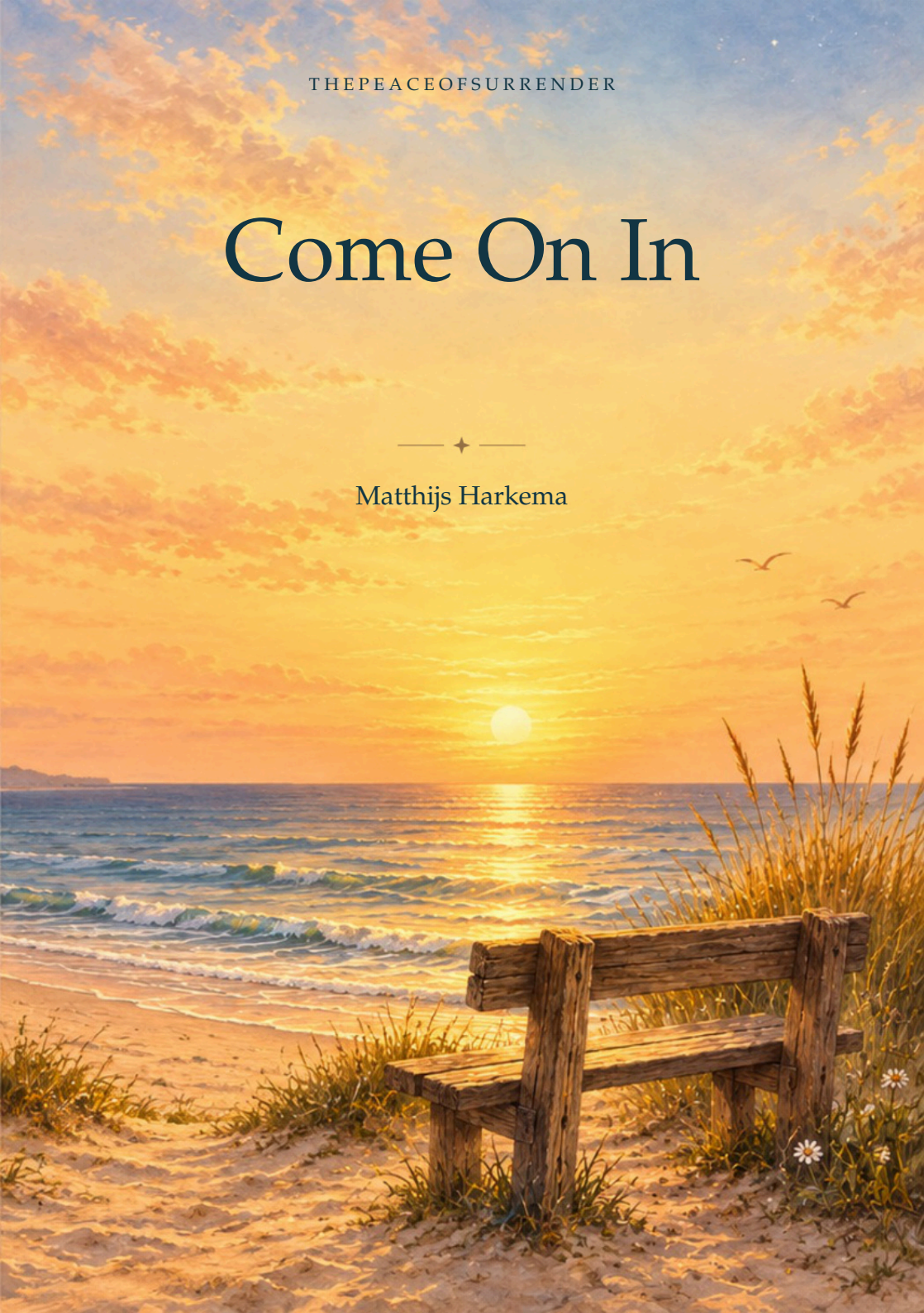
THEPEACEOFSURRENDER

Come On In

Matthijs Harkema



About These Words

The Peace of Surrender did not begin
because what felt heavy went away.

