



Katarína Kabáth

**Trips There and Back Into My Soul**



## 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 fullness 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](http://www.katakabath.com), e-mail: [poetry@katakabath.com](mailto:poetry@katakabath.com)

Illustrations: Olga Yakubovskaya

Graphic design: Lucie Zendlová

96 pages

First edition

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To order the electronic book, go to iBookstore, [www.amazon.com](http://www.amazon.com),  
[www.martinus.sk](http://www.martinus.sk)

To order the printed version, use email [poetry@katakabath.com](mailto: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*

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TIME OUT





## **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

