

FOREWORD BY JACK CANFIELD

Co-author of the New York Times #1 best-selling series *Chicken Soup for The Soul*

52
TRUTHS
ABOUT YOU

TO HELP YOU NAVIGATE YOUR LIFE
IN THE RIGHT DIRECTION

CC. CORREA

To my husband, children and wider family, my Spiritual Guides and to many of my dearest friends for supporting and believing in me.



I am grateful for all the people who have helped me put this book together.

Parul Agrawal has coached me step by step to help me publish “A Truth About...”.

A big thank you to Tammy T. Stone, who has edited the poems.

The photograph for the book cover was taken by PB CHUA and perfectly represents the concept of the book. He has titled this picture, “To the Light”.

Thank you all for your combined efforts in helping to deliver to the world a set of poems that I hope will enlighten hearts and souls.

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52 TRUTHS ABOUT YOU

*To stop you navigating in the
wrong directions in your life*



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FOREWORD BY JACK CANFIELD

I first met Cécile when I was travelling the Middle East sharing my experience and learnings from my book *The Success Principles*. She attended two of my Transformational Leadership coaching days in Qatar, and even sitting at one of the tables in the workshop in a crowded room, I could feel a very special energy and a sense of positivity emanating from her.

At the end of the event, several people approached for a quiet chat or some specific advice, and I was asked to autograph copies of my books. Imagine my surprise when instead of asking for a copy of my work, Cécile presented me with some of her own!

At that time, Cécile was right at the start of her journey, and had only written a handful of poems that would go on to become the book you're holding in your hand right now. I looked at the first drafts, and was drawn deeply into the messaging within the poems.

I am a big believer in the power of storytelling, and through

it bringing people together as they realize that they are not alone in their struggles – it is the underlying theme of *Chicken Soup for The Soul*, and the many follow up books and partnerships I have had the blessing to bring to the world through the series. There is a transformative power in sharing our words, a healing effect that encourages us to reshape our lives with a renewed meaning, and suddenly here in front of me, I was presented with beautifully written verses that encourage the reader to wake up to the wonder and even magic of their lives. As I read Cécile’s sample poetry, they resonated with my own core beliefs and with the messages I have spent my career transmitting to the world.

I told her there and then, “If the rest of your poems are as good as these, get in touch when you finish, and I’ll write the Foreword!” and, to my delight and surprise she completed it and just did that.

Almost five years have passed since that workshop, and guess what – life happened in between. Cécile has married, had two beautiful children, and moved country to Singapore, and with change came sacrifice, sometimes meaning her passion took a backseat to everyday priorities.... but what impresses me most is Cécile’s determination and consistency in coming back to her goal and driving her own momentum. I believe that there is no struggle that cannot be overcome with patience, perseverance and a hopeful attitude. The Universe is on our side. If we are clear about what we want to achieve and sincere in our desire to achieve it, nothing is out of the realm of possibility. It’s one of the core Success Principles that I teach in my book, and that the Law of Attraction works best for those that take positive actions, consistently,

to keep moving toward their goals.

Timely and compelling, “A Truth About...” taps into our modern-day confusion about what truths we can access and believe in, regarding our own self. The poems tackle the gamut of life directly and seriously, but with a poet’s elegance and flair for cutting straight to the very heart of the matter. Cécile uses poetry to present to you what is possible. She guides you to consider how things can improve if you think about them from a new perspective.

Within this book is something for everyone, 52 poems that engage with you *when you need them most*. Exploring the key areas of your life, this book provides one insight per week, if you’d like a year of inspiring poetry. However you choose to read it, you will be infused with a solid dose of hope inviting you to reflect on this version of truth; that you, alone, have what it takes to find your everyday happiness and your well-deserved success.

Jack Canfield,

Co-author of the New York Times #1 best-selling *Chicken Soup for The Soul* series, and *The Success Principles*

*“Say not, I have found the truth, but
rather, I have found a truth.”*

Khalil Gibran

Week 1.

A Truth About YOURSELF

Who are you?

Or who do you think you are?

Do you truly know yourself?

Do you, really?

So do you know you are a winner?

Do you realize you have won your first race
and then claimed your life as the prize?

They say a leopard can't change his spots;
thus, born a winner, you ought to live as a winner;
you have to accomplish, you have to achieve.

How can you achieve if you do not take on challenges?
You need to dare.

How can you win if you do not start the race?
You need to choose your lane,

Though unlike your first race
you do not need to win at the cost of others' failures.

52 Truths About You

Competition with others is over
and competition with yourself, with you alone, has begun.

So choose your track, set the prize
and run until the finish line.

Because this is how you get to know yourself,
this is how you find your limit,
this is how you develop your strengths

And this is how you discover your inner power
showing you that you are not just ordinary,
you truly are extraordinary.

A truth about yourself?

You were born a winner
You ought to live as a winner

Take on your second race, win it
Take on your third race, win it
Take on your fourth race, win it

Keep on racing
Keep on running
Keep on winning

Because a truth
is that there is no finish line,
not even the day you die.

Week 2.

A Truth About YOUR LIFE

If you knew the day
your death was going to take you away

How much more would you appreciate your life?
How much more would you do?

How much less would you care?
How much less would you worry?

You were born to live your life,
Perhaps thinking you should explore the world,
but truly you are here to unearth yourself.

Life is not just any experience,
life is your experience,
and an experience is precisely what it is

A constant adventure
A permanent change
An incessant discovery

So you can find the treasures of your self
that have sunk to the depths of the ocean within.

A truth about your life?

Death is set to come and take you away
from the life you currently inhabit
So, this day, today, is all that you really have,
since your life can only be lived in the moment.

Thus, regardless of your challenges,
as you wake up in the morning
take notice of your gift and then open it

So that you can start your day brightly,
and with gratitude, you smile at your present,
which is the preciousness of your life itself.

Week 3.

A Truth About YOUR MIND

You reap what you sow
and now you gather your harvest;
what is the life you have carved out for yourself?

As the flowers or weeds grown in your field of life
consciously or not become grains of belief rooted
then cultivated inside the garden of your mind,

So let the wildness of nature grow and overpower the field,
or make the choice to cut the weeds at their roots
so they will no longer overrule your glimmering mind.

Fertilize, instead, the flowers of optimism and seed your life,
for your spirit is a keen gardener that will nurture the grains
you have entrusted it with, until they blossom into your life.

A truth about your mind?

Your mind is consciously or unconsciously omnipotent,
though if you were aware of this almightiness within you,
you would use this might to sprout bountiful crops.

Yet perhaps, foolishly, you do not exploit this land of success.

52 Truths About You

So be wise to engrain your desires into your mind and soul
and gratefully fertilize each action with your emotions
so nature itself will instinctively start cultivating,
then gathering for you, the sweetness of life.

Week 4.

A Truth About YOUR BODY

Until death do you part
you are stuck with your body.

Your mind and soul dwell inside your flesh;
not for an eternity but for a lifetime
are you bound to each other,
so may you tie the knot with love

Though if you are not in love with yourself
but instead feel discontentment,
then how appreciative will your body be
of what you yourself are judging?

For your body is but a devoted
and obedient servant

True to your word, it applies your affirmations,
adjusting your appearance to your self-evaluation.

It even endures diseases settling inside your frame
when self-destruction occurs through noxious intake.

52 Truths About You

In sickness or in health,
know that your body still cherishes you

It only awaits your self-love and self-respect
so it can reciprocate by mending and beautifying
your whole being as you fully embrace yourself.

A truth about your body?

Your body is more than what your eyes can see.
It is not just physical matter but a vibrating ball of energy
that vows to love and protect you from any afflictions.

Though it is only when you take pride in yourself
and avoid the temptation to covet another body
that you can accept and appreciate yourself fully.

So with a knot tied with love,
your body, faithful to its vow, rejuvenates and heals you
from this day forward until death do you part.

Week 5.

