

An abstract watercolor painting in shades of blue and white. The composition features a large, dark blue, swirling shape on the left and a lighter, circular blue shape on the right. The background is a mix of light blue and white washes.

Poems of Tenderness

Gabrielle von Bernstorff-Nahat

Poems of Tenderness

with aquarelles

Gabrielle von Bernstorff-Nahat

Poems of Tenderness

Written during the time of so called self-isolation and social distancing this book is thought to instill closeness, being close in heart, spirit and mind in times when the body is in crisis. The message is to be happy to have a body anyway, even in a time of crisis, then the body and life is a gift.

My heart and prayers go out to all whose existence has been put in danger by this crisis, health-wise as well as economically. As I can not offer clinical or economic help, I try to offer solace to the heart, mind and spirit. May your soul come to rest no matter how hard the obstacles you are facing. May the humble thoughts of these pages be with you, nurture you and give you peace and strength.

We pray may Corona be over soon.

21. March 2020

May the weapons in our hearts
become silent

There is enough to go around

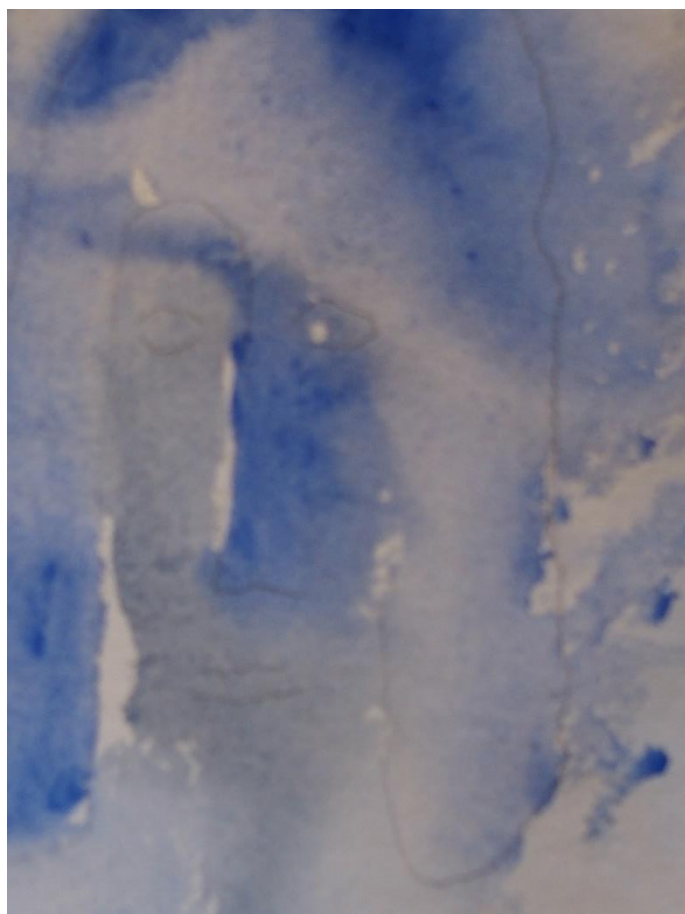
Love is the answer

