

# HAPPINESS CALLING

by Nina Heyen

Its soft voice has been  
whispering in the background  
since before you were born.  
Tugging at your shirt every once in a while  
when you stumbled over something you loved.  
Silently sighing when you abandoned it.  
Eagerly looking forward to each new crossroad,  
hoping this time you'd choose  
to follow without hesitation,  
without wondering whether you are worthy  
enough to receive this gift of grace.  
It will keep calling, again and again,  
until you accept and embrace  
what has always been yours.

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KEEP LOVE FLOWING

Keep *love* flowing.  
It has to move to stay *alive*.  
Like the *wind* that needs  
to blow across wide open plains,  
like a *river* that needs  
to travel towards the sea.  
Blow it to the *heavens*  
like a dandelion seed,  
send it out into the *world*  
so it may find a home  
in someone else's *heart*,  
before it is released once again  
to continue its *journey*.

- Nina Heyen

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JAN  
2019

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# Morning Blessing

by Nina Heyen

May the  
morning's tender veil,  
the sounds of dawn,  
the glimpse of day  
gently lift  
and form a sail  
to catch the fair winds  
on your way.



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# One Wish

IF YOU HAD ONE *wish*, WHAT WOULD YOU DO?  
WITH YOUR *life*, AND YOUR LOVE, AND ALL THAT IS *you*?  
SPREAD YOUR WINGS, GIVE YOUR *gift*.  
AND SING YOUR TRUE *song*.  
CHOOSE YOUR WISH WITH YOUR *heart*.  
AND YOU CAN'T GO WRONG...

by NINA HEYEN

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MAR  
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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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# Life Dreams Bigger

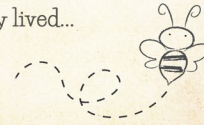
TIME AND TIME AGAIN YOU'LL SEE  
 THAT LIFE IS NOT  
 WHAT YOU WANT IT TO BE,  
 BUT WHEN YOU TRUST  
 AND LET IT GO  
 YOU WILL JOIN A GREATER FLOW  
 OF JOY AND WONDER, AND OF BLISS,  
 YOU NEVER COULD'VE IMAGINED THIS  
 BURDEN WOULD LEAD  
 TO SOMETHING GOOD  
 LIFE DREAMS BIGGER  
 THAN YOU EVER COULD.

Nina Heyen

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# Little Gifts by Nina Heyen

Did you ever caress the leaves of a tree,  
 or pet a little bumblebee?  
 Have you ever released a wish to the sun,  
 or howled at the moon, just for fun?  
 Have you ever stripped naked  
 and danced in the rain?  
 Or laughed so hard  
 you could die of the pain?  
 Or hugged a stranger,  
 or raced a small child?  
 Or let your imagination run wild?  
 Don't ever deny yourself such a gift,  
 or else you'll find  
 you've not really lived...



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A little bit of **KINDNESS**  
 can go a long way  
 A little bit of **LAUGHTER**  
 can brighten a day  
 A little bit of **HOPE**  
 can plant a new seed  
 A little more **LOVE**  
 is all that we need

- NINA HEYEN



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# The Voice Within

I'm the light that glows in darkness,  
 I'm the joy within the pain.  
 I'm the peace amidst the chaos,  
 I'm the sun above the rain.  
 I'm the mighty force of courage,  
 when all your strength is lost.  
 I will guide you, lead you, aid you,  
 and help you bear the cost.  
 I'm the one who knows your greatness,  
 I can see beyond the veil.  
 I will always point true north -  
 with me you will not fail.

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# Someone Sees You

The pain you have forgotten,  
 the betrayal you deny,  
 the memories you don't recall  
 that live behind your sigh.  
 There is someone there that sees you,  
 and all your misery,  
 knowing it one day will bow  
 to joy and you'll be free.

Nina Heyen

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# HIDDEN RICHES by Nina Heyen

Barren soil is never quite arid,  
 empty rooms are never quite bare;  
 something lingers under the surface  
 brought to life with

*nurture  
& care.*

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SEP  
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# Rest

Curl up into the womb  
 of the universe,  
 pull a blanket of stars  
 over your head  
 and let the galaxy give birth  
 to your dreams...

Nina Heyen

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# What Life is:

Amazing, exhilarating, wonderful,  
 magical, magnificent, stunning,  
 astonishing, incredible, marvelous,  
 mind-blowing, spell-binding,  
 awe-inspiring, absolutely beautiful,  
 a miracle.

# What Life is not:

Easy.

I guess I can live with that...

Nina Heyen

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NOV  
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POETRY ..TO HEAL  
& INSPIRE

2019 Calendar

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