A Truth About YOUR BEAUTY

Can you see how beautiful you are?

If you fail to see it
then you have blinded yourself
with the illusion of appearances.

If you fail to feel it
then you have not yet connected to the self
beneath your surface,

For it is not what you see in the mirror
that rightly determines your beauty.

The outer part of your body is but a temporary outline
until time passes by and profoundly makes its mark.

It is the dynamism of your inner being
that reveals your handsomeness

Not only to yourself but also to others,
since people can uncover your inner splendor
once they have stripped away your outer veneer

52 Truths About You

For what you really are
is the resonance of your own feelings
so as such, you must feel glorious from within.

A truth about your beauty?

Your outer aspect is a physical trait
that is already fading away,

Yet your inner charm is a vibrational state
that can be felt from a long way away

And thus, your attractiveness is found in your heart,
drawn from your own personal charisma

And can everlastingly reflect your magnificence,
as it is a genuine beauty that can forever remain.

Week 6.

A Truth About YOUR THOUGHTS

Have you used your tools?

Your life may not be built on strong foundations, but you have the toolkits to fix the crumbling walls that threaten to collapse and shatter your life, or the dreams you long to build for yourself.

And while the harshness of life hammers your mind and nails you tight to the wall of constant misfortune, you can take out from your box your very own tools to wrench yourself free from any situation that pins you down.

And although you can never consolidate your early foundation, for what has been fostered is forever anchored in the ground, persistent thoughts combined with emotion can build above it a newer and greater base upon which to erect your life.

A truth about your thoughts?

They build your entire life from the ground up
They expand upon whatever is predominant in your mind

And so they have the power to create for you
a life that has been ardently thought through

So think
Think about it

About this magnificent structure
that could represent your life

Since as your mind is producing your tomorrow,
unexpected builders being compensated by your grateful
spirit, are laboring to lay out your dreams

Along with the support of the Universe,
whose power you have been able to drill into
thanks to your well-defined and recurring reflections.

Week 7.

A Truth About YOUR QUESTIONS

Why do shadows of misery cloud over you?
Why are these torments only happening to you?

Naturally you would interrogate yourself
if an adverse event drenched your day
or recurred episodically throughout your life.

And even though you take refuge under your umbrella
and the wind moves the storm clouds away,
it keeps raining on you from under your canopy

And besides,
this atmospheric condition seems to linger on you alone

Yet it is all because you choose
to investigate the cause of your troubles

As a negative query predisposes your mind
to making negative retorts

Therefore, you shall receive your requested replies
in the form of the inclement climates you wonder about.

52 Truths About You

Take the strain and perhaps even dance under the rain,
as the solutions you actually seek can be found
through optimistic questions that will clear out the hail
and bring out in your life the warmth of the sunny sun.

A truth about your questions?

They forecast the weather you are going to live out
They predict the state of your atmospheric conditions

Thus, it is up to you to inquire about the sun
even though it is hidden by the clouds

As your mind holds a tremendous power,
and cheery questions are one way to use this strength
to command the wind to blow away tenacious clouds

So, with your request,
the atmosphere can clear
and then you can look up

Not only to the sky
but to yourself

For you have shifted the elements in your favor
through the resolute power of your wonders.

Week 8.

A Truth About YOUR GOALS

What are you aiming for down the line?

When you know what you long for
you alight within you a burning desire,
although this is only the ignition of the blaze.

Yet, when you know the reasons behind your intents,
then you can activate the fuel that drives your actions
toward the attainment of your goals.

And then, no matter how big or how impossible your aims,
no matter how long it takes to accomplish them,
once the goals in your mind and in your heart are set,
you have readied yourself for success.

A truth about your goals?

They are your inner fire warming you from the coldness of life
They are the passion sparking you to believe in yourself
They are the mission lifting you from the ashes of failure

And because your goals, simply,
are your dreams put into action,
for your own sake, act.

Act today
and do not postpone things until tomorrow,
as tomorrow traps your goals in an impossible future.

Thus, with your persistence
keep your inner fire going

So that not even a waterfall
can ever extinguish your ambitions.

Week 9.

A Truth About THINKING BIG

Is it really out of your depth?

When your aim is too close to the ground,
you walk along the common and overcrowded path,
fooled by crumbs of content served by ordinary life

And when sudden or recurrent thoughts
invite you to step outside of this plain route
to instead hike on an unknown mountain track

It is either the shadows of doubt
shaking the thoughts clear from your head

Or the hands of comrades or kin
pulling your thoughts back on the well-trodden trail

But when the magnitude of your thoughts swells,
you position yourself at the start of a clear-cut track

Where you shall reap
the positive effects of your reset mind

So be sure that whichever path you journey on,
your inspirations serve to elevate you

Thus, let your mind run wild and take you high,
creating mountains to scale,
so that to the very top you shall rise.

A truth about thinking big?

On the common road of life,
you can never leave your mark,
since your footprints will erode under those of the masses

But once your mind drops the weight of fear
and removes limiting barriers,
you are set to conquer any towering goals.

There is no crest you cannot surmount
and upon any summit you conquer,
you will plant your flag

So start mounting with naïve confidence,
believing in the tools and helping hands
so vital for your climb to sync in time.

Thus be prepared; positively gear your mind for any surge,
as this is how you will passionately mount
to the peak of your life.

Week 10.

A Truth About CHILDREN

When your tree is fortunate enough to bear fruit, your labor does not cease once you have delivered those precious lives into this world.

At that moment, you are assigned to lead your brood not just through their stages of growth but way beyond, as your labor only ends with the end of your life

But while they mature under your caring love, they must bite into the sweetness of your own existence so theirs can be whole, to appreciate the juiciness of life,

And while their roots must grow under your care, the pot you nestled them in their first days must be removed so they can grow without limitation.

Allow them to explore the wild and the soil of life, and while you continue to guide them into the wilderness do not let them fall into the traps you once fell into,

Those deep holes where you have encountered the hostile darkness and lingering bitterness that robbed you too soon of your juvenile spirit.

52 Truths About You

Become instead the guardian of their rawness
and their innocent thirst for life will blossom,
ripening a loving foundation for the world to cultivate.

A truth about children?

They are lovable beings who revive the tenderness of life.
They live now, in the present moment,
unaware of the days yet to come.

They are small beings expressing emotions
with such truthfulness that they remind you
of the freedom that comes from expressing yourself

So while you train them to survive life's deforestation,
they are actually teaching you
that their loving, innocent nature
is the organic way to overcome this inhumane movement

For they have both the necessary energy and the will to do so
when you allow their virgin spirit to thrive,
and preserve the sweet nature they brought into this world.

Week 11.

A Truth About PARENTING

The word love can never measure
the depth of emotion your heart carries
once a seed planted and nurtured with care
finally breaks through into the light of life.

Have you realized it?

You signed on to a lifetime's duty
where under the shade of the family tree,
your infants will mature and grow
to be what they have seen you to be

So may your tree flourish with happiness
so all can see the beauty of life,
and may birds nest in your branches
so all can dance to the rhythms of life

And throughout your children's early days
with the wind's gentle sway
may you tenderly rock them to sleep,
and then when the wind angers
may you lovingly shelter them.

Then, as they grow to the prime of their lives,
open up and remove the branches from their way
so they will not bend but grow tall, and strong.

A truth about parenting?

At the core of your soul,
the word blessing itself can never measure
the magnitude of the quake you sense
the very moment your roots forever intertwine.

Yet this blessing is too often hidden,
masked by trying compromises or buried beneath ego
until you uncover that as well as the teacher,
you must at times also be the student.

So take charge of your family tree
but only to reinforce the roots,
watering them with unconditional love
to pass a loving legacy to the coming generation.

Week 12.

A Truth About YOUR FRIENDS

To whom are you attached?

