

# METANOIA

By Aart Beunderman

I want to die  
and be reborn  
I want to die, and fly into reality  
real pain, without anaesthesia  
in the present, with no control

See that I am  
whole  
I am not individual  
see that I am  
hallucinating  
afraid to release fear

Be myself  
and observe myself,  
embrace  
metanoia

