

Everything and Nothing

Let go of all that fear,
Dance naked in the rain,
Sing at the top of your lungs,
And let the children do the same.

This world, this life, this dream,
Is a gift,
A magical precious joke,
So, laugh with me at all that fear,
And give yourself a poke!

‘I’m Alive! I’m Alive! I’m Alive!’ Sing loud,
What a marvellous wondrous thing,
Remembering all the while,
That you are everything and nothing.

Santuario, Ana Maria.
A Journey of Subtraction (2023).