



Just Write the Book of Poems  
and

I'll Find You  
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Kelly C. Mullen

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and  
I'll Find You

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## Foreward...ing

Dear Reader,

I have a feeling that this applies to you too.

Love,  
Kelly

=====

Dear Kelly,

I love all that you have done and been so far.

You are so loved.

You are an old soul, so others may find it challenging to understand you.

That's OK.

You are here to help heal the world by healing yourself and being an inspiration - just by the energy you give off and the coincidences that occur to make your life easy and joyful.

What you know is uncomfortable and scary to some.

That's OK.

You are inwardly focused and will benefit them in an indirect way.

- Love, Your Higher Self, Connected to The Universe

## Preface

You might think that with a title, “Just Write the Book of Poems and I’ll Find You,” that this book includes a collection of love poems. It’s true, each poem came from a place of love, but they are more about what it took, for me personally, to get to a place of experiencing unconditional love.

This book started out as a non-fiction perspective on the importance of space: Creating the space to feel safe enough to gain new perspectives and see a truer list of choices available; holding space to feel what wants to be felt so that we can connect to our inner wisdom for what we need, what we are open to receiving, and what would be fun; and then clearing that which is no longer serving us so we can make room for filling that space with more of our light.

That all changed when I didn’t feel like writing it.

Don’t get me wrong. I felt drawn to write and believed I had a story to tell, but I thought I had to do it in a way that involved sourcing various individuals with “more credentials” who either conducted extensive studies themselves, or used other resources to state their case.

I thought I had to do it in a way that would require explaining myself - my direct experiences, my intuition, my inner knowing - so that I would be perceived as credible, so that I would be understood.

And I just didn’t feel like explaining.

I’d already done enough of that, and all the explaining just left me feeling exhausted.

So I put the book on hold.

In early 2013, I took the leap from 20+ years in corporate training and professional development (*not to mention the “secure” paycheck with “great benefits” that went along with it*), to follow my heart and pursue a career as a life coach.

I anxiously worked to launch a website (*You can see what it looks like today at [www.kellycmullen.com](http://www.kellycmullen.com)*), and all went well until it came time to write my “About Me” page (*Just who was I anyway?*). Even after a couple of years of intense personal development, I still didn’t know what to write (*“Coming out” as a life coach proved to be more challenging than expected*).

I needed support.

I engaged a nature-based coach to help me reveal what he called my Original Medicine - a Native American concept that not only refers to our talents and strengths, but

captures the unique way in which we express those gifts and share them with others in the community.

Learning that one's Original Medicine is critical to the survival of the entire tribe provided me with a renewed sense of purpose so we dove into a few exercises.

I remember the directness in his voice after I read my notes. "It looks like you create and hold space for authentic emotions to be expressed," he said.

This brought tears to my eyes, because that's what happens when I hear someone articulating what I know to be true. That said, my mind wasn't buying it. I replied, "Well, I'm not putting that on my website. I mean, who wants to feel their emotions?"

"With such a big Medicine comes a big shadow," he replied. "What is the shadow side of this Medicine?"

He had me there. For most of my life, I lived in the shadow of not creating and holding the space for authentic emotions to be expressed. It appeared safer to problem-solve, fix, soothe, please, help, and control so that I would not need to feel the denser emotional energy of others, or the uncomfortable emotions that lay dormant within my own body.

Rather than feel these emotions and connect to the guidance they offered, it appeared "safer" to remain hidden in the shadow. The culture I grew up in, for the most part, was just not up to the task of wrapping me in safety and comfort so that I could feel what what needed to be felt and discharge the past (*i.e. conditioning and protective patterns*) from my brain and body. The culture I grew up with made the journey of getting to know myself, my true nature, more challenging.

Since that eye-opening conversation, I've heeded the call to explore and experience a number of healing modalities and internal adventures that would help me make the shift toward feeling what needed to be felt, so that I could live and create in the present moment more freely. These included mind-body/somatic coaching, intuitive coaching, Equis coaching, holistic pelvic care, nature-based practices, Holotropic breathwork, Yin Yoga (*to add to my 20+ years of participating in more yang versions*), Reiki, TRE® (Tension, Stress & Trauma Release Exercise), and shamanism - the oldest spiritual practice with roots across the earth's continents that looks at the spiritual aspect of healing.

I also started writing. After some of these sessions, I wrote poems to let my mind catch up to the direct healing experiences that involved my body, emotions and spirit. The process was fairly easy in that I often lost track of time while writing.

At the same time, I also noticed when my inner critic chimed in to say things like, "You have more important things to do" or "Get to work!" I reminded it of my journey: I'd learned to trust my body's compass and my body said, "Just write!" When I didn't have

the energy to do much else, somehow, I still had the energy to write and let the images and words come through my hands.

With these new perspectives, I've found that poetry fits into my Original Medicine perfectly. Today, everything I do is about exploring the spaces of our body, thoughts and emotions so that we can tune into our inner wisdom - and with poems, I find there's a whole lot of space and emotion between the words.

So how did it all come together?

In late 2014, I pasted these poems into a single document and realized I had just written my book! I sorted them into the chapter headings I had already created for the non-fiction book I had originally outlined, and *Just Write the Book of Poems and I'll Find You* was born.

I don't need to explain why I think creating, holding, clearing and consciously filling space is important because I have some poems that can give you an opportunity to explore these spaces yourself. Before you read each one, may you experience a space just for you, and as you read each one, may you feel into whether they ring true for you. My hunch is that you might just feel what wants to be felt, and in the feeling/experience, there is knowing - and in the knowing, there is a confidence to say and do bold things so you can know and express your Original Medicine and what you came here to experience - unconditional love.

Writing poetry has taught me that when I'm doing something that I enjoy, I'm in the present moment - and when I'm in the present moment, I'm taking care of myself and can sense the playful creative energy that wants to join up with me, so,...

...we'll see who finds me now!



## Acknowledgements

This book is dedicated to all of the characters in my life story so far - those in both leading and supporting roles. I am especially grateful to the souls who agreed to play roles in my family of origin in this lifetime so that I could be perfectly positioned to align with my purpose and lead from the heart.

Within the space of each poem, it may be clear which roles were involved; however, in some instances, I've made changes from the original experience in order to create the essence of what I wanted to express.

I recognize that in the space of storytelling, revealing any personal and universal truths, can generate some discomfort.

That's okay.

In my intention to know myself, these poems were written as reflections of the healing stories I personally experienced. As a result, they come from a place of responsibility.

It's important for me to know that my perceptions are my own. They've led me to the relationships and situations that could reflect all the lessons back to me in order to learn and grow, and flow in the direction of my calling.

It's important for me to know that everyone I interact with is a powerful co-creator.

It's important for me to know that within the larger story, we haven't always been in these roles.

It's important for me to know that I can choose to engage in relationships that are free of abuse (physical/mental/emotional/spiritual), and/or neglect. Alternatively, I can trust myself to use all that I have learned and become to anchor peace - thereby ending the war that those individuals, or my ego, would otherwise invite me into.

It's important for me to know that my sensitive nervous system - the one that easily triggered overwhelm and parts of my soul to disconnect from my body - has allowed me to wake up more quickly, and to experience my wholeness more quickly.

It's important for me to know that in my journey to heal from the disconnection, as well as to know myself and BE the love, that I can affect others in a way that serves the greatest and highest good - even when I feel their discontent.

It's important for me to know that I'm an extension of the creativity imagined in the generations before me, but that in taking responsibility, I can choose not to pass on the limiting beliefs that get in the way of expressing myself. I can consciously choose to experience a new way of being.

I thank the Great Spirit. I thank all of my ancestors including all of the nature spirits for the gift of life. I thank all of the compassionate and unconditionally loving Spirit Helpers and Guides cheering me on. I thank all of the people that have created and held space for me to unfold - the Anamsong Mind-Body Coaches, the Intuitive Arts Coaches, the Nature-Based and Equis Coaches, the Martha Beck Life Coaches, the breath-work and Reiki practitioners, the TRE® (Tension, Stress & Trauma Release Exercise) Providers, the body workers, the yoga instructors, the drawing/painting/writing teachers, and the Shamanic Teachers. You.know.who.you.are.

Thank you  
Thank you  
Thank you

## Introduction

### Whole-Self Wisdom Meditation

Following each poem are a list of questions you can ask yourself to gain insight into creating spaces that feel safe, holding space for yourself and others to be your authentic self, clearing spaces through empowered decision-making and radiating your light into the dark spaces.

Bring a pen and paper/journal to a comfortable space where you can sit and write.

*For each poem...*

*Take a moment to wiggle your toes and feel your feet touching the ground.*

*Notice the support of the earth beneath your feet. What does that support feel like in your body? Notice the support of the chair. What does that support feel like in your body?*

*Bring your awareness to your low belly, and notice your breathing. Notice the sensations at your low belly as you slowly inhale through your nose and exhale through your mouth - for three full breaths.*

*Next, bring your awareness to your heart. Feel, or listen for, your heart beat. Notice the physical sensations around your heart, and then bring your awareness back to the support of the chair and the earth.*

*Imagine a white-golden light coming through the crown of your head and extending out from your heart, until you see/sense the edges of this light all around you, above, and below you.*

*Set an intention to receive a helpful insight from your Higher/Whole Self with each of the following questions. Note: If you find it challenging to see/hear/feel/know the insight, you can try using your non-dominant hand to write the response.*

### Whole-Self Wisdom Ceremony Cards

The questions following each poem are also included in the “Whole-Self Wisdom Ceremony Cards” which you can print from [www.kellycmullen.com](http://www.kellycmullen.com).

In her book, ***The Book of Ceremony***, Sandra Ingerman writes that “By bringing ceremony into our life, we reconnect with the sacred as we move from a state of disconnection to a state of reconnection to life and nature.”

So I invite you to use this card deck to perform a ceremony on your own, or invite others so you can share each other's messages.

The "Whole-Self Wisdom Ceremony Cards" include questions from the 33 poems in the book, ***Just Write the Book of Poems and I'll Find You***.

To perform your ceremony:

1. Sort cards into the following categories, in order: Creating, Holding, Clearing, and Filling Space.
2. Pick a card from each pile, and place the four cards in front of you.
3. Review the Whole-Self Wisdom Meditation, and complete the questions on each of the four cards you select for your ceremony.
4. Apply the mantras throughout your day to help you make changes in your life with more ease.

If you like, you can also read each of the related poems as part of your ceremony before you dive into the questions. Whatever you decide is perfect.

May these ceremonies allow you to experience your true nature in harmony!

## Creating Space

“I don’t have time for...” Sometimes it’s easier to believe that I don’t have time to listen to my own needs and desires.

“I don’t have room for...” Sometimes it’s easier to believe that I don’t have the space in my physical environment to ask for, and follow-through on my needs and desires.

Like opening dark, velvet curtains to reveal the morning sun, creating a safe space makes room for the light to come through - the light of healing, inspiring, creative energy.

It seems so simple, but how can we create this space for ourselves when our schedules, minds, bodies, emotional energy, and homes fill up, perhaps to the point of clutter? How might others react if we consistently create a sacred space for ourselves? What would happen if we felt the resistance to creating a little breathing room?

Whether it’s creating the space on the calendar to see what we feel like doing (*or not doing*), the physical space to bring our breath to areas of tension so we can be with and release stagnant emotional energy, the mental space to sift through limiting beliefs so we can see what’s truly possible, or creating a space of beauty in the home where we can relax and just be ourselves... we get to choose the extent to which we experience the healing, inspiring, creative life force energy flowing through us.

The poems in this section are like candles and flowers placed on a dining room table. Each is blessed to be a part of an energetic alter that reminds us to extend our gratitude to the seen and unseen worlds for nourishing, guiding and co-creating with us so we may experience more ease and joy. Together, this collection of poems offers a safe space to digest that which is serving our greatest and highest good.

Upon reading these poems, I invite you to consider the following questions:

- How can you create your own sacred space?
- What do you need and want to make time, or room for?
- What types of spaces give you a sense of safety? In what ways do they create a sense of safety?
- How do you know when you are feeling safe? What does that feel like in your body?

May the safe external and internal spaces you create, allow you to discharge the old, contractive patterns in a way that continues to build your resilience so you can meet any new challenge that may come your way.