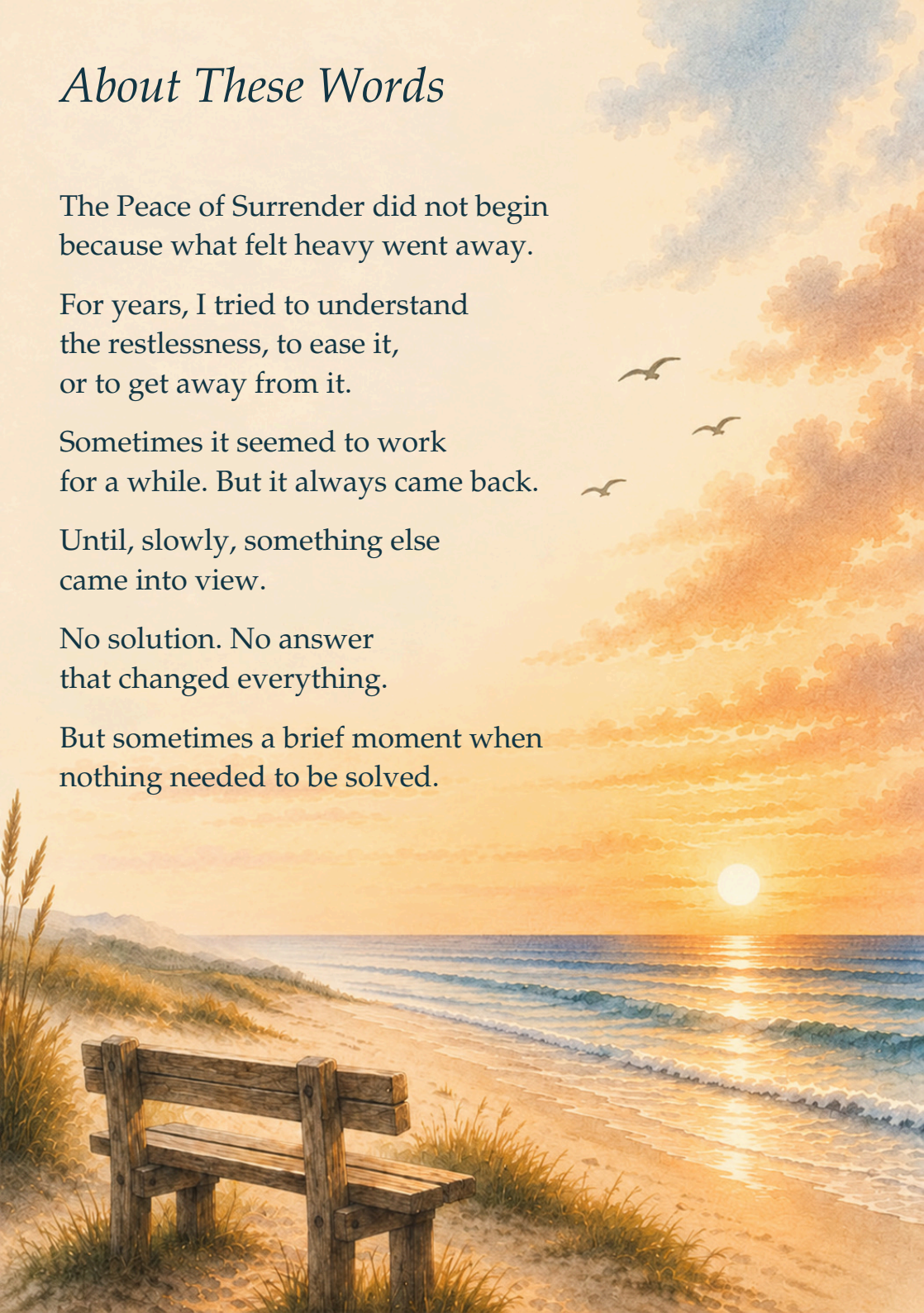
For years, I tried to understand
the restlessness, to ease it,
or to get away from it.

Sometimes it seemed to work
for a while. But it always came back.

Until, slowly, something else
came into view.

