

**The innermost at the outmost**  
**- Cornish -**

Breathe  
Breathe the power of this earth  
Breathe the sky and the light  
Breathe movement and change  
Breathe

Breathe  
take it in and let it go  
feel what is behind you  
where you grew from  
and who you are now  
Breathe

Breathe into your shell  
your wrap, support and limits  
breathe into what is rigid and hard  
to be reached by vastness and growth

When your inside lets itself be touched  
by the soft play of colour of these hills and slopes  
crossed by walls  
implanted over centuries  
when reaches you  
the landscape that has been  
shaped by countless generations  
then also you would be  
touched by this deepest feeling of home  
a home  
that exceeds you  
so wide  
in space and time.  
Breathe

Even if there is only a slender land here  
still the cows are grazing on lush pasture  
still the rock withstands the breaking sea  
still for long, probably

but you can feel already  
how narrow, how limited  
how finite it is.  
Here you are standing in front  
leaving behind security and shelter  
dwellings ducking in troughs  
harbours protected in bays  
you step out to the edge  
out to the insecure

out to a zone of metamorphosis.

Here it hits you  
here you expose  
here you prepare  
yourself.  
Breathe

Banners bow deep in the storm  
the weakest and most rigid break  
perhaps nothing remains standing  
but you,  
for now.  
Breathe

Wind is furrowing the water  
paths of light lead into endlessness  
wave after wave rolling towards you  
breaking on the boundaries.  
You only see the surface but you do not immerse  
later or even sooner  
nothing will be as it was.  
The mobile is constantly grinding the steadiness  
and out of the mobile emerges a new steadiness  
from a greater motion beyond.

Bring your innermost right here  
where the outmost occurs to it  
exposed to winds, weather and vastness  
feel what stands behind you  
where you grew from  
and who you are now -  
Feel who you are in the innermost.  
Breathe

Here a continent is ending, crumbling  
here a homeland is dissolving  
here, right in front of you,  
overcome smooth and steady  
overcome motion and rhythm  
overcomes time the rigid and hard.  
Be your rock and greet the water  
let yourself be overcome!

Live your change  
breathe through your growth  
so you can be  
what you are meant to be  
so you are ready  
for hereafter  
when it happens -

when  
sometime  
the outmost  
becomes  
your innermost  
from which you'll look  
at that tight room  
what is still your innermost now

and what you now,  
from a greater distance, recognise  
as your most profound expression  
as this one note among countless many  
capable of resonating through you  
in the exalted, universe embracing work.

Breathe  
Breathe the sea and the vastness  
Breathe change

*Cornwall, 2011*  
*Christian Elster*

*Übersetzung:*  
*Lisbeth Lange-Wulff*  
*János Németh*