Nothing less will do



You deserve to experience happiness

May the borders of our hearts open

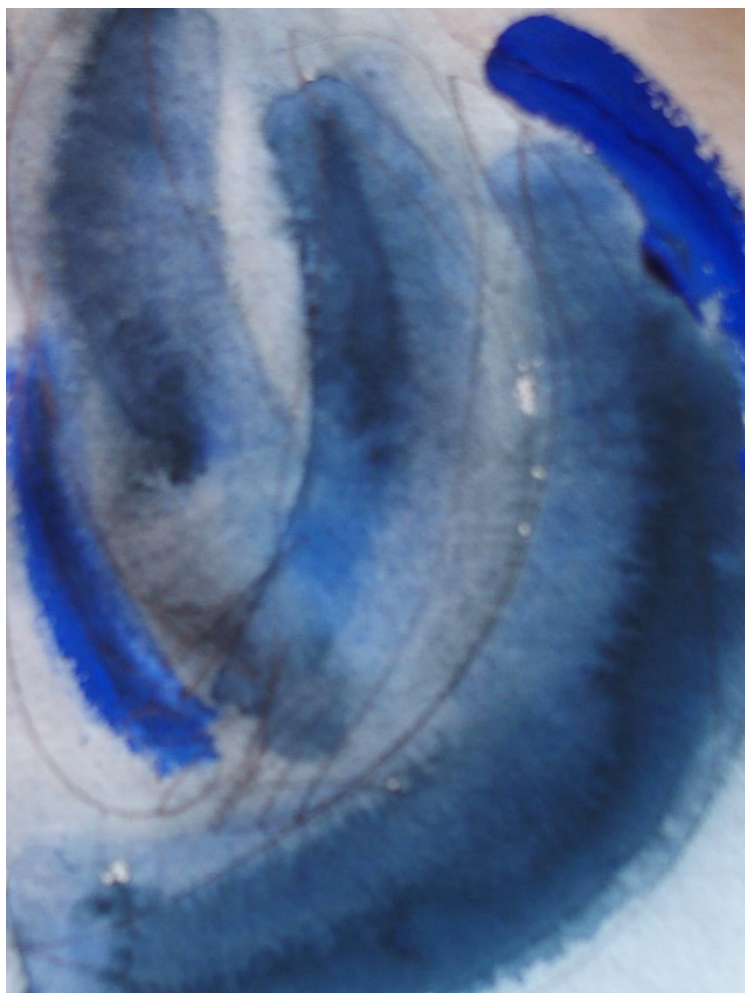


LEAVING THE MOUTH CAGE

IS

LEAVING THE EGO

BREAKING THE MIRROR IN YOU



GODMAN

WOMANGOD

MANGOD

GODWOMAN

A king free of a kingdom

What blessed freedom



Let Love be my name

I am a wanderer

Who wants to be buried in the snow

So let us go out and play



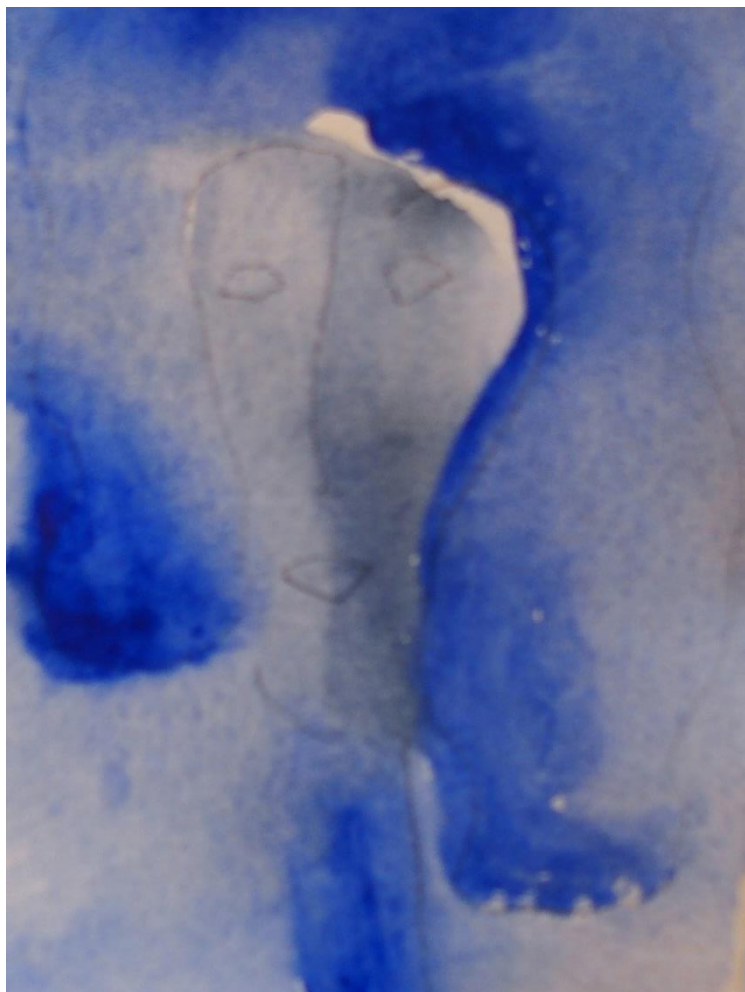
I am your song

Live in conscious awareness of my presence

Share my joy

And you shall be safe

Trust me



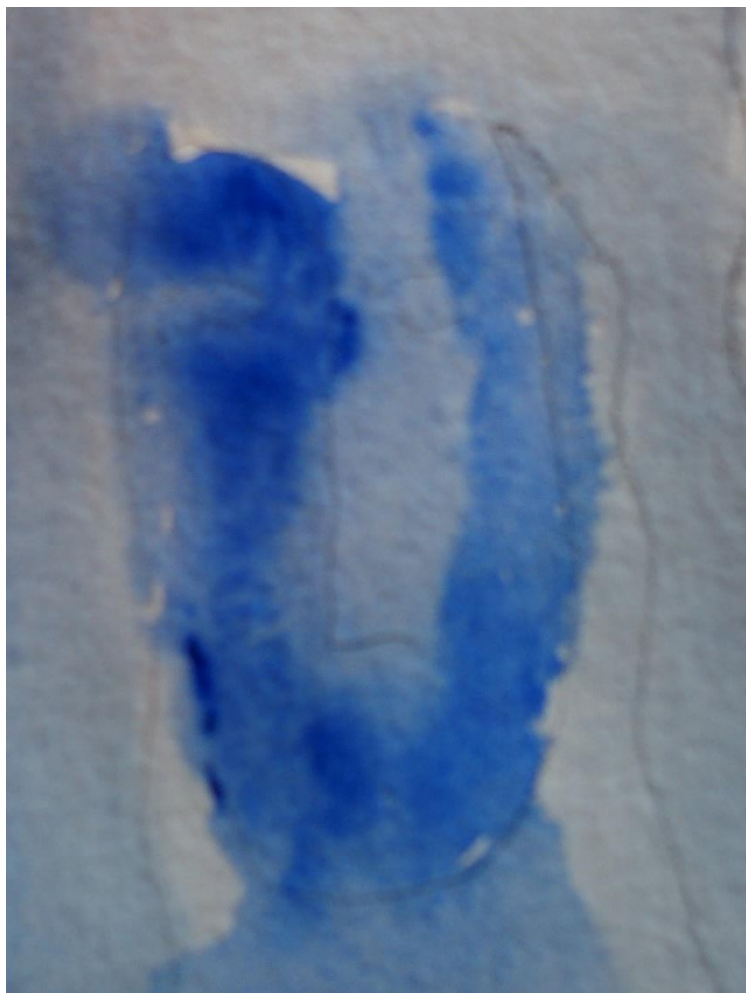
Listen to how your love speaks for herself