No solution. No answer
that changed everything.

But sometimes a brief moment when
nothing needed to be solved.



The Flow of Thoughts

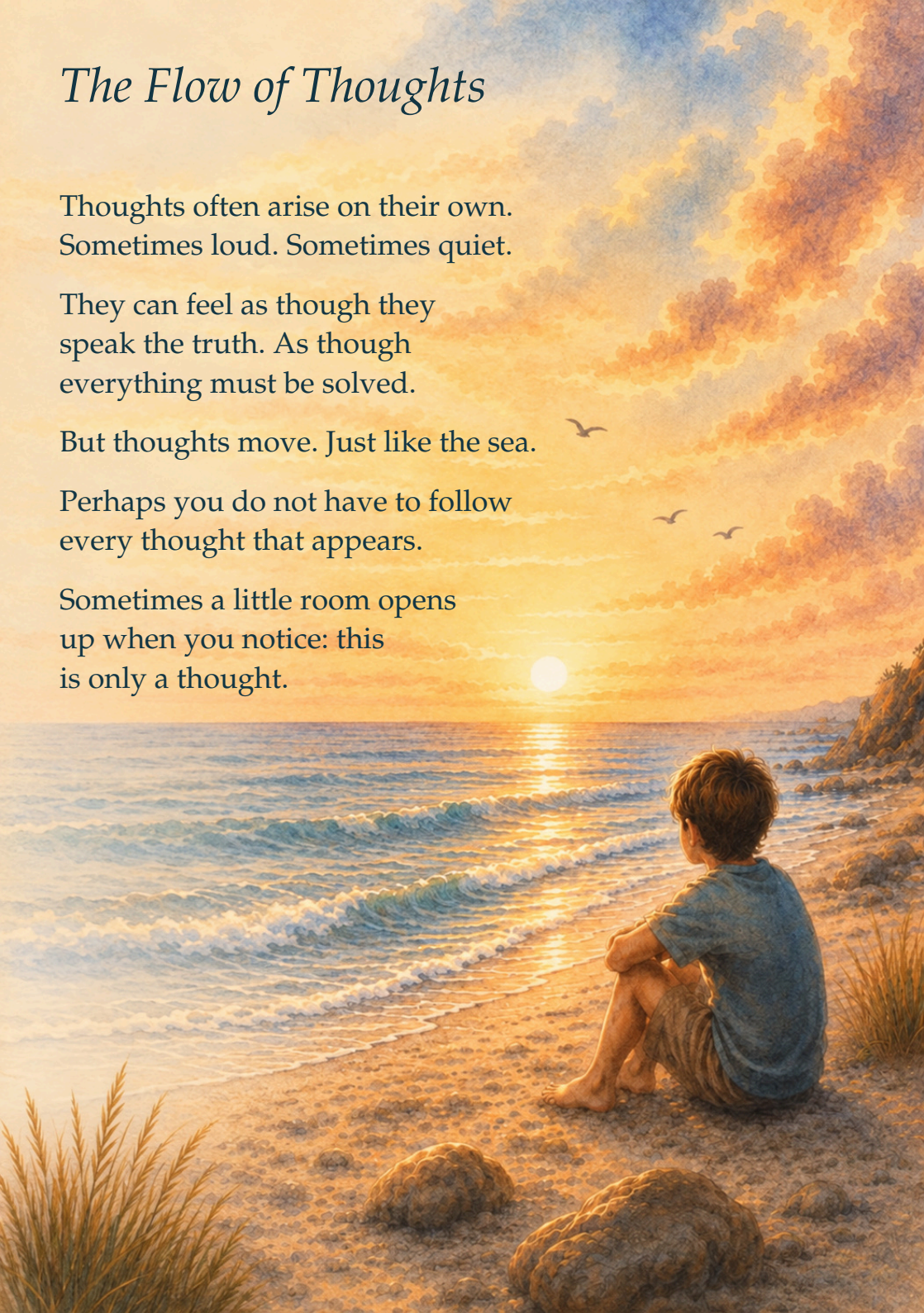
Thoughts often arise on their own.
Sometimes loud. Sometimes quiet.

