

MAKE A

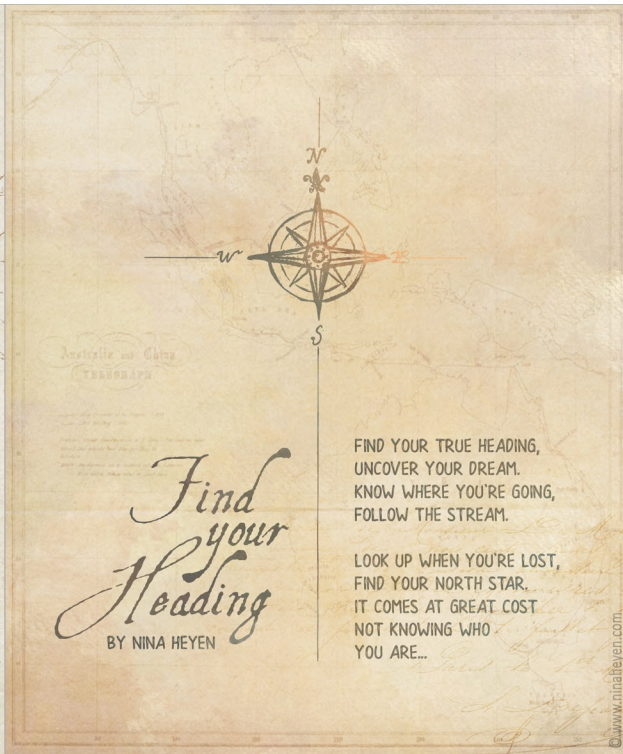
Wish

... EVEN IF IT DOES NOT
COME TRUE,
THE LIGHT OF
YOUR SOUL
WILL SET
THE UNIVERSE
ablaze
WITH THE VISION
OF WHAT COULD BE ...

- NINA HEYEN



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Find your Heading

BY NINA HEYEN

FIND YOUR TRUE HEADING,
UNCOVER YOUR DREAM.
KNOW WHERE YOU'RE GOING,
FOLLOW THE STREAM.

LOOK UP WHEN YOU'RE LOST,
FIND YOUR NORTH STAR.
IT COMES AT GREAT COST
NOT KNOWING WHO
YOU ARE...

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JAN
2019

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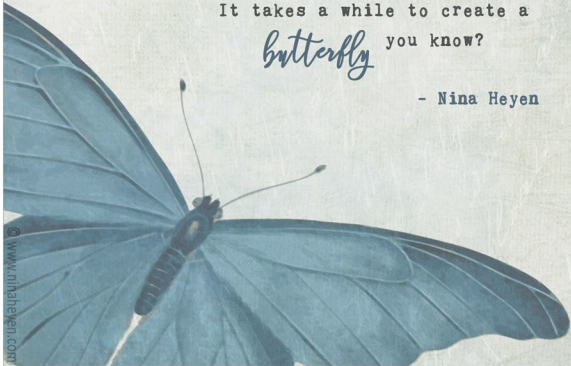
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The Chrysalis

You are not stuck.
You are never stuck.
Just temporarily delayed.
Or so it seems...
A chrysalis doesn't look
awfully productive, does it?
Yet inside a whole world is being
torn apart and built anew.
It takes a while to create a
butterfly you know?

