



Are you ready for the journey?





Words Through A Soul
A Fool's Journey

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Rajya Lovelife

Words Through A Soul, A Fool's Journey

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*'Only when we shed the acquired self that
we had become,*

*we become one with the soul,
that's when we become true receivers and
transmitters of divine messages.'*

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Preface

In this section, I am supposed to write, why I am an expert on what I am writing about.

Let me tell you something...I am not a poet, nor a writer, whether I am an expert or not, I leave it to you. I am just a receiver and a transmitter of divine messages. That is why this book is called, *'Words Through A Soul'*, I receive words from The Source of all knowledge through the soul that I am and this is what I am going to share with you. I write as a soul, as a messenger. That is why dear reader, I speak to you, *'A Soul'*, directly because that's how the knowledge was received. I transmit as a soul to a soul in order to awaken what's already within you. I am just a channel for what you seek.

Preface

I see and feel ‘energy’ in more profound ways than words can explain. Everything is energy. Although I felt it from a very young age, I didn’t quite know what I was feeling. It only became clear after I started to have an innerstanding¹ of myself, of this Universe and how it works.

I have been on a conscious journey of going inward for almost 15 years. In the process, I got awakened and started receiving divine guidance...knowledge about healing, about existence, about being a spirit in a human body and how pain propels us to wake up.

Upon awakening, I got to know that it is not just me, but everyone goes through the same journey, we are all mirrors. That is why, it is now my desire to share this knowledge with you, to assist you in your awakening journey to become the true self, to become the powerful creator that you are, to become one with the Universe and go through the adventure of human life with knowing and ease.

¹ *Innerstanding – deep knowing from one’s experience*

For many years of my life, I was in pain...physically, mentally and emotionally. I was diagnosed with various physical and mental conditions. I was depressed from a very young age, I remember having suicidal thoughts as early as 8-9 years, which carried on into my adulthood. I was not happy, although I didn't know why I was unhappy. I had everything...family, house, material things and comforts that most people would relate to as '*happiness*', but I wasn't happy!

I felt unloved from a very young age, hence, the desire to end my life, but I didn't know why. I had so much pain, but I didn't know why I had them or how to get better. I didn't know how to fix what was wrong in my life and in my body. The diagnoses kept piling up as I got older until the pain became unbearable and I had nowhere else to go. No doctors to fix me, no one to speak to, no one who understood me...I had only one option left...to go inward. That's what I did and that's when things started to shift for me.

For many years of my life, I felt I had nothing to be grateful for. I felt I had nothing to be joyful about, I felt a storm within me that I did not know how to calm. As I

Preface

woke up, I started to see, that all along, the storm had guided me to become the calm that I am today. Now, I am grateful for everything, every single day, there is so much to be grateful for.

Pain acts as a catalyst for us to break through who we have become to get to who we truly are.

That is the journey I went through, from a fool to mastery. These poems signify the journey that everyone goes through.

I started writing poetry at a young age. It was about expressing my deepest emotions. I didn't quite know at the time, that while I was connecting deeply, I was in union with the true self, the soul, the spirit that I am and to '*The Source*' of all beings. I did not know that I was tapping into the realms of higher consciousness until I grew up to pain which had veiled my awareness, my true knowledge for a long time. As I went through the process of unveiling, I started unfolding and connecting to that consciousness, to the true self once again. I am so grateful

to my pain now. Without it, I wouldn't be where I am today, healing, learning and growing every single day.

I gave up writing poetry for some years. When I started writing again, I was guided by images as well, so I began to create, which is a process I enjoy, especially these ones included here. The illustrations with dark backgrounds represent the journey from darkness to light, the lotuses symbolise the purity of light that we are.

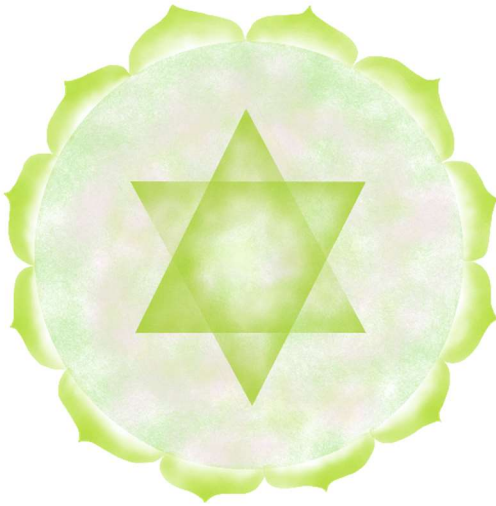
I was guided to play a part in the human spiritual evolution and so, here I am.

This book is for anybody who enjoys the deeper meaning of life, those who question their existence, those who are consciously waking up, those who want to wake up and those who want to find their true selves. This book is for anybody who wants to leave the darkness behind and step into their true light. I pray that it helps you innerstand² your journey, your pain and your experiences in order to wake up, to see with clarity and become the powerful creator that you are.

² *Innerstand – a standpoint from a deep inner knowing.*

Preface

May this book help you in your transformational journey
to shine your light.