## The Healer's Call

A snake

purple and brown

slithers

across

the road

The road -

warm,

from the day's sun

The sun -

sets,

over the canyon

I press my hand on the road

I press my hand on my heart

I am safe

I am safe

I am safe

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What is it about "the road" you're on, or a decision you need to make, that feels a bit scary?*
- *As you step into the unknown, how can you use your physical senses to give you a sense of safety? The poem offers a felt sense of warmth by touching the earth, but perhaps wrapping yourself in a soft blanket, or recalling the sound of a child laughing, or the smell of roses will create a safe space.*
- *What does this space of safety feel like in your body? How does your body inform you that it feels safe?*

## Walking with My Co-Walker

Some people tell me  
I look familiar  
They've seen me  
somewhere  
before

Little do they know,  
that they've seen my Co-  
Walker, from the Sidhe

The introduction to her  
began  
with my grandmother  
after  
I'd journeyed through the River  
of Blood  
on a two-person sailboat -  
a surprising craft,  
including mainsail, jib and mast,  
for such a flowing river,  
but I made it  
ashore  
and my granny made  
the connection

I asked her name,  
but she just said  
"Co-Walker"

She chose me  
knowing  
I'd often need to be  
in two places,  
on earth,  
at once

A version, or copy,  
she covers for me,  
but also accompanies me  
on my journeys,  
frequently -  
in the forest,  
or on the street

When I walk with her  
I notice  
more -  
the grass under my feet,  
the wind in the trees

I'm drawn to appreciate  
all of the beauty

I see,  
I feel,  
I smell,  
I taste,  
I listen, but I've yet to hear  
the Oran Mor - the music  
created with all of our  
notes  
in harmony

She  
is one of the faeries  
who teach that a fallen leaf  
exists  
not just as Fallen Leaf, but as  
energy -  
like melting butter, with its  
essence  
reflected  
in the lines  
of it's fallen leafness,  
revealing the tree  
it has fallen from

Barefoot,  
I follow warm flagstone steps  
to a sacred space  
to introduce her to my Spirit Council

I still don't know her  
name, so I ask her  
to introduce her-  
self,  
but she just says, "I'm Kelly's Co-Walker"

She's here to help me connect  
to my senses,



especially in the midst  
of stressful attack situations  
and all of the resentment  
that I'm healing  
for the Collective

She'll bring beauty into my awareness -  
for me to see and sense  
so I don't get sucked in,  
so I'll calm my nervous system

The opposite of resentment -  
appreciation  
It keeps everything even  
and in balance

I'll appreciate  
all of the beauty  
shown to me

That way, I'll be  
able to maintain  
a clear channel,  
connected  
with my Spirit Council

That way, they'll be  
able to guide me,  
appropriately

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Recall different types of environments that you feel safe in (Which grocery stores, office spaces, restaurants feel safe? Which rooms in your home feel safe?). What kind of attention have they/you given to creating a space of beauty?*
- *In what ways can you create, and/or appreciate, the beauty around you? Can you cultivate a garden, or put flowers on the dinner table? Can you give thanks to all that went into a meal full of color and artful presentation? Can you find the perfect photo during a walk in nature? Can you read a poem, or listen to someone sing a song?*
- *How can beautiful spaces help you connect to your inner wisdom?*

## The Gentle Wind

Source  
energy

gently  
blowing

down  
my  
spine

Connected

My Higher Self  
is where  
I  
find

peace

I imagine  
a place of freedom

Breathing in  
and out  
through  
my heart

I see myself  
at recess, on the blacktop

all alone

The other children's voices -  
they seem  
    so far  
        away

Along the fence -  
leaves, in a pile  
begin  
to swirl  
up  
from the ground

In slow mo-  
tion  
the wind  
lifts  
drifts

up  
and around

me

The leaves swirl  
as I twirl

My arms reach  
outwards

A hug  
from the gentle wind

I'm twirling  
Leaves swirling

A hug  
from the gentle wind

The other children's voices  
in the background, they play

but it's quiet  
here

along the fence

except  
for leaves scraping

along the blacktop

The wind blows gently through my fingers,  
and under my nose  
the earthy scent  
of the leaves follows

My arms reach  
outwards

A hug  
from the gentle wind

Tomorrow comes

At recess,  
I look for the pile of leaves  
I look over by the fence

but...

the leaves are nowhere to be found

and...

I want to feel

A hug  
from the gentle wind

even if...

it means playing on the blacktop

all alone

Breathing in  
and out  
through  
my heart,  
I go back now  
to the place  
of freedom  
where I can always go  
to the space  
on the blacktop  
where I can always feel

the leaves swirling  
as I'm twirling

and get...

A hug  
from the gentle wind

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Connect to a time when you experienced pure joy and freedom. How old are you? What are you doing?*
- *How do you know you felt joyful and free?*
  - *How would you describe the physical sensations you feel in your body as you recall that memory?*
  - *What do you notice about your breathing?*
- *How can you create a safe space for yourself and others by returning to your breath?*

## Gratitude

Within  
the gums of my upper molars  
there is  
a sensitivity

The wire's tightening  
The braces still secure

even though  
they were once removed from

a 12-year old girl

She has something to say  
She wants me to know  
that I'm worth  
the braces

even though  
they are the source of

all the worry -  
costing them  
all that money

Within  
the gums of my upper molars  
I feel the pressure  
between her parents  
in their struggle  
for power

The yelling -  
it adds to her state of alertness  
She feels more  
responsibility

It is an investment  
that will require her  
to give  
more calming  
more soothing

It's about appearance

Mom thinks  
she doesn't have a say -  
that she's not able  
to spend the money  
on herself

There's a resentment  
All the money  
spent on

a 12-year old girl

In some areas, like hugs  
Mom offered a better model for receiving  
Dad offered a better model for giving

The resentment  
made a hug  
from mom  
more frightening -  
receiving  
more frightening  
than giving

I had a solution  
I'd go back to 1982  
during all the yelling

I feel my braces  
tightening

But then  
I give  
Mom's forearm  
a light touch  
I say,  
"Thank you  
for giving  
me  
braces

so I can have straight teeth"

This changes everything

The scowl

between her eyes  
softens

She leans over  
to give  
me  
a hug

Now  
it feels safe  
to receive  
a hug  
from mom

I say,  
"Thank you -  
I needed that"

I look  
in Dad's direction

I say,  
"Thank you

for spending  
all the money  
on me

It's important  
for me  
to see you  
receiving  
my  
gratitude

to see your  
vulnerability

It's ok if you want to feel it  
in private  
to receive it  
in private  
later

It's enough  
for now



that you heard it  
from me”

I see the gratitude  
cutting straight through his wall  
I feel an opening  
It's enough  
for now  
to move some frozen energy

The power  
of gratitude  
in giving and receiving -  
it shifts the energy

Within  
the environment  
there's a softening,  
to feel safe to receive  
the giving,  
to melt  
the freezing

It shifts the energy  
of lack,  
of fear,  
of not deserving

so that I can receive  
all the money -  
a vehicle  
for receiving  
all the energy  
from Spirit  
coming to and through me

The 12-year old girl  
with feathered hair -  
she no longer feels the weight  
of her braces there

Instead, just a slight  
discomfort  
for what they are,  
not really liking  
how they look on her

The 12-year old girl  
wants me to know  
that I'm worth  
the braces

Glowing  
with energy and strength  
I step in, closer to her

I reach out  
with a big smile and hug her,  
until I feel her cells  
merge  
into my own

Now,  
it feels safe  
to receive  
all the money

that belongs  
to Spirit  
giving it  
to me,  
so I can do cool  
things with it

### *Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What are you grateful for in this moment?*
- *What does that feel like in your body? How would you describe the physical sensations?*
- *How can gratitude open the space for you to receive a new experience?*

## **My Intention Clear**

My intention clear:  
Create space for poetry  
to express myself

Giving a feather,  
she knows I invite Her  
to create with me

In the deep blue lake  
a glowing light appears,  
reaching the surface

He collects the light -  
a ball with His energy,  
and gives it to me

I reach out for it  
He knows I invite Him  
to create with me

I receive the light,  
bringing it into my heart  
I will do my best

My intention clear:  
Create a space for healing  
to express myself

The invitation -  
He can step through the white door  
to play for awhile

To do extractions -  
diagnose, hold, then clear the  
misplaced energy

He offers the light:  
Energy - white with pink hues,  
reaching out to me

I receive the light  
bringing it into my heart  
I will do my best

When I feel the fear  
he sends a picture, holding  
his little schnauzers

I fill myself up  
allowing the love and light  
to grow beyond me

My intention clear:  
Create a space for teaching  
to express myself

The invitation -  
A picnic blanket laid out,  
red-checkered on grass

He collects the light -  
a glowing campfire where  
something is cooking

I reach out for it  
He knows I invite Him  
to create with me

I receive the light,  
bringing it into my heart  
I will do my best

When I feel the fear,  
he shows a marmot running  
across the blanket

so I'll remember  
This is a picnic - I'm not  
creating alone

so I'll remember  
In this moment, I've become  
like a hollow bone

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Why is setting an intention an important component in creating a safe space for yourself and others?*
- *How can partnering with loving, compassionate Helpers from the invisible realms support your overall well-being and creative expression?*
- *What is your intention for the next space that you walk into? Note: This may include virtual spaces (e.g. phone calls, social media).*

## The Whole of Her Knows

The swimming pool steps  
took us in-  
to the shallow end

On her,  
water ripples at her shoulders  
On me,  
water ripples below my ribs

I say, "Let's try a back float!"

She says, "*Okay, but  
don't let go*"

"Okay, I won't"

I know  
the whole of her  
knows

She leans back  
with eyes squinting into the sun  
*"Don't let go"*

Into my hands,  
water glist'ning from reflection  
"Okay, I won't"

Chubby arms stretch out,  
floating on water  
*"Don't let go"*

Her spine tenses up  
Weight holding her down

Her back supported,  
floating on my hands

I say, "Lift your chin up.  
Take a big breath"  
I feel her lungs fill  
like a life vest

Chubby legs lift up,

floating on water

“Only my fingers touch now  
so you tell me when  
you want me to let go”

“Okay, you can  
let  
go”

The whole of her,  
floating on water

Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Bring into your awareness someone you are worried/concerned about. Now, what if you could see them in their wholeness - totally capable and competent with all of the answers inside of them? How does that create a safe space for your next interaction?*
- *Why is holding a vision of their wholeness important for their well-being?*
- *Why is holding a vision of their wholeness important for your well-being?*

## Holding Space

Sitting on on my porch is a stone the size of a small dog. It's too heavy to lift on my own. In fact, just looking at it connects me to it's solidity - It's as if it sinks further into the ground and I must follow it until I've accessed a state of grounded neutrality where I can BE the calm.

Can you imagine a world where everyone holds the grounded energy of this stone? What would it be like to let yourself feel whatever needs to be felt - fear, anger, sadness, or grief - in the presence of someone who said/did nothing except BE there with you until it moved through your body and you experienced some relief?

Holding space is one of the greatest gifts we can give ourselves and each other, but if you are an energetically sensitive empath, it's understandable that you'd fear feeling (*via physical sensations*) the emotional energy others are experiencing, not to mention how that can trigger our own repressed emotions and traumatic memories.

To avoid the discomfort, we might default to other-centered coping strategies such as problem-solving, soothing, performing, helping, fixing, and people-pleasing. Acting on these behaviors not only leads to exhaustion, but can disconnect us (*and those we aim to please so they won't feel anxious, angry, sad...*) from our authentic self and the power we hold to tune into our body and the emotions that are meant to guide us toward what we need for our own well-being and fully expanded and expressed creative potential.

So how can we hold space for ourselves and others in the midst of potential discomfort?

When I create space (*see previous section*) and then drop into the weight of the stone, my breathing slows down. I feel safe enough to turn on my curiosity and orient myself to my surroundings - asking such questions as, "What am I feeling physically and emotionally? Is this energy theirs, or mine? What are the limiting beliefs associated with the uncomfortable emotion I'm feeling? What do I need in order to care for myself?"

And then, using all of my senses, I can choose to listen for the response. I can choose to experience direct revelation and learn what feels true - for me.

As you read these poems, I invite you to sit on/near a stone, a tree, or someone that feels safe, grounded, and supportive to you, and then follow your curiosity.

- What do you notice? Without judgement, what are the sensations you feel in your body? What do you notice about your breathing? What happens when you breathe in and then exhale slowly?
- What emotions do you feel?
- What if you experienced relief upon feeling your emotions? What might you say/do from that space of relief?



- What does your inner wisdom want you to know about yourself, or what you need in order to care for yourself?

With this expanded awareness, perhaps you'll gain a new perspective. And with this new perspective, perhaps you'll experience more compassion for yourself and recognize the importance of your unique presence and the gifts you have to offer. And with this compassion and recognition, perhaps you'll feel inspired and confident in sharing your brilliance with those who would like to experience your gifts most.

