anger arises
coping with pain
in a desperate attempt

What is it
that forces you down
oppresses you
keeps you hostage
in a numb world?

It's the Story
my Dear
the Story
that everybody shares
the Story
that makes nature suffer

A Story is
what it is
a Story
changeable
flexible
evolutionary

Dream my Dear
dream
and imagine
your Story
we all can agree upon
share your Story
and let us participate
let us dance
with your heart
the source
of our common Story

_ The Story



The night holds tight
no way out
it seems
calling for surrender
calling for change
deep down in the night
lies a treasure
between the stars
hard to see
hard to feel
if the darkness
keeps you hostage
let go of perceptions
of how it is
supposed to be
shapeshifting
your awareness
and turn the night
upside down
suddenly it changes
your perception
releasing tension
deepening your breath
and see the beauty
surrounding you
the light shines
even in the darkest night
it stays within you
call for it
and it will be
the star above you
glowing in your heart

_ The night



Surrender
to emptiness
don't ask
don't question
be within
let go
let arise
nothingness

_ Nothingness



Aspiring towards
by just being
the thinking mind turns
how can it be
how can it manifest
without doing

Maybe
it already is
we have to allow
we have to see
that aspiring
means now
embracing
accepting
what is
what unfolds within
knowing that
what you aspire to
lies behind
the relative reality
you choose to create
in matter and form

Let the universe unfold
in your being
accept
what wants to be felt
acknowledge
the presence of everything human
to allow healing
by lovingly letting go
aspiring to now

_ Aspire



Broken dreams
Dissolving hope
Tired from trying
To far away from crying
Simply exhausted
Nowhere to go
Nowhere to stand
Nothing more to do
Giving up for ending
Falling for nothing
Covered by the everyday routine
Pretending to
Functioning for
A world that seems
Far away
Not mine anymore

Where's my place
Where's my hope

Emotions rolling
Wavelike on the surface
To tensed the body
To conditioned to let go
Storing everything within
Inside my heart
Flesh, fascia, skin
Cells, blood, bones
A single tear
Reminder of an ocean
Captured inside
Withhold by fear
On the edge of flowing
Breaking the inner dam
Longing for release
Finding inner peace

_ Blocked



Through you
I remember
Through you
I see again
Through you
I feel again
Through you
I dance again
Through you
I love again
Through you
I found myself

_ You



What is it
that makes it seem
like work?
Our limited perception
of being
our alienated relationship
to ourselves.
We're blind
in a rich world
in a rich life
trying to categorise our life
in time
in being
in doing.
Time fades
blends into one another.
What is work
what is life?
Isn't it all one
an expression
of the Divine in us
if we allow to leave
to let behind
known terrain
which feels so artificial?
Let my life be my work
if you want to call it such
let every moment be an expression
of the great being
we all inherit.
Let our lives be the painting
the work
that inspire others.

_ Work



The brightness of your eyes
The smile of your soul
The beauty in your being
The dance you dance
The present of now

The gift when we give
The moment we receive
The wonder we witness

The light shining upon you
The warmth you radiate
The truth you discover
The love you feel
The eternity deep inside your heart

Glowing far beyond
straight into my heart

_ The Gift



I hear
what I hear
I see
what I see
I smell
what I smell
I taste
what I taste
I sense
what I sense
my own
perception

_ Reality



Can I ask
with all that is?
Can I ask
from an honest place?
Can I ask
unashamed?
Can I ask
truthfully?

_ Asking



Can you see yourself
as beautiful?
Can you see yourself
as wonder?
Can you see yourself
as a gift?

Nothing to change
Nothing to hide
Nothing to reject

You are
everything
You are
love

_ Everything



Can we listen?
For a moment
leaving ourselves behind
meeting the other?

Embracing word
shared by a Human Being
touched inside
moved outside

Can we listen?
Without judging
pretending
indifference?

Can we take the other
as a reflection
of ourselves?
Are we willing to learn
to change perception
and to give space?
Unconditionally
receiving the gift of trust
from a Human Being
daring to find itself
inside you

_ Listen



What do I know
through thinking?
What do I know
through sensing?
What do I know
through being?

Is it about knowing
even understanding?

Can I just be
without knowing
embracing the mystery?
Can I just be
inspired by wonder
touched by beauty?