When you find bosom friends,
arm in arm you form a chain
and to one another tacitly pledge
to be present in each other's life journeys

And while the robustness of this bond is formed
by the connections you make as you laugh,
by a presence that fills the emptiness of a moment
or by words that mend the wounds of a broken heart

It is, however,
when you are being tried
that you can truly determine how strong
the links that bind you are.

For instance,
when distance pulls you apart,
stretching the limits of your ties,
or when unceremoniously you are abandoned for romance
or end up in conflict over decisions and opinions

52 Truths About You

It is when whatever presumed to separate you
fails to keep you apart,
that you can estimate the true value of your ties
and appreciate the pricelessness of your bond
that has been tinted with that rare gem of selfless love.

A truth about your friends?

They are the guardians of your secrets
They are the protectors of your mindset
They are the lights brightening your darkest thoughts

And with the connection you have formed,
when one fails on the bumpy road of life,
you can now lift each other up.

You can even effortlessly hoist
from the bottom of the abyss
the heavily tormented spirit,

Since your chain is composed of an element
that can neither break nor melt,
as it is made with the purest form of attachment.

Week 13.

A Truth About PEOPLE

You are tied to one another,
cohabiting the Earth with the entire populace,
and while some people are familiar to you
there are countless strangers passing by.

Can you sense the threat of this connection?
You are swayed by the population's impromptu behavior,
as their impulsive actions are echoed
across the tendrils that connect you.

With these threads, though invisible,
every motion one makes finds its way to you
and every word one speaks, you perceive,

As it is through the vibration of these strands
that you detect the emotional states of those around you,
since they are reverberating your own conceptions.

A truth about people?

Are they not just humans?
Beings neither good nor bad,
but rather acting according to their dispositions.

And thus, they become prey to their own emotions
that you have subconsciously reflected upon them
since you are at the center, governing from the core of the web.

Certainly, you are surrounded, outnumbered,
but you are not stuck in any uncontrollable situation
since you influence people through each connection.

So with every loving action,
with every kind word
and every positive vibration you emit.

You can touch people's hearts
and propagate through self-love
the vibes that will come right back to you.

Week 14.

A Truth About THE DECEASED

Where do their souls fly off to?

When their journeys out of this world are set,
their souls, like birds' wings,
unfold to fly away, way beyond the ground
to unceremoniously end their journeys

And their progressive or sudden departures
leave a great storm to rumble in your heart,
while the rain uncontrollably pours down
from the rooftop of your saddened soul

And while the force of gravity forever beholds
their chilled and lifeless bodies down on earth,
its mighty strength cannot retain their living spirits,
which take flight into this mystical new world

So as they depart their fleshly nests,
their souls take off and they leave below the clutter
accumulated as a result of their way of life,
though actually, they greedily take what is priceless

For their presence, perhaps taken for granted,
was bestowed freely along with the tune of their lives,
and now, mournfully, you discover the terrible silence
that their deaths bring to your dawn.

A truth about the deceased?

Regardless of the storm
and the sorrowful rain,
your heart unleashes as they take off,

They have escaped from the cage of life,
beating their wings towards a paradise
where eternity begins...

Week 15.

A Truth About YOUR COMFORT ZONE

Should you step into the unknown
when routine has knitted around you
a cocoon made entirely of fine silk?

It is tightly wrapped and so much so
that you dare only stay still, for you think
that any uncommon move will tear apart your sweet nest

Although, what surely will
is the bitterness hiding inside routine,
eager to come out once the colors of the silk you dwell in
have faded with time to a dull and lifeless dye

And to revive this shade to its former vibrancy
you must break through the layer of fear
and come out to experience the unknown,
for your life can only remain vibrant with ventures.

A truth about comfort zones?

They are cages of complacency
that trap you in the ordinary.
They are places where you forever creep

if you remain inside confined and constricted.

It is when you emerge from your cocoon,
when you go against the wind,
when you step out into the rain,
that you morph beyond trepidation.

You have tough wings
that can stretch out for you even larger boundaries
and hence, are able to take you as high as you aspire.

So dare to venture into the new
as you are yet to become
what you ought to be,
a better, stronger and more magnificent version of yourself.

Week 16.

A Truth About WORK

What do you do for a living?

Your aim is to fill your pockets with coins
so, with your mind or body,
you labor to satisfy your needs or exceed them

Though when you choose your calling
with the purpose of filling your life with assets,
your heart will soon be cluttered with sorrow
as you will have become deaf to its persistent whisper

For the amount of coins accumulated through chores
will add up to be your weight in regret,
as you spent your lifetime working on something
not aligned with your heart.

You must find the courage within you
to answer your calling by any means,
even if you must empty your pockets
and start anew.

So let go of your fear and value your inner guidance
so you can find a vocation affiliated with your heart

Because your abundance of love for what you are meant to do
will bring forth into your life an invaluable richness.

A truth about work?

It is in serving others, as they are the ones settling your fees.
It is a task you must perform to the best of your abilities,
and to do so, you should choose your work accordingly,

As once you listen to the call of your soul
you no longer need to wait,
or wear yourself out until retirement
to do something you love

And thus to afford any way of life,
you must execute the mission
that was always intended for you

And it is the one
that is being summoned
by your heart.

Week 17.

A Truth About GOSSIPING

You won't believe it:

Are you ready for this?

Take heed of what you are about to hear.

The gossiping is about you.

Now open your eyes... see?

The finger is pointing at you.

Slanderers are spilling their tongues out,
blasting your way of life or debating your merits
without seeing your perspective.

Heartlessly,
these defamers divulge your so-called secrets,
parodying a chapter of your life

And their phony versions of your story
spread into the minds of avid listeners,
who are eager, perhaps, to echo it.

It may be shocking, even saddening for you
to have your secrets whispered away,
and so you must feel the pain of being unfairly defamed.

But what a fate these gossipers have chosen,
for their karmic debt must be settled
and rest reassured, it is a fair price to pay.

A truth about gossiping?

It is the tongue speaking evil
It is disclosing treasured secrets
It is intolerance and verbal dissonance

So a sad truth it is
that everyone, including you,
is guilty of it.

Certainly, your tongue and lips have been made to chatter,
so keep babbling away while you point your finger

But rather than focusing on flaws
center your attention on good qualities

So when you come to speak about people
you now label them with loving words,

As the words used today to describe others
will come in time to define you.

Week 18.

A Truth About TELEVISION

When you auditioned to play the part of your life, did you not get the role?

You are offstage, watching other people perform, neglecting to step out to play your own scenes as you view the theatrical moments before you.

You hide behind the curtain, settling for a comfy nightgown as you watch the members of the cast put on their best attire and perform the scenes you dread, or secretly long for

And even though you might feel involved as you give a voiceover with your direction along with your unproductive critiques

You keep encased a box of your best scenarios as you watch the ventures of your stuntmen, who gradually take over the entire stage.

A truth about television?

It is a direct channel to the world news
It is a cable tying you to ceaseless programs

52 Truths About You

It is the plot written for the story of your life

So they can hold you backstage as you forget
that you are the main character in every scene,
and you alone are qualified to play the role of you.

So before you exit the stage of your life in a box,
make sure to step out to perform and direct your own movie
as your life is your own performance that you must enact.

Week 19.

A Truth About THE NEWS

What the hell?

How did the devil make his way up here?

He no longer holds his fire for judgment day,
but illustrates purgatory with reports covered by fallen angels.

Is that all there is in this world?
Heart-breaking and distressing news?
Where is the bright news?
Or is it literally not worth being told?

And so reporters scour the sea of troubles people endure
to get you hooked in their net
so you follow the torrential current.

As it is when you watch people hit rock bottom,
that you mine them for the treasures in their pain,
and while they point you to the tormenting seas,
they can then remotely control you.

You row north while you should go south
You row east while you should go west

52 Truths About You

Explore the breadth of the news but do not dive deep,
since the pressure it exerts upon you
can make you passive and broken like a sunken wreck.

A truth about the news?

It feeds off destruction and decay
It taints your mind with its version of the truth
It is poisonous to your spirit since it closes your heart.

