



# THRIVE

...the world needs  
your happiness...



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# 12 Poems

... about the art of thriving,  
of living a full life,  
the one we all dream about ...



# DREAM

*boldly*

Unleash your heart and let it  
take you on a journey, to places vaguely  
remembered, futures barely glimpsed  
and treasures beyond belief.

Set sails to lands unknown and  
bring home no less than a castle,  
with the gilded doors and windows  
of a kingdom yet to be born.

# LOVE

*fearlessly*

Again and again, defeat after defeat,  
turn your heart inside out  
and bravely expose old scars  
and new wounds barely healed.  
Never allow those mighty doors to close shut,  
no matter how many times your calls  
go out into the night, unanswered, echoless.  
Because in the silence you will hear  
your heart whisper: "I'm alive!"

# ACT

*bravely*

Not a single act of courage  
has ever come from a mighty man.

Born from the frail and the weak,  
it creeps through the cracks  
of a stubborn heart  
that will not give in to the siren song  
bound to betray the soul.

So take heart,  
and with a hero's breath you will rise  
to embrace the truth  
that will bring fear down to its knees.

# EMBRACE

*ease*

Nature never struggles.

Rivers flow. Flowers grow.

Life does not labour.

Moments flow. People grow.

Naturally unfolding,

expanding into space,

sprung from seeds of destiny,  
a steady stream towards the sea.

Gently now, follow the path  
that every flower must embrace  
to bloom into being.

# LAUGH

*often*

Chuckle, giggle, laugh out loud,  
find the humorous in humility,  
the hilarious in the nefarious.  
Let laughter transform the serious  
and lighten feelings of heaviness.  
Laugh often - a cheerful heart will  
turn fear into frolic  
and anger to ashes.

# DANCE

*freely*

**M**ove to your own drum,  
create your own rhythm.  
Step left if you want to, even if it's not right.  
Follow the hidden song only you can hear,  
begging you to dance - each move  
weaving together the lines of your life,  
the love of your heart, and  
the light of your soul.



# CHOOSE

*joy*

It takes courage,  
to turn your back on the shore  
of a luring promise,  
the safe land of strain and sacrifice,  
leading you astray on an empty quest.  
But the place that you seek is a sea of delight,  
and only a joyful heart  
will make port in  
the haven of happiness.



PLAY

*more*

**T**here is magic  
in the failure-free fun of a game,  
spreading your wings and taking leaps,  
again and again,  
until you learn how to fly.

Let laughter and delight  
turn the innocent skip of a child  
into the footstep of a giant.

# SIMPLIFY

*things*

**T**here's a place of peace  
beyond the haste, the quest for more,  
the shield of things.

The hum of your heart will lead the way  
to the quiet well of simple truth,  
of real needs met and false wants shed.

When you drink from  
the waters of value,  
you will know the joy of enough.

# TRUST

*yourself*

**T**rust the call that drowns all voices,  
the Shoulds that guard the common rule,  
the Shouldn'ts bound to rock the boat,  
the warning cries of bygone guides,  
the fearful counsel dressed as love.

Let your heart alone  
speak of right and wrong,  
and follow the trail of truth.

# BREATHE

*deeply*

Let your body sink  
into the arms of silence,  
the deep solace of a soul at peace.  
Stop the world for just one moment,  
and inhale the soothing still.  
Rest your mind for just one instant,  
and let your breath  
steer your home.

# ENJOY *life*

Take a breath and  
breathe the world,  
taste the sweetness underneath.  
Take in all you take for granted,  
fill your soul with all there is.  
For in this moment  
no one else owns this piece of life, but you.  
it is yours and yours alone  
to hold and love.  
This gift called Life.

This little book  
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