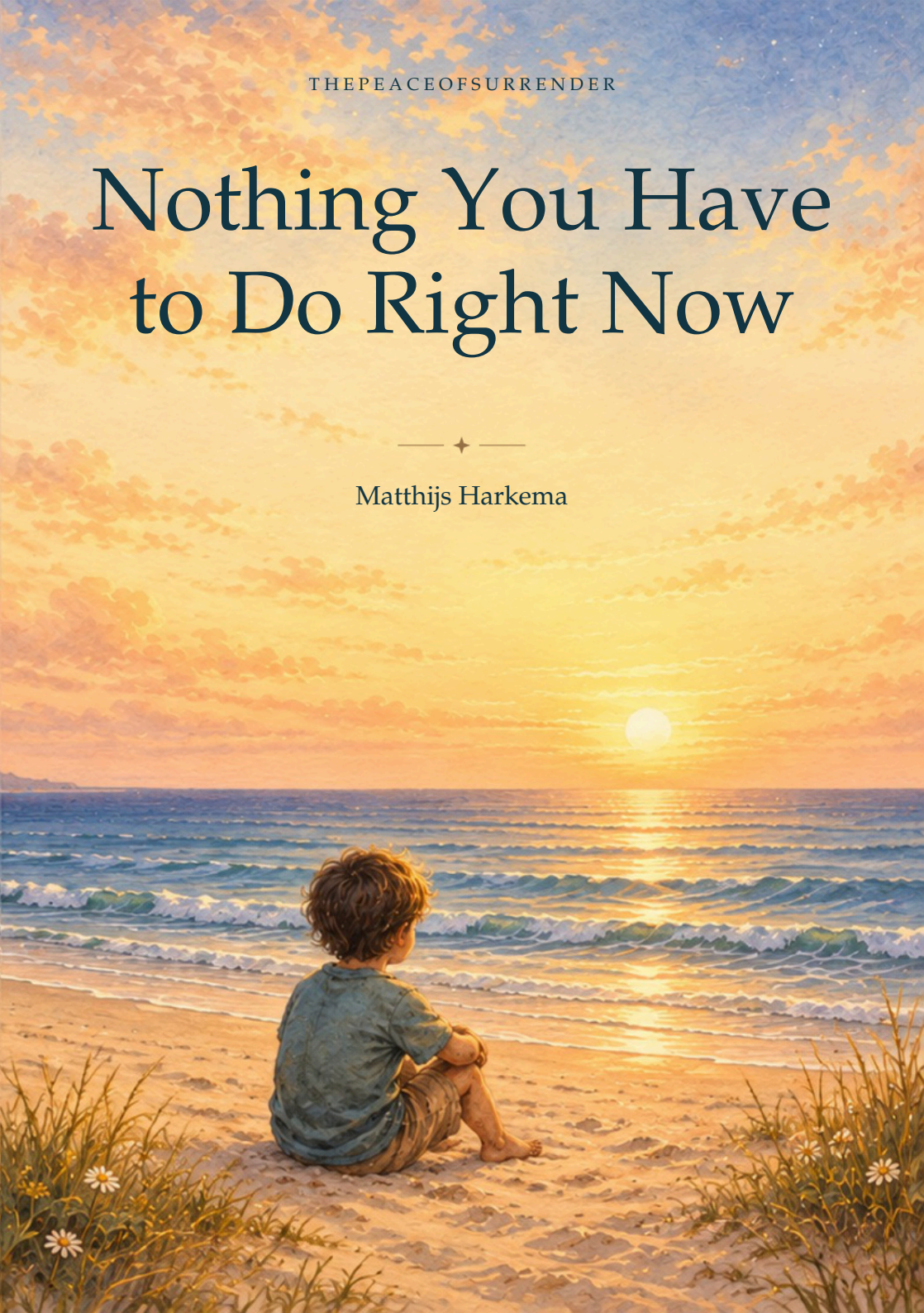
THEPEACEOFSURRENDER

Nothing You Have to Do Right Now

Matthijs Harkema

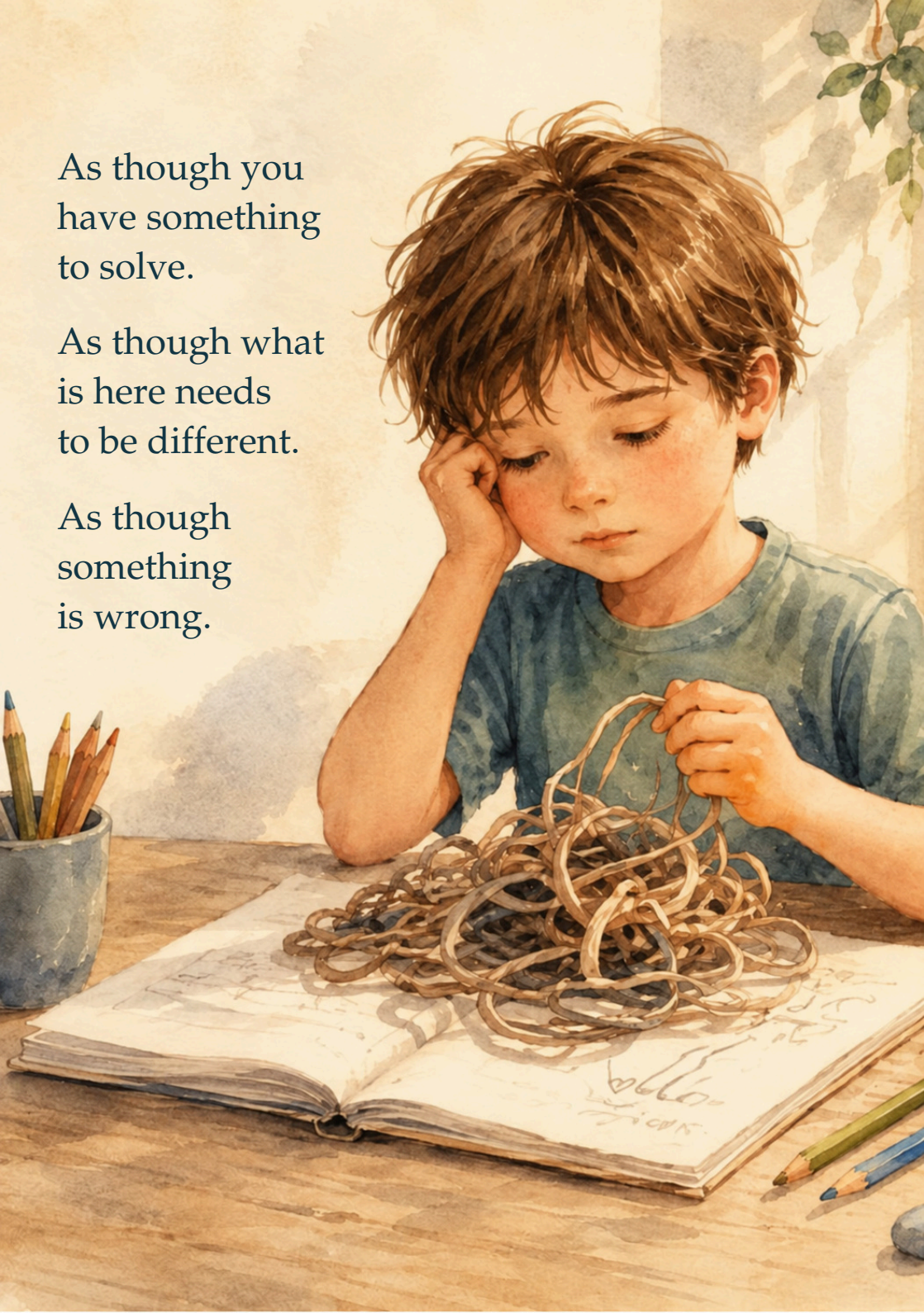



Sometimes it can all
feel overwhelming.
Thoughts.
Feelings.
Tension.
Pain.

As though you
have something
to solve.

As though what
is here needs
to be different.

As though
something
is wrong.