## The Connective Tissue

I'm reflected  
in the mirror

Seated

crosslegged  
in the studio

I'm here  
to practice  
Yin Yoga

Guided

*"Caterpillar pose  
Legs straight  
forward  
fold..."*

I tune in  
to go in-  
to

the discomfort

Not  
the sharp,  
pointed  
sensations

Instead,  
a prolonged  
sensitivity,  
a chosen  
vulnerability

Going in-  
to, and noticing  
with curiosity  
where  
I'm holding  
the contract-  
ion

that pulls  
on the connect-  
ive tissue

The tissue  
that holds  
everything;  
that stores  
the memories  
and emotional  
energy

Electricity

It's an internet  
connect-  
ion  
for my nerv-  
ous syst-  
em

The tissue  
reminds me  
that every-  
thing  
is  
connected

Guided

*“Allow  
your back  
to round*

*Rest  
forearms on each  
block  
in front of you*

*Know  
that you've got this  
support  
available to you*

*Allow  
your bones*

*to feel this support, so  
your muscles  
can relax, so  
the tissue  
around them  
has the space  
to expand”*

Holding  
the pose,  
I notice  
with curiosity  
where  
I'm holding  
the tension

In the place  
where  
the tissue's  
contract-  
ing, I recognize  
the pattern

I'm holding  
in  
my mind

My breath -  
I'm holding  
in

Guided

*“Slowly  
transition  
out of the pose”*

Too late  
Some patterns are hard  
to break

Guided

*“Move in-  
to Square Pose*

*Now seated,  
cross top ankle  
over  
and bottom ankle  
under  
opposite knees*

*Place a block  
under  
each knee,  
if needed  
to support the bones so  
the muscles will know  
they can relax  
so you can reach  
the connect-  
ive tissue*

*Giving it  
the space  
to expand  
to allow  
the emotional energy  
to flow  
          through  
                  you”*

Each time I  
go in-  
to

the discomfort

I connect  
with my body

This time  
I notice  
a constrict-  
ion  
in my hip

It's just  
short  
of a sharp  
tinge

I want  
to stop  
holding  
this space,  
but I don't

Instead,  
I no-  
tice the sens-  
ation

Without trying  
to change it,  
I envis-  
ion this area  
of connect-  
ive tissue  
extending out  
throughout  
my body  
extending out  
beyond  
my body

into a web  
of connect-  
ions

Exhal-  
ing, my breath  
moves  
from my chest  
and connects  
me to the constrict-  
ion in my connect-  
ive tissue

Inhal-  
ing and exhal-  
ing,  
I notice  
the sens-  
ations  
extending out  
from my hip

I allow  
them to expand  
into this web  
of connect-  
ions

I allow  
them to extend  
into something  
larger

From this space,  
the tinge  
in my hip  
softens

There's more space  
to allow  
the e-  
motions to  
exist

I can feel  
them prompting me  
to pull back,  
and then ask  
what I need

A tissue massage?  
A block for support?  
To breathe in-  
to the tension spot?

Breathing in  
and out  
I develop  
this  
relation-  
ship -  
this  
understanding  
with my body

This changes  
the pattern

My breathing  
shifts downward

This contract-  
ion  
of connect-  
ive tissue  
does not  
exist  
without  
expans-  
ion

Exhal-  
ing the air out  
I listen  
to my intuition  
to see  
where  
the qi  
wants to go

At anytime,  
I can pull back  
or stop,  
and rest  
then start  
again

Because I have  
this  
relation-  
ship

My body learns  
to trust  
this

I know  
I can create  
a new pattern

This  
is why I am here  
in the studio



Guided

I release  
the pose

I feel  
the qi  
flow

There's a wave  
changing  
the pattern  
of contract-  
ion  
moving in-  
to expans-  
ion

It takes many waves  
contract-  
ing and expand-  
ing to move  
the stuck energy  
so I can experience  
life force  
flowing  
through me

Guided

*"Next is  
Childs Pose*

*Bring knees  
to each  
side  
of the mat*

*Forehead down  
centered  
on the mat  
receiving  
blood  
flow  
at your third eye"*

Observing  
my connect-  
ion

The body  
connect-  
ing me  
to the flow  
of contract-  
ing and expand-  
ing energy

I'm in  
the universal flow  
connect-  
ing me to  
my in-  
ner wisdom

Where I can dream  
of connect-  
ion  
Not just  
any connect-  
ion —  
but a connect-  
ion to self  
and  
community

A web  
of connect-  
ion,  
in harmony

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Where in your body are you currently holding tension?*
- *What does that feel like? How would you describe the physical sensations?*
- *How might you give the contraction more space to expand? How can you support/serve this area of your body?*

## The Bowl

holding  
all of the energy  
all of the blood  
that otherwise would be  
flowing  
is not  
flowing

The energy,  
barely contained  
The pressure  
is overwhelming

Holding  
the space  
in this particular  
place  
is overwhelming

Too many  
different  
vibrations  
for the senses  
to take in

No one seems to hold  
their own

I fear  
I have to  
hold it all  
in

my bowl

But I can't  
hold it all  
in

I scream, "I need  
help!"

A cycle

in time  
moves  
forward

I move  
my bowl  
to a new place  
where  
all of the energy  
all of the blood  
begins  
flowing

In fact,  
all of the energy  
all of the blood  
I'd been holding  
in  
rushes  
out

A slew  
of supersize tampons  
gone through,  
clearing  
all of the energy -  
all of the different  
vibrations

In this particular  
place  
of similar vibrations,  
I learn  
I can ask  
Spirit  
to help me hold  
space  
for different vibrations

I can ask  
Spirit  
to help me hold  
overwhelming  
places

After all

Spirit  
has a bigger  
bowl

Either that, or

I'll move  
my bowl  
to a new place  
where  
all of the energy  
all of the blood  
can  
flow

*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *In what situations do you find yourself taking care of others emotionally?*
- *How do you know when you are holding a space that is bigger than what's yours to hold? What does that feel like? What physical sensations do you notice in your body?*
- *When faced with an overwhelming situation, how can you best take care of yourself? What would happen if you moved to a new place/room? What would happen if you said something? What would happen if you invited a compassionate, loving Spirit Helper (or God, or Source Energy, or the Universe) to hold the space for you?*

## Holding Joy

A couple sit  
outside  
on the terrace

Flashes of colors  
Boxes of flowers

A breeze  
flows freely

The smell  
of coffee

I step through  
the shop's open doorway

I sit down  
to face the window bay

Inside windows so high,  
they reach into the sky

It's Sunday

but I'm tapping  
on my laptop,  
just to catch up  
And then, I stop

There's still tapping  
I look up and see

a hummingbird!

Flapping its wings against the window  
A 60 beats per second tempo

It must be anxious  
to get out  
Red flowers calling it

How will it...  
find its way

How can I...  
set it free?

There must be...

something  
I can do

some action  
I should take

But then, I breathe

I close my eyes

to drop in, and see

I'm in me

I open my eyes  
and to my surprise

Completely motionless,  
resting on  
red cushioned bench pillows

a hummingbird!

Spread out wide, wings  
An iridescent green  
I've never seen  
Beauty

I reach out my hand  
Intention clear  
"Will you let me hold you?"

But then, I see  
a needle-sharp beak  
moving too swiftly

I fear

a needle-sharp beak  
moving too swiftly

Still

I reach out my hand  
Intention clear  
"Will you let me hold you?"

Between my fingertips,  
a gentle squeeze  
Holding  
a hummingbird  
Joy

I lift it up, inches  
in front of me  
Holding  
a hummingbird  
Joy

A brilliant, vibrant, green  
in front of me  
Holding  
a hummingbird  
Joy

But then...  
I have the thought

"I can't believe...  
I am holding...  
a hummingbird"

Slipping  
from my fingertips  
Flying  
to the window bay

A hummingbird

Flapping its wings against the window  
A 60 beats per second tempo



*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What do you tell yourself when you're feeling self-pressure? What is the belief you're holding on to?*
- *What "slips from your fingertips," or awareness, when you're thinking these thoughts? What do you fail to notice?*
- *What if there was nothing that you needed to be doing? How would that feel?*

## **Journey of Gold**

Tension  
felt in my shoulders  
I drop my head down  
and then

I remember

The last time  
I felt

my heartbeat  
pounding

my vision  
dimming

The last time  
I felt

I would soon  
pass out

My head  
collapsing, into my shoulders

cutting  
blood  
flow

Fifth chakra,  
connecting  
physical to spiritual

alerting me  
when I am afraid  
to be who I am

My heart beats faster  
trying to get oxygen

My head  
dropping, into my shoulders

Chin up, to correct  
Back of neck straight  
Opening my throat

Fifth chakra,  
connecting  
spiritual to physical

I remember

a guillotine  
made of sharpened steel

cutting  
blood  
flowing

everywhere

A guillotine  
controlled by a rope

I remember

Maximilian  
He says he's a strong

dumb guy

I remember

He wears  
a woven  
    cover  
        over

his head  
with a metal plate across  
his eyes

He says  
he does  
    not want  
        to be known

The executions  
are public

How could he do this job?

It's just for survival  
He does not want this job  
He arrived on the scene  
alone; He's been alone

This is just the job he could do  
the only one available

He does not want  
to remember

But...

I remember

a guillotine

controlled by  
an old, thick woven rope  
controlled by  
Maximilian  
controlled by  
an invisible rope  
controlled by

the...

Establishment

Maximilian

reminds me

of the heads that rolled  
He thinks they were brave

being all who they were  
trying  
to make a difference

The...

Establishment

fears

the people,

being all who they are -  
leaders

It doesn't want

one  
contaminating  
the thoughts of others

They are too powerful, personally  
It might be contagious  
Others may realize their own power

Maximilian

would rather be  
my bodyguard,  
physically protecting me

He would rather be  
my bodyguard,  
being a part of me  
being a leader

But he fears, I'll be

the...

one  
contaminating the thoughts  
of others

and then...

they'll remember -

They are too powerful, personally  
It might be contagious  
They may realize their own power

and...

the executions are public

Max  
He's part of me - strong  
He thinks I am brave  
He wonders about

the...

Establishment

Where is it  
in me?  
What does it  
want to execute  
in me?

Is it after

the...

one  
who is being  
who she is,

the...

one  
who will be  
making a difference?

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

*If you held a space for Fear to guide you...*

- 1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?*
- 2. What two questions would it want you to ask yourself?*
- 3. How would it respond to those questions? What is its helpful message for you?*

## Global Warming

Can you feel  
the anger?

It's collectively repressed  
and needs to be processed

First, you  
will need to feel  
the sadness

and feeling  
the sadness

feels scary

You will feel  
the fear  
of feeling

because then you will see yourself  
for who you really are,  
and there will be no turning back

And then the anger will come,

but this anger  
does not need  
to be

a screaming,  
or fighting  
anger

although  
you may allow the energy  
to flow

and move

all through  
your body in that way  
while you

are in a contained, safe

and comfortable place

Feeling  
this anger  
is healthy  
and much needed  
to bring into life  
a new way  
of being

This energy  
is a fire  
that says something  
needs to change  
and I  
can do it!

This energy  
transforms  
with a new thought  
that comes  
from a question  
like, What do I need  
to care for myself?  
What am I open to  
receiving?  
What would be  
fun?

And then the fear will come

again (*Darn it!*)

because asking  
yourself  
what you need  
and want

is unfamiliar  
and  
the unfamiliar

feels scary

but you can put your feet in the sand



The neutral sand holds no  
emotional energy

So you can allow all  
emotional energy

to flow  
    and move  
        through you  
like the sand

And from  
this space  
of grounded  
neutrality,  
this state  
of balance  
among the wild waves of e-  
motion,  
the waves  
    will reach  
        the shore

and the people around you

will feel  
    this calm

And then they too will know  
that they can always return  
to putting their feet  
in the sand

So I invite you, now  
to take your shoes and socks off

and feel

your feet  
in the sand

This sand is warm, from the sun  
Many waves, from the ocean,  
have made this sand  
a very fine  
sand

And you can imagine  
how good

it feels

to dig your feet in  
deeper

and know  
that you can always return

here

to connect  
to yourself

to the four parts  
of you -  
mind, body, spirit, heart

And then ask yourself,  
What do I need  
to care for myself?  
What am I open to  
receiving?  
What would be  
fun?

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

*If you held a space for Anger to guide you...*

- 1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?*
- 2. What two questions would it want you to ask yourself?*
- 3. How would it respond to those questions? What is its helpful message for you?*

## Meet Your Soul Family

I lay down

Deep breathing  
in and out  
through my mouth

Building heat

I sense  
a presence,  
a being

It's not heavy,  
but there's a volume to it  
from ear to shoulder

With curiosity,  
I'm just noticing  
My right leg tingling

I feel  
the being  
moving  
all the way down  
my right side -  
the masculine side  
My right leg  
buzzing

Deep breathing  
in and out  
through my mouth

Building heat

I'm just noticing  
to see  
what it will do

Is it ready to leave?

