

Ibex Feels Deeply

When an Ibex is born,
a light shines from high;
a shower of stars
connects them to the sky.

Ibex lights the way and
shows the world how to grow,
to shine with love
and let feelings show.

They feel so much
what others can't see.
They know the world
needs more empathy.

Sometimes they feel hurt
when others tell them to stop.
They hide their feelings
to be something they're not.

It's a gift and a struggle
to have feelings so deep,
so Ibex must learn
to find inner peace.

They go to a place
by a large willow tree,
to rest and reflect,
and seek what they need.

Where is a place
that you can go
to feel at peace
and let feelings show?

When your feelings are cared for
and not set aside,
you become like Ibex
and shine a light that can guide.

A new way, a new strong,
holding space, holding love,
finding what's lost,
and rising above.

Tell the world that it's time
to soften its grip,
to feel deeper, love stronger,
and to lead like this.

Repeat after me, let these words be a guide
to connect to yourself and shine from inside:

I feel very deeply,
it's a powerful gift.
There is strength inside me
to guide and uplift.