

BIRTHING A FOREST

Caroline S'Jegers




POETRY IN MOTION

WORDS OF GRATITUDE

She came to me for the first time thirteen years ago before my father's passing: a poem of hope and support. And ever since, poems - as keepers of wisdom - walk beside me or wake me up in the middle of the night. Reminding me to trust life. Asking to be remembered. And from here, to be shared - with whomever feels the calling to listen...

A deep bow to my two children: Hazel and Thuja, and to my husband Josse - as they are the biggest blessings in my life. To my mother Rita for more than words can describe, and to my sister Sara for showing me how to love fiercely. To my father and ancestors as light beams.

And to the many teachers who sparked my passion for poetry and dance, such as Mati Engwarda, Thea Spanjers, Kim Rosen, Christine Price, Vinn Martí, and Anneli & Michael Molin-Skelton. And as a funny note, after sharing about the connection of my children's names to trees, Michael replied: "Oh I am not surprised you birthed a forest!"

And thus, I hereby introduce you to the creation of "Birthing a Forest"! May this collection of poems stir up our hearts and gently guide us towards more connection & (inner) peace...

Caroline S'Jegers

BEFORE THE BEGINNING

- Words of Gratitude
Before the Beginning
1. Birthing a Forest
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- Album Praises

Link to
full album
download:
(after release)



www.carolinesjegers.com/album

BIRTHING A FOREST

Nothing can describe the beauty
Of being born into this world

An opening beyond imagination
An offering into truthful presence

Staying in connection
To all that is holding us
- here and below

Staying aligned
To the unexpected doors of simplicity
- here and above

Deeply planted,
Our branches reach for the sky
Reminding us of the everlasting flow

From the smallest dance
To the most gentle touch

From a strong need to create space
Yet always wanting to be near

Grounding firmly within
So we can sense safety

Held by the bravery
Of the sacred

And so we can fully be
Curious and playful
Sensitive and powerful

Expanding our vision every day
Speaking wisdom of spirit
Embracing wild earth

Jauntily
Intentionally
And effortlessly

Unabashedly
Letting
Our

Roots
Grow
Down

Tree of life
Spur of the moment
Birthing of a forest

Lovingly astonished
How can this be?
The miraculous cycle of life

Is it true that you - and all of us
Came through the same gateway
With a grand heartfelt wish

To share ourselves
To be our full selves
In service of the whole

Whole
And
Holy



BREAK ME

Break me
Shed the layers that hold me
Behold me - with all that is

Make my wounds into the beauty
Of opening and closing
And opening. Again

Truly let me witness this breaking
- open
Spiralling through, down and around
All the way into the center
of my being

Make my flesh and bones become one
Exchanging space with all the spaces
in between
Re-awakening what has been forgotten

Not only is this moment
a remembrance
Of what has come before

It also gives way to anticipation

Of longing
wanting to belong
Of tenderness
wishing to be touched upon
And of knowing
wanting to be acknowledged

Break me
Open me
Guide me

Take me by the hands
And crack me wide open
So my heart can lead me the way



GIVE HEART

Dear heart

Show me how to love
Remind me who to be
Inspire me when to act

Out of creative flair
And in surrender to
The entirety of nature

Dear heart

Take me to the depth
Connect me to what calls
And stay close when I forget

For complexity has its own ways
To simply circle round and round
Into the sensitivity of consent

Dear heart stay strong
Dear heart show vulnerability
Dear heart let it all be

True power lies in what is hidden
Underneath the words of despair
Or the behaviour of conformity

True love lies in what is alive
Above the remedies of concepts
And the influence of density

So laugh now
Hold hands
Release joy

Let what is loose
Change shape
Construct reality

Allow for matter
To materialize
In the most wonderful formations

We are creation
We are created
From the miracle of the mysterious

We are golden
We are alchemised

In the sacred marriage of the whole

So remember who we are

Never forget

Let us not forsake

Who we are and where we come from

For we are lovers of the earth

Here to share tears and grow trees

We are kindling to the fire

Here to glow our moon hearts

Into the dark night sky

We are keepers of the water

Tending the overflowing source

Of what nourishes our soul

And we are sages of the wind

Blowing confusion at normality

In the remembrance of what is

ecstatic

So let us not forget

Who we are and where we come from

For we are learning to turn the tides

So may we remember
- again and again
Who we are and where we come from
Sense, listen, give voice

To the one within who truly knows
Breathe yourself back
Into being

And give
Heart
To

Who you
Truly
Are



HOME SWEET HOME

I am a woman.