I'm just noticing  
to see  
what it will do

A lizard  
    with wings  
Fear  
    with wings  
Anxiety  
Worry  
    as prayer

Deep breathing  
in and out  
through my mouth

Building heat

A dragon's growing  
above my shin  
extending  
upwards, towards the ceiling

He represents the fear  
using my creativity  
from a place  
of reactivity

With thoughts like,  
"It's not safe  
to connect"

The dragon -  
the size of a child grows

I feel a sensation  
in my uterus -  
the second chakra,  
my creative center

"It's not safe  
to be seen "

"It's not safe  
to be in my power"

"It's not safe  
to express my creativity"

The dragon -  
it's size now full grown

But then  
I forgive myself...

for believing  
"It's not safe  
to connect,"

for believing  
"It's not safe  
to be seen,"

for believing -  
"It's not safe  
to be in my power,"

for believing  
"It's not safe  
to express my creativity"

The dragon  
now appears relaxed,  
sleeping  
at my feet

Deep breathing  
in and out  
through my mouth

I continue the journey

and meet Snake

She tells  
me she's my mother -  
a healer  
working with the Divine

She knows  
how she's feeling

She asks  
me how I'm feeling

I show her  
my tears

She hugs  
me so I'll know it's safe  
to be me

She shows  
me how to manage energy

She encourages  
me to ask  
what I need and desire -  
my prayer

She shows  
me how to connect  
to my intuition  
and trust it

She encourages  
me not to fear  
my healing  
power  
the transfiguration  
the transmutation  
the transformation

She shows  
me it's safe to connect

Deep breathing  
in and out  
through my mouth

I continue the journey

to meet Eagle

He tells  
me he's my father -  
a storyteller  
working with the Divine

He flies  
circling above

the fire -  
a calming place  
meant for learning

He lands  
so I can fly  
soaring  
gracefully, gliding  
through the sky

He tells  
a story  
so I'll see  
the possibilities  
so I'll listen  
to the wisdom  
through the images  
of his-  
tory

He observes  
me as I grow  
to see my gifts  
and approach

He guides  
me to the mentors who will  
hold the vision  
of my potential and will  
support  
my learning and growth

He calls  
me - his words are clear  
and encouraging

He says  
he'll be there  
if my story becomes  
scary, or discouraging

He brings  
a sense of humor

He shows  
me it's safe to be seen

Deep breathing  
in and out  
through my mouth

I continue the journey  
to meet Lion

He tells  
me he's my brother -  
an adventurer  
working with the Divine

He shows  
me where he lives  
in the wild

He asks  
me to connect to my pelvic bowl  
so I'll have access to my throat  
so I can clearly state my needs  
and give voice to my desires  
like a roar

He invites  
me to connect to my feet -  
to give myself what I need  
and desire,  
and step away  
from what I don't

He brings  
me into the experience  
full of risk -  
clarifying, asking, deciding,  
and following through  
on so many new  
adventures

He gives  
me a backpack  
so I'll be prepared,  
so I'll have the tools  
to survive  
outside,



so I can relax  
and have some fun

He knows  
what he wants  
and manifests it

He shows  
me it's safe  
to be in my power

Deep breathing  
in and out  
through my mouth

I continue the journey  
to meet Black Jaguar

She tells  
me she's my sister -  
a communicator  
working with the Divine

She calls  
me to follow my heart  
with passion

She values  
my gifts and eccentricity  
and cheers each time I  
deflect  
the negative  
project-  
ions

She asks  
me how I'm feeling  
and listens  
with compassion

She shows  
me how to receive  
first doing  
nothing  
just being

She supports  
me, offering colorful, vibrant, whole foods  
for my body's  
well-being

She joins  
me on fun activities to move my body  
in a rhythm  
of flexibility

A calm communicator -

she shows  
me it's safe  
to express my creativity

I look down at my feet  
and see  
Dragon  
awakening  
from his sleep

But now,  
there's a blue Avatar  
on his back

They fly away  
to join the others -  
more Avatars  
steering  
their dragons

I stand  
on the ground  
watching the activity

until...

I sense something -

an Avatar  
standing beside me

We walk forward together  
into the crystalline green

Avatar world

Deep breathing  
in and out  
through my mouth

I sense something

in my uterus,  
there's a stirring  
a feeling  
of connection -  
safety being seen  
a power within me  
and the freedom  
to express  
my creativity

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

*If you held a space for Shame to guide you...*

- 1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?*
- 2. What two questions would it want you to ask yourself?*
- 3. How would it respond to those questions? What is its helpful message for you?*

## In the Kitchen

Two Years Old -  
she still knows  
who she is

Her body bounces, full of energy  
into Mother's kitchen  
Her arms reaching out, for a connection

But...

her arms hit a wall, full of energy  
It says, "*Do Not Enter.*"  
Her body freezes, losing energy

"Who wouldn't want  
to receive...

all this  
love

all this  
affection?"

She believes  
"I'm not wanted"

Two Years Old -  
she turns around  
for something

She looks  
for something

There is another wall  
surrounding  
Father's after-work couch

She looks  
for something

and finds  
Sister

One Year Old -

she still knows  
who she is

Sitting on the living room floor,  
eyes looking up, for a connection

Two Years Old  
she finds something, returning energy

"I'm wanted...  
when I'm needed."

Thirty-  
Two Years Old

Her body strolls, helping energy  
into Sister's kitchen  
Her words reaching out, for a connection

"What do you need? What can I do?"

But...

her arms hit a wall, full of energy  
It says, "*Do Not Enter.*"  
Her body freezes, losing energy

Forty-  
Two Years Old

Her body drags, out of energy

into her  
kitchen

Chopping vegetables  
with a knife

Her breathing, no connection

"There must be something  
else  
I should  
be  
doing"

Chopping vegetables  
with a knife

Her breathing, no connection

“There must be something  
more important  
I should  
be  
doing,  
for someone  
else  
I should  
be  
doing”

Then she notices  
her breathing -  
no connection

Consciously, she...

breathes

and...

sees

Two Years Old  
Her little body frozen  
at the doorway  
of her  
kitchen

Forty-  
Two Years Old  
squats down

and...

sees her

with arms reaching out

Forty-  
Two years old...

holds her

and...

invites her

to find  
the carrots

in the refrigerator

"Are these carrots?"  
Two Years Old  
asks  
while holding the celery

"Nope"

They go  
back  
into the refrigerator

"Are these carrots?"  
Two Years Old  
asks  
while holding the zucchini

"Nope"

They go  
back  
into the refrigerator

"Are these carrots?"

"Yes!"

She picks up  
Two Years Old  
holding her on one hip

Together,  
they pour in the vegetable stock  
A warm, nourishing soup heats up

and...

Forty-  
Two Years Old

lets the emotion flow

Forty-  
Two Years Old

turns on some '70s music  
"How 'bout some Fleetwood Mac?"  
And with Two Years Old still on her hip

she twirls her around  
A giggle turns into a hearty laugh

"How 'bout some Elton John?"  
And with Two Years Old still on her hip

she twirls her around  
A dance ensues as they sing the song

Forty-  
Two Years Old

Her body dances, with returning energy

and then...

she senses  
Father  
getting off the couch -  
walking towards her  
kitchen

The masculine energy  
wants to know  
what all the fun is about  
It wants to join in  
It wants to play



**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *How can you hold a space to nourish (e.g. rest, play, food, water, dance, sing) your inner child today?*
- *Name a gift, or talent, that you once held, but does not currently feel safe to express.*
- *In what ways does your community now need this gift, or talent?*

## Chronic Pain

What is more painful  
than a needle of Novocain  
in your jaw?

What is more painful  
than the sound of a chisel and hammer  
in your jaw?

What is more painful  
than the sound of teeth cracking and crunching  
in your jaw?

What is more painful  
than Novocain wearing off  
in your jaw?

What is more painful  
than getting your teeth pulled  
at age twelve?

One day, the tension  
in my jaw

reminded me

of a vice -

a heavy, pewter-colored contraption

The vice  
had protected me  
from a pain more painful

I remembered  
how my father saw me  
after the ordeal  
helpless  
in the dentist's chair

My 12-year old self  
saw eyes, only dry  
until then

My soul heard him cry

*"I wish I could have  
protected you"*

I remembered  
the pain more painful

and feared  
I would hold it again

in my jaw

Would the vice still protect me?

It told me it didn't need to  
It told me I didn't need to

hold the pain of others

I can connect to myself  
and know that I'm ok  
I can ask for what I want  
and know that I'm ok

The tension  
in my jaw?

I let it go

### *Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

*If you held a space for Sadness to guide you...*

- 1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?*
- 2. What two questions would it want you to ask yourself?*
- 3. How would it respond to those questions? What is its helpful message for you?*

## Playing the Field

One night,  
we snuck out  
Our first

kiss

on the field  
where we played

Twelve years old

But he went  
                    away  
                            to another school

It's an easy to recall memory  
The sensation  
The feeling

One morning,  
a plane hit  
his building

where he worked  
with him in it

and he went  
                    away  
                            to another school

It is not  
an easy to recall memory  
The sensation  
The feeling

One morning,  
before I woke  
he came back

for a visit  
A grown man  
Our first

hug

It's an easy to recall memory  
The sensation  
The feeling

Our hug  
The best kind

The kind  
that makes you feel safe

The kind  
that feels so unconditional

The kind  
that feels so powerful

I had a feeling  
we'd go back  
for more playing  
on the field

He started it,  
subtly  
The energy -  
he kicked it

The ball passed  
to me

He said,  
*"I want this so much"*  
I said,  
*"I want this so much"*  
We said,  
*"Lets do this  
together!"*

And so I ran with it  
on the field

And so, I felt it  
All of it  
Not just the anger,  
but the energy  
underneath it

The energy that led to,  
*How*  
    *could*  
        *you?*

It was not  
an easy to recall memory  
The sensation  
The feeling

but we did it  
We moved  
this ball of energy  
forward  
together  
so powerfully

Peace  
We co-created it

Two souls joined

Attracted  
together  
again  
by the same desire

I've noticed  
more visits

with others like him  
Hugs in my dreams  
They're all different

One where we lay side by side  
One where a little one finds  
comfort on my lap

A team's forming  
on the physical  
playing field

There's another ball of energy

Who will run with it?

**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

**If you held a space to reveal:**

1. *Why your Soul chose to have a physical experience, what would you learn?*
2. *The kind of support you wanted to experience while expressing your creativity, what would you learn?*
3. *The qualities/characteristics you wanted in a Spirit Helper to co-create with you, what would they include?*

## Traveling to the Place of Utter Futility

My back

All week, I felt  
an "attack"

And then you called  
to complain about

your back

and tell me  
the doctors -  
they said  
they'll fix you

I know  
it's your path

but I felt  
obligated -  
as "Daughter"

to listen  
to help  
to soothe  
to solve

to do

something

but I knew  
you did not want  
to hear  
my perspective

I knew  
you did not want  
me to be "The Coach"

but I knew  
I did not want  
me to be "The Caretaker"



And so,  
out of love and compassion  
I invited your pain  
to travel  
into

my back

It seemed  
like the only way  
to relieve  
the suffering  
in both

our backs

I believed  
you wouldn't  
you couldn't  
process the energy  
yourself -  
to feel the grief  
yourself

And so,  
I was willing  
to suffer -  
to process your emotions  
within

my back

I thought the only way  
to help you  
was for me  
to take the energy -  
to host it  
inside  
my own body

so that I  
    could move it  
    transmute it  
for you

even though,

intellectually,  
I knew

it meant taking away  
your power

even though  
I said I'd never do that

even though  
I knew  
the importance of feeling  
your own emotions  
within  
your own body

so you can access the choices  
available to you,  
so you can access your power,  
so you can access your inner  
wisdom, guiding you

That's what happens  
when there is a bond  
with so much love and compassion

The truth?

I did not want to feel  
either,  
but the attack  
in my back  
was so great  
that I agreed  
to go to the place of  
"Utter Futility" -  
allowing  
the grief  
and a new level  
of deep

surrender

Inside of it,  
I remembered  
I am love

so I could  
    be with you  
for a moment  
    on your path,  
holding space  
    during the complaining  
even though  
    your path  
felt risky to me

But then I felt the fear  
and thought,  
"What if I decide not to soothe  
in the way that you want me to?"

It triggered my belief  
that "I'm obligated"

because of my love  
because of my compassion  
because of my habitual thoughts  
of obligation

But what if...  
there is another place,  
    another perspective?

Looking across the horizon  
    of many lifetimes,  
I wonder if...  
we'd see  
we haven't always been  
in these roles  
I haven't always been  
Daughter  
You haven't always been  
Mother

What if...  
we are something more,  
in a place  
where  
    there's  
        no  
obligation  
to each other?

There is just being  
who we are

You get to feel  
what you're feeling  
I get to feel  
what I'm feeling

You get to have your power

back

When I feel the invitation  
in my

back,

I'll travel to the place of  
"Utter Futility"  
and feel  
the grief  
I need  
to feel

so I can have my power

back

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

*If you held a space for Grief to guide you...*

- 1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?*
- 2. What two questions would it want you to ask yourself?*
- 3. How would it respond to those questions? What is its helpful message for you?*

## Home

A journey  
Inward, to the present moment

Connecting  
Body, via awareness of breath

Noticing  
Tension, physical sensations  
Jaw, shoulders, back...

Shaking

Noticing  
Thinking, distracting discomfort  
Shoulds, to do list, lack...

Connecting  
Body, via awareness of breath

Shaking

Feeling  
Heart, and the solar plexus

Noticing  
Tension, physical sensations  
Jaw, shoulders, back...

Shaking

Noticing  
Thinking, distracting discomfort  
Shoulds, to do list, lack...

Connecting  
Body, via awareness of breath

Shaking

Feeling  
Heart, and the solar plexus

Allowing  
Emotions, feeling energy flow

Shaking

Releasing

Shoulds, to do list, lack...

Allowing

Emotions, feeling energy flow

Releasing

Jaw, shoulders, back...

Listening

Wisdom, from my Soul

Resonating

I am home

*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

**If you held a space to listen deeply to your:**

- 1. Body, what would it say?*
- 2. Emotions (fear, anger, shame, sadness, grief, contentment, happiness, joy) what would they say?*
- 3. Soul, what would it say? What does your inner wisdom want you to know? What helpful message does it have for you in this moment?*

## Clearing Space

Isn't there always something that needs clearing?

The dualistic paradigm of the physical realm makes clearing a necessary activity of the human experience. "Which part of us is protecting instead of serving? Which part of us is rejecting instead of accepting?" "When are we doubting instead of trusting?" "Why do we focus on fixing instead of being?" "What are we holding on to that belongs to others instead of experiencing what belongs to us?" "What are we holding on to that is not resonating at the frequency of who we really are - and needs to be let go?" "What are we holding on to that is no longer resonating with the earth's ever changing frequency?"