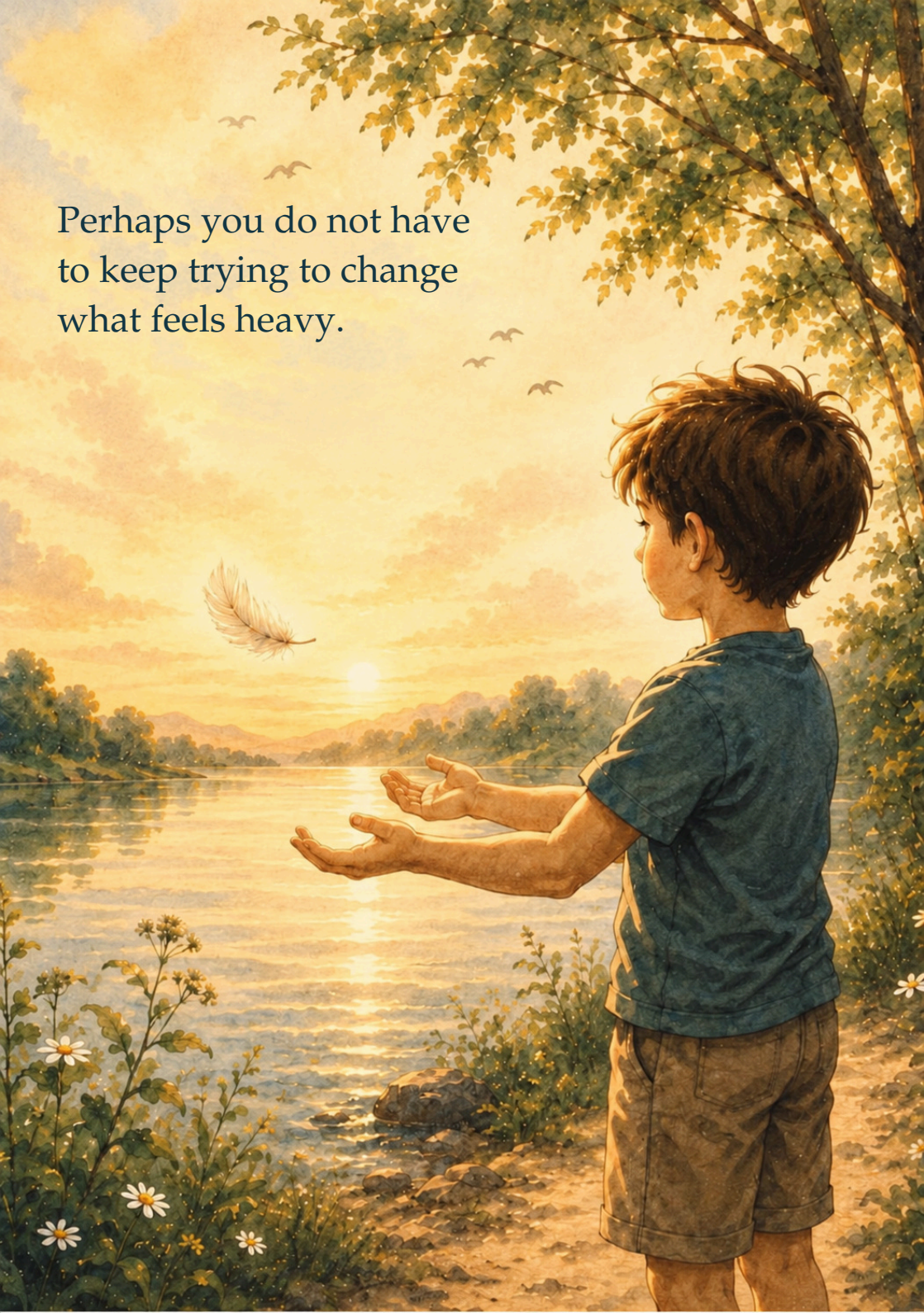



And perhaps then you start searching.
For peace. For something to hold on to.
For a way to make things better.