I am more than a woman.

I am more than writing
about being a woman.

I go beyond these words,
and yet,
can be buried
in the constraining matrix
by these words.

If you see me passing by,
let me hear your voices of power.

When you hear my breathing
as I am giving birth to
yet another breakthrough,

praise me with open arms,
and call me into life again.

What if flying is the only thing
I need to know of?

What if the birds
have known it all along:

“Don't hide your beauty
behind the trees,

but swirl around them,

and let the air
take you home sweet home.”



SACRED IDENTITY

At times, I become a bird,
or larger than the ocean.
I can hold you here and now,
as you are sitting and
breathing my story
through your pencil.

I can go beyond,
I can turn the world upside down,
I can whirl my way
through the universe.
And so can you!

Let's dance like a shooting star
that can be seen from the earth.
Let's shake our heads
like the snakes while shedding skin.
Let's find our freedom
in between the words of love and joy,
of grief and sorrow.

Feel how the moon holds your chest,
and supports you when you experience
yet another pain in your heart.

We can do it all!



EVER WIDENING CIRCLES

Continue forward
Or else, go nowhere

When this ends,
Something new begins

No one can say
When or where

Yet we all know...
Death is part of life

Within the letting go,
Lies the integration

Of what is to come,
Or of what will never be

Within the allowance
Lies the invitation

To dive within
Or to simply see

Within the confusion,
Lie the possibilities

Of change
Or of what asks attention

So simply wonder
And rest now

For nothing can prepare
Yet everything is there

We are ready anyhow
To continue this journey

When all else falls away,
This is what feels clear

The ever widening circles
Of you, me and we

Will
Always

Be



INNER DANCE

We have come to gather
In circle, open and wide

We have come to meet
The truth of what can be unsettling

We have come to feel
Darkness interwoven by light

And in this arriving,
Of which we are only learning
What it truly means to be here

And in this deepening,
While nothing is written in stone,
And the great mystery remains

And in this thriving,
Allowing for creation to show us
Why our lives truly matter

We go back to
We sense into
We dive towards

Authenticity
Inside

Love
Beyond

For we have come to be
The raw version of who we truly are

We have come to see
What it means to connect
To others in common unity

And we mess up, we truly do,
For we learned the way of
individuality
To think, act and rebel
against the invisible

Yet isn't it clear, for we have come
We have definitely come
To be set free

Your place in the circle
Is inside of you and me

My place in the circle
Lives in true belonging

Our place in the circle
Has the capacity to flourish

And in this not knowing,
We have come to remember
What has always been understood

And in this dancing moment,
This poem gently softens her tone
And slows down her tempo

For this is where it all began
This very moment

This is where it always returns to
This very breath

And this is how it continues
To simply have hope

For we have come
We have only come
To move and be moved



MORE THAN THIS

We can be more than this
We can use our energy for
Something that feeds us

Rather than wishing for more
Pain, shame, sensible games
We can be more than this

Not only foreseeing, but also
Remembering what brought us here
Not only forgetting, but also naming

Honoring ancestors,
Stepping into the unknown,
And opening up what is buried

Underneath so many old layers
Of deep deep trauma
Walking the thin line

Between old and new ways
Dancing with sun and moon
Swaying our hips to stardust

We can be so much more than this
Not to put more blame on ourselves
We have done what we could

We have tried so hard,
way too hard even
Because our healing
does not lie in doing,
Constantly doing
- to change nothing

From a place of blind spots
Putting seeds of darkness
Into a barren soil

Since we can pull ourselves down
Now let's lift each other up
And look beyond the obvious

We are human beings
Created from the same source
With a full potential of light

The only thing we need to shine
Is fertile ground, lovely support
And an authentic acceptance

So yes, we can be more than this
We are more than this
We are humans - and we are enough

Let us pray for common sense
We deserve to get a new chance
Because in the midst of trembling

We are united as one
In the depth of who we are
We are all related

On 22nd of May 2024, “More
Than This” featuring Uria Tsur
released as my first single!