Another aspect to this physical experience is the energetic container that we hold for ourselves. The questions then turn to, "What does it hold?" "What are the experiences and people that are no longer serving us and can be left out?" "What experiences and people do we want to bring inside the container that is for our highest and greatest good?"

Awareness of these choices allows us to make empowered decisions - and following through on them creates the solid boundaries needed to experience our true nature in harmony, and express ourselves with confidence.

But what if your container, or boundary, is shaped like a sponge?

My boundary was once so porous that I regularly soaked up the spilt milk (*including the energy of others' thought projections and emotions*) around me. Some of this spilt milk involved situations where I felt helpless in the face of overwhelming fear. This often led to freezing and believing I didn't have choices, dissociating from my body, and losing a part of my soul's essence. As a result, I tried to control my environment and became other-centered - leaving my body to anticipate others's needs (*i.e. going into their container*) so that I'd minimize the risk of more milk spilling. Unfortunately, this conditioning left me exposed (*i.e. no one's home in my own container*) to more holes, which only made me more vulnerable to soaking up even more spilt milk.

Overtime, the milk within the holes of my sponge froze into solid blocks that showed up as tension in my body and an alarm system that alerted me to perceived threats and danger (*whether they were real, or not*). It tried to protect me from becoming vulnerable to people and situations that appeared similar to my previous experiences with spilt milk and showed up as self-pressure, working long hours, worrying, eating comfort foods, and isolating myself.

Weighed down by all of these blocks of frozen energy (*my protection*) became exhausting and didn't leave much room for vital life force energy to flow through me, so how could I possibly take on new, fun and exciting experiences to learn and grow and express my creativity?

Ultimately, the dissonance between these blocks and the frequency of my true nature created a buzz of anxiety within my body - making it clear that my sponge needed a good rinse and a squeeze.

Without judgement, I asked the frozen energy if it would prefer a new job and a set of laces appeared between my fingers. I began to tie them onto a pair of new, sturdy hiking boots that fit my feet perfectly.

With my new boots on, I felt safe enough to hold a space for myself to look back and see how much I've learned from past challenges, gain a new perspective on the current choices available to me, and discern (*for the greatest and highest good, rather than for my protection*) what I needed and wanted to come into my space and what would be better served remaining outside of my space.

With my new boots on, their durability made it easier to step over the muck and still go places. Instead of soaking in the milk of misplaced energy, I could walk over it and ask Mother Earth to do the soaking up for me - transmuting old thought forms and patterns that no longer served me, or weren't mine to begin with.

If your container feels like it's a sponge, what would make you feel safe enough to gain a new perspective? Can you create and hold a space (*see previous sections*) for yourself so you can see the choices available to you and make the conscious decisions that will support your needs and wants?

As you continue to expand your consciousness, the need to clear what keeps you contracted will continue, but it's this discernment that keeps you in your power and allows you to move from helplessness and freezing to creative expression and what you came here for.

It takes practice, but you can pivot out of self-doubt, and trust your ability to connect to your inner wisdom. With each decision made that is in resonance with your true nature, you'll melt the frozen blocks of energy - allowing your radiant light to come through and shine beyond your body and toward the edges of your boundary.

Upon reading these poems, I invite you to sense what they are telling you about the experiences, and related feeling states, that you want to bring into your space and soak up, and which ones you'd prefer to let go.

As you read the following poems, I invite you to consider:

- Which poems, or moments within them, trigger a reaction in your body? Where in your body do you feel it? What physical sensations do you experience?
- What questions arise for you? Examples might include: "What needs to change?" "What area in my life seems frozen?" "What feels like it's weighing me down?" "What would feel more like freedom?"



- What does your inner wisdom want you to know about the power you hold to clear what is no longer serving you and to create the life you want to experience?
- What is one thing you've done right today? What can be celebrated?

## All the Frozen Children - Part I

You can see through it -  
a sharp-cornered block of ice

where I lay inside

I learned to go there as a child  
Twas the best place for me to hide

for someone as sensitive as me  
who feels the overwhelm so quickly

Inside the ice, there is a wave  
where I could stop to acclimate

until it got me to the place  
where I could cope,  
until now, Helpers appear -  
They give me hope

with their blow torches!

As they put on goggles  
and light their torches,  
I imagine  
an old-fashioned

candle in my heart  
I let it grow,  
until it fills my heart  
I let it grow,  
out beyond my heart

Torches  
become my hands, feet and crown

The light grows bigger still, until

the light  
moves through my hands, feet and crown

The flowing light melts the frozen energy  
deep inside,  
but then I sense them -  
a set of eyes

on me

The flowing light melts  
the block of ice  
leaving me  
exposed

There's another child  
who benefits  
from the days  
I froze

The flowing light  
melts  
the block of ice  
leaving me  
vulnerable  
like a newborn chick

That child knows  
I'm threatening it

The status quo

Frozen in place,  
that child wants me there

to know what to expect  
although we're not content

It's comfortable  
It's not unknown there

Stepping out of frozen energy -  
it takes courage

When I imagine  
an eggshell  
holding me  
in rays of light blue,

I learn it's okay  
to release my chords -  
chords reaching out  
for connection

I can still love  
because I am love  
and light

I learn it's okay  
to release my chords  
to all the frozen children

less they feel burdened  
by my gift  
of love

I can still love  
because I am love  
and light

I learn it's okay  
to honor myself  
and retain my frequency

I can still love consciously  
I can be love consciously

I can walk in as light; not sending it  
I can return to love; not sending it

Journeying  
I see myself as light  
with all the frozen children -  
just the ones I'm meant to know

I prepare in advance to be with them  
I ask my guides if they have suggestions

for how I can remain in my heart,  
for how I can keep returning and not sending

Because I am love  
and light

the frozen children will reach out to me

Because they are love  
and light

the frozen children will reach out to me

later

And then I'll call in all the Helpers  
to bring their goggles and blow torches!

**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Is there an area in your life that seems frozen? If yes, in what ways does it appear frozen?*
- *What is a practice/ritual/ceremony that you can employ to honor your courageous vulnerability?*
- *Radiating love and light can melt the frozen energy. What is the difference between radiating love and light vs. sending love and light to others?*

## All the Frozen Children - Part II

Pigtails and rosy cheeks -  
she stands outside  
the frozen energy

With one hand on her hip,  
her look reveals  
how much she hated it -

being frozen

She says she's ready  
to play

now that I've learned  
from where the old-fashioned  
candle came

I held it in my hands - a signal  
for my openness to adventure  
to bring light  
to dark

Because I agreed  
to be the one,  
I knew it was for me  
to get it done -  
to ask for support  
from someone  
who brings light  
to dark

My guide - a seasoned journeyer  
I notice I feel safe  
My body relaxes when I'm with her

She reveals  
how the frozen energy  
got to me

It came from a curse  
directed  
at my ancestors

As Grandpa's Dimple Darlin,

I intend  
to learn, and allow my guide  
to travel back in time,  
all the way  
to Ireland

so all the generations -  
backwards  
and forwards,  
both sides  
of the veil

can heal

My guide  
journeys to the generation  
believing they are cursed  
by God

The light  
from the old candle  
is on a table -  
empty  
due to the famine  
due to the belief  
that God had left them  
alone and cutoff,  
due to the belief  
they did not deserve  
to eat

An ancestral belief  
fueled  
by the fear of change

Why couldn't they see  
the famine  
was a sign  
for a much needed  
change - a time  
for a new adventure?

Why couldn't they move -  
perhaps to the city?

The curse -

It left them frozen  
in place

It took effect  
when they believed  
they needed to remain  
unseen

In this place  
where the curse  
was made

my guide's allies

take  
the curse  
apart

healing  
both cursed  
and cursor

The landscape changes

to reveal another generation  
A boy is dying of the flu -  
a cold  
releasing  
frozen energy

My guide's allies

take  
the curse  
apart

healing  
both cursed  
and cursor

The landscape changes

to the time  
I got pneumonia -  
a cold  
releasing



frozen energy

My guide returns  
with the curse unraveled

Life force flows within me

I feel the compassion  
for the times,  
across generational lines,  
when their fears  
grew intense

There were times  
they remained  
frozen  
believing  
they were separate

and yet...

there were times  
they were able  
to shift,  
to try something  
different

I remember newlyweds  
traveling  
on separate  
ships,  
choosing  
adventure  
for a new life  
in America

From "God had done this"  
to "It must be Divine guidance,"  
there were ancestors  
who became  
adventurous

They knew they had support

The adventure  
allowed them

to see the Divine spark  
within them

Now that the truth is out  
my ancestors  
have been freed  
karmically

Free  
to choose  
their response

Free  
to experience  
the adventure

With the curse gone  
it will be easier for everyone  
backwards  
and forwards  
both sides  
of the veil  
to heal,  
to shift  
their behavior  
toward more adventure

Fueled by the fear  
of change,  
I'd been  
scripted  
to freeze,  
but with the curse gone  
I can choose  
my response -  
fight, flight, or withdraw

I have the freedom  
to take all of the time  
I need

to decide  
when my creative expression will be shared  
worldwide

Ha chewwww!

**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What is a practice/ritual/ceremony that you can employ to honor and praise your ancestors and their wisdom?*
- *What is a belief that is holding you back from experiencing new adventures, or expressing your creativity?*
- *If you knew these beliefs were no longer true, what choices might become apparent to you?*

## Clearing The Blocks

A, B, C, 1, 2, 3  
Children's building blocks, lined in a row  
Ovary to ovary

They say, "See...  
*We are protecting thee*

*from feeling  
hurt"*

Tap  
A block stacks  
on top of the row

They say, "See...  
*we restrict movement of  
emotional energy"*

Tap  
A block stacks  
on top of the row

I breathe  
Not all blocks are mine  
I cry  
to let the sadness flow

Tap, A  
Tap, B  
Tap, C  
More blocks stack  
on top of the row  
Ovary to ovary

The blocks see  
my spirit guide,  
ethereally

Lightly touching them, waiting for me  
She needs permission  
to remove blocks A, B, C, 1, 2, 3

Underneath them, emotional energy

Playful and joyful, it wants to flow  
but it's restricted  
to swirling up and around blocks in a row  
Ovary to ovary

Emotional energy -  
As long as it can move, it's content  
But if it could, where would it go?

To my feet, grounding me  
To my heart, aware of my needs  
To my gut, for decisions that lead

The blocks believe their job is done  
They're in the way

I'm ready to experience a life  
full of connection, love and joy  
I'm here to play

My spirit guide is still waiting

I light a candle  
to give her permission  
I ask if she could help me

I feel grateful  
for the heat, and discomfort  
Ovary to ovary

And then I can see  
my spirit guide - She  
picks up a block and...

flings it across the room - Weeee! She...

picks up another block and...

chucks it!  
Deep into the ocean, under the sand

Then a sling shot appears, in her hand  
and two more blocks hurl into space

She lights another block like a candle  
It burns to ashes

She sweeps them away, not leaving a trace

The final block?

*"What should we do with this one?" she asks*

*"Spontaneous combustion!" she adds*

Of course!

I'm so grateful

I gave her permission

to clear a space

to be free

to let joy flow

all through me

My spirit guide -

she's so fun...ny

### *Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Set an intention to identify an area in your body that is vibrating at a frequency that differs from the frequency of who you really are. Where is this area in your body?*
- *What are you feeling emotionally? What emotion wants to flow and be released?*
- *How does this area in your body respond to the questions: "What is your purpose? What is your helpful message for me?"*

## Advancing Into Dangerous Territories

It's 10.16.14

I  
enter the room

Shoulders, chest and throat  
hold the...  
tension, and agitation

It's 1614  
A knight  
enters the battle field

Shoulders, chest and throat  
hold no...  
tension, or agitation

His silver breast plate

holds all the fear and worries  
advancing into  
    dangerous  
        territories

The silver, shining

scans the environment  
dodging away from  
flaming fire strikes sent

The weight, assuring

covers throat and heart  
shielding arrows, and  
steel swords that tear apart

It's 1614  
The knight is not worried  
He's high up in command

The 400-year-old man  
knows  
he can choose  
where he  
wants to go,

which battles  
he takes his horse into

But...

in 10.16.14,  
I'm frozen in one direction,  
I fear  
I must stick it out  
I must make it work

I notice  
the silver breast plate -

it forms  
for my protection

over throat and heart  
shielding arrows, and  
steel swords that tear apart

But...

The silver breast plate -  
it wants me to know,  
it's needed only  
400 years ago

We're in different times  
now

I am wise

I can choose  
which battles  
to advance into

But...

how can I choose?

