

# The Silverthread

Project Pitchfork

I close my eyes  
I regulate my breath  
I free my mind and gather myself  
Without my body I lean to my left side  
I slip out of it  
I look back to my body  
And the connected silverthread  
I see the now visible beings around me  
I start my journey  
I pass woods seas and fields  
I only have to imagine a place  
And within the wink of an eye I'm there

I visit a city  
I see crowded people  
Made unhappy by the greyness  
I visit a country  
I see starving people  
Made hungry by the mighty  
I visit a jungle  
I see its native people  
Made homeless by the greedy

I hear the crying of the world  
And I join in