What do I really need to know
if I know for sure

I'm alive
breath by breath
moment by moment
I'm guided
through the mystery
of the unknown

_ Knowing



To heavy the coats
I carry by condition
daring to drop tight roles
to shed my skin

What stays what goes
the essence
in it's unfolding
not pretending to
not wanting anymore

Yet searching for truth
in the framed outside
longing for security
in known terrain

What stays what goes
the raw self
slipping in and out
insecurely vulnerable
embracing the impossible

Letting go over and over again
knowing deeply inside
I'll find within
my truthful self

_ Truthful self



The word
not a fixed being
not a concept
neither an agreement

The word
an open field of meaning
a dance between souls
a feeling deep inside

The word
you give meaning to
you hold loosely
and receive it

through the other

_ The word



Am I the only person asking?
Asking for help
affection
attention
being seen
being loved?

Am I the only person asking?
Asking to help
to warmly embrace
to recognise
to see
to love?

What is it
that makes me feel
so alienated
so wired
so out of norm

the human longing
the missing connection
the silent bond
knowing that
we need each other
we feel each other
we experience each other
through the other

_ The only one

You think
You're different
Something else
Someone else

But what if
The other
In front of you
Is you?

Your heart
Your emotions
Your pulse
Your echo

A beautiful mirror
A courageous soul
Inviting you to look
Within your stories
Conditions
Patterns
To just love
What's in front of you

Loving yourself
Knowing
That the other
Lives inside you

_ The other in you



The moment
you want to skip
you want to erase
the moment you're holding on
the tender touch
the gentle smile
the inner knowing
just this moment
lived only once
no going back
continue walking
step by step
with
and without
for now
and eternity

The heart is crying
the body longing
the soul knows
it is
how it's supposed to be
emotions rolling
shaking
shivering
allowing
the moment of letting go
the teacher
again and again
never lost
always won
the change
inside of you

_ The moment of letting go



Beloved one
Is it you
Is it me
I'm losing myself in you
Everything
Becomes one
The breath
The touch
The kissing of your soul
Touching myself
Falling for me
Through you
Gently discovering the treasure
We keep for each other
Deeply hidden
Under societies deprived soul

Beloved one
Is it you
Is it me
Unlocking my potential
Unlocking my being
Awakening the soul within
Sharing the warmth
We carry for each other
The love
Opening eternity
The energy
Revealing feminine wisdom
The trust
Allowing me to fall
Straight into your arms
Caressing everything I am

Beloved one
It is you
It is me
Melting
Into our one own essence
Standing naked
Raw in nature
Dropping the veil
To birth something new
Out of this sacred moment
Becoming
Out of bravery
Out of knowing
That we change
Not only ourselves
But the whole

_ Woman



Did I ever allow
falling apart?
Did I ever allow
not knowing anymore?
Did I ever dare
to ask?

It's the inner voice
calling out loud
you have to know
it's all in you
so don't ask outside
ask within.

But who answers
if I never allowed
to give up control
the minds twisting veil
pretending to
being the answer from inside.

Did you ever allow
to ask from a broken place?
Did you ever allow
to be weak?
Did you ever allow
the divine to answer?

_ Allow



I miss the touch,
deeply inside.
The touch of a soul,
embracing my heart.
Embracing everything that is
without judging
understanding
explaining.
Without story, just pure love
from an honest place.
I miss the letting go
in the arms of another human being
dropping every story
burden
expectation
- from myself, from others, from society.
Letting go of the need
to explain myself
to justify, inside and outside.
This is why,
this is how it is.
Just another concept,
just another tiptoeing around
what's really alive inside of me.

I yearn for human touch,
it rips me apart - inside.
So painful,
the longing for trusted arms to hold,
what i can not hold myself.
Not now, not in this moment.
No reasons to dive into,
no explanation.
Let me feel the tender touch
of unconditional love,
the caressing of my soul.
Through shared breath,
a gentle squeeze of my body,
warm palms gently stroking
through my hair, my face.

Touching the tears of relief,
of vulnerability and love.
Just this moment
outside of time.
Let me sink
into the being of another soul
received with open arms,
to feel myself again,
to heal myself over and over again.

_ The Longing



Change
with no mercy
Transform
with grace
Express
without fear
Believe
through wisdom
Hope
by creation
Love
beyond condition
Remember
I am

_ Remember



In love and gratitude for all the wonderful Beings
inspiring me moment by moment in this beautiful life ❤️

Jessica

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A dramatic landscape featuring a dark, stormy sky with heavy, grey clouds. The lower portion of the image shows a snow-covered mountain range with rugged, layered peaks. The foreground is dark and appears to be a body of water or a dark shore. The overall mood is somber and atmospheric.

_ 30 Poems