Volume 1, Issue 2 Winter 2025

POETS' LOUNGE

LITERARY MAGAZINE

RENEWAL: A JOURNEY OF REBIRTH EDITION

POETRY SHORT STORIES

INTERVIEW WITH INTERNATIONAL RENOWNED POET

MUST READ BOOKS

PIROSKA FRIKK

CULTURAL VOICES OF HUNGARY

Articles on Growth, Transformation and New Beginnings



Empowerment Thru Spoken Word Poetry

ESWP MAGAZINE

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As we step into 2025, you may be filled with thoughts of the unknown and what is in store for this year. Maybe you set a new year's resolution that has already fallen flat or failed, or maybe you started the year excited for what is to come. No matter what your goals, intentions or thoughts are around the new year, in this issue of the magazine we would like to invite you to take a pause, and immerse yourself into stories, poetry and articles that reflect resilience, rebirth and renewal. Built around the human spirit of "never giving" up, may these pages inspire you, fill you up and empower you for the new year, or new beginnings – if needed. May this issue remind you that true power comes from within and that you have the chance to "renew" your story and life every day.

This Issue

Interview with International Poet Piroska Frikk Cultural Voices of Hungary Articles on Renewal, Transformation and New Beginnings Poems, Short Stories and Poetic Devices 5 Must Read Books and more...

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ESWP MAGAZINE



Insights & Inspirations

With Anita C. Powell, Msc.D., Dr. (h.c) Founder/Visionary ESWP & TAPN2U Movement LLC

Relax, Renew and Release

Life often feels like a whirlwind, pulling us in countless directions. Responsibilities pile up, stress mounts, and moments of peace seem fleeting. Yet, within each of us lies the wherewithal to pause, reset, renew, and reclaim our serenity. This is the essence of Relax, Renew & Release.

Relaxing is to grant ourselves permission to b...r...e...a...t...h...e. It's more than stepping outside of the chaos; it's stepping inside the stillness. Imagine the sensation of letting tension melt away, like the warmth of the sun melting frost. All we have to do is close our eyes, inhale deeply, and experience our shoulders soften as we exhale. Relaxation isn't an indulgence; it's a necessity—a gateway to clarity

Renewal comes when we reconnect with our soul. Like the earth after a gentle rain, we emerge refreshed, ready to grow and glow. Renewal is a time to align with your true self, letting go of what no longer serves you. It's found in mind-aware moments: a walk in nature, a heartfelt conversation, or the quiet joy of simply being present

And then, the most liberating step: release. To release is to let go of burdens that weigh on our mind and heart. Picture a balloon drifting into the sky, taking with it your fears, doubts, and worries. Releasing doesn't mean forgetting; it simply means forgiving—yourself and others. Relax, Renew & Release is more than a mantra; it's a practice, a gift we can give ourselves. When we embrace these three steps, we create space for peace, joy, and change. Life is an ever-evolving journey, and within it, you hold the power to reset, renew and rise.

Today, take a moment to be in the present. Allow relaxation to wash over you. And with courage, release what no longer serves you. The best version of you is waiting on the other side of Renewal.



Relax. Renew. Release.

Blessings Peace & Love*Anita

Anita is a Mom & GranMom. She is an Energy Principle Practitioner, specializing in Self Awareness & Inner Peace. Anita is Founder of ESWP and the TAPN2U Movement, LLC. She is an award-winning International Poet/Speaker. She is a Doctor of Metaphysics, Doctor of Philosophy, Honoris Causa and President's Lifetime Achievement Award recipient. An author, Anita is creator of the Global TAPN2U Peace Partner Movement, #jointhemovement #spreadtheworld campaign. Anita volunteers her time, talent, and treasure within our Global Community. Anita believes Inner Personal Enhancement is the gateway to the betterment of self, the world and humanity, and shares her "Elevate Your Energy message coaching, consulting and on speaking various platforms.





RENEWAL: THE SACRED PAUSE

By Akleema Ali

As the calendar turns to 2025, the world collectively takes a breath. The new year often feels like a blank canvas—a chance to reflect, reset, and renew. Yet, this time of year isn't just about setting resolutions or rushing into action; it's also an invitation to pause, honor stillness, and reconnect with ourselves.

What if, instead of focusing solely on doing, we embraced the sacred act of being? This pause, this moment of reflection, holds the power to transform not just our year ahead but also the way we engage with life. In this article I describe reflective questions and affirmations to guide you through the pause and renewal process.

Embracing the Sacred Pause

The sacred pause is a deliberate act of slowing down—a chance to step off the treadmill of constant motion and realign with our inner selves. In a world that often equates busyness with worth, choosing to pause is an act of courage. Pausing doesn't mean stagnation; it's about creating space for insight and healing. Like the quiet between musical notes, the pause gives rhythm and meaning to the symphony of our lives.

