

# 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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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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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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## 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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## 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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## 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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