It's 10.16.14  
I become the knight

I ride my horse  
deep into the woods



Threats lurk along two paths  
within the trees, offering  
lessons to learn and to grow,  
lessons that reveal my gifts,  
lessons I'll bring back with me

To my right,  
the path I've traveled before  
stops short  
Covered over  
with bushes and trees, it's hiding  
what can jump out and pounce

The encounters known -  
A sense of responsibility  
to bring others  
peace and harmony

I'm on my own

Shoulders, chest and throat  
hold the...  
tension, and agitation

I notice  
the silver breast plate -

it forms  
for my protection

over throat and heart  
shielding arrows, and  
steel swords that tear apart

To my left,  
the path is unfamiliar -  
An opening  
through tall, ancient trees, reveals  
I'm following the river

Encounters unknown  
A sense of responsibility  
for my own  
well-being

I'm on my own

I notice  
the silver breast plate

It's gone,  
no longer there  
for my protection

and yet...

shoulders, chest and throat  
hold no...  
tension, or agitation

I look back  
at the first path  
on the right

The silver breast plate  
I'd need to keep it handy

so it can protect me

so it can remind me  
when I feel uneasiness in my heart,  
it's alerting me

It's telling me  
I can ask,  
"Is this the path worth fighting for?"  
It's telling me  
I can choose  
where the lessons are

On the right,  
It is not  
my path to take  
Do I still want  
to advance into  
    dangerous  
        territories  
if they lead me into  
battles  
that are not  
mine to fight?

Along this path...

the silver breast plate  
holds all the fears and worries  
with too much zeal

It protects me  
from people  
coming into my heart,  
from experiencing love,  
and opening my heart

The silver breast plate -  
it's needed only  
400 years ago

We're in different times  
now

I'll steer the horse  
to align  
with the other direction -  
to the left

I'll advance into  
    dangerous  
        territories -  
the ones I want to go into

The silver breast plate -  
I ask what it wants  
instead of covering  
throat and heart

It sends a visual,  
the strongest sense to me,  
to direct my attention easily

I see myself  
placing the silver breast plate  
in a museum display

As long as I travel  
the path that's mine to take,  
I'll advance into

dangerous  
territories  
without needing the weight  
of silver breast plate

When I feel uneasiness  
in my heart  
the silver breast plate  
will alert me  
It will tell me  
it's time  
to put it on display

in the museum

When I'm having a child's tantrum  
the silver breast plate  
will distract me  
with a visual,  
the strongest sense to me,  
to direct my attention easily

The silver breast plate -  
a relic from 1614,

will ask me to come and see it on display

in the museum

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *How do you know when your nervous system is scanning your environment for danger? What signals does your body give you?*
- *Some environments can prompt your body to protect itself. What is the cost for this protection - to self and others?*
- *As you explore different paths, how will you know which one is yours to take? What signals will your body give you? What signals will your body give you?*

## Say No to Say Yes to Momentum

Stalled  
along my path

I'm worried  
about what others will think

In my mind's eye  
I'm surrounded by  
a pile  
of cement blocks  
triggering me  
to put all of my energy  
in a pile

The weight of it -  
heavy

If I say no,  
they'll be mad  
at me. They'll say  
something bad  
about me

I become the cement blocks  
to learn their perspective  
so I can respond  
to this quandary  
appropriately

From their point of view -  
*"So what if they do?  
Them, talking  
about your  
business  
is their  
business*

*It's not your truth*

*To continue the momentum  
for what you love  
to do  
there are some things you'll need to say  
no to*

*in order to  
experience the things you'll want to say  
yes to"*

"Still, what can I do...  
if I feel the energy of another's,  
I hate you?"

*"You must remember  
your path,  
your truth, your voice is  
important*

*And for that,  
you must keep moving  
forward*

*Do you feel  
the momentum?"*

"No,  
not  
when you,  
cement blocks,  
are stacked  
in a pile"

A flicker of movement  
catches my eye  
The blocks of cement -  
they're forming a line

as I recall a time  
of a seven-year-old girl -  
she's walking home  
from elementary school

She yearns for the adventure,  
but there's a fear  
something will happen to her

But wait...

It's not her fear  
Instead,  
it comes from the friend

who walks with her

If she decides not to hold  
her friend's fear,  
the girl believes her friend  
won't like her

This fear ruins all the fun -  
so much so, she wishes  
a parent was there  
to walk home with them  
so her friend won't be afraid,  
so the seven-year-old girl won't  
have to  
hold onto  
her friend's fear  
for her,  
less she risk  
her friend not liking her

I decide to walk home  
with them

The seven-year-old girl  
giggles with relief

I step in  
between them  
holding  
each of their hands  
swinging  
our arms  
and skipping  
all the way  
so the seven-year-old girl  
and her friend  
will not be afraid

Everything is okay

A flicker of movement  
catches my eye  
The blocks of cement  
are forming a line

The weight of the pile

releases  
so I can feel  
lightness

Instead of a pile,  
with the blocks in line,  
I can see what's mine

and what's not

so more light can come through  
so I'll have a scenic view  
of the landscape beyond  
so I'll see my path  
more clearly

Instead of a stacked  
wall,  
the cement blocks  
will  
form into a line -  
a boundary row  
at ground level  
helping me know  
when to say no,  
to say yes  
to momentum,  
so that I can maintain  
the momentum

The blocks of cement -  
they assure me this movement  
is available at any moment

When they line up in a row, a boundary  
along the path  
they're telling me it's something good to bring in-  
to my space

I'll know to say yes  
I can take a step  
forward

When I see the blocks  
of cement  
stack up in a pile, creating a wall



blocking the path  
their telling me it's something to leave out-  
side of my space

I will know  
to say no

I can take a step  
forward

Relaxing

Knowing  
more support is  
coming

With ease  
I can speak  
my truth

"But what do I tell them?  
How, in what way, can I say,  
no?"

*"You'll need to be succinct  
Just say no - and that's it  
You'll need to be efficient  
Write "no" in an e-mail  
No explaining it  
in the hopes they'll understand,  
less it becomes too draining  
If they continue to inquire  
just say, it's not a fit -  
that's it!*

*Besides...  
Granny wants to chime in"*

*"This fear -  
these cement blocks  
in a pile  
is a pile  
of shit!*

*You don't have time for this  
It's your time to take care*

*of you -*

*That's it!"*

**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What do you need to say "No" to, in order to say "Yes" to the momentum?*
- *What do you fear will happen if you say "No, I want to... instead"? What do you say to yourself?*
- *In what ways might you take someone's power away when you'd rather say "No" to them?*

## **The Protector of Anger**

### *Screaming*

Heat and pressure  
at my  
root

In the spotlight -  
a clenched  
fist

It wants me to know  
that it  
exists

It wants to help me see  
the anger - that is my own  
It's protecting me from  
the anger - that's not my own

Twas hired at age three

### *Screaming*

The baby stands up in her crib  
Her face, between wooden bars is  
looking out at me

### *Screaming*

She makes it so clear  
She wants to get out

### *Screaming*

The volume is too loud

The fist -  
The Protector of Anger -  
It helps me soothe  
the baby's anger

My toddler hand, wide open  
gently runs down her back

*Screaming*

The sound  
    is soothed  
        away

The fist -  
The Protector of Anger -  
It helps me not feel

the baby's anger

Today,  
the fist -  
The Protector of Anger -  
whispers  
in my ear

It says this soothing -  
It's not needed now

I'm in my own space  
I can become aware  
of my own  
space

What's mine  
What's theirs

It's called boundaries

It will partner with me  
when I sense the anxiety

The fist -  
The Protector of Anger -  
It will unclench the blocked energy  
at my root,  
It will dissolve and flow out my body

Tension flowing out, relaxing me

The fist -  
The Protector of Anger -  
It offers suggestions:  
Connecting with nature

and daily meditations

But most of all,  
I can remember

The clenching is not needed  
when I consciously intend

to do my best

noticing  
my Light's glowing  
edges  
all around  
me

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Recall a time when you were worried, or concerned for someone else's safety, or well-being. Where do you feel the essence of you? Where is your power?*
  - *If it feels like it's outside of your body, what happens when you imagine stepping into the center of that energy? What do you notice?*
  - *If it feels like it's above your diaphragm, what happens when you imagine moving it lower in your body, like between your belly button and pelvic floor? What do you notice?*
- *When it comes to clearing space, why is it important to know where your essence and power is located?*
- *Take a few breaths at your low belly, and ask yourself, "What do I need to care for myself?"*

## Rudy is So Rude

"Something's giving me a headache"

*"What could it be?"*

"An animated monster  
No, wait!  
It's Zombie Man

It's a young man  
with grey skin  
and dark circles  
above and below  
his eyes

staring at me

Not too long ago  
he appeared in a dream,  
and again today  
in a meditation

And now he's back  
It feels scary"

*"Notice your grounding  
Notice your boundary"*

"Above my head and to my left,  
he's clinging  
On top of my boundary,  
he's looking  
for a hole - a way to get in"

*"What is his purpose?"*

"He doesn't have one

And now, it's his fangs that I see  
He wants to suck my energy"

*"How is he here to help you?"*

"I do not know"

*“Imagine  
a ball of light  
inside your heart  
Let it grow bigger  
expanding all throughout your body  
Let it expand further  
until it reaches beyond your boundary”*

“He cannot hold on  
The light is too hot  
He’s sliding; grip gone

Now, he’s standing there  
staring at me

The middle finger  
he just gave me”

*“What does he want?”*

I do not know  
I’m calling my spirit guide. She says  
he’s a lost soul

His name  
is Rudy”

*“When did he first come into your life?”*

“When I was three  
He was the black shadow, from the home  
on Curtis Street  
but he appeared again, three years ago

*Why?*

To stop me  
To drain me

from continuing in  
the same direction

Above me  
Once again, he appears  
with vampire-like fangs  
a bite to my boundary

Outside it  
my loving spirit guide  
places lit  
white candles in a row

Beyond it  
without words or a gesture  
I feel her direct him there

Toward the Light  
Face forward  
he steps through

No more grey clothing; hair now reddish-brown  
Like a black and white movie turned technicolor”

And to my surprise,  
I cry

A lost soul leaving me  
after all these years

I feel the release  
I feel the shift

A lightness  
No, wait!  
A giddiness

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *How would you feel if people treated you as if you were invisible?*
- *In what ways do you feel like you are hiding your gifts/talents, or holding back from expressing who you really are?*
- *What if there was nothing to fear about shining your light and experiencing your full creative potential? How would that feel? How can you gift this feeling to yourself today?*



## Cutting Chords

Barefoot Girl,  
wearing a light blue dress  
Long, dark hair in barrettes

Cordage,  
laying on the green grass

It's an old, thick rope  
full  
of expectations

Barefoot Girl -  
she follows the line  
to see what she'll find,  
then reaches the nylon material

A rainbow color  
growing in size  
filling  
with heat

And then she sees  
another  
Within the weeds -  
an old, thick rope  
full  
of needs

The nylon material  
filling  
with pressure  
lifts from the ground

revealing  
another  
old, thick rope  
full  
of responsibility

tethered  
to one corner  
of a basket, made of  
woven wicker

The open flame  
injected into the center  
lifts  
the empty passenger  
compartment  
into the air

revealing  
yet another  
rope  
underneath it

All four ropes  
lift off  
untethered

Barefoot Girl  
runs  
to grab hold  
of each one  
and pulls them  
towards her chest

She's holding  
every  
one  
together

"I've got this!" she says  
"I'm really strong!" she says  
"I can handle this" she says  
"Everyone's needs are accounted for"

This job  
makes her proud -  
meeting everyone's needs  
makes her proud

Over time  
the pressure  
of holding on  
to all the ropes  
ties  
to the hot air balloon  
ties

to picking smart guys  
ties  
to doing what's right  
ties  
to doing perfect  
ties  
to doing what's nice

Her competence  
a blessing, but it  
ties  
to the pressure  
of doing  
so that others  
won't need to feel  
so that she  
won't need to feel

The pressure  
is too strong  
The ropes  
become too much  
to hold on

So...  
what if she lets go?

The ropes would rather  
be the oxygen  
that stokes the fire

The ropes would like to see her  
become a passenger  
in the basket

soaring,  
up in the air  
An adult, steering

The ropes say,  
*"It's much more fun!"*

Because  
it's a lot of pressure -  
it's exhausting  
to still be holding on

to an "out of control"  
hot air balloon

Over time,  
Barefoot Girl,  
wearing a light blue dress,  
with her long, dark hair in barrettes,  
decides  
to let go  
of all the ropes  
except one

She uses her strength to climb  
just the one  
so she can jump into the basket  
and have some fun

Now  
she gets to feel  
what it's like to be lifted  
soaring  
up in the air  
overlooking  
the countryside  
where she can steer,  
where she can see  
where she wants to go  
next

It's okay for her to go  
at her own pace  
She's on purpose  
She has what it takes

She looks down below  
at one of the ropes

There's someone there  
with terrified eyes,  
who won't let go  
looking up at her,  
hanging on  
to the rope

There are some scissors in the basket  
It's time to decide

Cut the rope now  
before this balloon ride  
takes them too high?  
Terrified Eyes  
needs to know -  
There's another balloon  
ready to be flown

Or, pull Terrified Eyes  
into the basket?  
The company could be fun

Either way,  
Barefoot Woman -  
wearing  
a light blue dress,  
with her long, dark hair  
flowing  
in the wind -  
becomes

an inspiration

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Where on your body (e.g. energy centers, chakras) do you sense chords of energy extending out to others?*
- *Who are they connected to? Invite an image, or a name to come to you. Do you want this connection at the moment?*
- *Can you sense, or see, the direction in which the energy within the chord is flowing? If yes, is it flowing away from you, toward you, or both? What does this mean? Does it feel freer to release these chords? If yes, you can set an intention like, "I release the energetic chords that are no longer serving me."*

## Filling Space

What if I make the wrong decision? Is it safe enough to turn my attention away from others' well-being to tend to my own? If I say no, will they yell at me? If they do, and I feel their anger/blame/hatred, will I default into helplessness, freeze and dissociate from my body?"

