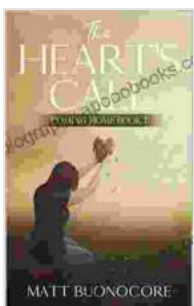


Self-Help Poetry: A Journey Within to Rediscover the Home Within

In the vast expanse of human existence, poetry has long served as an evocative medium for expressing emotions, reflecting on experiences, and contemplating the profound truths of life. In the realm of self-help, poetry holds a unique power to inspire, empower, and guide individuals on a journey of self-discovery and transformation.

The book "Self Help Poetry: Spiritual Affirmations to Remind You of the Home Within" is an invitation to embark on such a journey. Through a collection of poignant and thought-provoking poems, this book offers a refuge for weary souls seeking respite from life's challenges and a beacon of hope for those yearning for a deeper connection with themselves and the universe.



The Heart's Call: Self Help Poetry & Spiritual Affirmations to Remind You of the Home Within : Coming Home Book 1 by Matt Buonocore

★★★★☆ 4.3 out of 5

Language : English
File size : 1380 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 33 pages
Lending : Enabled



A Companion on the Path of Self-Realization

Self-help poetry is not merely a compilation of flowery verses; it is a companion, a guide, and a source of solace on the path of self-realization. These poems delve into the depths of human experience, exploring themes of love, loss, pain, joy, and the search for meaning.

By weaving together lyrical prose and heartfelt affirmations, this book provides gentle reminders of the inherent worthiness, resilience, and potential that lie within each individual. It whispers encouragement to those who have lost their way, offering a lifeline of hope and a path back to their true selves.

The Home Within: A Sanctuary of Peace

The title of the book, "Self Help Poetry: Spiritual Affirmations to Remind You of the Home Within," alludes to the profound truth that within every person exists a sanctuary of peace, love, and belonging. This home is not a physical place but a state of mind, a connection to one's own inner essence.

Through the evocative imagery and soothing rhythms of these poems, readers are guided towards rediscovering this inner home. They are invited to quiet the noise of the external world and to listen to the gentle whispers of their own hearts, where true wisdom and guidance reside.

Mindful Reflections and Positive Affirmations

Each poem in "Self Help Poetry" is crafted to be both a mindful reflection and a positive affirmation. They encourage readers to pause, to be present, and to observe their thoughts and emotions without judgment. By doing so, they create a space for self-awareness and self-compassion.

Furthermore, the poems are imbued with affirmations that reinforce positive self-beliefs and empower readers to overcome challenges, embrace their strengths, and live a more fulfilling life. These affirmations are like seeds planted in the fertile soil of the mind, reminding readers of their inherent greatness and inspiring them to reach for their full potential.

Examples of Poems from the Collection

To give a glimpse into the transformative power of this collection, here are a few excerpts from the poems:

SANCTUARY

You took me where cosmos bloom
with the euphoric spell of a lovesome kiss.
Your arms held me like a dreamier moment,
that you wished to engrave in your heart
and your skin.

We spoke of how the sun is never erectant —
and how the moon is not always full.
We spoke of how you are mine, completely.
And my soul — my body, belong only to you.

— Clairel Estevez



The Journey Within

Thus begins the journey within,
The journey of journeys,
Once in a life journey,
Unknown when it began,
Unknown where it ends,
With questions arising from,
Everywhere within -
'Who Thou',
'Thyself what of Thou? '!

Three scores and a ten would pass,
With heart-aches and heart-breaks,
For 'Thou' to unfold and,
Answer 'Thyself' to console;
No scores more shall fly from now,
If 'Thyself' seeks answers for 'Self'!

Answers from everywhere,
Alchemist the Almighty,
Who works through signals divine,
Meant only to you while alone,
In his thoughts when you are lost,
At a time when you least expect!

'Love & Embrace else (everyone & everything)',
Like your own-self,
Nothing more,
And nothing beyond!

The message straight & clear,
Heard from everywhere;
For 'Thou' the omnipresent,
Is in thyself and elsewhere,
Spread uniform throughout and,
You can't love else (anyone or anything),
Much more than self,
Hence the message!

Thus ends the Journey within,
'Thyself' identified with 'Thou'
And 'Thou' with 'Thyself'!

Naga Vamshidhar Ratakonda

The Journey Within

A journey inward, where truth unfolds,
A labyrinth of emotions that my soul holds.
Through shadows and light, my spirit will roam,
Seeking the essence of who I am at home.

Embrace

You know the parlor trick,
wrap your arms around your own body
and from the back it looks like
someone is embracing you
her hands grasping your shirt
her fingernails teasing your neck
from the front it is another story
you never looked so alone
your crossed elbows and screwy grin

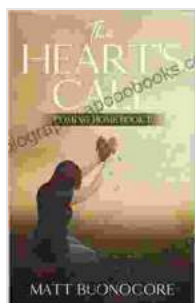
you could be waiting for a tailor
to fit you with a straight jacket
one that would hold you really tight.

Billy Collins

"Self Help Poetry: Spiritual Affirmations to Remind You of the Home Within" is more than just a collection of words; it is a catalyst for personal growth and a reminder of the unwavering strength that resides within us all.

Whether you are seeking solace amidst life's storms or yearning for a deeper connection to your true self, this book will serve as a faithful companion on your journey. Through its evocative poetry and empowering affirmations, it will guide you back to the home within, where peace, love, and infinite potential reside.

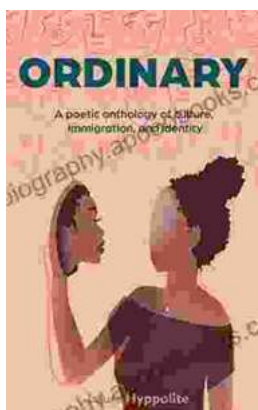
Embrace the transformative power of self-help poetry and allow these words to ignite the flame of your own self-discovery and empowerment. May this book be a beacon of hope and inspiration as you navigate the complexities of life and strive to live a life that is authentic, meaningful, and fulfilling.



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