Do not let weeds spring up from the seabed,
bind your feet as you swim,
for you will miss, in all your thrashing,
amid all the weeds, the coral shining through.

Week 20.

A Truth About GOD

When you believe in a Creator,
then you might suppose He is the Architect
of this earthly home you dwell in

As well as being the Landlord
leasing you the domain He has entrusted you with
to respect, to care for, and love

And the price you must pay
to live harmoniously on His estate
while also enjoying His creation,
is to accept and welcome the other tenants as they are.

For you must learn to share your home,
as it is when you tolerate all beings,
whom you complement as His creations,
that you are inviting peace around you.

Thus, your challenge as a resident
might be to find God in everyone

For this home He has built for you all
can only be enjoyed in symphony

And once you have learned to discern Him
in each being or creature you encounter

You will instinctively look, as He does,
at everything and everyone
with loving and doting eyes,
just like a father would.

A truth about God?

He is the designer of the world's wonders,
and He alone has the leasehold of this Earth,
though He has left you in charge to manage it.

And while you may never see Him,
He hopes you can sense Him.

So you might look up to the sky in prayer,
or you may picture Him sitting on a cloud
as your hand reaches out for Him

But let the day come when you realize
that God has never distanced Himself from you

Where love dwells, within yourself, there He can be found
each time you grant your mind the gift of perfect stillness.

Week 21.

A Truth About RELIGION

You journey in a world
where numerous paths can be taken.
Do you ever ask for directions?

You have the choice to roam with the flow
or be guided in your earthly excursion,
to not slip in opposition to the boundaries set for yourself.

So, while you follow a detailed map,
you may restrict your whereabouts
but travel through life with serenity

And whether or not your path is different from others,
you are forgetfully or unconsciously aware
that you are ultimately heading toward the same impasse.

So whether you journey with the absence or presence of faith,
may the way you have chosen be a fulfilling one
until in due time, you reach the final terminal

For what should really matter
is that the route you have set yourself to track
be a way that is being guided by the heart.

A truth about religion?

It is a guideline followed to respect a specific way of being
It is the belief that your path will lead you to your best self
It is blindly, faithfully, following an unseen Guide
that will chaperone you on your chosen trail
so that you do not drift away.

So may each step you take in your life's journey be met
by countless people devoting themselves to joining you,
as your every footstep marks the harsh ground of life
with prints that bring out into the open a naked truth:
that the original path for life was made through love.

Week 22.

A Truth About PRAYERS

After you kneel to pick up a dandelion,
you hold your breath so that with a single blow
the seeds will carry your words to the source of life.

Are they words of candid appreciation
or are they miserable, mumbled supplications?

As while being grateful always brings you more,
supplication can only offer you answers

For when a question is asked,
the listener gives but a response,
nothing less but also nothing more

Thus, when in prayer it is not results you should require,
but instead, you should assume that the outcome you long for
is already achieved in the realm of the source

And as you pray rightly with certitude and gratitude,
it is not a solution being received but the outcome itself
as you persistently ask to receive what is already yours.

A truth about prayers?

52 Truths About You

They are your claimed harvest
ready to be gathered at your grateful request;
they are an unwavering faith that your demands
are being supplied at the most opportune time

So when you blow your dandelions,
it is now with such strong conviction
that your request, traveling to the source,
though invisible to your eyes, is in your heart already attained.

Week 23.

A Truth About FASTING

Would you mind feeding your soul?

It is starving for attention

It is patiently coping with you
while you load or overload the boat you journey in

And while all the junk accumulated burdens your ship,
it also forces it dangerously toward the depths of the sea.

It is through your tacit crew's upkeep
that you can stay afloat

Or else, probably sooner than later,
you will be caressing the sand at the bottom of the deep.

Would it not be better to sail unburdened?
To now and then refrain from bringing on more cargo?

As no matter
how wrecked your ship is

It can be mended to its former glory,
setting you to cruise the entire ocean of life.

A truth about fasting?

It is the remedy for ailments rusting your vessel
It rids you from the excess slowing you down

And the energy released from processing intake
now works to repair your ship from the inside out.

You are sailing your boat as the captain
and can navigate toward the map of vitality,

where you can draw from the water
to become enriched by your own private fountain
of eternal health.

Week 24.

A Truth About WATER

If water is scarce,
how can you stay afloat?

It is harder to manoeuver a ship
when the tide inside your body runs low.

Your dryness condemns your vessel
to lay drained on the bare sand
with no power to depart from the deserted shore

And this drought
not only slurps the energy out of you,
but also decays the outer layers of your ship's coat

And while the wind blows, it peels off your dead skin,
only to reveal creases developed before their time

But when wisely you harness nature's rain,
the core of your ship dances under this cascade
and welcomes a fresh surge of energy
with an abundance of health to accompany it.

It is through this intake
that your boat can operate fittingly
and set sail into the oceans of opportunity
life has fished out for you to explore.

A truth about water?

It is the essence that runs your life
It is the distilled spirit that refreshes your soul

And when dispensed with healing words,
it is the physician repairing the rotten parts
that may otherwise sink your ship

So sip this natural fluid
to calm any turbulence going on within
and submerge any ailments with this wave of love
so you can cruise your ship with the flow of life.

Week 25.

A Truth About KARMA

Who else can be held responsible
when the archives of your deeds display what you've sowed?

Since your actions were witnessed by karma,
the causes will be echoed in due season,
and as to the effects of your wrongdoings,
you shall not be exempt.

The darkness of your actions
will overshadow your life,
but only at times where light is needed most
to brighten your shadowy path

And though you may learn to remember
that you have shaped this moment,
since you were blind to what you did to others
it will also be done to you

But justly so;
your rightful conduct shall bathe you
in the bright light of the blessed

As the goodness you found and shared from your heart
has opened an expanse of faith for humankind
to quench its thirst for love

And those deeds built with caring hands
have moved people deep within their souls,
and since someone was once grateful to you,
your due blessings are still to come.

A truth about karma?

It is the debts accrued through your behavior
It is being accountable for your conduct
It is undergoing the circumstances you have steered

So while under the jurisdiction of life,
plant grains of kindness, sprinkle seeds of love,
and then you will be glad with what tomorrow brings.

So karmic justice, be done
and return what has been given,
as in the courtroom of life
karma is but a fair witness.

Week 26.

A Truth About GRATITUDE

Do you ever count your blessings?

They are like the rays of the sun
beaming light upon the paths you take in life

They lift you up to soft clouds,
bringing lightness to your heart

Though at times, when the sky turns grey,
you abruptly come back down to earth.

And nonetheless, once you are down
you must keep on gazing at the sky

As there is always in the greyness of clouds
a ray of the sun fighting its way through.

Thus, when you perceive this shaft of light,
welcome it with heartfelt appreciation

Since it is a calling for more to penetrate through
until all negatives evaporate from your path.

Therefore, it is not about counting blessings
but genuinely expressing how grateful you are.

A truth about gratitude?

It clears the obstructing clouds
to brighten any path on which you walk.
It brings forth shine even when the sun is set

As even when times are dark
there is brightness above, yet to see it
you must look up and gaze at the stars.

So may your first words as you wake
be words of thankfulness
inviting blessings throughout your day

Thus you inspire more reasons to be thankful,
as words of appreciation are the ones
holding the power of attraction.

Week 27.

A Truth About MIRACLES

When do you ever seek a miracle
except when in need of an outcome
that ordinary measures failed to yield?

When your life's path slips from the desired course,
or when the dark threatens to invade the light of life,
a miracle happening would be like a fire set ablaze

But it is a fire that needs to be aroused under hail,
a flame that against the hard-headed wind
must awaken without kindling.

Faith of the heart alone can ignite this fire,
so let go of the fear that pins you down,
let go of the doubt obscuring your thoughts

And instead let your heart channel you
to this untapped resource
where miracles are born

For love holds the power to create,
and since within you there is love,
your needs will be met in equal measure.