Identifying what we don't want in our life/space is one thing, but how can we identify what we need to care for ourselves and what would feel joyful to us, when all of those fearful thoughts are taking up space?

Here's a tip: We can remember that we are light. Any time we create and hold the space to know ourselves, and clear what is no longer serving us (*see previous sections*), we make room for this remembering. It might be a young flame in a fire that requires a gentle blowing breath until it can reach its full brilliance and potential, but it's there, inside of us.

Once we accept that fear and doubt are part of any new adventure into the unknown, we increase our chances of recognizing when they appear and can take the opportunity to uncover the truth. We can clear the lies (*oh bless them for trying to protect me!*), and then choose our desired way of thinking and being by asking, "What do I want to fill that space with now? What are the new experiences that will help me to learn and grow, and flow in the direction of my calling? What would bring me pleasure? What are the gifts I was born with that are now safe to embrace and express?"

Remembering that we are light takes practice, but each time we feel confused, or anxious about taking the next step, we can remember to ask for guidance from the flame inside of us.

In my space, I hold a vision of us all stoking our fires and all the possibilities that the fire in our hearts can bring: The potential of a fire that keeps us warm and safe; the potential of a fire that inspires us to realize our full brilliance; the potential of a fire that is a source for bringing nourishment; and the potential of a fire that attracts a community gathering for storytelling, wisdom sharing and connection.

Upon reading these poems, I invite you to sense what resonates with you so you can feel the aliveness of your fire growing brighter, and consider these these questions:

- What does my fire need to reach its full brilliance and potential?
- What do I desire?
- What am I grateful for?
- What if I knew that it was okay to shine this light? What gifts do I want to embrace?
- What would I fill my space and time with?
- What would be fun?
- What action would I enjoy taking next?

## Divine Feminine

Journeying

I intend  
to meet her

The dead deer

And then,  
I see her

on a hill, wild  
flow-  
ers in full  
bloom

There's a fence nearby

She pounces on it so she  
can get through  
I join her and pounce too so I  
can get through

I ask her why  
she leapt out into the road  
She replies,  
*"To die"*

I ask her why  
she hit my car and chose me  
She replies,  
*"It's your*

*turn"*

I ask what that meant  
It was my first time  
to get hit, yet

I didn't believe  
she'd  
    made  
        a random

turn

And then,  
I knew

It's my turn  
to receive

It's my turn  
to have fun

It's my turn  
to focus on  
me

It's my turn!

*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *To whom, and in which areas of your life, do you freely give of your time/energy/resources?*
- *From whom, and in which areas of your life, do you resist, or feel uncomfortable, receiving time/energy/resources?*
- *Review the question above. What if you knew that the giving came from the Universe, your Higher Self, or an unconditionally loving, compassionate Spirit Guide? How would that feel in your body?*



## **I Can Choose**

A slave woman

moves through the day, unseen

with sleeves rolled up  
over strong, yet thin forearms  
and dark, dry...

...hands, that wring a laundered shirt  
while watching the white children play

...hands, that hang the clothes to dry  
while watching the white children play

She must  
keep a responsible eye  
on them

The children's mothers are distracted  
in their need to be seen,  
unaware of a child's slumped shoulders

A slave woman  
sees  
the child, nearly thirteen

She must  
keep a responsible eye  
on her

Pairs of  
hands, press down on my shoulders  
all white, except one

A slave woman's  
hands, light  
on the edge of my shoulders -  
supportive and nurturing  
They say, "*It's okay*"

*I can choose*

*where to focus:  
Hands, pressing down on top of, or*

*hands, gentle on the edge of  
my shoulders”*

A slave woman  
would rather be sitting  
on the porch, in a rocking chair  
The children are drawn  
to her,  
engaged in a safe way, listening  
to her  
tell a story

She is not responsible  
for attending  
to the children  
whose mothers  
did not see

I can choose

Many are drawn  
to me  
when I am relaxed  
telling a story

I am a storyteller, not working too hard

I am not responsible  
for attending  
to the children  
whose mothers  
did not see

They are no longer children

I am responsible  
for seeing  
me -  
a child, nearly thirteen

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Consider an area in your life where you're feeling self-pressure, or overwhelmed with responsibility. If you were able to see the choices available to you (including those you favor and those you don't), what would you see?*
- *Review your list of choices:*
  - *Which choices feel light and free?*
  - *Which choices feel heavy and draining?*
- *For those choices that feel like you've got hands pressing down on your shoulders, what would you rather be doing?*

## Just Ask

Papa Jack

For years, he owned a car dealership  
On cars and finance, I asked him for tips

For now, he's standing inside of a dream  
behind a white door; I cannot see him

*"Hi honey...  
You can still hear me, see  
It's like we're on either side of a door  
Just ask me anything"*

"You mean, questions on cars and finance?"

*"I mean, questions about anything"*

So one day  
I remember to ask,  
but it's still a question on finance

"I'm selling my home and need your advice  
Can you tell me, what's a good selling price?"

I write down the number,  
but wonder -  
Is this connection real?

I ask him for a sign -  
Perhaps a blue butterfly?

Patrons in the lunch line  
I look up from my laptop

A woman, her back is bare  
except for the tattoo that lay there -

a magical blue butterfly

across her entire back

All I can say is, "Good one..."

Papa Jack!"

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *If you could put in a request for guidance, or any thing, or experience, you desire, what would you ask for?*
- *If you could ask any unconditionally loving being (in the visible, or invisible realms), for guidance/support, including your Higher Self, who would you ask?*
- *Why did you choose this being? How do you feel when you are communicating with them?*

## Crystalline Rock

The crystalline rock  
Energy, it took a lot  
Forming in the fire

That's what I learn  
as I'm connecting with it  
And so it tells me

it's so much like me  
I feel the same energy -  
the anger inside

It takes energy  
away from who I am  
Below my navel,

from where I create,  
I can feel the heat inside  
and breathe there awhile

fanning the fire  
What am I angry about?  
I want to decide

I know what I want  
but how do I ask for it?  
I see a sweet bird

hidden in full view  
on the rock, I ask to know  
it's message for me

It says to be light  
like a little bird flying  
And then, I hear them

singing a sweet song  
I look up into the sky  
and then, I see them

A little black bird  
flies into the tree above  
Another follows

They move so quickly  
flying to the next bare tree  
Light-winged winter birds

Thank you for the sign  
I will feel light, and then ask  
Singing energy

*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *Which element/being in nature would you like to connect with? What are the characteristics that draw you to it?*
- *Upon asking and receiving permission to connect, ask the element/being what it would like you to know about it. What does it say?*
- *What is its helpful message for you?*

## Embracing My Vibrant Energy

I can relax

Everything  
is in waves

I'm now coming into awareness

because things  
are changing

Wave patterns  
are changing

What do I need to know  
about all these changes?

It's just energy

I can shift it  
and manifest  
what I want

When I become the wave  
pattern,  
I can  
tune into it  
and relax

Inside the wave -  
a particular pattern  
I then become a girl,  
with long, dark pigtails  
four years of age

A snapshot in time  
captured  
at a birthday party

I jump out  
of the picture, so alive  
like I am running the show

I'm smiling with my mouth open  
My back stretches out, heart open



but...

It is not  
*my*  
birthday

so no...

*I should not*

*stand out*

*It is not*  
*okay*

But it's just my natural,  
loving state

to stand out

But...

*I won't be liked*  
*It is not*  
*safe*

*if I stand out*

*when I am not*  
*supposed to*

I'm so confused,  
it startles me

when I am not  
supposed to

feel joy, and my big  
ever vibrant energy

I just  
want to make  
everyone happy  
Please don't take  
it personally

I can't help it  
if I jump out of the picture  
I'm just so alive

I'm so confused,  
it startles me

It causes me to go

inside  
the wave - a holding pattern  
where I can relax  
and ask  
what I want

Outside,  
I run barefoot, and roll around, in the grass, green  
I whisper to the plants and magical fairies -  
in the place where I'd be seen by a world, unseen

Outside  
feels so good  
I'd stay  
all day  
if I could

On the grass by myself,  
somersaulting  
in my own space

feeling seen from the world unseen

Inside  
the wave - a new pattern  
I look around  
in one direction, I found  
me  
standing  
I'd grown  
My back stretches out, pulling heart open  
I look down at  
me  
and she  
reaches out  
and I

kneel down  
to hug her  
until we  
become one

Inside  
the wave - a new pattern  
I can relax  
and ask  
what I want

to shift the energy  
to trust myself

to say and do  
what I want

I want...

...to stand out  
...to feel my big, vibrant energy  
...to roll in the grass, green  
and connect with the world unseen

I want...  
...to stand out  
...to jump out  
of the picture, so alive

like I am running the show

*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *When was the last time you felt your vibrant energy running through you? How old were you? What were you doing?*
- *What does "running the show" feel like to you?*
- *What if you knew it was safe to stand out - what would you say, or do?*

## Is it Okay to Play?

Three-year old me -  
her chest on the swing

I lay on the blades of grass  
Looking up at her, smiling

Three-year old me -  
she says, "I'm flying!"

Beyond her big, blue eyes  
into the pale blue sky,  
I see, she's flying

But then...

Three-year old me -  
I can feel, mom's not happy  
holding  
the baby

I'm flying,  
so now  
she's watching  
the baby

Dad's filming

He's watching,  
but playing

Mom must have thought,  
*"It's not his role  
to be watching"*

Thoughts stop my swing  
*It's not safe to play,*  
*to be free,*  
*to fly*

so I go to see  
what my other sister's doing

I see, she's swinging

Well, it's okay for her to swing

She's only two

Breathing in and out  
through my mouth

I feel the extensions of me  
Legs  
strong and thick  
They say they can handle the energy of  
*It's not okay to play*  
and the part of me that believes  
*I'm not able to ask what I want*

Breathing in and out  
through my mouth

My face moves, stretching  
My mouth yawns, opening  
like a lioness

Wait... Is it okay  
to ask  
what I want?

I feel the extensions of me  
Hands  
The left one  
feels big energy coming through  
It says  
it is the part of me  
that knows  
*it is okay to play,*  
and of my passion  
for creative writing

The energy is powerful  
Something now wants  
to be expressed

The energy is more than big  
It raises both  
hands in the air  
so it has the space  
to exist there

They reach out to a teacher

to learn initiation -  
moving me in-  
to a new way of being

At my throat  
a lion

He covers my mouth  
with his own, so that I  
can roar into it

He wants my attention -  
to show me the sheets  
of music  
composed  
for my story

I ask the lion  
if he wants  
to write it  
with me, now  
that it's safe to express  
my creativity

The lion and I sit  
together

On the hill of green grass  
overlooking

the African valley

We're taking a moment  
to relax

Our young cubs -  
we're watching them

play

**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What if you knew it was safe to play? Which activities/games would you like to experience?*
- *What are you passionate about?*
- *What is the title of the story, or name of the song, you wish to write for this next phase in your life?*

## Holding a Vision

I want to heal  
the health-  
care  
system

There are so many aspects to it  
It seems so overwhelming, so  
I rarely participate in it

Instead, I'm holding a vision

of a doctor's office  
except the space  
is not called office  
and doctor  
doesn't sound right  
either

It feels  
more like a spa, yet  
the space  
creates  
a healing  
center

It's where I go  
for my obgyn appointment,  
except the specialty  
is not called obgyn  
and appointment  
doesn't sound right  
either

When I walk in  
colors and textures, earthy  
windows allowing, natural  
light  
to fill  
the room

I almost hear birds chirping

There are plants and herbs for sale  
and a flyer lists classes



that seem empowering

I'm greeted  
by a woman  
who asks  
if I'd like some herbal tea  
while I'm waiting

The leaves  
all gathered locally  
are available here  
in the apothecary

I am nourished  
by the warmth:  
of the tea  
of the space  
of the women  
welcoming me  
inviting me  
in

It's not a long wait -  
a few minutes maybe,  
so I take my tea with me

She  
has created the space  
Candles are lit  
Flower essence, just a hint  
I feel the supportive Presence  
waiting  
for me

She  
invites me to sit  
and listens  
for an hour

I begin to feel  
I know now  
what I came here for

She leaves the room  
so I can strip down

I slip between  
the pre-heated sheets  
on the massage table  
Yes, it's still  
called massage table

The weight  
of the blanket  
also settles me

A knock on the door  
to check-in  
I'm ready for a healing  
experience  
to begin

She wraps a warm  
towel around  
my feet,  
but it's her presence  
that is truly  
grounding me

She starts with a massage  
on my abdomen -  
a light oil  
soothing  
my skin

She can feel where  
the tension  
exists -  
a stickiness  
where the energy  
once stopped flowing

but her massage  
moves and releases

She continues the exam  
except it's not called "exam"