- Nina Heyen



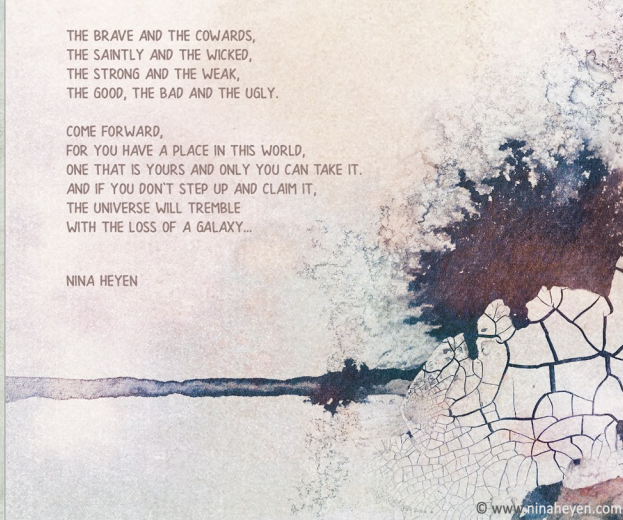
CALLING
ALL

Souls

THE BRAVE AND THE COWARDS,
THE SAINTLY AND THE WICKED,
THE STRONG AND THE WEAK,
THE GOOD, THE BAD AND THE UGLY.

COME FORWARD,
FOR YOU HAVE A PLACE IN THIS WORLD,
ONE THAT IS YOURS AND ONLY YOU CAN TAKE IT.
AND IF YOU DON'T STEP UP AND CLAIM IT,
THE UNIVERSE WILL TREMBLE
WITH THE LOSS OF A GALAXY...

NINA HEYEN



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MAR
2019

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ENJOY YOUR POETRY CALENDAR!

PRINT AT "ACTUAL SIZE" ON MEDIUM TO HEAVY WEIGHT CARD STOCK, THEN CUT OUT THE INDIVIDUAL MONTHS. WRAP THE BELLY BAND AROUND THE CALENDAR AND GLUE THE ENDS TOGETHER IN THE BACK. PRINT AS MANY TIMES AS YOU WANT, BOTH FOR YOURSELF AND AS A GIFT FOR FAMILY AND FRIENDS.

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Step forward

Come,
step forward
into the light
out of the shadows,
shining bright.
Remember your place,
your home up high
where you belong,
a star in the sky.

nina heyen

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Eagles CIRCLING HIGH
IN THE SKY
feathers, WIND IN THEIR
CRIES OF JOY.
WILL YOU ANSWER THEIR CALL?
WILL YOU JOIN THEIR ODE TO
WILL YOU RISE *freedom?*
AND SOAR AMONG THEM
AND GROW *wings* OF YOUR OWN?
- NINA HEYEN



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MAY
2019

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JUN
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Embrace Life

Fling your heart wide open,
stretch your arms towards the heavens
and hurl your soul into space.
Never for one moment deny
the love flowing through your veins.
Never ever hold back
that wild roaring aliveness
wanting to kiss the sky.

- Nina Heyen

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Breathe

by Nina Heyen

Inhale deeply
fill your lungs with joy
let your body expand and
grow roots deep into the earth
let your soul widen and stretch
into the sky and beyond
let your mind drift away
to glimpse the realm unnamed
breathe in the life that
nourishes and sustains you

then let it go
gently joining the rise and fall
of the universe

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JUL
2019

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Know This

There's a fear
lurking deep within,
that you can loose
your will to try.
That in time
you will give in,
that one day
that flame will die.

But with every time you fail
you fall, you crawl, you fake
your strength, and hope is frail
know this: you will not break.

Nina Heyen

RISE by Nina Heyen

How do you rise when others crawl?
How to stand tall where others fall?
How can you dance while others bleed?
When others fail, should you succeed?

But when you crawl, no one will rise,
and when you fall, then no one tries
to dance alone, without your lead,
Both you and them fail to succeed.

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SEP
2019

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OCT
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SINGING HEART

Singing heart, roaring soul,
love unleashed, a story told,
life expressed, no need to hide,
this overflowing well inside.

- NINA HEYEN

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So much

BY NINA HEYEN

SO MUCH
love

BEATING IN YOUR HEART

SO MUCH
joy

RUNNING
THROUGH YOUR VEINS

SO MUCH
beauty

HIDDEN
WITHIN YOUR SOUL

SO MUCH
life

IMPOSSIBLE TO CONTAIN

SO MUCH OF
you

AND SO LITTLE TIME

go!

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NOV
2019

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DEC
2019

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POETRY ...TO HEAL
& INSPIRE

2019 Calendar

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