Introduction

***W**ords Through A Soul' is a collection of 55 poems that will take you through a soul journey of emotions. They are accompanied by illustrations made by myself.

A fool's journey is one every human makes, whether you realise it...or not. The stages of the journey are depicted in the style of poetry, as received, which are divided into nine sections in this book...beginning with being attached and weak, then losing love, going through pain and suffering, which triggers awakening, leading to the transformation from naivety to mastery.

Introduction

The journey starts from humanly attachments being interpreted as love which unknowingly weakens one...the racing heart, the feeling of bliss when together, the missing when apart, and the qualm of separation when one loses another, the loneliness, the emptiness, the neediness...the need for somebody to love, to be loved, to be with, indicating the need to be dependent on somebody. Then, going through the pain of separation, which leads to awakening the senses and finding hope. Learning that no matter how great the pain, one has help, there is strength within and there is divine guidance. Realising that pain is needed to grow. Seeing that without darkness, there is no appreciation of true light.

This is followed by the realisation in solitude, that the winter of life is needed to help shed what no longer serves and love is not about the other, but one loves because one is love.

Taking the first flight to heal. Finding the essence and treasures of the journey, learning that it is not about going to a destination, but it is about living the purpose. Discovering that although the path is not easy, there is

strength within, there is love within. Seeing the world through the eyes of Source, there is beauty everywhere and lessons from nature.

Going down the road of reflections...realising that the wrongs one does are wrongs done to oneself, not to another. The suffering of going in and out between two worlds during the process of unfoldment, the whirlwind of thoughts, the painful memories, the transitioning in and out between duality and union.

As the journey continues, divine guidance comes through, teaching one to shine the light and create the life one desires. Surrendering to this guidance and the magical transformation happening, the serpent energy awakening and seeing with absolute clarity, what a fool one has been. **Only when one awakens can one see what a fool one has been.** Hence, the knowing that it is needed to be a fool first in order to awaken. This is what everyone's journey is about, from a fool to awakening, from darkness to light, from naivety to mastery.

Finally, releasing all fear, pain and dancing in ecstasy with the Universe, becoming one with the Universe.

Introduction

These are stages that everyone goes through in their lives, knowingly or unknowingly. **Everyone's journey is the same, which is, walking from the outside to the inside. The only differences are the experiences we go through while walking this distance.** The words in this book, are knowledge I have received from The Source, guidance from my Angels and Spirit guides, my Teachers, who have helped me throughout my awakening process. The images are also part of the guidance.

This is also a narration of my own journey...from being a weak and needy person, going through physical, mental and emotional suffering since childhood, followed by the learning that pain is caused by ourselves through our own ignorance and then waking up to true knowledge.

It is my story; I am the fool in it and I am also the awakened one. Some of the poems were written when I identified myself as a human and some, later, as a spirit.

You will notice that this book does not follow the rules of English grammar. It is written as received. In the prose sections, **from Stages 1 to 5**, you will find that it is written

in third person, '*she*' is used to describe the fool because I am separating the human from the spirit. This was the time when I identified myself as just a human.

There is another reason why the pronouns '*she*' and '*her*' have been used to describe the person. This is not with reference to my gender, but because '*she*' encompasses '*he*'. Hence, it is a '*she*' and a '*he*' in one word. Within '*her*' is '*he*'.

From Stage 6, *I* speak as a soul, narrating the human experience. '*Be The Spirit That You Are*', indicates the time when I shifted to being a spirit in a human body.

You will also find that it is written in two tenses in the prose sections. For example, excerpts from page 59:

Past tense – “The fool went through this phase in her life. Wanting to be with somebody all her life, even when the relationship served her no more. She thought it was love. She learnt it was attachment.”

Present tense – “Many remain together even when the partnership is no longer serving one another. They call it '*love*'. The soul calls it '*attachment*'. In that '*neediness*', they stay together their entire lives, not knowing that they are only hampering their own growth. You must go on the

journey, for, you have growing to do, learnings to carry forward.”

The explanation of the verses is in past tense because they are narrations of the fool’s journey that were completed, learnings that were already applied.

The knowledge associated with them are written in present tense and there is a reason for that.

The Universe speaks in present tense. There is no past or future. That is why I write all the knowledge that I receive in present tense. For instance, in Stage 2, page 16, instead of writing *‘letting go will make space for new experiences to come in’*, it is written *‘letting go makes space for new experiences to come in.’*

I am grateful to my pain, to my challenges, for initiating me into this journey. My pain was my rite of passage into the queendom of heaven within me, my true home. I am grateful for everything now. I express my gratitude every single day. That’s what you will see towards the end of this book, my thank you prayer. I hope you like it. I pray that you may learn to practice gratitude for everything every

Words Through A Soul

day after reading this book, especially for your pain and watch your life transform.

Enjoy the journey!



Nine Sections Of The Book:

Stage 1: Being A Fool

{This section is about being in love, being weak and needy}

It Is Probably Me

Oh My Love

Stage 2: Pain

{This section is about the realisation of the beauty of pain}

Isn't It Beautiful?