YacamoZ

Turkish for the reflection of the moon on the water

Be more like the water



May the universe be happy and smile on all human and sentient beings again

Cypress

Cathedral of my heart

Rememberance

My library

My living truth



We need to see the people making things again

Put them in the garden of your hearts

Their love

Their care

Their thought

Their tenderness

Celebrate the makers

Fathers and mothers of the earth

We send you flowers for thanks

Returning the love given

May the borders of Europe open for all refugees

May the hearts of opponents soften

They are your brothers and sisters at the borders

Your sons and daughters at the door

Your mother and father at the threshold

Interbeing

There is no separate self

We are all connected



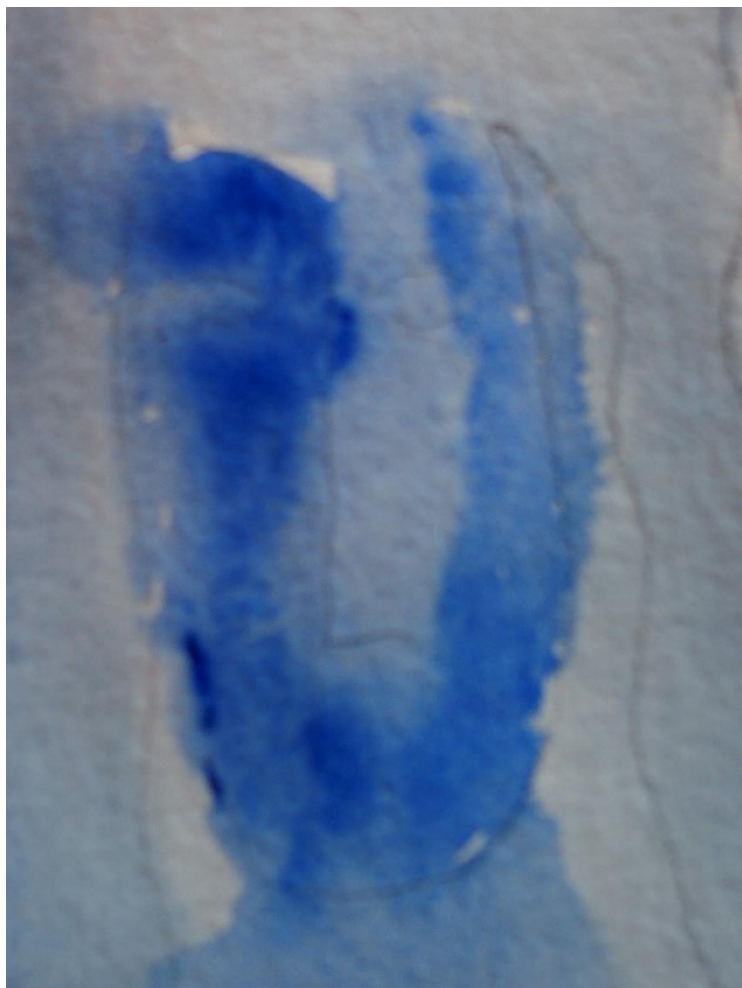
Chukumaobim

Japanese for

God knows my heart

What a happy word

Basho says that the temple bell has stopped but he still
hears the sound coming from the flowers



The earth is a bodddhisattva

I am in mother earth and mother earth is in me

I am in the universe the universe is in me



Rumi says look through Sham's eyes into water that is entirely jewels.