Therefore, the outcomes you desire
will manifest, wowing you
like fireworks lighting up the sky.

A truth about miracles?

They are the spark of your resolute conviction,
an unwavering faith bound with love
to create the possible out of the impossible

So be faithful to your longed for outcomes,
and along with your burning love,
you will magnetize the wonders

Yet if you ever doubt the beauty of miracles,
then you must remember that the first one
you ever witnessed,
was but yourself.

Week 28.

A Truth About GIVING

As you meet wandering souls,
what do you serve them?

For many people seek to savor
through their encounters the taste of life

And when they step onto your path,
they unknowingly clutch to this hope
that you might share with them
the menu you have ordered for yourself.

Some of them hunger for something
as little as your considerate smile.
Some have lost their appetite for living life
but long to take a bite from your fine course

As too many deprived of the abundance of life
hope you will lower your platter for them
to taste the delicious feasts that fortune can supply

And as you give them what they are starving for,
you are able to revive within them
the sweet tastiness of their own existence.

A truth about giving?

It is an impromptu treat offered in times of need
It is an offering inspired by your thoughtfulness
It is serving a caring plate spiced with love

For whatever you offer with your hands,
be it the kind smile you hold on your face,
or this abundance of yours that you share

It will satisfy all cravings for the delicacies of life,
and because you have provided, you shall receive more
of whatever you have served, on the house,

And thankfully, these souls will be nourished
by the gastronomies of kindness
that have been gifted by your heart.

Week 29.

A Truth About VIBRATIONS

What if the world was a big ball of energy vibrating to the sound of nature?

A globe composed of tiny particles
cautiously listening to the music life emits
before dancing to the silent rumble of the beat
that forms the earthly sphere you live in?

If it is so,
then whatever is within this world
is also pure energy pulsating to the frequencies
of all living things, including yourself

And the degree to which you vibrate
first forms you and then aligns you with people
and experiences matching this vibration of yours

As it is when you perceive the same melody
that you all are drawn
by the forceful attraction of likeness.

And this is why
you need to adjust your thinking
to the level and vibration of your desires

Since they are all within your mental reach
once you adjust the tempo to conduct
your coveted musical life's performance.

A truth about vibrations?

They build the illusion of solidity in life
by dancing to the sounds of nature
and creating goodness and vileness in equal measure.

So shut your ears to human-made, scheming rhythm
and rather, hear the Universe's melodies
to finally perceive these lost solfeggio frequencies

And suddenly, as you are listening to the right track of life,
you find yourself in sync with the vibration of laughter;
your heart harmoniously pulsates on the wavelength of love
and abundance gathers around your every moment of frisson.

Therefore, pin yourself to higher measures,
and each day perform your best moves, listening
to the majestic and spiritual symphonic composition
of divine life.

Week 30.

A Truth About THE PAST

What have you got hanging up
on the wall of your mind?

Time gone by
has left a trail of paintings,
some precious ones portraying moments of ecstasy.

Some are blurred, soaked by endless tears
and some portraits remain unfinished
heavily hanging with the weight of regret.

Although, this display of days gone by
is accessed by crossing the border of time

So, while lingering in your past
your present alone moves forward.

Indeed, time must do what it has to do,
it must go on and can never wait for you.

Therefore, when flashing back to your present,
it propels you to where time has continued on to.

A truth about the past?

It holds a gallery of moments forever gone
It is the jealous guardian of memories
charging you irreplaceable time for your recollections.

Thus any instant consumed in memory's grip
becomes a dear price to pay as remaining in the past
leaves you absent in the now

So chain the door to the museum
and focus on water-coloring the virgin canvases
where your potential for painting your masterpieces lies.

And each day, remember that once a second is gone,
it is long gone

For what is in the past
is now forever beyond your time.

Week 31.

A Truth About THE PRESENT

Close your eyes,
then open them to find your present.

It has been wrapped lovingly
with ribbons to magnify your anticipation.

What is your gift?
Open it.

But before it is yours to take,
what should you first say?

Even a whisper of gratitude will unwrap your present,
so throughout this day, gifts will unfold like Russian dolls.

Yesterday died and tomorrow is not yet born;
the present is all you have

So when you find yourself lost in yesterday
or weighed down by the doubts of tomorrow

Close your eyes and breathe in,
feel life filling every inch of your being.

This is a breath of fresh air
that can ground you in the here and the now.

You are with the only moment that exists,
the only instant that is real

For yesterday is a painting stored in an exhibition hall,
and tomorrow is but a white canvas
hanging on the mind's wall.

A truth about the present?

It is a given time
and the aim is to live in the moment,
the seconds, the minutes, the hours of this day
as inevitably this grant will be taken away

And when this time does fade
and the presents accumulate in years,
you'll wish the price tags had not been removed,
as all the fortune in the world can't reclaim even a day gone by

So live each day as a soldier of life
and honor your lifetime's duty
in times of adversity as well as peace;
at today's roll call, respond, "Present!"

Week 32.

A Truth About THE FUTURE

Time is still to come
like the promise of upcoming seasons.

What have you got planned in your calendar?
Or does it sit sighing from emptiness?

For if it does,
You have let circumstances control your life.

Brush away the fallen autumn leaves,
and through the coldness of winter

Allow your mind to hibernate
and let your imagination flourish
to then season your life with spring.

See yourself showered with love,
drizzled by infinite richness

See yourself cultivating health
or migrating where all your needs and wants
are forever in season.

When molding your future, aim high.
Tilt more and more towards the sunny days

And like spring, let the wonders of life
grow and blossom effortlessly.

A truth about the future?

It is as far as the mind can see
or as close as tomorrow,
but tomorrow can only bring today;
this is all that time can do.

Thus, your moments yet to come are but a white canvas,
so paint your masterpiece in today's mind,
then hang it inside your heart.

What does your future hold?
It doesn't hold anything
but a pencil that longs to draw the miracle of tomorrow

So if the wonders of tomorrow can only be made today,
You must surrender some time to let your mind wonder away
As it is your present that holds your future.

Week 33.

A Truth About LOVE

Who doesn't know the game of love?

The rules are pretty simple.
Your heart holds two dice

And with each encounter or experience
it will cast the first die to define
the kind of affection you will endure

For feelings of love diverge
from an instinctive attachment toward your kin,
to attractions that are transformed into long-lasting unions

To the pleasure of an action or a zest of flavor,
To friendships formed, based on common ground,
and even to the unexpected compassion felt for the needy.

And thus, once you have cast the first die,
and know upon which side your love has fallen,
your heart goes on and rolls the second,
measuring your affection and finalizing the score.

But like all games,
you can never settle on former results,

as life itself endlessly challenges you
to reassess and continue playing.

And of course
in this game of love,
the first die has a face singularly set for you

The number one is the digit that defines you
before the next roll, set to impact all else,
establishing how much you love yourself.

A truth about love?

It is a plethora of sentiments that one must sense in life
It is an obsessive gamble that can put both your heart
and mind at stake for they break every time you lose the game.

Yet, while this gamble is but a game of chance,
you can stack the odds in your favor
only by betting on yourself
until you roll the highest score for your own self-love.

Week 34.

A Truth About FEAR

How far can you go enchained?

When you have restrained your mind
from straying outside of the lines,
you have drawn out of fear

You shackle yourself to a safe place
where you feel comfortable settling in

And relieved at first to have escaped this dread,
you realize you are trapped in this place,
restricted in what you can access beyond this,
since you are held back by your own fear.

What are you frightened about?

For fear is content to keep you in a zone of comfort
so you cannot build the confidence to get out.

Thus, this is a foreboding feeling that must be confronted
until bravely you triumph over it

Because what lies behind your fright
is your unbound and rehabilitated spirit.

A truth about fear?

It is a prison from self-diversity,
a jail confining all opportunities,
guarding you from releasing your best self.