They can feel as though they
speak the truth. As though
everything must be solved.

But thoughts move. Just like the sea.

Perhaps you do not have to follow
every thought that appears.

Sometimes a little room opens
up when you notice: this
is only a thought.



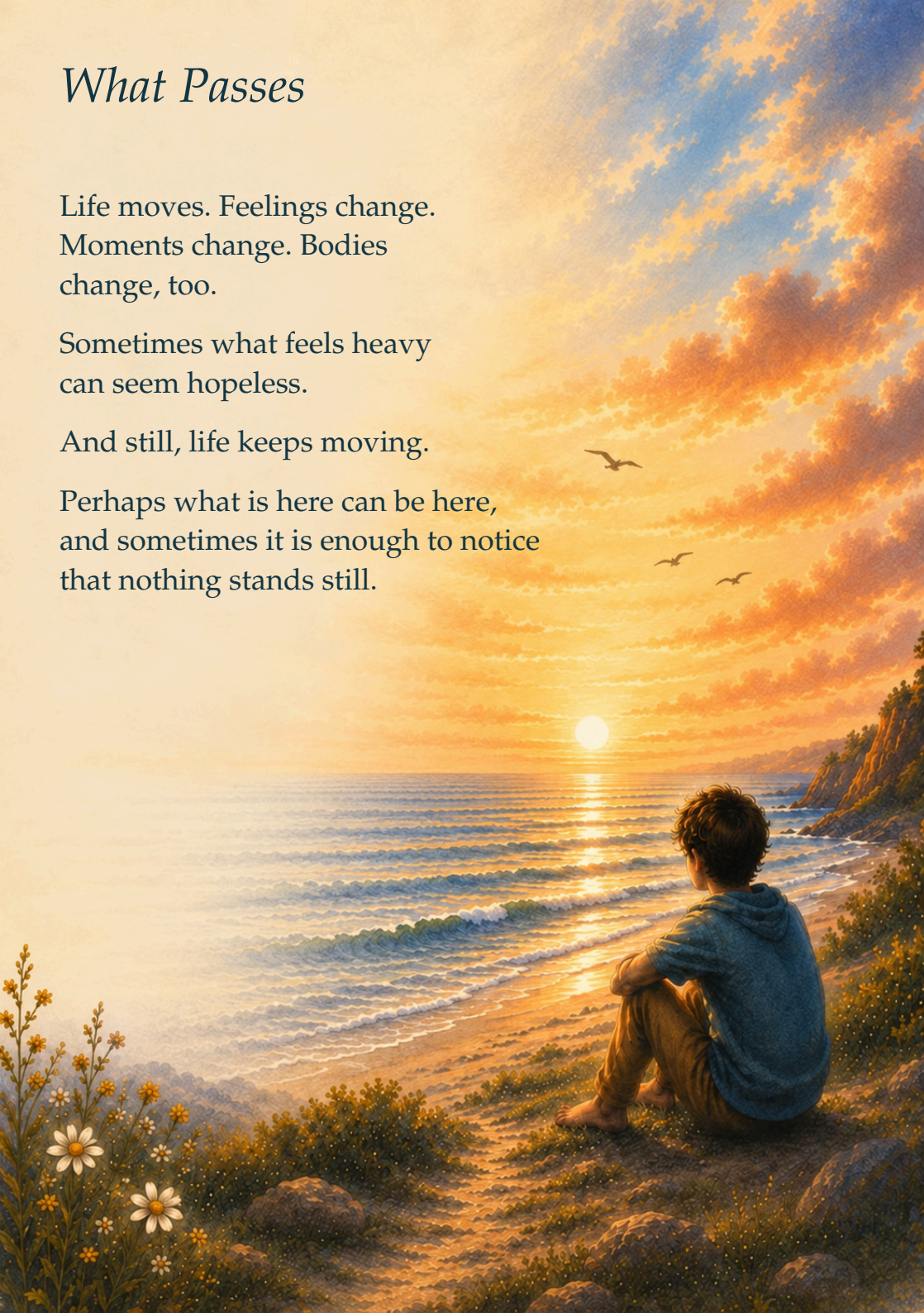
What Passes

Life moves. Feelings change. Moments change. Bodies change, too.

