

7 Pool

Key words: looking within, reflection

Within us lies a deep pool where everything we are can be reflected if we look into the quiet water.

If we spent our life building ourselves, this pool reminds us that everything is far deeper than we think? It invites us to look inside, to look without judging, to look genuinely at who we are.

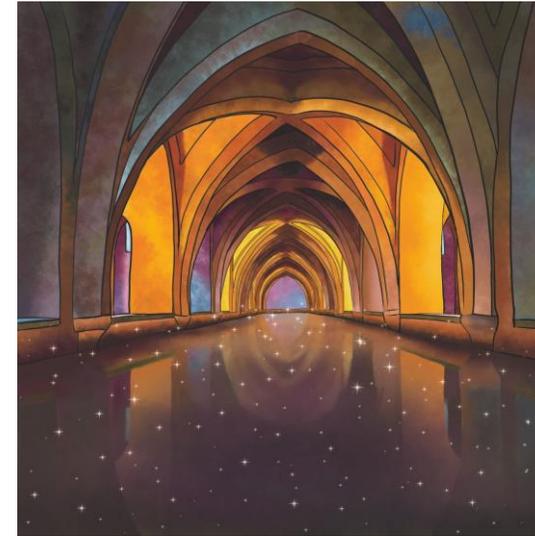
We can reflect on what we did, why and how we did it, what we lived through, what it brought us, and to realize that whatever we did in our past, each challenge was an opportunity to grow, to learn, to strengthen, to become the one we are now.

As we smile at our reflection, we understand and accept what brought us here. We can now make peace with ourselves and see things as they are, reflections of the life we lived. They can't be reached, but they are there as memories and lessons.

There is no regret, there is no pain, there is no desire. Just images, testaments of our story, coming to the surface as we recall them. As we accept them as part of our saga, they go back softly to the depths, ready to come back if we need them to face something in our present life.

There is something magical in these waters, something that only we know: the secrets of our soul. This is where our feelings and emotions are born. This is where we can reach for the origins of our most important adventures.

This is where we can achieve acceptance and move on to our journey.



The pool is the depth of our life experience. Under its waters lies every little thing that made us the one we are now.

The time has come to look into the water and to reflect on what we lived. If anything emerges, we can look at it with love, and move to acceptance, then peace.

The time has come to look within and deal with anything that needs us to reflect on, with an open mind, and see it as a lesson we still need to learn, or as a memory able to bring us joy, strength, will, when we need it.

We can call whatever lays in the waters, as it belongs to us, as it brought us where we are today. If memories come back to our mind, time has come to look at them, to recognize them, to welcome them, and to accept them as part of who we are.

There is nothing to fear, nothing to be afraid of. There is only us. And the time has come to look at our own reflection, smile at it, and accept who we are. The time has come to create our narrative.