I know I Have Help

Stage 3: Solitude

{This section is about the need for solitude for inner work}

Winter Of Life

I Love You Because I Am Love

Stage 4: Awakening

{This section is about a conversation between the Acquired Self, the Human (the one that had become) and the True Self, the Soul (the one that is)}

Love, But Not Stay In Love
The First Flight May Be The Scariest
I Do Not Exist Alone
My Journey Is Not To A Destination
Listen To The Silence
You Are Born To Be Who You Are
Nectar Of Life
Love Within
There Is Beauty Everywhere
Nature, Oh So

Stage 5: Reflections; In And Out Of Duality

{This section is about going down the road of reflections. The suffering of going in and out between two worlds during the process of unfoldment, the transitioning in and out between duality and union}

Memoirs Of Maggie
Wrongs I Did
Mountain Of Lie
You Once Said
Whirlwind Of Thoughts

Nine Sections Of The Book

Ho Ima! All I Wanted Was Love
Your Contract When You Decide To Become A Parent
I Weep For The World
Upside-Down World
Wasted Day
What A Fool I was!
There Is Nothing Such As Wrong

Stage 6: Coming To The Light, Becoming A Spirit

*{This section is about leaving the illusionary world to become
the spirit that you are}*

Leaving The Matrix
Everything Unfolds With Time
Everyone Is Going Through A Challenge
Only One Purpose For Everyone
I Have Come So Far
Be The Spirit That You Are

Stage 7: The Beginning Of Divine Guidance

{This section is about receiving divine guidance to shine your light}

Phee-Bi's Magic

My Angels

Shine Your Light

The Rise Of The Goddess Consciousness

Stage 8: Receiving With Absolute Clarity

{This section is about living with clarity, about doing everything from a place of knowing}

You Must Have It And Lose It

Love Is An Energy

Love Without

One Heart Has All The Love To Heal The Entire Planet

Compassion

Butterfly Song

I'm Proud Of Me

Feels Good To Be Home

My Union And My Duality

The Art Of Surrender

Life Is In Surrender

The Power Of Growth

Rumble's Jenna

So Much, You Know Not

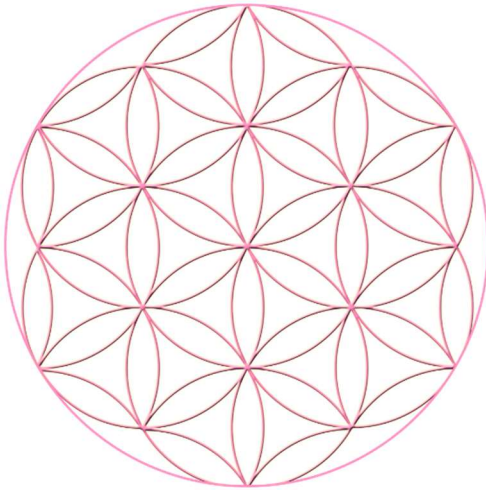
Stage 9: Becoming A Powerful Creator

{This section is about becoming who you are, about being a spirit on a magical journey to become one with the divine that you are}

I Am No Longer

I Am A Powerful Creator

Dance With The Universe



Words Through A Soul

Stage 1: Being A Fool

Stage 1: Being A Fool

It Is Probably Me

My head is spinning

My heart is racing

Is it you? Or is it me?

It is probably me

Feels like you've taken over my life

Feels like I am caught in a whirlwind

Feels like it is all too fast

Feels like I want to get out of it

Feels like I am paralysed

Feels like I am panicking

My head is spinning

My heart is racing

Is it you? Or is it me?

It is probably me

Stage 1: Being A Fool

Oh, My Love...

Oh, my Love, I miss you so...

When will my heart stop aching for you?
Feel like I will wither away without you.

Wish you were here with me,
Wish I could say, 'come see me'.

But far away you are,
Into the wide blue yonder you are.

Oh, my Love, I love you so...

How I wish I could tell you,
How much I long for you.

To be together,
Forever in every weather.

But the qualm of separation,

Words Through A Soul

Leaves me with frustration.

Oh, my Love, I want you so...

The love in my heart shall never die,

This I confess to you I never lie.

Stained by the colours of love,

I pray to the Gods above.

To take away my loneliness,

To take away my emptiness.

Stage 1:

Being A Fool

The journey starts with humanly attachments being interpreted as *love*'.

The fool was young and she thought she was in love, she experienced the spinning head, the racing heart and those sensations completely took her over for a while. Made her feel like she was paralysed or caught in a whirlwind, beyond her control. Made her feel like there was nothing else or no one else in the world apart from her love, just completely absorbed in it. This is the feeling described in the first poem, *'It Is Probably Me'*.

This poem emphasises on the silliness of being a fool. At the same time, the inner knowing somewhere deep within. Although she wasn't listening yet, somehow

knowing that whatever was happening, was probably within herself and not because of another. The fool was beginning to question.

'Is it you? Or is it me?'

'It is probably me'

'*Oh, My Love*' is about the missing when apart and the aching heart when one loses another, the loneliness, the emptiness...whether through death or physical separation.

'But far away you are,

Into the wide blue yonder you are.'

