

Intro

Never having intended or imagined the outcome of scribbles, inspirations, and outpourings of the heart, it is with gratitude I present this collection of my inner world to its outer counterpart, YOU.

It is a few years of spontaneous sproutings while life was occurring. It is the bliss of the naivety of newfound love, the break-ups and break-throughs of life, it is mad spiritual awakenings. It is a collection of conversations with myself. It is finding friends, losing friends, remembering and forgetting. It is the loss of my first child, the creation of a new life, the discovery of my outer teacher and inner guru. It is utter devastation and grief, losing hope, and gaining truth, wisdom, and unselfish self-love. It is the depth of depression sparking a hike up the mountain of bliss. It is joy and peace.

It is celebration, it is life, and it keeps going whether we choose to or not.