



Just Write the Book of Poems
and

I'll Find You
Thinkstock.
by Getty Images



Kelly C. Mullen

Praise for
**Just Write the Book of Poems
and I'll Find You**

“A fantastic creative tool for healers and coaches! Kelly’s poems inspire us to look beyond the physical and into the emotional and spiritual aspects of healing and transformation. Her ceremony cards complement the book with insightful questions to help us discover where we can grow and what more is possible!”

Sarah Seidelmann, Life Coach, Shamanic Healer, and author of *Swimming with Elephants, and What the Walrus Knows*

“In *Just Write the Book of Poems and I'll Find You*, Kelly opens her heart and shares her spiritual path to healing. She then invites the reader to join her in healing through reflective questions and ceremony cards, thereby shining inspirational light on Divine exploration.”

Katherine Wood, shamanic practitioner and teacher, author of *Heeding the Call: Prairie Ghost Poems*, and co-author with Sandra Ingerman of *The Hidden Worlds*

“Find a sunny window and take a moment for yourself to read this book. 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, Committed, Big Magic, The Signature of All Things, and City of Girls*

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

Copyright 2019 by Kelly C. Mullen

Insert publishing details here...

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 so that I could be perfectly positioned to align with my purpose and lead from the heart.

My deep gratitude extends to all of the Lightworkers who've created and held a safe space for my journey to unfold - the mind-body/somatic and intuitive coaches, the holistic pelvic care practitioners, the nature-based and equis coaches, the Martha Beck life coaches, the breath-work practitioners, the TRE® (Tension, Stress & Trauma Release Exercise) providers, the Reiki and body workers, the yoga instructors, the drawing/painting/writing teachers, and the shamanic teachers and practitioners... You.know.who.you.are.

Foreward...ing	8
Introduction	9
Creating Space	13
<i>The Healer's Call</i>	14
<i>Walking with My Co-Walker</i>	15
<i>The Gentle Wind</i>	18
<i>Gratitude</i>	22
<i>My Intention Clear</i>	27
<i>The Whole of Her Knows</i>	30
Holding Space	32
<i>The Connective Tissue</i>	34
<i>The Bowl</i>	43
<i>Holding Joy</i>	46
<i>Journey of Gold</i>	50
<i>Global Warming</i>	55
<i>Meet Your Soul Family</i>	59
<i>In the Kitchen</i>	68
<i>Chronic Pain</i>	74
<i>Playing the Field</i>	76
<i>Traveling to the Place of Utter Futility</i>	80
<i>Home</i>	85
Clearing Space	87
<i>All the Frozen Children - Part I</i>	90
<i>All the Frozen Children - Part II</i>	94

<i>Clearing The Blocks</i>	100
<i>Advancing Into Dangerous Territories</i>	103
<i>Say No to Say Yes to Momentum</i>	109
<i>The Protector of Anger</i>	115
<i>Rudy is So Rude</i>	118
<i>Cutting Chords</i>	121
Filling Space	126
<i>Divine Feminine</i>	127
<i>I Can Choose</i>	129
<i>Just Ask</i>	132
<i>Crystalline Rock</i>	134
<i>Embracing My Vibrant Energy</i>	136
<i>Is it Okay to Play?</i>	140
<i>Holding a Vision</i>	144
<i>Faith</i>	151
<i>Remembering Radiate Woman</i>	153
About The Author	162

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

Introduction

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're 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 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*), 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 and I eagerly dove into the 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.”

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, plan, please, explain, perform, help, and soothe, 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 needed to be felt and release 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 experience a number of healing modalities and internal adventures that would help me feel and heal so that I could live and create in the present moment more freely. In fact, my life coaching practice soon evolved into intuitive coaching, mind-body/somatic coaching, TRE® (Tension, Stress & Trauma Release Exercise), Reiki, and shamanism - the oldest spiritual practice, with roots across the earth’s continents, that honors the spiritual aspect of healing. What did all of these modalities have in common? They all helped me to feel safe in my body so that I could tune into my inner wisdom and make some of the tough, empowered decisions that often need to be made to experience more ease and joy.

I also started writing. I enjoyed capturing these experiences and often lost track of time as the words turned into poetry, but I also noticed when my inner critic began to chime in: “You have more important things to do” or “Get to work!”

Fortunately, I’d learned to listen to, and trust, my body’s compass and my body said, “Just write!”

It turns out 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 poetry, I find there’s a whole lot of space and emotion between the words.

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 (Creating, Holding, Clearing and Filling Space) I had already created for the non-fiction book, and *Just Write the Book of Poems and I'll Find You* was born.

I don't need to explain why 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!

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

To help you tune into your inner wisdom for the responses to these questions, take a moment to move through the following Whole-Self Wisdom Meditation (*free audio available on www.kellycmullen.com*).

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.

You'll also find each poem's set of questions within the "Whole-Self Wisdom Ceremony Cards" which you can print from www.kellycmullen.com. What would happen if you treated each day as a ceremony? How might creating a ceremony for yourself enhance your connection to self, Spirit, earth and your community? How might strengthening these connections lead to more ease and joy?

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 read the questions. Whatever you decide is perfect.

Thank you for finding me and the poems I've written in these pages!