Never can you be free of fear,
but you can always unleash toward freedom
by facing what detained you in forged complacency.

Thus, take it as a challenge that must be overcome;
clutch your courage before you and push through

Until you enlarge your realm of confidence
and finally step out into a new sphere

As transcending your fears is your only way
to break through the chains bounding your self-discovery.

Week 35.

A Truth About ANGER

How can you control the dormant volcano within?

When someone or something gets on your nerves,
smoke dangerously unfurls from your ears
to warn you of your imminent eruption of anger.

And once your incensed mood has ferociously erupted,
an uncontrollable stream of lava unleashes and overflows,
burning your loving feelings down to ashes

And alas, once your volcano has been activated,
it not only pummels down to dust the atmosphere,
but also damages your relationships with others

As even though the damage can perhaps be repaired,
those concerned will cautiously walk forever
on the dubious mudflow that has built up on your path.

For this reason, you must neutralize your feelings
to remain serene and calm in trying times

So if you ever feel the need to blow out,
let it instead be an avalanche of burning love

52 Truths About You

For the strength of your emotions, in moments of anger,
can blast the peace into more than a thousand pieces.

A truth about anger?

It is a terrible deluge of blistering hail
It is a curtain of fire that closes your heart
It is a violent explosion wounding those gathered around you

For the heated words you use
will weigh you down
as you carry them for eternity.

Therefore, whenever you are about to detonate,
imagine a powerful waterfall cooling your mind

So you won't ever have to wipe away
the harrowing dust of ruined relationships.

Week 36.

A Truth About FORGIVENESS

After your heart has been wounded,
how can you ever excuse the offence?

When with time this cut might surely heal,
a scar will remain as a reminder of this hurt

And the heaviness of this resentment weighs you down,
exhausting your verve over a cause you cannot change.

Therefore,
your attitude toward this situation must be the change
so the emotional drain attached to this memory
ceases to affect you as you let go of this wearisome issue.

And as you forgive others and yourself,
you make peace with the past and consequently guarantee
that your present and future will not be involved
in an inner battle that is not theirs to fight.

A truth about forgiveness?

52 Truths About You

It is a wound sealed by ending resentment;
it is deciding to become indifferent,
and it is releasing your mind
from this unfair imprisonment

Since dwelling on the pain inflicted by others
confines your thoughts to reviving these torments.

You deserve to carry on fresh with your life's journey,
so liberate yourself from the weight of your grudge

And by doing so, welcome back love to your mind
as once and for all, you wisely decide to mend your heart.

Week 37.

A Truth About WORRYING

Why do you welcome a thief into your life?

This robber steals invaluable time from you,
snatches your present moment
and torments your thoughts with the probable effects
a threatening situation can cause,

And with the darkness and the silence of the night,
while your body and mind should be at rest,
this thief sneakily lays in your bed depriving you of sleep
so that your concerns become your living nightmares.

You are the key that can lock the door of your mind,
and once your security system has been set,
then you are prepared to put aside any upcoming frets

And even if your worries are present at this moment,
open the window of your mind to the wind of solutions
that will bring clarity to any of your situations.

A truth about worrying?

52 Truths About You

It is a thief entering inside your mind,
and not only is it stripping you of your time,
but of everything and everyone that is around you
as your focus is on the uncertainty of tomorrow

For what is really certain
Is that while traveling your life's journey,
pickpockets will aim to empty your bags
until you remain bare of love and joy.

Therefore, do not let worries break into your spirit,
for upon your earthly arrival
you have signed a contract to have,
regardless of your troubles, the time of your life.

Week 38.

A Truth About YOUR ATTITUDE

What can you see as you walk in the dark?

Clearly you see nothing but darkness
and cautiously you would walk in the gloom,
frightened to collide with obstacles
you have doomed yourself not to discern.

Dark thinking casts shadows on the glow of life,
and the way you respond to this patch of blackness
guides how you will move toward the light
or go deeper into the dim night.

It is when you let darkness overshadow your mind
that you invite an opaqueness that covers more beams,
and so you blind yourself to the glimmers of life.

Thus, when gloominess takes hold of your thoughts,
overcome this shadow by brightening your mind
with the reminiscence of your most luminous recollections.

So, discipline your spirit to dominate pessimistic attitudes,
and by doing so, you will control the events yet to come,
influencing them to be moments lit with pure joy.

A truth about your attitude?

It is your will that exerts impact over your life,
and if regrettably, you believe in the absence of light,
you are choosing to lose yourself within the dark.

On your life's path,
there is always a bright side you can step into
though in your mind, you need to decide to cross the line.

All matters require your unbending optimism
so blackness can be banished from sight;
thus, direct your thoughts to always distinguish
even the smallest glitter that will illuminate your life.

Week 39.

A Truth About TRYING

Why won't you give it a shot?

When your mind perceives a target,
it points clearly toward an objective
that is possible for you to attain
only if you keep your aim and shoot.

And if this target ever seems unattainable,
this is a distorted observation,
since your practice with a long series of shots
will eventually get you to prevail.

Now take your bow,
and with your infinite number of arrows,
take aim, though frankly,
you will miss the mark countless times

But every attempt lands you closer and closer,
until finally, within few inches of your reach,
you confidently, so victoriously draw your upshot

And with your victory,
you have learned that persistence is the trait
you need to build your skill in the archery of life.

A truth about trying?

It is daring to put your effort and time into new ventures
It is learning to patiently master new skills
It is agreeing that failures are a constituent of your success

Because if you take aim for a thousand days,
despite being blinded by a thousand nights,
then your perseverance will grant you victory.

Thus, when the wind's strength threatens to defer your shots,
your ambition will power your arrows
to cut through any storm

As you mean to shoot beyond the horizon
into the infinite possibilities of today and tomorrow.

Week 40.

A Truth About FAILURES

Once you yearn for a goal,
to attain that end result
you are propelled back to the beginning
of a zigzagged lane crammed with obstacles

Do you then abstain from venturing on this course?

For should you decline to undertake this trail,
you not only fail to start but also miss out on
uncovering the knowledge and power
you could have gained by braving these hindrances.

Yet, when instead you boldly step up to this track
and fail while trying to overcome these obstructions

You are in fact positively training yourself
to find ways to defeat these challenges in stages.

Then, when stubbornly one barrier is scaled & put behind you
the urge to keep going overrides any setback

And so, you accept failings as part of this journey
as your mind has now set itself to rise up from any fall.

A truth about failures?

They are a component of your success
They are the mistakes you must make
They are your learning curves
so that you thrive on any path

And when continuously you fail and fall,
learn and apply the lessons of these hurdles
that have been scheduled on your course
in order to test your endurance for success.

Then, as you bear these downfalls,
you will reach the finish line,
and in your winning speech to the crowd,
honor and thank the failures for your gain,
for they have caused you to rise up again.

Week 41.

A Truth About AFFIRMATIONS

A blank piece of paper at the start of your day becomes, at night, a letter filled with your expressions, you annotated with your thoughts and reflections.

What does your letter say?

For it is being read and interpreted by the Universe as requests to attract more of what you focused on that day, so whatever has been said or thought is now coming about

And hence, for the good or the bad occurring in your life, in full measure, only you are responsible for it all, for it is the script of your own dialogue.

Rub off any words or thoughts negatively charged and post instead, to the Recipient, a set monologue that magnetizes whatever it is you long for.

With your senses, project your crafted future, so you convey to your mind a clear picture defined with such passion and appreciation

52 Truths About You

That your excitements are set in caps lock bold
as they jot themselves down on your correspondence

And with your moving messages,
you direct the Universe to deliver to your mailbox
what has been energetically expressed.

A truth about affirmations?

They are positive declarations
that put you in charge of your life
They are statements predicting your next chapter
They are amendments that rectify any imperfection

And sealed with sincere gratitude,
your letter, now enveloped in candid emotions
is stamped by the heart of the Universe

That then unleashes its cosmic energy
to mark every day in your calendar
as a red-letter day.

