



TINY POEMS FILLED WITH LOVE

NINA HEYEN

TINY POEMS FILLED WITH LOVE...

EACH ONE LITERALLY A SMALL GIFT.
FROM LIFE TO ME, THEN FROM ME TO YOU.
AND HOPEFULLY THE GIVING WON'T STOP THERE.
FEEL FREE TO PASS ON THIS BOOK, SHARE IT
WITH FAMILY AND FRIENDS, COLLEAGUES,
WEBSITE READERS OR NEWSLETTER SUBSCRIBERS...

LET'S START A CHAIN OF TINY GIFTS AND SEE
HOW FAR WE CAN GO...



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.

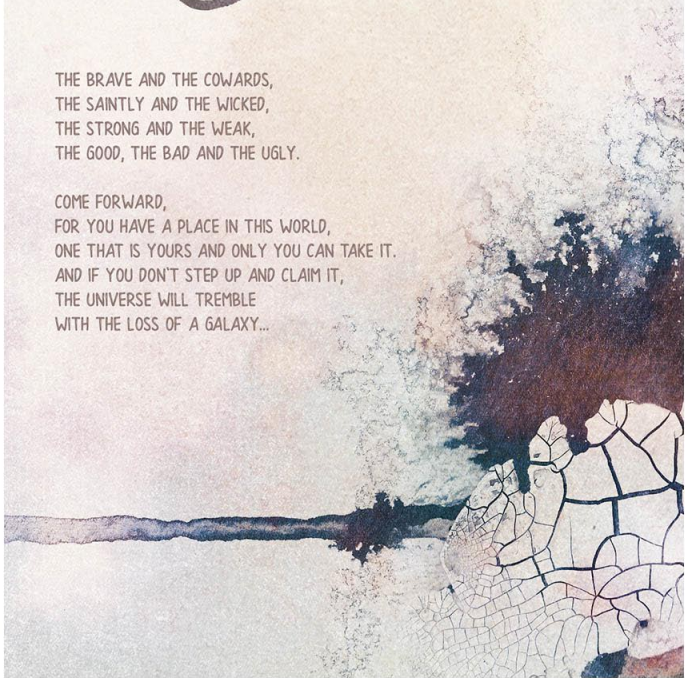
Never ever hold back
that wild roaring aliveness
wanting to kiss the sky.

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...



Eagles CIRCLING HIGH
IN THE SKY



feathers, WIND IN THEIR
CRIES OF JOY.

WILL YOU ANSWER THEIR CALL?
WILL YOU JOIN THEIR ODE TO freedom?
WILL YOU RISE
AND SOAR AMONG THEM
AND GROW wings OF YOUR OWN?

HAPPINESS CALLING

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.

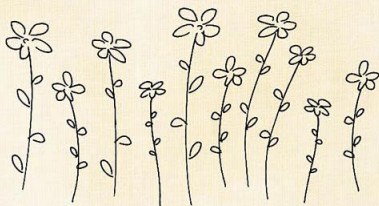
It will keep calling, again and again,
until you accept and embrace
what has always been yours.

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



ANSWERS



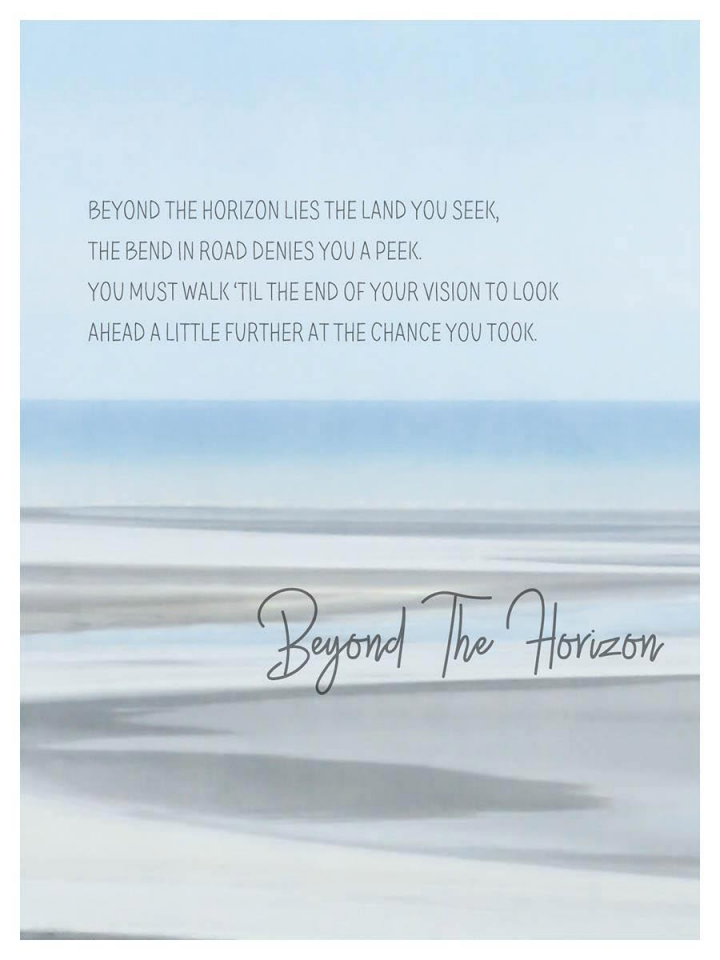
AN *answer* COMES WHEN YOU HAVE FOUND
A WAY TO GET YOUR HEAD AROUND