'Stained by the colours of love,

I pray to the Gods above.

To take away my loneliness,

To take away my emptiness.'

The pain of separation, also the beginning of pain in the fool's journey. I identified her as a fool at this point because she was not yet aware of her humanness. **That what she thought was love, was only attachment.** That

Stage 1: Being A Fool

what she thought was love and missing, only made her weak because by feeling empty without the other, she had given her power away to another.

In loving someone, you must have no expectation of time or space. Therefore, if one is lonely or empty because of the loss of another, it can only mean that it was not love, it was *'attachment'*, the *'need'* to be with somebody. If you truly love somebody and lose her through the loss of her physical body, you know that she always exists in spirit. Because we are spirits in a temporary vehicle called the human.



Words Through A Soul

Stage 2: Pain

Stage 2: Pain

Isn't It Beautiful?

Isn't it beautiful?

The feelings of love, oh so wonderful!

Isn't it beautiful?

The desires of love, oh so blissful!

Isn't it beautiful?

The excitement of longingness, oh so dream-full!

Isn't it beautiful?

The bittersweet of senses, oh so painful!

Isn't it beautiful?

The pain of separation, oh so hopeful!

I Know I Have Help

Pain in my heart, I have to let you go.
Longing in my heart, I have to watch you go.
Do I know I have help?

How do I stop this pain, I have?
How do I stop this love, I have?
Do I know I have help?

I want just a little easier.
I want just a little lighter.
I know I have help.

I know I am strong, although I seem weak.
I know I am well, although I seem bleak.
I know I have help.

Pain in my heart, I let you go.
Longing in my heart, I watch you go.
I know I have help.

Stage 2

Pain

**Isn't it beautiful?*

This poem talks about the pain of separation. The reason why the adjective *'beautiful'* is used for pain, is to highlight the fact that pain is beautiful, if you know that it is needed for your growth. To experience true light, you must first experience darkness. **Pain is the much-needed darkness. It is the key that unlocks the door to allow light in.**

In this poem, the fool was still experiencing the longingness, the bitterness of separation, but at the same time the sweetness of the feelings of love, hence, *'bittersweet'*. She was also beginning to be hopeful although she was still in pain... *'the pain of separation oh so hopeful'*.

Stage 2: Pain

The word *'hopeful'* is used although she was in pain, to bring your awareness to the fact that you may go through pain, but you must not allow yourself to remain in misery. You may be sad, lonely, grieve or mourn when you lose someone, but when you realise that pain is vital for your growth, you can become hopeful. Hope is the next step up, to come out of misery. It is hope that gives you the promise, that there is light in the distance. It is hope that gives you the courage to take that step. **One cannot jump from total darkness to light in an instance.** It is like moving from black to white. There are many transitional greys in between. You may not see them with your naked eyes, but they are there. You must go through each shade, in order to transition from pain to ecstasy.

Thus, feeling hopeful was a transitional phase for the fool.

Although she was still going through pain, she was starting to realise that she had help from the divine realm... *'I Know I Have Help'*.

Initially she did not know that she had help, *'do I know I have help?'* She had to learn to let go, enforced by life's situation, to learn this lesson.

'Pain in my heart, I have to let you go.'

Somehow deep inside, she believed she had help. So, she started to ask...*'I want just a little easier'*...this was her declaration to the Universe, to help her release her heaviness, to feel just a little lighter.

She was now beginning to tune in to her inner knowing...*'I know I am strong, although I seem weak.'* She found comfort in the knowing that she had help. She was opening herself to the willingness to learn to let go.

'Pain in my heart, I let you go.

Longing in my heart, I watch you go.

I know I have help.'

No matter how much suffering you are experiencing, when you lose somebody, you must let go. No matter how much *'in love'* you think you are, if it is the time to let go, you must let go. For, it is in the letting go, that you receive new energies. Many people struggle to let go because they are unable to trust that they have help, that the Universe is there for them, that something better is unfolding for them. So, they hold on, to memories, to things, to people, to situations and in that, you choose to stay in pain and

Stage 2: Pain

not heal. **Letting go makes space for new experiences to come in.** It is all energy. If you hold on, you are blocking up that space. So, let go and allow new energies to come into your life.



Stage 3: Solitude

Stage 3: Solitude

Winter Of Life

Winter of life comes and goes,
Just the way seasons do.

Winter of life...

- ...helps shed who no longer serves.
- ...helps preserve energy.
- ...teaches you strength in solitude.
- ...teaches you to fight your fears.

Without the winter of life, there is no appreciation of
spring.

Without the pains of life, there is no appreciation of true
joy.

Without darkness, there is no appreciation of light.

Without death, there is no appreciation of new life.

Winter of life...

- ...is needed to grow.
- ...is perfect for unfoldment.
- ...teaches you there's always a promise.

Stage 3: Solitude

...teaches you to climb the summit of life.

Winter of life comes and goes,
Just the way seasons do.

I Love You Because I Am Love

I love you, for who I am.

I love you, for what I am.