Link to
download:



www.carolinesjeggers.com/album

SPINNING WHEELS

Spirit shares and soars
Earth supports and liquifies
The golden trinity gives me a clear
understanding

That I am you
And you are me
Held in an eternal embrace

Feeling the fulfilment of time
Sensing the possibilities of space
This wondrous mind

Body and soul, all intertwined
Beyond the limitation of sight
In deep knowing that we are the light

We are here
And life is always flowing
A sudden re-membrance

Acknowledging the sensations of skin
Spinning wheels of co-creation
This simple birth

Death and rebirth
Into what is always shown to us
Receiving the tastiness of being

We are love
And love is alive
A deep bow of grace

Celebrating this ever-lasting truth:
I am you and you are me
Together as one

I am the one
You are the one
We are the one

The ones we have been waiting for
So why wait?
So why wait any longer?

It is time
It is time
And the time is

Now



INCANTATION

My body is my shelter
Carrying me forth

Welcoming my roots
To bring all there is

My voice is my expression
Giving color to this existence

Opening up com-*passion*
So true nourishment can be lived

My soul simply has no names
Holding my true being together

So I can warm myself to this fire
And so the waters of eternity can flow

Sometimes words have no more use
But to reveal the unnameable

To sweat the unimaginable
To absorb the untasteable

So dive beyond what shines,
Sink below what pulsates

With every drum beat,
silence births rhythm

With every e-motion,
life cycles into love again

And with every cry of joy and fear,
simplicity shows a specific flavor

A fragranciness of depth
A sensation of be-longing
A breath of re-membrance

Your voice matters
Your movement aligns
Your integrity can lift the world

So allow for your expression to pour out
Gently find a place to pause,

And listen to what moves within
Give breath
Give voice
Give sweat

Let yourself be heard
And keep your ears open to receive

Your surrounding
Your inner grounding

Stay here for a bit longer,
Until what is essential

Can gently
Appear

Stay here
Breathe

Simply
Sense

Essence
In a quiet

Meet &
Greet



GENTLE WHISPERS

Taking a step within,
I allow for gravity to hold me.

Dancing with what is already here,
I gently let my body rest now.

This life vibrates in the remembrance
Of these ever widening circles

Time and time again
Expanding and reaching out

Across the spaceless space
And beyond the timeless time

Contracting back into this form
Letting my inner landscapes transform

While being informed
Of what is yet to come

Glimpses in the blink of an eye
Simply allowing for what wants to be

Nothing to do, nowhere to go
The miracle of moving out into the
world

And then, letting it all unfold again
Ripples of this astonishing creativity

Exactly in this moment, I receive
The gentle impulse to sink deeper

And to bring my forehead to the earth
So I can hear her lively pulse

And whisper back to her:
Thank you



INTO THE EARTH

And what if, beyond all the pain,
the bitter and the sweet,
We can lay our head down
And find comfort in this moment?

It has been shown to me so often:
My grief carries my happiness
My anger supports my kindness
And I can see the wonders laying
underneath my wounds.

So how come life can feel so dull,
So deeply unsatisfying at times?
In fact, what is this all about:
This life, if we are to die anyhow?

This can feel like a mystery to me,
And it is exactly within
this great not knowing
That the cycles of regeneration
And of rebirthing become
solid and clear

We cannot know anything
Except through our experiences

We cannot own anything
Except for what is being
given at its very core
And we cannot claim anyone

But what we can do
Is bend down
And bring our head close to the earth
Solely to give thanks

So why not start right now?
Let your hands touch
the rough edges of a stone
Let your feet find
their way into the dirty soil
And fully breathe in
the smells of the roses

You are here, now and present
And even through the eye of the storm

This is what will always
be of support:

Love is here to stay

Love
Only love



COM-PASSION

Feel the greatness
of what has created you,

become this body,
this womb,
this precious gift

- that we call
'human being'.

ALBUM PRAISES

This booklet supports my first album “Birthing a Forest” - to be released in November 2024. This visionary process would not be possible without the participation of dear musician friends. Many of them have given me much of their expertise, time & dedication, which to me is a huge gift...

“How can this be?
The miraculous cycle of life”



These people I would like to praise in particular: Jeroen & Danielle (HeartFire Music Label), Lian Priemus, Mirjam Martens, Kevin James, Mitsch, Uria Tsur, Carrie Tree, Susie Ro, Martyn Zij, Moniek De Leeuw, Joshua Samson and Sanne Moon (for the incredible background art). Of course, to the dance tribes around the world who have given me brave spaces to explore the interweaving of my spoken words in live co-creations.

And finally, to all of you - for your generosity and receptiveness to the medicine of poetry & music.

May the spaces in between these words bring us home gently... Enjoy!

Caroline G'Jegers



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