

everybody is feeding you a future goal  
wherever you look...  
television...news...internet...shopping malls...  
wherever you go...  
dreams and dreams and dreams  
are being sold to your head  
you are filled with so many dreams...  
so many thoughts of what you should be...  
what you should become...  
what is your future  
slowly slowly all these parasite thoughts start entering you  
entering your heart...  
and you start dreaming...

i wish i had this house...

i wish i had that car...

i wish i had the power...

i wish i had that girlfriend...

i wish she was my wife...

i wish i had these children...

this poor little heart is crushed with all these millions of thoughts  
to become...to be...to prove yourself  
that you are somebody special

the poor little heart keeps absorbing all these ideas

and slowly you feel that these are your dreams

i dream to become the president...

i dream that i need that yacht...

that is my dream house...

all your dreams are nothing but fed lies into your small little head  
and then you start believing that these are my dreams and my desires  
the whole world is spinning all around you  
a million and one thoughts are being fed into you  
and the dreams do not stop  
and this poor little heart needs to breathe eat and sleep

and here is your being  
it gets one pulse of life  
moment to moment...  
just one little pulse of life  
but so many dreams !  
so many desires !  
so much to do and to become !  
and life is so fragile

you have no time left to breathe  
too many goals...

who has time to breathe ?

who has time for life ?

one pulse...one pulse...one pulse...

few beautiful moments of life are given to you on this planet  
and now you see why people have gone mad  
one pulse at a time  
a million dreams...  
a trillion futures...  
where can you run ?  
you are filled with misery because you cannot achieve it  
but in the first place it was not there to be achieved !

life does not expect you to become an achiever

life is coming to you

enjoy life...take a nice walk by the river...

enjoy your breathing...

relax and settle into your being...

utterly content and still...

but how can you remain still ?

all these dreams !

so many responsibilities

the children need a car

they need a future

they need responsible parents