She says she'll now check-in  
with my pelvic bowl  
She puts on latex gloves  
with a bit

of warm  
lubricant

There are no stirrups  
Instead, she comes to one side  
and lifts the covers  
gently moving her fingers  
along all four corners  
of my vaginal wall  
all the while  
she's communicating  
what she's noticing,  
but first asking me  
what I'm noticing  
to see if they agree  
to empower me  
to connect  
to my inner wisdom  
so I'll have a direct  
experience

There's a cold sensation in one spot  
I get a vision

It's Granny  
applying her bright, blood red lipstick  
I get the message  
Bright, blood red is a bold move  
It's sexy  
*"It's okay to be sexy"*  
It's who I really am  
She wants me to announce it  
to state  
that I know it,  
to buy and apply  
some bright, blood red lipstick

The doctor who is not called "doctor"  
says she can now feel the blood  
flow  
rushing back  
into my pelvic  
bowl

Message received

She then moves to another  
corner, prompting  
a vision of my ovary  
on the right side of my body

She asks how it looks  
I say it's a perfect peachy-pink  
It's like it's on stage, under the spotlight  
a dark theater surrounding it

*"No wonder," she says,  
"The masculine side - you've lived it"*

My spirit guide,  
a masculine energy  
lays down to my right  
I sense his physical strength  
The love feels unconditional  
For a moment,  
it's overwhelming

She then moves to another  
corner, prompting  
a vision of my ovary  
on the left side of my body

I say, "It looks grey  
and dried up. It's also a bit difficult  
to differentiate  
from the background"

*"No wonder," she says,  
"The feminine side - you're returning to it"*

My spirit guide,  
a feminine energy  
lays down to my left  
I feel her hand gently reach out to mine  
The love feels unconditional  
For a moment,  
it's overwhelming

She asks me what this dried up ovary  
looks like  
in its  
wholeness

When I see it from this perspective,  
I envision a bright, white, shiny  
ovary

She offers an invitation -  
to ask the bright, white, shiny  
ovary  
what it  
needs

I envision  
a syringe -  
The dried up  
story  
needs  
an injection

of blood  
flow

I administer the medicine  
and envision  
    bright, blood red  
        flowing  
        into the grey  
        dry,  
        ovary

until I can only see  
the bright, white, shiny  
ovary

This is the vision  
I'm holding  
for the health-  
care

system

**Connect to Your Whole-Self Wisdom**

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *How would it feel (in your body) to know there is nothing wrong with you?*
- *What is your vision for the ideal healthcare system?*
- *How would it feel to experience that dream come true? How can you gift yourself with that dream and/or feeling state today?*

## Faith

All of the changes

They don't make sense  
to the mind

All of the changes

The guidance  
isn't clear  
to the mind

All of the changes  
It's so confusing  
to the mind

I feel  
the anxiousness  
in my body:  
Heart and throat,  
a fluttering

I imagine  
this energy  
as a being

*"What do you see?"*

"I see  
my Spirit Guide"

I imagine  
this being  
supportive and nurturing

*"How is this being  
supporting you?"*

"Interesting -  
just this morning

I asked for what I wanted,  
the specific feeling -  
of being  
Divinely guided"

My Spirit Guide -  
she's there to help me  
know  
that I can  
follow

through

on all of the changes

Now  
I'm curious to find out  
how

all of the changes

will be better  
than what I originally had  
in mind

### Connect to Your Whole-Self Wisdom

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *What signals (physical sensations) does your body give you when it has an important message?*
- *How can your curiosity about these signals help you to navigate change and stressful situations with ease?*
- *If you knew you had the full support of the universe behind you, what action might you take next to experience joy?*



## Remembering Radiate Woman

Empath Woman wears a mask  
It's thick and made of red wax

She's not alone

Walking in the street,  
red masks pass by  
on both sides

She is the owner  
of superpowers,  
but when the mask is on  
they malfunction

She can take it off at anytime,  
but it's difficult to remove, due  
to the suction

Her super-  
powers

She uses them to hold  
a vision of one's whole-  
ness

She invites  
Source energy  
before she communicates  
with anyone holding  
the memories

She uses her sensitivity  
to tune into their emotions  
so she can connect  
to the part of them  
that needs attention  
to listen to the story  
to see what is happening  
to ask it what it needs  
to heal

These are her  
super-  
powers

Her goal is to help  
(her younger self)  
build a new community  
where people take their masks off  
where people can be themselves

She wants the community  
to know  
they can see  
themselves -  
whole

Her super-  
powers

She wants to use them  
She tugs on the mask,  
but feels  
the suction

She senses it's job  
It's trying to function -  
to cover  
her face;  
to protect her

from mean people  
from the hatred  
from the anger  
from the fear

It wasn't always this way  
It started at age four when  
the mask  
began to mold to her face

On the pony ride,  
she pretended,  
showing her sister she was not afraid  
but indeed she was, just a little bit  
She felt she had to show that it's okay  
to go on the ride

And in the pretending  
she unintentionally

stepped out of her  
power  
and compassionately  
took her sister's  
power  
so her sister would not feel  
the fear,  
and so she  
would not feel  
the fear

But now, Radiate Woman flies in  
to help Empath Woman remove  
the red mask

She looks like  
Wonder Woman,  
but instead of golden cuffs  
Radiate Woman  
wears a navy blue scarf

It has been blessed by  
the Four Directions  
also Father Sky  
and Mother Earth

Any bullets -  
thoughts, or emotions projected  
in her direction -  
the scarf picks them up

Instead of freezing -  
with light, she fills up

Like Wonder Woman's lasso of truth,  
Radiate Woman  
shows her how  
to swing a lasso  
of light  
beyond her body

It's a shield that keeps her safe  
but does not require her to take  
a hypervigilant  
stance  
of protection

In this light, her light,  
she simply radiates

Empath Woman  
begins to pull the mask off  
to activate  
her super-  
powers

But she hesitates...

She says "I am afraid  
of people"

The reason?  
She has this ability  
to tap into the memories -  
her super -  
power

Not all of them are pleasant

And when she feels the resistance,  
she freezes  
She fears  
she'll feel  
the energy born from the intention  
that betrayed them

Radiate Woman  
suggests it's a good time to journal

Empath Woman -  
the woman behind the red mask writes...

I am afraid of people when they:

- don't feel grounded to me
- don't take responsibility
- don't take care  
of themselves
- tell me what to do
- suppress their emotions through  
risky behavior, and
- don't have empathy

Empath Woman  
tugs  
at the suction

I feel the fear because I believe:

- they'll send their anger at me, and I'll feel it; I'll absorb it
- and then I'll feel  
the energy more intense than anger
- and then I'll freeze
- and then I'll fear  
that I don't have choices
- and then I'll be focused on pleasing
- and then I won't ask what I need
- and then I won't do what I want
- and then I'll feel  
the suction of the mask on
- and then I'll be angry,  
because I've continued to be one of them - one with the red mask on
- and then I won't be me
- and then I won't have energy  
to use my super-  
powers

Radiate Woman tells her,  
*"Remain aware  
of these thoughts -  
the suction*

*One at a time,  
you can ask  
if they're still  
true"*

Radiate Woman tells her,  
*"The mask  
is good at this job  
of protecting"*

Radiate Woman asks her,  
*"Is Empath Woman  
ready  
to take the mask off?"*

Until then, she can't show  
who she really is  
As long as it's on

no one  
will know  
her true  
super-  
powers

Radiate Woman tells her,  
*"Sometimes fear is valid  
when you feel  
the energy ungrounded*

*It's a warning  
signal*

*Trust  
that it's okay  
to receive  
these warning  
signals"*

Radiate Woman tells her,  
*"When you feel the fear,  
notice your feet  
on the ground  
Radiate light from your heart  
Notice the edges of your light extending  
beyond your body  
With this lasso of truth  
around you,  
ask yourself, what is mine to know and do?"*

Radiate Woman tells her  
to acknowledge her  
growth

- recognizing the warning signs
- noticing them faster
- responding - grounding, radiating, asking

Radiate Woman tells her,  
*"You are brave  
You can help people  
one mask at a time  
when they are ready  
to know  
they've got a red mask on"*

Radiate Woman tells her,  
*"When you take the mask off  
others will notice your  
vulnerability*

*but you can re-  
member*

*It takes practice  
to be in spaces  
that differ  
from your own vibration  
It takes practice  
inviting those that  
are open to this  
lighter vibration  
It takes practice  
letting go  
of those that choose  
to keep their red mask on*

*And when in doubt  
you can radiate out  
You can re-  
member  
how big you are  
You can re-  
member  
your super-  
powers  
and who you truly are"*

Empath Woman asks,  
"What would Radiate Woman do in  
dangerous  
situations?"

Empath Woman feels  
the light flow in  
and radiates out

Radiate Woman's  
life force energy brings  
a natural  
kindness  
to herself

focusing on what she needs  
so she  
can be more present  
for others -  
so she can hold the space  
for others

Empath Woman remembers  
her mask is still on  
She is aware  
and feels her light extend out  
from her heart

As the light moves up  
it heats up  
all the way to her face  
She can feel  
the wax melting away

Now that she is aware  
of the red mask,  
she reveals

her beauty

Lo and behold, she is...

Radiate Woman!

Does she take flight? Maybe.  
Does she fight? If need be.  
Does she freeze? If her body requires it.  
Does she radiate? This is the question.

In the midst of a stressful situation,  
she fills herself with light  
to come to a state of grounded neutrality  
where she can see infinite possibilities  
so she can receive inspiration  
and take appropriate action

Those around her who feel frustrated -  
not knowing what they need and want,  
or how to get to a new place,  
are instantly entrained  
into her space



of love  
and light  
so they can feel  
the calm  
that allows them  
to listen  
to their own  
inner guidance system  
for taking care  
of themselves  
and seeing  
themselves -  
Beauty

“Empath powers, radiate!”

*Connect to Your Whole-Self Wisdom*

*Take a moment to experience the Whole-Self Wisdom meditation, located in the Introduction, then answer the following questions:*

- *How can you maintain your authentic vibration in the midst of stressful situations?*
- *What are your super powers?*
- *How might your community need your super powers?*

## About The Author

Thank you for your interest in "Just Write the Book of Poems and I'll Find You" and sharing this space with me!

I'm holding a vision where energetically sensitive, empathic Lightworkers are creating and holding a space for themselves to experience their true nature in harmony so they can experience more ease, energy and engagement.

Would you like to hold this vision with me?

As a poet, shamanic practitioner, endorsed Anamsong mind-body life coach, certified Martha Beck life coach, Tension & Trauma Release Exercise (TRE) Provider, and Reiki Master, everything I do is about creating and holding a space to connect to the four parts of ourselves - mind, body, spirit, and heart. Whether it's through poetry readings, speaking engagements, private coaching, hosting retreats, or facilitating workshops, I'm passionate about supporting Lightworkers so they can tune into their own inner wisdom to recognize the power they hold to build resilience, honor their brilliance, direct their experiences and share their radiance.

Would you like to join me? You can sign-up for my newsletter on this website [www.kellycmullen.com](http://www.kellycmullen.com) to stay in touch. When you do, you'll also receive my "Overwhelm Relief Meditation" that you can use anytime you need a moment to connect with yourself.

As a Lightworker myself, poetry has been a way to integrate some of the wild waves of healing experiences that continue to initiate me into a new way of being. I hope they inspire you to look at the emotional and spiritual aspects of healing that can lead to helpful changes in your life too.

What about you? Are you in the midst of, or planning a transition?

I'd love to learn more about you. What areas in your life seem frozen? How might melting some frozen energy initiate you into a new way of being? Post your comments at <http://kellycmullen.com/contact-me/>

## **Back Cover**

“In ***Just Write the Book of Poems and I'll Find You***, Kelly C. Mullen invites us to create and hold a space where we can lift out of our ordinary selves and into our Divine selves so that we may know the personal power we hold to care for ourselves and the planet.”

- Sandra Ingerman, author of *The Book of Ceremony, Soul Retrieval, Walking in Light, Medicine for the Earth, Speaking with Nature, and Awakening to the Spirit World - The Shamanic Path of Direct Revelation*

“Kelly’s poems inspire us to look beyond the physical and into the emotional and spiritual aspects of healing and transformation. (Insert any other comments, what thought of them....).”

- Sarah Seidelman, Life Coach, Shamanic Healer, and author of *Swimming with Elephants*

“Take a moment for yourself to feel what wants to be felt. This collection of poems offers a space between words, where we can connect to our hearts and experience our common humanity.”

- Elizabeth Gilbert, author of *Eat Pray Love*, and *Big Magic*.



because I am love  
and light

the frozen children will reach out to me

because they are love  
and light

the frozen children will reach out to me

later

And then I'll call in all the Helpers  
to bring their goggles and blow torches!

— From Just Write the Book of Poems and I'll Find You



**Kelly C. Mullen** is a poet, shamanic practitioner, endorsed Anamsong mind-body life coach, certified Martha Beck life coach, Reiki Master, and TRE® (Tension, Stress & Trauma Release Exercise) Provider. Whether it's through poetry readings, speaking engagements, private coaching, or leading retreats and workshops, she creates and holds a space for Lightworkers to connect to the four parts of themselves - mind, body, spirit, heart - so they can tune into their inner wisdom and recognize the power they hold to let go of what is no longer serving them and express their full creative potential.