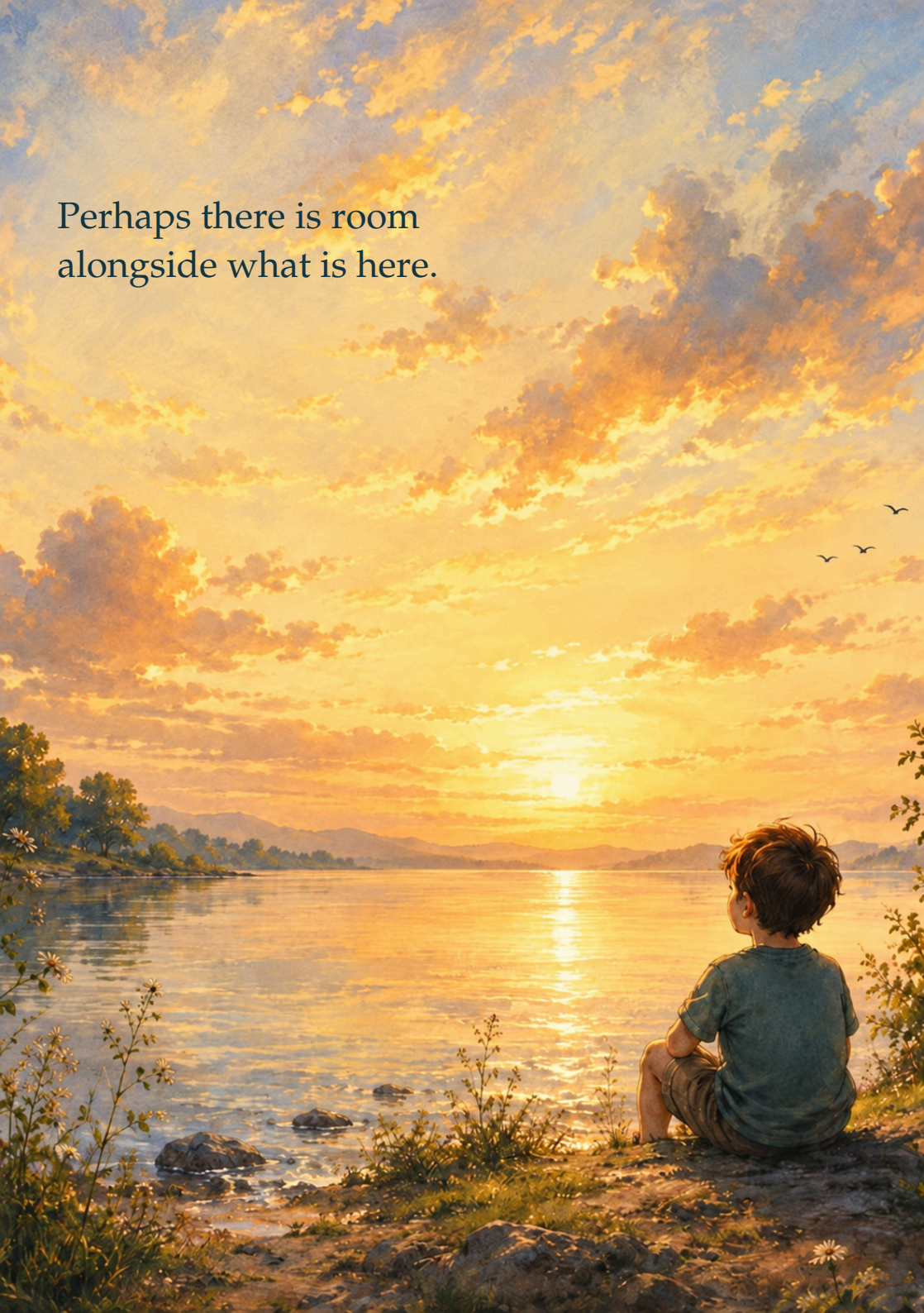

You try one thing.
Then another.
Sometimes it helps.
Sometimes things
stay difficult.
The searching itself
can be tiring.

