

Do you want to free yourself  
from illness and suffering?

It's very simple.  
Create your own essence.

- Your Truth means that;  
not more and not less –  
to disperse,

and let your desire from the deepness  
where you have buried it, to ascend  
into your Mind, your Thinking and your Feeling, your Life,  
your Relationships  
to water and to inspire

Always cast the light of your consciousness on everything which is  
in You

– Without exception -  
And everything will be healthy and blooming

Live! Feel! Live!  
It's time to shake off your imaginary chains  
to free your true Being.

From Safi Nidiaye: The Beauty of Love