Sometimes what feels heavy can seem hopeless.

And still, life keeps moving.

Perhaps what is here can be here, and sometimes it is enough to notice that nothing stands still.



When the Body Speaks

Sometimes you notice tension, pain or tiredness before you have words for it.

A feeling does not always tell you what is needed.

Perhaps it helps to notice for a moment how you are doing.

Sometimes that calls for rest. Sometimes for help or something practical.



A Pause in Searching

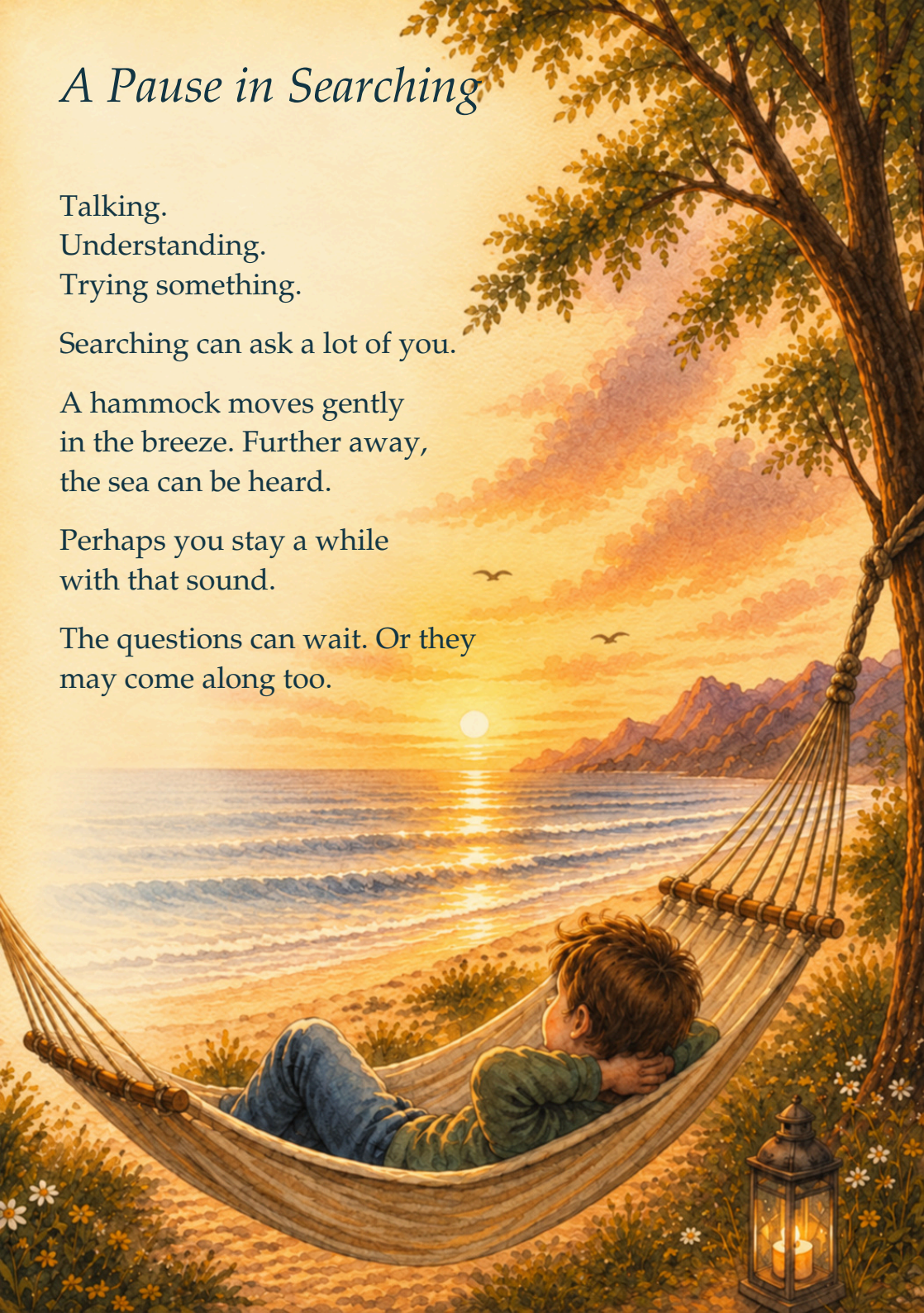
Talking.
Understanding.
Trying something.

