

retreat: the making of
swan heart.



poem, angle with the
voice - let the universe
speak. be calm and
present enough to hear
it - let it speak
through you - relinquish
control - focus and let
the magic happen. unt
that what it's been all
along. magic? a collection
of words, a melody
from heaven $\frac{3}{2}$.

breath - listen for that
voice - for the soul
acts with love - you are
stronger than you could
ever know -

- nina gale









retreat day 3

the lost day
the long day
the day that ended
with wine

crying and laughing
spells
energy of all kinds
knowing in 48 hours
I will be in manic
feeling free
deep sleep in my
prairie
passionate kissing
the shadow of my breasts
on the wall
heart thumping hard
shaking - some traveling
through these songs

you need not be scared
of your body
your soul
your light
your gift
your evolution
your imperfection

you need only listen
to your intuition
follow your heart
dream and dream
there not much
true left











why do you shudder
at your own voice?

don't you know you are
just like a bird?

naturally beautiful
born complete
naïve to express

find ~~the~~ strength
in the moon
your loved temples
steady yourself
you keep looking
back!

you must turn away
those who turn from you





41

Maybe get until
now

delete That

Pno.

49

D

Pno.

55

smooth transition
chorus
other version

Pno.

60

E what if the pizz came back

Pno.

verse 3

65

Pno.

70

Pno.













the ability to "create"
is a gift

your gift to share
documentary and translating
the human experience
into words and sounds
is profound & valuable
to humanity

you are lucky enough
to "feel" your ~~pass~~
purpose —
do not turn the
other way
shine!



swan heart is the debut album
of baltimore based artist mina gale.

photos by mina gale, erik
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