THE FACT THAT ANSWERS COME

WHEN THEY

ARE LEFT
ALONE

while you go play...



BEYOND THE HORIZON LIES THE LAND YOU SEEK,
THE BEND IN ROAD DENIES YOU A PEEK.
YOU MUST WALK 'TIL THE END OF YOUR VISION TO LOOK
AHEAD A LITTLE FURTHER AT THE CHANCE YOU TOOK.

Beyond The Horizon



Atlantic and China
TELEGRAPH

Find
your
Heading

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...

HIDDEN RICHES

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

*nurture
& care.*

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*.

The Chrysalis

You are not stuck.

You are never stuck.

Just temporarily delayed.

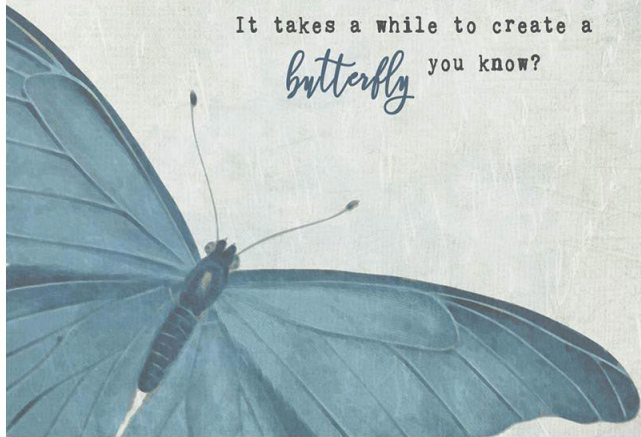
Or so it seems...

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?



Know This

There's a fear
lurking deep within,
that you can lose
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.

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.

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.

Little Gifts

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?

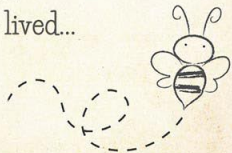
Have you ever stripped naked
and danced in the rain?

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...



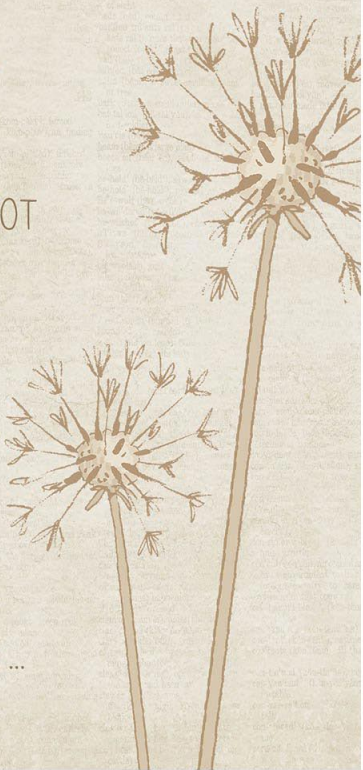
MAKE A

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 ...



Morning Blessing

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.





Step forward

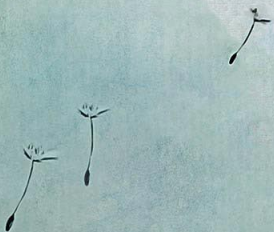
Come,
step forward
into the light
out of the shadows,
shining bright.

Remember your place,
your home up high
where you belong,
a star in the sky.

RISE

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.



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...

SINGING HEART

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

Breathe

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



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...

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.

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...

So
much

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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