Searching can ask a lot of you.

A hammock moves gently
in the breeze. Further away,
the sea can be heard.

Perhaps you stay a while
with that sound.

The questions can wait. Or they
may come along too.



Living with What Is

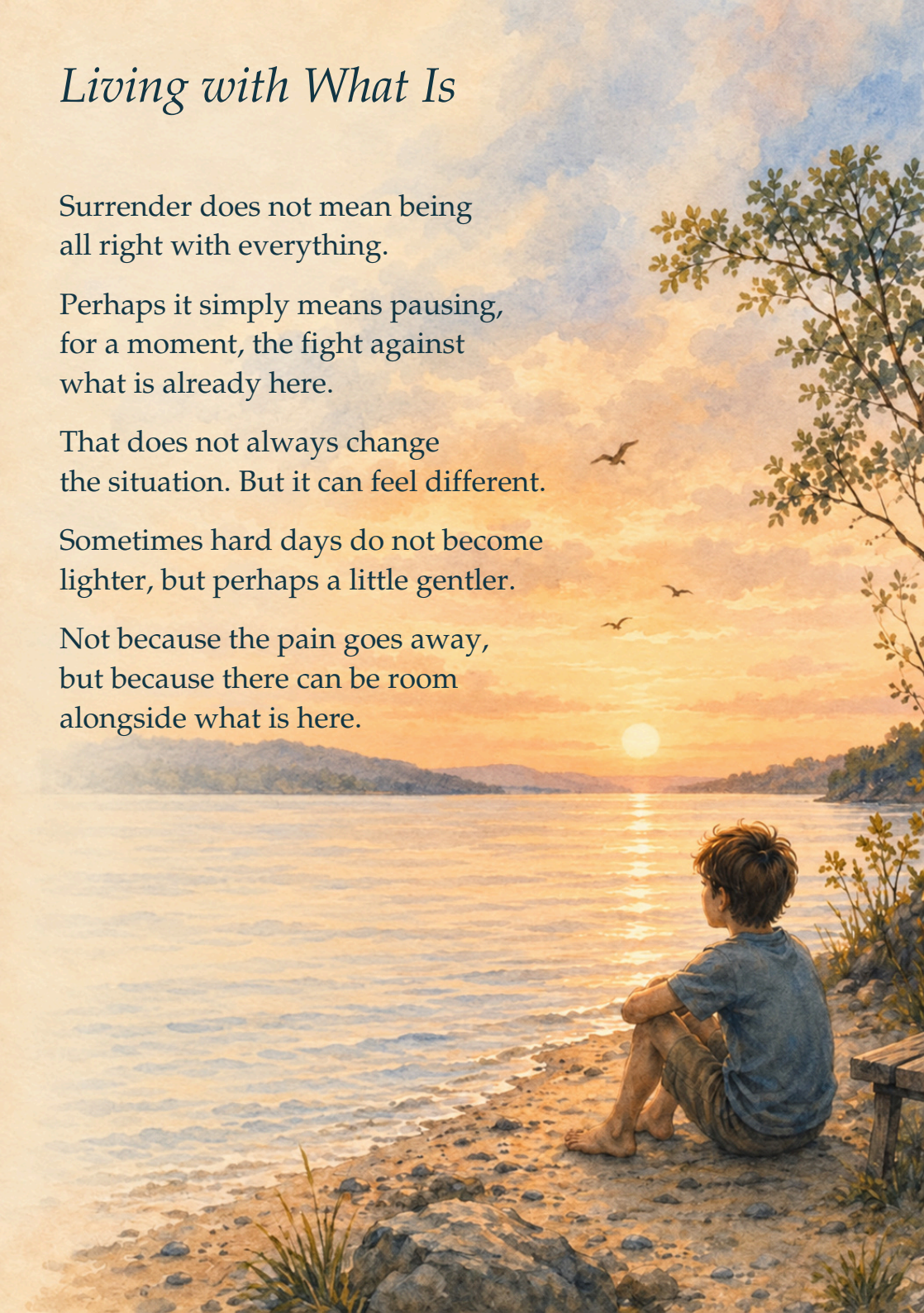
Surrender does not mean being
all right with everything.