May each poem and ceremony 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 release the old, contractive patterns, and build the resilience needed to 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 that 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, fixing, planning, people-pleasing, explaining, performing, helping, and soothing. 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 expressed creative potential.

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

When I create a safe space (*see previous section*) for myself, and then drop into the weight of the stone, my breathing slows down. When I orient myself to beautiful surroundings, my body feels safe enough to turn on my curiosity and ask 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 gifts and brilliance with those who would like to experience the space you hold.

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 is it holding?" "What are the experiences and relationships that are no longer serving us and can be left out?" "What experiences and relationships 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 our creativity 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 (*i.e. 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 and personal power. As a result, I became other-centered - leaving my body to understand and anticipate another's needs (*i.e. merging into their container*) so that I could minimize the risk of more milk spilling. Unfortunately, this 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. They 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. Using my imagination, a set of laces appeared between my fingers, and I began tying 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 to see the choices available to you and make the conscious decisions that will support your needs and desires?

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 leave outside of your experience.

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 came here 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 to turn my attention away from another adult's 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? If I dissociate, will I have access to my personal power?

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 (*that may be valid*) 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 another way of thinking and being by asking, "What am I open to receiving and filling 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 in the midst of chaos 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.

And what does a flame need to grow brighter? In my space, I hold a vision of us all returning to our breath to stoke our fires and all of 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 to our tables; and the potential of a fire that attracts a community gathering for storytelling, wisdom sharing and connection.

I invite you to ask yourself the following questions, and then upon reading each poem, sense what resonates with you so you can feel the aliveness of your fire growing brighter.

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

Kelly C. Mullen is an author, poet, shamanic practitioner, mind-body/somatic coach, certified Martha Beck Life Coach, Reiki Master, Tension & Trauma Release Exercise (TRE®) Provider, and owner of Whole-Self Wisdom (www.kellycmullen.com).

As an empath who can feel the emotions of others' as if they're her own, Kelly spent the first four decades of her life problem-solving, fixing, planning, people-pleasing, explaining, performing, helping and soothing others.

During stressful situations, she'd unconsciously leave her body and step inside another's essence to assess what they needed. If she should could "do" something about it, she'd avoid feeling the fear, anxiety, anger, hatred, grief, sadness they were experiencing - emotions they were often unaware of themselves.

This conditional way of relating only left her feeling overwhelmed and drained - unable to connect to her true nature and the creative energy that offered more ease and joy, but it wasn't until the year prior to leaving a 20-year career in training and development, that she realized there might be another way.

With the support of some compassionate Lightworkers, dedicated to expressing their gifts and the unconventional healing modalities they have to offer, she began a journey inward. Kelly wrote "*Just Write the Book of Poems and I'll Find You*" as a way to integrate some of the wild waves of these healing experiences that initiated her into a new way of being. She now shares these poems to inspire readers to explore their whole selves - mind, body, spirit, and heart. What will the ripple effect of their healing journeys look like? What will the world look like when all of the exhausted emotional caretakers recognize who they really are, and express that knowing as empowered Lightworkers?

Whether it's through poetry readings, speaking engagements, private coaching/healing sessions, or facilitating groups, Kelly is dedicated to creating and holding a space for empathic Lightworkers to recognize the power they hold to connect with their inner wisdom so they can make the tough, empowered decisions needed to experience more ease, energy, and unconditionally loving connections.

To stay in touch with Kelly, you can sign-up for her newsletter at www.kellycmullen.com. When you do, you'll also receive her "Overwhelm Relief Meditation" that you can use anytime you need a moment to connect with yourself. You'll also find her on Facebook at <https://www.facebook.com/wholeselfwisdom/>, and on Instagram @whole_self_wisdom.

Back Inside Cover

...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 an author, poet, shamanic practitioner, mind-body/somatic coach, certified Martha Beck Life Coach, Reiki Master, TRE® (Tension, Stress & Trauma Release Exercise) Provider and owner of Whole-Self Wisdom (www.kellycmullen.com). Whether it's through poetry readings, speaking engagements, private coaching/healing sessions, or facilitating groups, Kelly creates and holds a space for empathic Lightworkers to feel safe in their bodies so they can connect to their inner wisdom's guidance toward more ease and resilience, revealing their gifts and brilliance, directing their experiences, and sharing their full creative potential and radiance.

Back Cover

Praise for
**Just Write the Book of Poems
and I'll Find You**

"A fantastic creative tool for healers and coaches! Kelly's poems inspire us to look beyond the physical and into the emotional and spiritual aspects of healing and transformation. Her ceremony cards complement the book with insightful questions to help us discover where we can grow and what more is possible!"

Sarah Seidelmann, Life Coach, Shamanic Healer, and author of *Swimming with Elephants, and What the Walrus Knows*

"In *Just Write the Book of Poems and I'll Find You*, Kelly opens her heart and shares her spiritual path to healing. She then invites the reader to join her in healing through reflective questions and ceremony cards, thereby shining inspirational light on Divine exploration."

Katherine Wood, shamanic practitioner and teacher, author of *Heeding the Call: Prairie Ghost Poems*, and co-author with Sandra Ingerman of *The Hidden Worlds*

"Find a sunny window and take a moment for yourself to read this book. 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, Committed, Big Magic, The Signature of All Things, and City of Girls*