

Katarína Kabáth **Trips There and Back Into My Soul**

KataStrophae Publishing

KATARÍNA KABÁTH (1976)

Who is she...

"A woman. An element. Energy. Love. Joy. Life here and now. – this is the author of this book."

Lucie C.



"A deep human being with a beautiful smile, smiling eyes and generous heart." Miroslav D.

"Restlessness in veins, life to the full, people close around, empathy, humanity and a clown's nose in her pocket." Petr K.

"A loving being. Knowing, but sometimes forgetting, that the beauty in us is only reflecting her own beauty. What makes her so loveable." Supora

Who am I?

I love life as it is, here and now. With all its perfect imperfections it inspires me to live, share everything, love, work, travel, relax to the fulness every day. I am also a mother of an amazing 18-year-old daughter Katka who helps me to grow and learn. I love my work which gives me an opportunity to meet people from various continents as a coach, facilitator and lecturer. I have the privilege to be there when they realize, what are all the beauties they already have inside themselves. As well as when they search for strength and courage to live their own lives fully, and do what makes them feel satisfied and content. I admire our differences, enjoy sharing - food and cooking, talking, dancing, flying, walking, reading books.

My poetry is my experiment into the field of imperfection and sharing it.

TRIPS THERE AND BACK INTO MY SOUL

Imorana Katarína Kabáth

Published by Katarína Kabáth - KataStrophae Publishing in 2020 as its 3rd electronic publication.

www.katakabath.com, e-mail: poetry@katakabath.com

Illustrations: Olga Yakubovskaya Graphic design: Lucie Zendlová

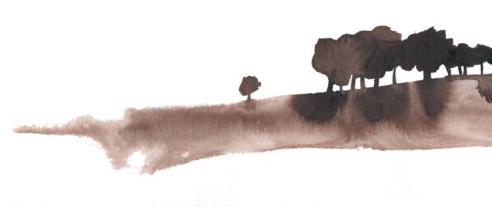
96 pages First edition Copyright © Katarína Kabáth 2020

To order the electronic book, go to iBookstore, <u>www.amazon.com</u>, <u>www.martinus.sk</u>

To order the printed version, use email poetry@katakabath.com

ISBN PDF 978-80-88224-09-9





In the shade of foreign words

My mind relaxes

On the mossy carpets

Of cosmos

Light breeze in my hair Silence in my head Voices coming And going

Thoughts
Wandering
Through me

Train from Süderbrarup to Kiel, Germany, November 2 2015 This book is dedicated to all my beloved foreign and local close beings.

I feel grateful to have you all in my life TIME OUT 8

MY WANDERING FEET 16

LIFE WITHIN 31

THE TWO 45

MEMORIES 73

TRIPS INTO THE SOUL 79



FREE DIVE

So beautiful And scary At times

No anchor No certainty Just bare being From moment To moment

Chinese lamps
Above my head
Indian spices
In the air
Malay skin
At the next table

My little universe Dipped into Vegetable salad And spring rolls

Singapore, August 16 2015

MY SOUL SINGS TO ME

A melody I haven't heard for light-years
The rhythm of peace
The drums of passion
For life
For joy
For calmness
And love

The melody I know vibrates in my bones Feel it in my feet The rhythm of my heartbeat The song of my body The beat of my soul

Train Poprad – Žilina – Praha – Pilsen, Home base, April 27 2013

ROOFTOPS

The soft sounds
Of a bamboo bell
In the air
The rainbow
Glittering around
With the evening breeze
An orchid floating

The last rays
Of today's purple sun
On a dream bed
Hanging in the space
Tickling the cobwebs
In my resting soul

Dedicated to Esther and Dominique and their beautiful home in Yangon, bus Bagan-Yangon, February 2 2016

GARDENING

Watering my word yard In my garden trousers One syllable After another

Being sprouted...

Pilsen, Czech Republic, Home base, February 27 2016

THE MOMENT

A sunray Tickles

My face

Reminding me

Of the warmth

Of this very moment

Train Berlin - Hamburg, Germany, October 30 2015

LIFE STATION

Friends talking

Young lovers

hugging

Impatient dogs

Waiting

On the platform

Of life

Ready to enjoy

An adventure

A safe journey

A quarrel on the go

A cup of tea

With someone

Dresden, Germany, October 30 2015

Weng Foo's comment: A perfect life in a moving world.

GOOD NIGHT

Settling in life again
Searching for no-way-ness
Sleep coming
To take my pen
Put it on my words
Caress my hair
And swing me into dreams

Yangon, Jessie's room, Myanmar, August 19 2015