Perhaps it simply means pausing,
for a moment, the fight against
what is already here.

That does not always change
the situation. But it can feel different.

Sometimes hard days do not become
lighter, but perhaps a little gentler.

Not because the pain goes away,
but because there can be room
alongside what is here.



The Peace of Surrender is not
a destination.

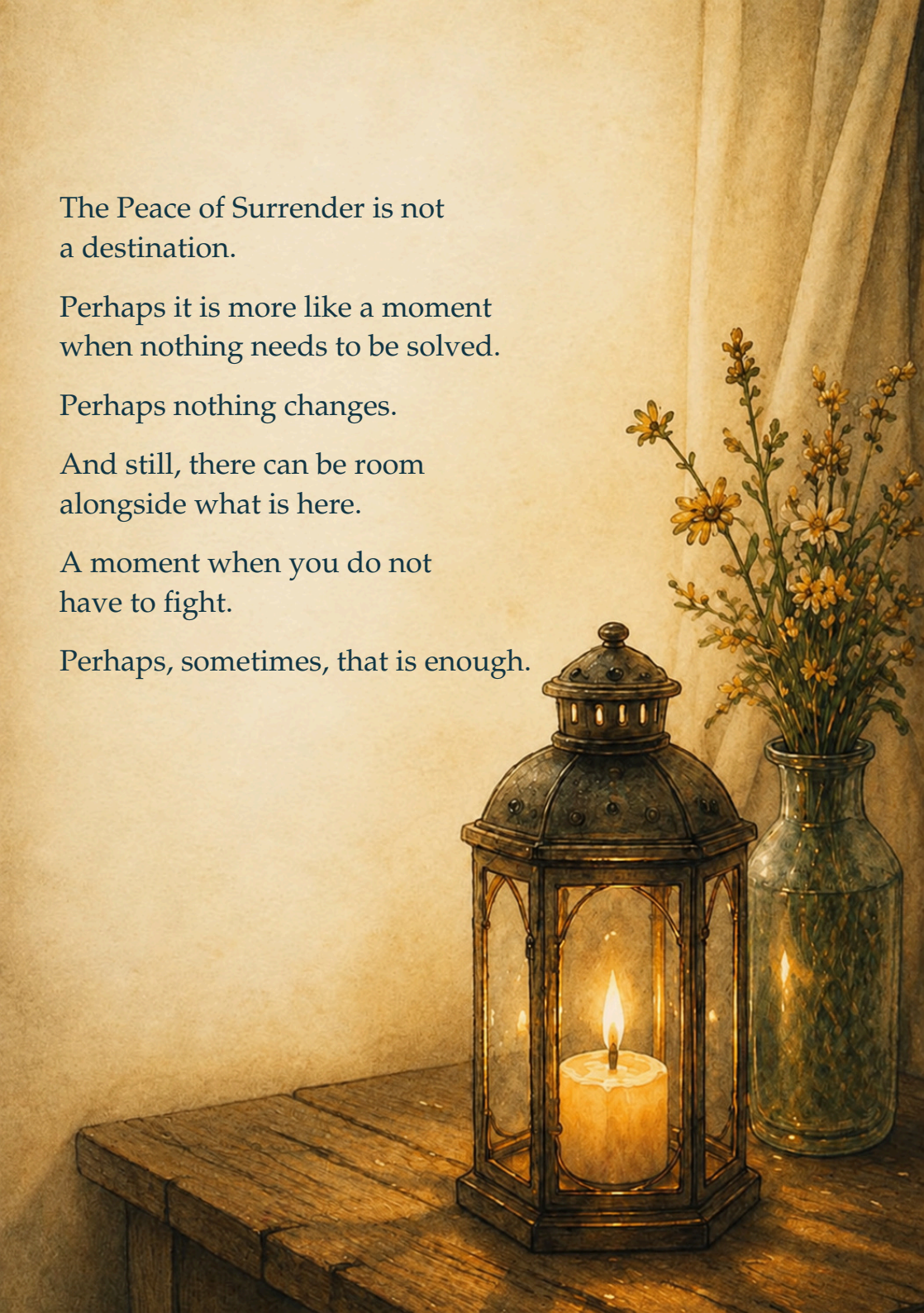
Perhaps it is more like a moment
when nothing needs to be solved.