I love you, not because of who you are,

I love you, not because of what you are,

I love you, not so you love me back,

I love you, not so you want me back,

It is not about you, this love,

It is about me, this love,

I am happy you are not the perfect one,

I am happy you are not the chosen one,

This love I have, is who I am.

This love I have, is what I am.

I love you because I am love.

Stage 3

Solitude

Solitude is vital for the soul's journey.

The fool had now entered the journey of pain and solitude. Her pain so intense had given rise to the questions...'*why me?*'...'*why am I suffering?*' She had questioned and she had agreed to take her time to find the answers in solitude.

Winter of life comes and goes...everything changes, nothing remains the same. The seasons of life...pain may come, but pain does not have to stay, you must let it go. **Life must continue to change just the way seasons do.**

Winter may seem bare, bleak and harsh, but it signifies solitude perfectly.

She had to go through harshness, for life to teach her, how to shed those layers. To let go of those people whom she was clinging on to, those who no longer served in her journey. Yes, she had to learn it the hard way because she wasn't willing to do it the easy way. She wasn't listening until pain hit her. In solitude, she learnt that she was spending so much energy trying to make everything work, when it wasn't working, trying to be happy when she wasn't, trying to change others, trying to hold on to every situation in her life. After she learnt to let go, she realised how much energy she was beginning to preserve. Energy, which she could now use for her own healing journey. She started to find the strength in solitude. She started to get stronger. She started to learn to fight her fears.

The fool started to realise that without challenges, there could be no appreciation of opportunities. Without darkness, there would be no appreciation of light. She did not see this when she was in the dark. She realised this only as she began to come out of her own darkness, that's when she began to see the true meaning of light.

Stage 3: Solitude

She saw in nature how everything died down in the winter and they all came back to life in spring. This became her knowing...that harsh winter was required, for those plants to save their energy, so that they can burst back to life. Just the same way as she was doing for her journey inward, for her unfoldment, to become who she really was. There was a promise, she started to see, there was life after pain, and she was beginning to know that she could climb the summit of her life.

Solitude is required for inner work. Just as winter is needed for spring...certain seeds, plants in nature must go through the incubation period of winter to shoot out in spring. Just as a child must go through the period of nine months inside the mother's womb, you must go through solitude for some time in darkness in order to grow.

You may wonder...isn't solitude the same as loneliness? What is the difference between the two?...in both cases, you are on your own? The difference is, loneliness is dictated by someone else or some situation outside of you, hence, you lose your power because you are not in control. Solitude is your choice. You are in control.

Loneliness is emptiness. **Solitude is choosing to quiet the mind.** In loneliness, you weep because you are far away from the soul. **In solitude, you start to hear the whispers of the soul.**

In solitude, the fool began to see that love was not about the other, but one loves because one is love.

She also started to see the blessing in disguise when she lost her lover. At first, she cried that he was not the perfect one, then, she started to become grateful as she saw the blessing. Had she remained with him; she would've never got this opportunity for solitude. Thus, she learnt to become grateful that he was not the chosen one. This learning started to change her. She started to be kind to herself. She started to learn that she loves because she is love. *'I Love You Because I Am Love'*.

Many people love another in the expectation to be loved back. Many people love and tell each other why they love, what it is about the other that makes them happy. Lay conditional rules... *'I love him because he is so clever, he is doing so well in his life'* or *'I love her because she is so beautiful'*.

Would you continue to love him, if he lost all his material possessions? Could you love her, if she lost her external beauty?

When you expect love from another because you are giving love to that person, when you expect a return, you are bound to be disappointed at some point. Because most times, life turns out different from what you expect when you live by default.

The thing about expectation is that it is an energy where you have given your power away to another. You have sent out a little ball of energy through your desire of expectation, a piece of your love, a piece of yourself and if it is met, then there is balance. The little ball of energy that you sent out has returned to you through another and therefore, you are happy. That's how energy works. Everything that goes must come back.

However, when you do not receive what you expect, you remain incomplete. Then, you start to react. You may get upset or act out as *'anger'* towards your partner or friend. You start to build up feelings of rejection inside yourself, jumping to conclusions such as... *'She has not done*

it because she does not love me anymore, etc. The little ball of energy you sent out has not returned.

Can you see how fragmented you can become when you have so many unmet expectations? Pieces of you flying everywhere.

When you love because you are love, you have no expectations. You do it because that's who you are. So, you have not sent out a piece of yourself towards another, the love is never given away to somebody. It stays within you. **You remain complete.** In which case, whether a person remains in your life or not, whether another does anything for you or not, it makes no difference to your love, to your joy because you are a whole.

'This love I have, is who I am.

This love I have, is what I am.'



Stage 3: Solitude

Stage 4: Awakening

Stage 4: Awakening

Love, But Not Stay In Love

You must leave because you took the wrong step.

You must change because you want to grow.

You took a wrong turn on your journey,

Wouldn't you turn around?

Wouldn't you move towards the right direction that can
take you to where you want to go?

You stay in the same place for years,

Even when you know you have taken the wrong turn,

You call it "love".

I call it "attachment".

I call it "fear".

I call it "weakness".

The important thing is the turning,

The important thing is your realisation,

The important thing is your journey.