Week 42.

A Truth About YOUR WORDS

What did you just say?

Because whatever is said
weighs on the quality of your life

Whatever is said impacts the people
hearing your speeches and your sounds

And whatever comes from your mouth
defines you and, perhaps, the rest of your life

Since like a book
your words imprint into someone's mind
or deep inside their heart

And now and then, your speech may resonate
in their ears like a bombshell,
or sound like the gentle humming of a bell.

And likewise, the vocabulary used to define yourself
tattoos your body, which is then shaped accordingly,
for your cells are great listeners adjusting true to your words.

A truth about your words?

Whatever you voice energizes divergent powers,
so your dialogue stimulates one or the other
besides affecting you as well as all the others

So may whatever you express power all to rise
May your loving phrases heal bodies and minds
May your enlightened words imprint on everyone's hearts

Thus, with your tongue act thoughtfully,
since it is with your wordings
that you choose to rise or fall,
that you decide to hurt or heal,
that you commission to create or destroy
and even conclude to die or live.

Week 43.

A Truth About MEDITATION

Silence...

what should you hear but silence?

The items generated in the workshop of man steal the quality of your time and the tranquility of your mind with this clatter that clutters your brain and closes your heart.

Cultivating quietness within, is necessary for you to open your ears to another dimension where you can listen to a truth that is only known and cherished by your soul

And while you close your eyes and stay still, your thoughts desert your mind, gaining you clarity and an inner strength, now set to emerge in your outer life.

You must take the time for yourself again and again, so you can enter into your bubble of consciousness, and retrieve what is buried beneath the noise of life

And as you shut yourself out from the world,
progressively eliminating all of your thoughts,
you can unearth from within
the inestimable value of your true self.

A truth about meditation?

Meditation is medication for your soul;
it is the dormant power awakened by stillness
that can calm the storm of junk that hails down on your brain

So even though you only briefly tune into yourself,
these moments spent in mindfulness will overcome
the effects of the time spent in the outer world

And it is only with the silence of your mind
that you can hear and understand
this authentic truth about yourself.

Thus, brush away your thoughts
and de-clutter your head,
so you can perceive the enlightening
whispers of your higher self.

Week 44.

A Truth About YOUR SUBCONSCIOUS

What are you sinking?

You live on the boat of consciousness,
deceived to think you are the ship's sole captain

Though on the surface you hold the wheel,
the keel is angled by the currents below

And as you sail off course despite using a compass
this island you were angling toward distances itself

And so you feel lost at sea,
adrift.

What did you sink inside your mind?
What can power your ship against the currents and tides?

You must remove the anchor of limited beliefs,
and as you detach the ropes
that too often jolt you to a stop

You are off to conquer the seas with triumph,
as you have influenced your subconscious to deliver for you
the ocean of solutions your mind beholds.

A truth about your subconscious?

It has created for you an ocean of memories to sail upon,
carrying each and every moment you have lived to date.
It is also the key keeper of the treasure chests you hunt,

So harness the power of your subconscious,
dive inside your mind and envision your life
at dawn, as you wake and as you are set to sleep

Since it is precisely during these times
that your subconscious endorses your heartfelt aspirations,
and eventually angles your boat toward your dreams.

Week 45.

A Truth About THE LAW OF ATTRACTION

The invisible force of a magnet
mystically draws matter inwards

And this magnetism is in effect so strong
that nothing can prevent this instinctive bond.

Even gravity cannot detach from this mighty force
those components that are forcefully held together.

So what and whom are you pulling into your life?

For your mind creates connections through your thinking,
while the density of your feelings for those thoughts
is the invisible force that draws toward you
the effect of what you have pondered or spoken of.

A truth about the law of attraction?

It is a law of nature that amplifies your heartfelt thoughts
It is a rule endorsing the magnetism of your fears or desires

Thus you must understand that you are strong enough
to pull toward you those who can vivify your life.

You can draw to yourself a mountain of wealth,
bring yourself to events that lighten up your nights,
and can even instill into yourself the pricelessness of health

As you possess the power to lure absolutely anything
purely by using your feelings as the unseen strength
to build into your life any of your mind-made creations.

Week 46.

A Truth About IMAGINATION

What if?

What if whatever you paint
in your mind emerges into your life?
Would you not take your brush and paint on your canvas?

Take your heart as your easel
and let your mind create a scene

A scene of happiness pictured in your head so clearly
that in this very moment you can truly hear the laughter

You can feel the warmth of the hugs embracing your body,
you can smell the strong perfume of the loving atmosphere,
and can even taste the euphoric flavor of true happiness

And as the colors on your palette are blended with emotions,
while your sketched outcome is duplicated with devotion,
this piece of art you tinted now crystalizes into your life.

You were meant to be this artist, whose freedom is to portray
whatsoever your heart and mind fancy

Because you were born able to mindfully draw,
to be the sole illustrator of your own fortune.

A truth about imagination?

It is your creative power to animate your desires,
it is your way of influencing events in your own world,
and thus, your chance to draw out your wishes and dreams

For when you hold your brush and paint,
you control the power within you
to create a magnificent work of art

So never leave your canvases blank,
for they will be splashed and stained
by the drafts and outlines of others

And even when your life is consistently rough,
create your mural with emotions and faith
until the doodles originating in your mind
manifest into your existence.

Then, one day,
hanging high in the museum of time,
your framed paintings will be revered as exemplary
as you will have mastered the fine art of living life.

Week 47.

A Truth About LUCK

How do you find a four-leaf clover?

It would be lovely to simply lie
on the fresh and tender grass of life,
and suddenly be tickled by the green
that presents itself before you, a fluke

And with this lucky leaf in your hands,
set to timelessly bring you luck,
all your longed for desires come
while you rest still in the meadow

Though in reality, grass only remains green in your plot
when in your effort to water it, you enrich for yourself
a lawn of opportunity where four-leaf clovers can thrive

And even though these fortunate leaves sprout in your field,
they are concealed under opportunities
that you must seize, and so to uncover them,
you must daringly take your chances.

A truth about luck?

It is not the odds stacked randomly in your favor
It is not serendipity blessing you with favorable events
It is about your fervid actions producing an auspicious leaf
that afterwards, must be found in the glut of your yard

And so your knees might be colored
with the greenness of the trampled lawn
as your hands assiduously
run through this pasture of opportunity

Though once uncovered,
it is not forever that this leaf will bestow you luck,
as without the root of persistence and continuity,
it will wither

Therefore, it is you
who must remain grounded and fresh
so that in life, you can continually unearth
all of your chances.

Week 48.

A Truth About ABUNDANCE

When your mind is settled in the desert of life,
your ground only provides the bare minimum
as you live deprived of the bountiful rain

And even though
you strive to walk up the dunes
to delight in more verdant, greener horizons

Regardless of your effort
you remain bereft of the affluence you dream of.

This is the result of your mind, reduced to believe
that the source of abundance you perceive

Is only a cruel mirage teasing you with an opulence
you can never ripen in your life

Yet if your mind can ever grasp the profusion of life,
then the laws of nature will be defied
even in the most arid of lands

And thus your grounds can become phenomenally enriched,
generously flooded by your newfound plenitude.

A truth about abundance?

It is a wellspring of lavishness meant to stream
into all parts of your life

And while you are entitled to this infinite wellness,
it can only be awarded to you once you amend your mindset.

For what you see as true is in fact a mirage,
the illusion of scarcity intended to constrain your thinking,
so that you remain destitute,
bereft of this flow of affluence that is rightfully yours.

You deserve to be wrapped in the leaves of love,
to gather all of the goodness nature tenders,
like the freshness of health and the solace of fellowship.

Therefore, irrigate the arid land of your standards
until water pools at your feet,
allowing you to enjoy a lifetime of bathing
in this infinite oasis of plentitude.

Week 49.

