

## **The Unknown**

And suddenly a new door opened for me,  
i´ve never asked, it just appeared,  
overwhelming, intense, unknown and weird.

My mind was clear, I dropped down expectations,  
followed my breath and watched carefully this inner sensations.

Tears were struggling to find their way,  
heat was exploding from the chest to my brain.

An unknown fog started slowly to move from my root,  
my body felt stoned, it stopped in my throat,  
it was for sure not the food.

Trying to swallow this emotional rock,  
my body sent me along the spine a final releasing fog...

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