Perhaps nothing changes.

And still, there can be room
alongside what is here.

A moment when you do not
have to fight.

Perhaps, sometimes, that is enough.



About the author

I create stories and images for The Peace of Surrender. About what we feel, about connection and about questions that can remain open.

My work is free to read and non-commercial.

devredevanovergave.nl

More to read

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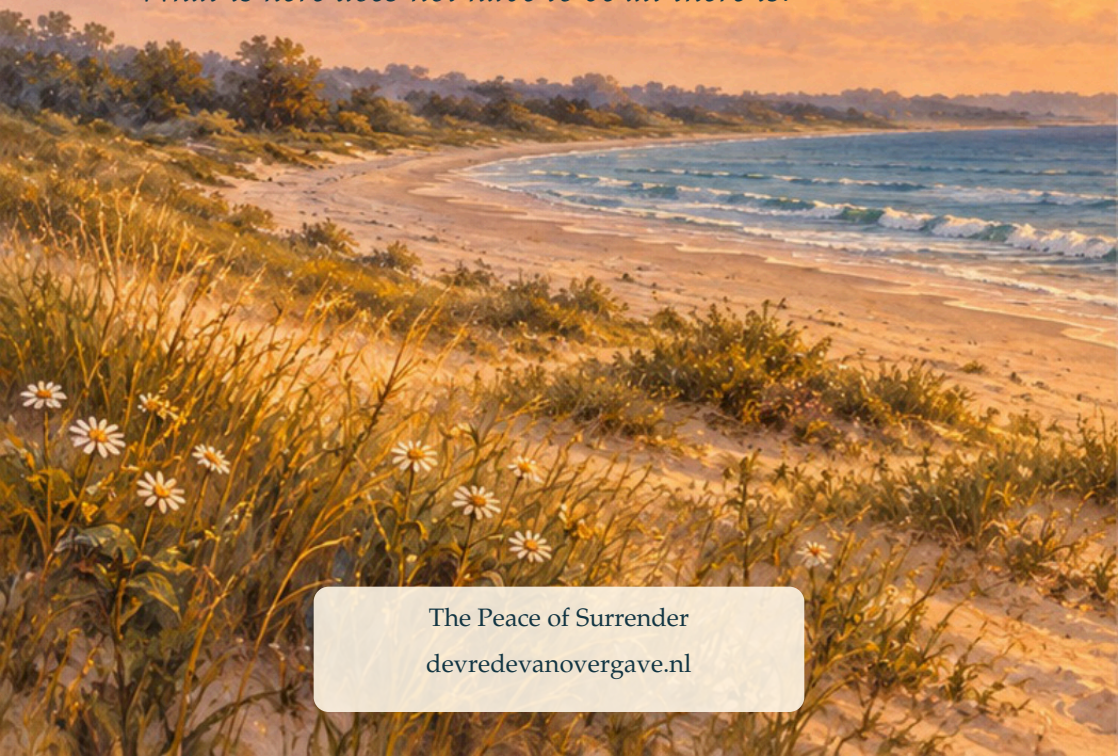
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Come On In

What feels heavy cannot always be resolved.

Come On In brings words and pictures together in a short reflection on restlessness, thoughts and life as it unfolds.

What is here does not have to be all there is.



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