Stage 4: Awakening

Some may say, you have used them.

Some may say, you are heartless.

Some may say, you are ambitious.

But you know who you are,

You know what's important.

You may love, but not stay in love,

For love is pure and needs no return,

For staying in love becomes needy.

Why stay in love with the past?

Why live your past every single day?

Love, but not stay in love with the past.



3

The First Flight May Be The Scariest

The first flight may be the scariest but do it anyway.

The first step may be the hardest but take it anyway.

The first move towards self-love may feel effortful but try it anyway.

The first stride towards self-realisation may seem strenuous but start it anyway.

The first journey towards self-healing may seem challenging but go on it anyway.

³ Art Title: *First Flight Of The Phoenix*

Stage 4: Awakening

You have to do it one day or the other.

No one can escape this.

If you don't, it knocks harder.

If you don't, it gets louder.

The sooner you realise, the sooner you learn.

The sooner you learn, the sooner you grow.

The sooner you grow, the sooner you heal.

I Do Not Exist Alone

I cannot exist alone

I only exist because of the flow

I cease to exist without the flow

If I do not exist, does my body exist?

I only exist in relation to you all

I only exist because of your guidance

I continue to learn

I continue to be guided

For, I do not exist alone

Stage 4: Awakening



4

⁴ Art Title: *The Journey*.

[Elements in the artwork – letting go (depicted by the floating balloons); holding on (depicted by the balloons tied to the trees); guidance available (depicted by the moon); prosperity, creativity (depicted by the rabbits); heading towards the light (depicted by the path); abundance (depicted by the trees, plants, flowers, flower of life); surprises (depicted by the gift boxes)]

My Journey Is Not To A Destination

My journey is taking me on my path.

My journey is living my purpose.

My journey is not to a destination.

My journey is perfect,

Even when I face challenges.

For, I know they are signs guiding me towards the right
direction,

That's how I know my journey is perfect.

My journey is abundant,

Even when I have nothing.

For, I know this is exactly what I created and

I can create whatever I want,

That's how I know my journey is abundant.

My journey is healing,

Even when I have pain.

For, I know it is conditional and I can release it,

That's how I know my journey is healing.

Stage 4: Awakening

My journey is full of surprises,
Even when I am lost.
For, I know I can trust, and everything is always working
out,
That's how I know my journey is full of surprises.

My journey is love and only love,
Even when I have no one to love.
For, I know this is the solitude I need to embrace, to
find love within,
That's how I know my journey is love and only love.

My journey is taking me on my path.
My journey is living my purpose.
My journey is not to a destination.

Listen To The Silence

Learn to be still
Away from the noise

It may terrify you at first
But stick with it

Learn to breathe
The calm of nature

It may frighten you at first
But stick with it

Only when you learn to be still
Can you teach your children to be still

Only when you learn to breathe
Can you master your mind and body

Only in the stillness of silence
Can you truly find you

You Are Born To Be Who You Are

You are born to be wild and free,
You are born to thrive and blossom,
You are born to nurture and grow.

On an ever changing, constantly growing journey,
Try you must, of everything, so you lead a life of
no regrets,
Be the one, to listen to the whispers of the soul.

Who you are, must be what you are,
Life takes you there, allow you must,
You are born to be who you are.



5

⁵ Art Title: *Wild And Free ~ The Fearless Goddess*



6

Nectar Of Life

She said, "stay with me and drink my nectar all your life."

He replied, "go, I must, for, I have growing to do, experiences to learn from and memories to lock into the soul, to carry forward."

A soul is free,
A soul must be free,
For, freedom is true existence.

⁶ Art Title: *Nectar Of Life*

No matter how strong the attachment,
Letting go is freeing.

No matter how dark it seems,
There's always light.

No matter how lost you feel,
There's always guidance.

No matter how muddy the waters,
Choose to blossom with all your purity,
just like the lotus.

No matter how challenging the darkness,
Choose to be playful and drink the nectar of life with
ease, just like the hummingbird.

Choose to be, who you really want to become, who you
really are.

Love Within

Weak on the outside, strong within.

Shy on the outside, courageous within.

Anxious on the outside, confident within.

Naïve on the outside, knowing within.

Confused on the outside, clarity within.

Chaos on the outside, calm within.

Worry on the outside, peace within.

Insanity on the outside, balance within.

Lack on the outside, abundant within.

Difficult on the outside, ease within.

Miserable on the outside, joyful within.

Suffering on the outside, blessing within.

Guilt on the outside, virtue within.

Neglect on the outside, appreciation within.

Dishonour on the outside, respect within.

Control on the outside, surrender within.

Sparing on the outside, generous within.

Words Through A Soul

Grudging on the outside, willing within.
Defective on the outside, precious within.
Inferior on the outside, worthy within.

Envy on the outside, kindness within.
Sadness on the outside, faith within.
Anger on the outside, eager within.
Despise on the outside, cheer within.
Fear on the outside, love within.

There Is Beauty Everywhere

There is beauty everywhere.

There is joy everywhere.

There is love everywhere.

