

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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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.

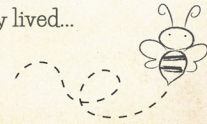
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Little Gifts

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.

- Nina Heyen

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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...

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NOV
2019

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POETRY...TO HEAL
 & INSPIRE
 2019 Calendar
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