A Truth About HEALTH

If you found yourself in the dark,
would you not switch on the light?

When a disease within you blocks the flow of life,
it is possible that the blackness of recurrent thoughts
has set illnesses' troops to jam the course of light
until you are dimmed with aches

And while you look outside of yourself
for remedies that will battle these ailments

It is within you that the cure lies,
since you are a beacon of light
and as such, meant to brighten up

Thus, when you have turned off your positiveness
then melodramatically, you cut your life's path short,
shrouding it in a progressive and daunting obscurity

And although your body is the light bulb itself,
your mind is the only one able to relieve
this jammed energy choked by dark forces.

So as you close your eyes to turn the light on,
you allow this electrical current to flow smoothly
within every single part of your body

And thus
you can mend yourself,
by simply mending your mind.

A truth about your health?

You are an electrical being
who can power your body
to heal any stubborn ache.

You are the medicine itself
that can treat your body,
and most importantly, your mind

As your mind is the generator
of the darkness but also the light
that will take hold inside of you.

Therefore, overcome any gloominess with a glowing spirit;
out of measure, illuminate yourself so brightly
that you can conduct this voltage unto others

And by doing so,
you then humbly become a clear
and perfect channel of light.

Week 50.

A Truth About DESTINY

What has already been written?

If your belief is that your fate
was written long ago,
like a book where your ending is predestined

Then as such, you have surrendered
to the words of an enigmatic writer,
and have foolishly resigned to a confined life.

You are not only the protagonist of your biography
but the novelist who, day in and day out,
has the power to imagine and reimagine
the providence of his own life.

Thus,
with the power of your leading thoughts,
you can command words to jot themselves down
on the blank pages set on your natal day

And consequently,
with a pen held not by your hand,
but by your mind and heart,
you alone can foretell your very own tale.

A truth about destiny?

You are the authentic writer of your destiny
and can narrate ahead of time
what today, tomorrow
and your entire life can be

Therefore, just like all stories,
yours must be written but by no one but you,
so give your book a promising title that summarizes
and sets you up for the life journey you sigh for

Thus, from today, let your heart and mind devise
a visualized and blissful lifetime story
that you can now enjoy living
from your next chapter until your last.

Week 51.

A Truth About INTUITION

It isn't like a whisper...
or is it?

Like an angelic mumble, unvoiced,
and yet perceived by your senses

And this mystical interaction is energetically able
to make you shiver right through to your bones

Or it can be a breeze, gently blowing into your ears
the answers that you have always sought.

Yet when too many times you neglect to act,
as perhaps you doubt these words of wisdom,
they will gradually be suppressed by your skepticism

And by contrast, when you rely on these insights,
you stimulate your spiritual senses to caution you and heed
you on all occasions, toward the best of your opportunities.

A truth about intuition?

52 Truths About You

It is being attentive to the silent language of your soul
It is sensing the vibrational energy of your upcoming actions
It is being directed credulously by your sensory guides

And with the stillness of your body and of your mind
you can learn to engage, then master,
this sensorial communication at all times.

Thus, whatever you are doing or wherever you are headed,
feel and interpret these inner feelings

So that your instincts each time can steer you
toward your most benevolent outcomes.

Week 52.

A Truth About TRAVELING

Like a bird,
you have the wings to fly to new lands
and migrate for a short while,
or perhaps for one or many seasons.

Thus, when a foreign skyline calls upon your heart
for you to come and visit its grounds,
do not wait for the flock of birds to gather
so you can all depart together for this new horizon

As while you linger, time does not,
and your impulse might dive,
then die under the deep waters.

At once you must deploy and beat your wings,
let the winds pilot you toward any destination

And as you wander, discover new flavors
that introduce to your taste buds
all the spices of life

And on these unfamiliar lands,
while gazing all around with wonder,
your heart is silenced, awash in fresh nature.

This is the promise of your escape
set to be fulfilled upon your arrival
Though everlastingly, it will impact your life
as a dear and luminescent memory.

A truth about traveling?

It is leaving your nest to go someplace new
It is opening your mind and appetite to a raw culture
It is gliding over new lands to discover another's nature

Though to do that, you must take a solo flight
leaving your flock behind,
as they might otherwise become your guides,
clashing with the guidance of your heart.

And now that you've taken flight,
where are you now?
Here you are, in this new place,
finally taking the enlightening journey into yourself.

ABOUT THE AUTHOR

With roots in Guinea Bissau, I was born in France in the small picturesque town of la Seyne Sur Mer in la Cote d'Azur. It is a lovely place where the amethyst fields of lavender perfume the entire city and the rhythmic chanting of crickets perched in the branches pervade the warm summer months.

I am blessed with five brothers, a big sister, and some genuine "BFF's". My early days were filled with joy. I can still remember – it was a near daily occurrence – the feeling of laughing until my belly hurt and tears of exultation streamed down my cheeks. Those people were my home, my security blanket, and we were inseparable. Though, in my early twenties, in order to tick off and pursue a goal I had held in my heart and mind for some time, I decided to step out of my safe haven. My goal was straightforward. I wanted to learn and speak English. The most efficient way was to dive in head first, plant my feet in an English speaking country, and figure it out along the way. My first few jobs were modest - I worked as an Au Pair and then got a job in Housekeeping at a five-star hotel. With ambition to achieve so much more, I made a promise to myself – every time my English gets better, I will get a better job. After two months in my housekeeping position, my communication skills improved and I was awarded my first promotion. I became a waitress. This gave me the opportunity for daily English practice. Then I was promoted to bartender in a very popular Greek bar. It was incredibly fun. I was introduced to English slang, something definitely not taught in traditional English as a Second Language class! Thankful for this experience, I kept the promise I made to myself and I was now searching for my next upgraded opportunity.

A Truth About...

One day, I applied for a job that was “looking for sports-minded people”. Applying for that position was one of the best decisions I have ever made. It wasn’t a traditional job. This position was as a self-employed Sales Rep, on 100% commission only. As a risk taker, I took on the challenge of door-to-door sales, signing people up for donations to well-deserving charities and speaking to an average of 120 people a day, six days a week in order to reach my target. I did this job for over four years. Creative and scrappy, I became more confident in the English language and now I jokingly say that I speak better English than I do French! After being in England for five years, my ambition and entrepreneurial grit helped me go from Housekeeping to Managing Director and I was running my company in Plymouth under the umbrella of the group. I would love to say that my company was successful, but it wasn’t. I folded the company, sold my belongings, and moved to The Middle East.

I then realized that I needed to do something for myself but something that I *love*. I found a set of poems I had written years before, when I was in an unhappy point in my life. I re-read those old poems and remembered the healing effect they had on my thoughts. They boosted my willpower and helped me refocus on a more optimistic path. I am passionate about writing. I am passionate about empowering people. And that’s when I thought of you.

What if, right now, I could give you positive and uplifting words? What if I could liberate you from the negative spiral of behaviors that you might have gotten tangled in? What if I could put a smile on your face? You deserve to feel joy in your life. You deserve abundance. You deserve your dreams.

A Truth About...

Inspired by the first poems I had written for myself, I listed 52 key areas in life. With this list, I wanted to target factors where you need support so you can immerse your mind into these uplifting words. Wherever you are in the world, I just want to help you move towards your goals. I want your dreams achieved. I don't just want to see a smile on your face. I want to see you glow from within. See your eyes glitter because happiness is anchored deep inside of you.

I hope this book can moor you tightly to this anchor of bliss. No matter what challenges you face, there will be no negative force that will detach you from this new foundation of core beliefs. Become a better, stronger, more confident, happier, and more fulfilled version of yourself. Live with passion by doing something you are passionate about. Every single day of your life should be bursting with what you deserve – which is the very best. Because a beautiful truth about you is that you are amazing and so should be your life.

CC. Correa



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Looking forward to hearing from you.

In the meantime, all the very best!

Merci!

CC. Correa

*Happy happy
days!!*