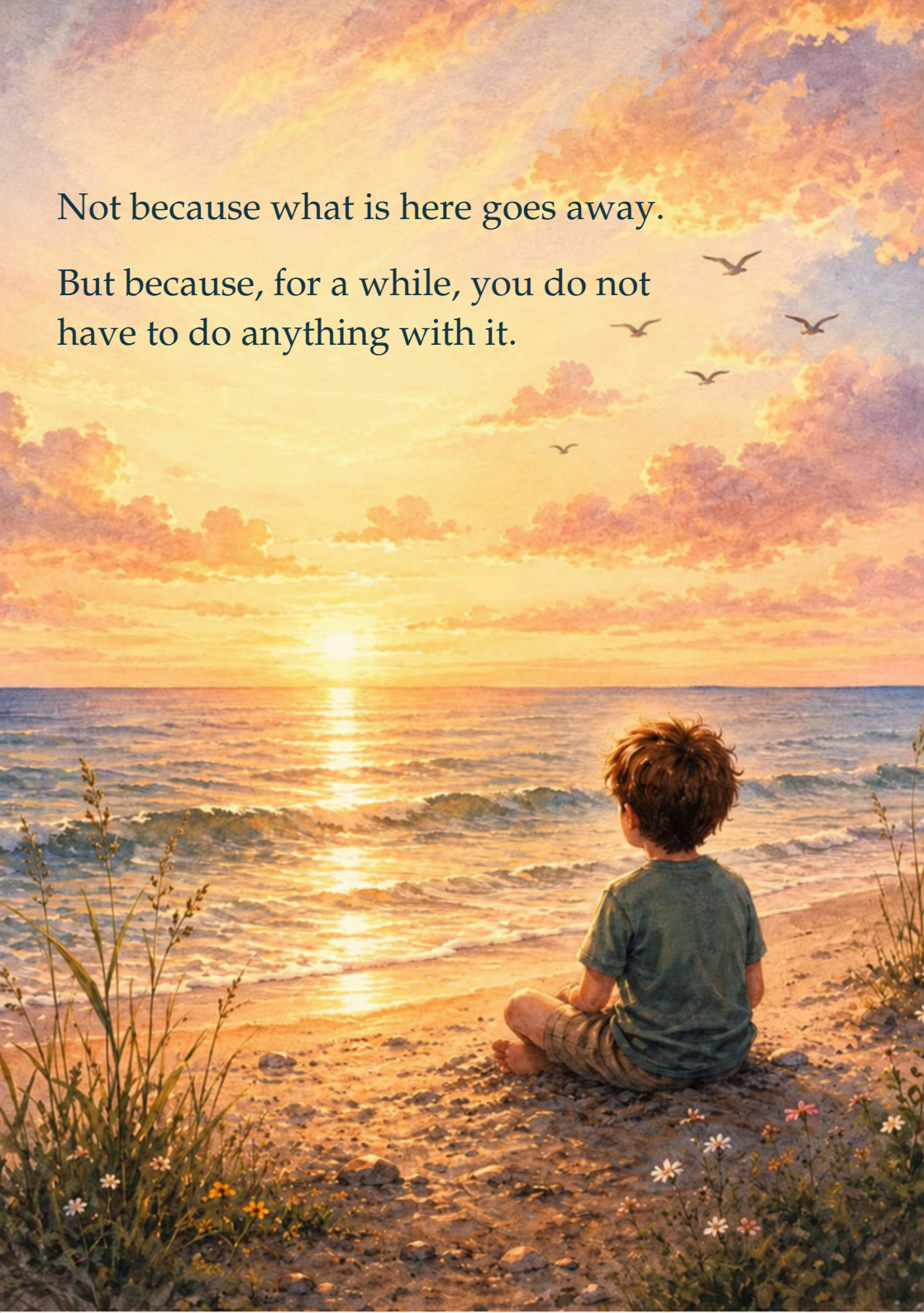

What if, for a while,
there is nothing
you have to do?
No need to search.
No need to know.


And what if what is here
does not always have
to be everything?


Perhaps you do not have
to keep trying to change
what feels heavy.


Perhaps what is here can
be here for a while.


Perhaps there is room
alongside what is here.


Not because what is here goes away.
But because, for a while, you do not have to do anything with it.