It is your choice, whether you choose to see the beauty around or the dirt and the unpleasantness.

It is your choice, whether you see joy or disappointment and frustration.

It is your choice, whether you feel love or hatred and jealousy.

It is your choice, whether you wallow in pain or see the inner strength that is emerging.

It is your choice, whether you fill yourself with emotions that lift you up or take you down.

You always have a choice.

You just have to look.

You just have to see.

It is your choice, whether you continue to live a painful yesterday or build a happier tomorrow.

It is your choice, whether you remain the “*same old you*” or evolve to the “*real you*”.

It is your choice, whether you line up to divine guidance or remain ignorant.

It is your choice, whether you stay stuck or grow.

It is your choice, whether you start today or never start.

You always have a choice.

You just have to look.

You just have to see.

There is beauty everywhere.

There is joy everywhere.

There is love everywhere.

Nature, Oh So

Nature, oh so beautiful
Nature, oh so graceful
Nature, oh so inspiring
Nature, oh the greatest artist
Nature, oh the incredible teacher

Nature, oh so loving
Nature, oh so nurturing
Nature, oh so sacred
Nature, oh so intense
Nature, oh so grounding

Nature, oh so calming
Nature, oh so healing
Nature, oh so invigorating
Nature, oh so purifying
Nature, oh so powerful



7

⁷ Art Title: *We Are Nature*

Stage 4

Awakening

The fool had contemplated in solitude, taken the time to go inward and this had triggered her senses to awaken.

Love, But Not Stay In Love is a conversation between the **Acquired Self, The Human (the one that had become)** and the **True Self, The Soul (the one that is)**. The fool called it *'love'*, I, as a soul, call it *'attachment'*.

The fool had started to see that she took the wrong step and until she became aware, she kept going deeper and deeper into the dark. As soon as she realised it, she began to see that she must change her course in order to go towards the right direction. The fool was waking up.

Many people think they are in love and stay together for a long time, even when there is no joy left in each other's company. When you realise this, you must be willing to change because you took the wrong turn in your life.

You took a wrong turn on your journey,

Wouldn't you turn around?

Wouldn't you move towards the right direction

that can take you to where you want to go?

If you are heading towards a destination and you keep going in the wrong direction, are you ever going to arrive at the desired place? The answer is 'No'. Hence, as soon as you realise this, you must move towards the right direction. **The realisation is important because without it you can never make the move.**

The important thing is the turning,

The important thing is your realisation,

The important thing is your journey.'

Many people stay together, for, they fear what others might say.

Some may say, you have used them.

Some may say, you are heartless.

Some may say, you are ambitious.'

Stage 4: Awakening

In that, you live for the society, for the family, for the others, not for yourself. That is nothing but *'fear'* and *'weakness'*.

'But you know who you are,'

Your journey is important to you. You know where you want to go. You know what you want to be. **You must not allow a wrong turn to keep you in the wrong place for your entire life.**

If it is pure love, it is all within you. You love because you are love. You love because that's who you are. You never give away any part of you, you remain complete. If it is pure love, you love without any expectation. If you stay because you are weak and you call it *'in love'*, then you are being needy, it is not love.

Calling it love and staying in it, even when there is no joy, is living in the past, because you are not moving on. You are love, but you do not have to live your past every single day.

'Why stay in love with the past?'

'Why live your past every single day?'

Love, but not stay in love with the past.'

This also points towards the time of realisation for the fool to start working on becoming the love that she is, on being pure love.

'The First Flight May Be The Scariest'...the fool had taken the first step to self-love, self-realisation, self-healing.

The first step is always the hardest in life for humans. When you learn to walk as a child, the first step may seem effortful, the scariest one to take, but you try it anyway because that's what your body is guiding you towards.

When you haven't learnt how to be aware, it may seem tiring to start paying attention to everything. When you haven't learnt how to be love, how to heal yourself, they may all seem challenging at first, but listen to the guidance of life and go on it anyway because you have to do it one day or the other.

'No one can escape this.'

If you do not listen, that's fine too. It only gets louder until you listen because it is that part of you which needs healing, and the soul is guiding you towards that.

The sooner you realise it, the quicker you learn to grow and heal.

I Do Not Exist Alone was the beginning of the realisation by the fool that she was not just physical, that there was a flow of energy, without which, the physical body would cease to exist. It was also the time of learning that even in solitude, there is guidance available and that she was not alone.

You are not just a physical body. You are not a human with a soul. **You are an 'Energy Being' in a temporary vehicle called the human body.** Life force energy flows to you and through you, without which the body perishes.

You are never alone. There is always guidance available for everybody. All you have to do is start your journey inward to listen to that guidance. All you do is ask and it is given. You do not exist alone, even in solitude.

My Journey Is Not To A Destination is about learning to trust the journey. Trusting the process, trusting that there

is guidance, trusting that everything is working out, no matter what.

The fool was willing to go all the way, she was beginning to open to surprises, learning to let go of control. Beginning to see that the journey was not about arriving at a destination, but it was about living her purpose.