Notice how everyone has just arrived here from a journey

You are not your eyes

Your wings are my breath

Flight of my soul

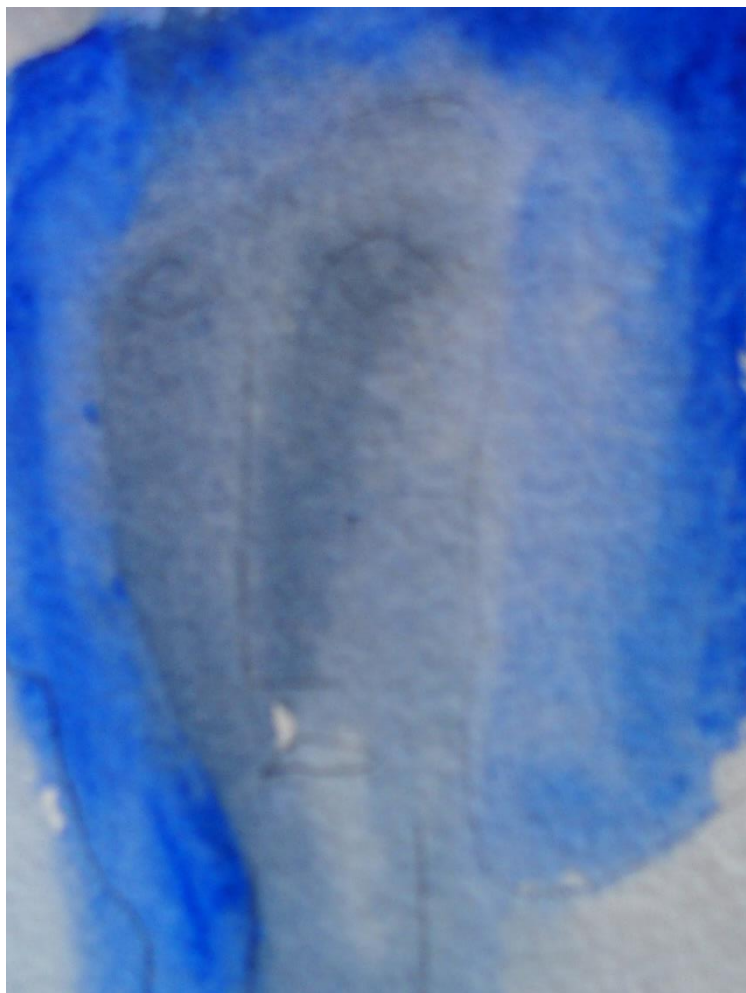
You are me

Your face is where ever I go

Mary

The fold of your robe, embrace down here below
infinite

Breaking through
Words are not shields
Opening into the heart
Soul
Flight towards you



When pain becomes pure love
And everything is here
Your love makes us joyous
May your grace be with us all

The sun dies every night you wed you beautiful moon

Be more like the sun

Be more like the moon

Mu

What connects the visible and the invisible in Japanese

Let's be more Mu

Stop cleaning and come out and play



We are the sun

The rivers and the mountains

The scent of a rose opening

The snow owl

Roricho

Moving the wings of your soul

Light inside the sun

Allah Ilallah

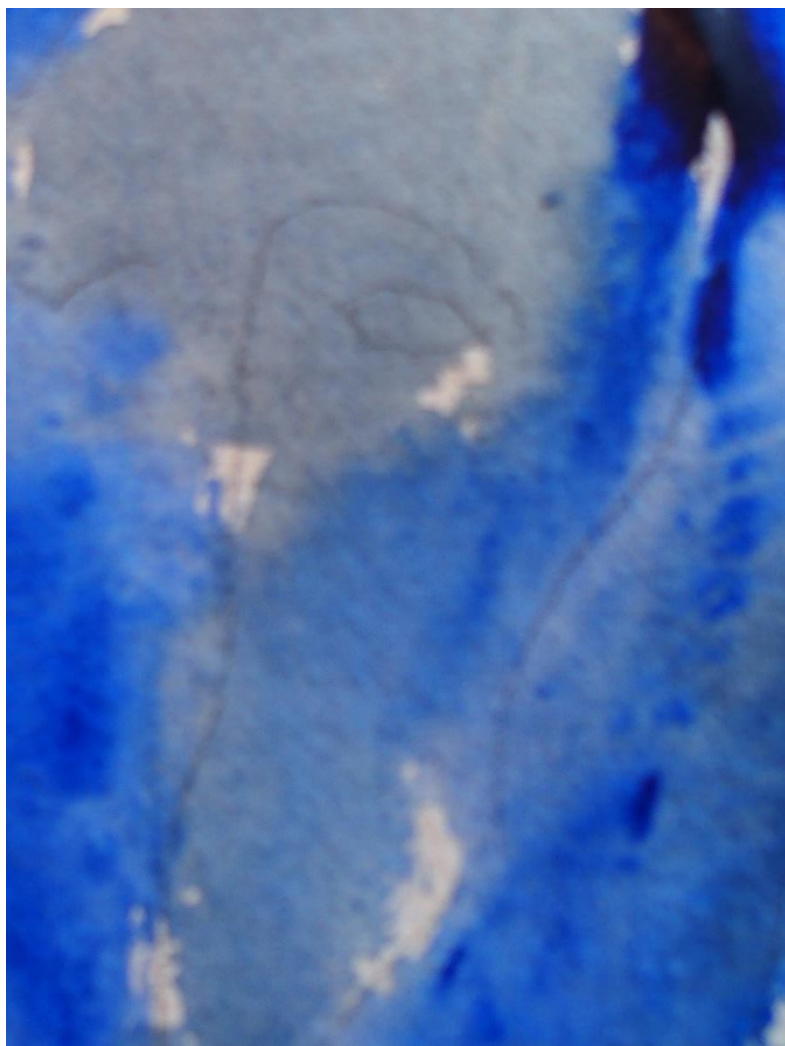
My forgiveness

My joy

My solitude

My everything

I love everything about you



Beyond words

Looking for a living language

Inside of life

Inside of sight

Human beings dwell poetically first

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