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

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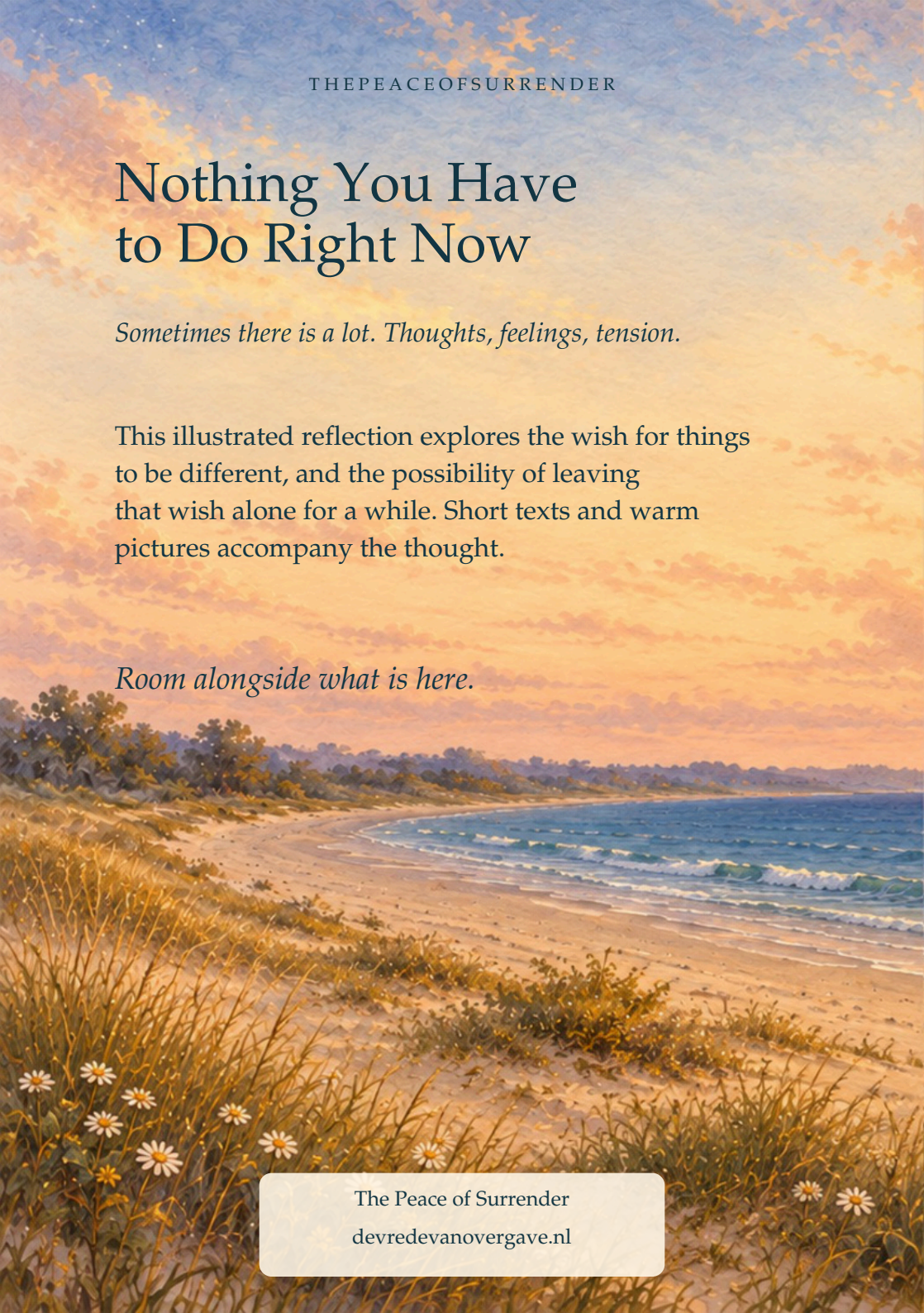
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Nothing You Have to Do Right Now

Sometimes there is a lot. Thoughts, feelings, tension.

This illustrated reflection explores the wish for things to be different, and the possibility of leaving that wish alone for a while. Short texts and warm pictures accompany the thought.

Room alongside what is here.



The Peace of Surrender
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