Many people identify the word *'perfect'* to having no blemishes, no cracks, no pain, no suffering, **but perfection is knowing that challenges are perfect for your journey.** Therefore, when you encounter pain, it is perfect, for, they are signs guiding you towards the right direction. When you feel gratitude towards your pain for this very reason, you release the pain and heal. When you start to listen to your inner guidance, you can create whatever you want for your greater good.

In solitude, she found the true love that was within her. Not love from another, not love for another, not love for herself, but just love.

My journey is love and only love,

Stage 4: Awakening

Even when I have no one to love.

*For, I know this is the solitude I need to embrace, to
find love within,*

That's how I know my journey is love and only love.'

When you let go of all fears, you start to receive the guidance that is available for you. When you let go of all control, you start to see the surprises that life has to offer, opening doors for you along the path. Trust the process and know that life is abundant. Know that the journey is only love.

The fool was appreciating her journey and her solitude now. She was becoming aware of the divine guidance that was coming through. Although it was frightening at first, she kept going, guided by her inner voice.

As the fool was awakening, she recognised how noisy her mind used to be, how noisy the world was.

An unconscious life is full of noise, constantly doing, busy with actions all the time, too much information that clog the mind. Learn to be still, away from the noise...'*Listen*

To The Silence'...only then can you master your mind and body.

In your solitude, it may seem lonely at first, it may seem scary at first, but keep going, for, only in the stillness of silence can you truly find yourself.

Why is it important to find yourself? **Because that is the journey everyone has to do, travel from the outside to the inside. For, only when you find the true self, do you find true peace, true love, true joy.** Only when you learn this, can you teach your children and be an example to others around you. That is why, only when you find yourself, can you be of true service to yourself, to humankind, to the planet and to the entire Universe.

'You Are Born To Be Who You Are'...many humans become who they are not. Some become a wife, some become a mother, some become a manager, a lawyer, some become dependent, some become a victim, some become terrified...they are not who they are.

You are born to be wild and free, for, only when you are free can you thrive and blossom. Freedom does not mean that you have to remain on your own throughout

your life or be irresponsible. Freedom means being with others who see you for who you are and allow you to be who you truly are, which means, it must be an ever-evolving relationship, embracing that change for the true unfoldment of all. Freedom means allowing your children to be who they are, not controlling them through your own desires and suffocating them with your attachment, what you call 'love'. Freedom means trust. Freedom means respecting each other's boundaries and being considerate. **Freedom means taking responsibility for yourself.** Only then can you truly nurture and grow, only then can you allow others to grow.

Who you are is guided by the soul, you must learn to listen to the whispers. Any guidance you receive, you must try it out. It may not work out well every time you try something new, go somewhere new, but only when you try can you know.

'Try you must, of everything, so you lead a life of no regrets,'

You do not want a day to come in your life, when you say, *'I wish I had done that'.*

You must continue to evolve, continue to grow on a constantly changing journey. You must allow life to take you there. All you have to do, is have the desire to be who you are, to become what you are. Life brings you the opportunities. **What you are, is not about becoming something on the outside, it is about allowing yourself to shed the outer layers of what you are not.**

*'Who you are, must be what you are,
Life takes you there, allow you must,
You are born to be who you are.'*

'Nectar Of Life'

'She said, "stay with me and drink my nectar all your life".'

The fool went through this phase in her life. Wanting to be with somebody all her life, even when the relationship served her no more. She thought it was love. She learnt it was attachment.

Many remain together even when the partnership is no longer serving one another. They call it *'love'*. The soul calls it *'attachment'*. In that *'neediness'*, they stay together their entire lives, not knowing that they are only

hampering their own growth. **You must go on the journey, for, you have growing to do, learnings to carry forward.**

'He replied, "go, I must, for, I have growing to do, experiences to learn from and memories to lock into the soul, to carry forward".'

All souls long to be free, for, a spirit is free. The soul is not bound by any rules, any time, any limitations. **Letting go is freeing.**

No matter how lost you feel, no matter how dark it seems, *'Choose to blossom with all your purity, just like the lotus'*. No matter how muddy the water, a lotus always pops its head up and blossoms in all its purity. That's what you must choose, to blossom, to unfold, to grow, no matter how much pain, how much darkness you have gone through, choose to seek the light. **When you choose, you are willing, you are allowing life to lead you, to become who you really are.**

*'No matter how challenging the darkness,
Choose to be playful and drink the nectar of life with ease,
just like the hummingbird.'*

Choose to be, who you really want to become, who you really are.'

As the fool continued to expand, she began to see that she had everything inside of her. As she let go of what was on the outside, she found what was inside.

'Confused on the outside, clarity within.'

You are a complete package as you are. You may seem weak on the outside, but you have strength within. You may seem chaotic on the outside, but you have all the calm within. You may be fearful on the outside... fear of diseases, fear of death, fear of uncertainty, but fear only takes control when you do not connect to the love within. When you are love, you have the love of the divine, for, when you are love, you connect to the entire universe, to The Source of all. When you know this, you are strong and secured, there is no place for fear. You have *'Love Within'*.

The fool was beginning to realise, there was everything within...knowing, clarity, balance, abundance, ease, joy,