



THE EAGLE

*The eagle is for me
the symbol of freedom and
independence.*

*In order to see over the valley with all its shadows,
I have to climb the mountain.*

*He who strives to reach its height, must work not only on his body,
but also on his mind.*

*And in proportion to the force and energy spent,
he will obtain his reward.*

*In a metaphorical sense, I mean
The valley and the shadows are the ego.*

Only through sacrifice,

Suffering, experience and effort,

I come to recognize

who I am, what I miss, where I want to go.

*And so I must come out of the "lawfulness" that
governs the valley.*

I must follow the law of the heights.

Of love, of truth.

And when I achieve this, I will overcome the valley and the shadows.

I will be free.

Like the eagle.

FRANK DUVAL