Reflective Question: When was the last time I allowed myself to pause without guilt or distraction?

Affirmation: "I give myself permission to rest, knowing that renewal begins with stillness."

Aligning with Nature's Rhythms

Nature shows us the beauty of cycles. Fields lie fallow to regenerate, seeds rest beneath the soil before bursting forth, and animals hibernate to conserve energy. As humans, we are not separate from these rhythms; we too need periods of rest and reflection to prepare for growth. At the start of a new year, aligning with nature's wisdom means giving ourselves the grace to rest and trust that this pause will lead to blossoming.

Reflective Question: How can I align my energy with the natural rhythms of renewal?

Affirmation: "I trust in the cycles of life and allow myself to embrace the beauty of this season of rest."



Letting Go to Move Forward

Renewal isn't possible without release. Just as nature sheds what is no longer needed, we too must let go of habits, thoughts, and beliefs that no longer serve us. Create a lettinggo ritual to symbolically release the past. Write down fears, regrets, or limiting beliefs on paper, then safely burn or bury them. This act clears space for new possibilities to take root.

Reflective Question: What am I ready to release to make space for renewal in 2025?

Affirmation: "I release what no longer serves me, creating space for new growth and opportunities."

A Vision for Renewal in 2025

As you honor the pause and release the old, begin to envision what renewal looks like for you. Picture your ideal year—what do you want to create, feel, and achieve? Break this vision into small, actionable steps. Renewal doesn't happen overnight; it's nurtured through consistent, intentional choices.

Reflective Question: What small daily practices can I commit to that align with my vision for renewal? Affirmation: "Each day, I take steps toward renewal, trusting the process of growth and transformation."

Honoring the Pause

The start of 2025 is more than a time for resolutions—it's a chance to honor the sacred pause, reflect on your journey, and step forward with intention. By embracing stillness, aligning with nature's rhythms, and releasing the old, you open the door to profound renewal. Remember, the pause isn't an absence of action; it's the foundation for meaningful growth. As you move forward in 2025, may you carry the wisdom of the sacred pause with you, trusting it to guide your journey.



Akleema Ali is a Reiki Master Teacher from Trinidad & Tobago. Her mission is encouraging others to build their own sanctuary of peace and calm.



EXCLUSIVE INTERVIEW

International Renowned Hungarian Poet Piroska Frikk

P I R O S K A F R I K K



" From a perspective of almost seventy years, when I look back on my life, I see that everything happened to me for a reason."

Piroska was born in 1956 in Veszprém, Hungary, where she also completed her general education. In the years that followed, she drew her greatest lessons from life itself. For the past nine years, Piroska has been dedicated to writing poetry, with her works featured in numerous international exhibitions. Her poems serve as a reflection of her innermost feelings, expressing her deep desire for a world of inclusion, love, and peace, as well as the preservation of the planet, the protection of animals, and the ultimate achievement of world peace.

Piroska 1956-ban született Veszprémben, itt végezte általános tanulmányait is. A következő években magából az életből vonta le a legnagyobb tanulságokat. Piroska az elmúlt kilenc évben a versírás elkötelezettje volt, munkái számos nemzetközi kiállításon szerepeltek. Versei legbensőbb érzéseit tükrözik, kifejezve mély vágyát a befogadás, a szeretet és a béke világa, valamint a bolygó megőrzése, az állatok védelme és a világbéke végső megvalósítása iránt.

POET FOR PEACE



What inspired you to begin writing poetry and how has your style evolved over time?

I always loved reading. Mostly poems. I had a serious illness that was near death. And since I had been given a new life, I thought I should spend the remaining time doing something useful. At first I wrote poems about stories from my own life, but now I'm much more interested in the fate of humanity.

Mindig szerettem olvasni. Legfőképp verseket.

Volt egy halálközeli súlyos betegségem. És mivel kaptam egy új életet, úgy gondoltam, hogy a hátralévő időmet valami hasznos dologgal kell eltöltenem.

Eleinte saját életem történeteit foglaltam versekbe, de már sokkal jobban érdekel az emberiség sorsa.

Can you share how your general education contributed to your perspective as a poet and as a person?

I get a lot of information from newspapers and the media. Every day I see the horrors happening in the world. I know I can't change everyone's way of thinking. But if just one or two people read my poems and they have a positive impact on them, it's worth writing.

Sokat tájékozódom újságokból, és a médiából. Nap mint nap látom, hogy milyen borzalmak történnek a világban. Tudom, hogy nem változtathatom meg minden ember gondolkodás módját. De, ha csak egykét ember olvassa is el a verseimet, és pozitív hatást vált ki náluk, már megérte írni.

You describe life as your teacher what are some of the most profound lessons life has taught you that shape your poetry?

From a perspective of almost seventy years, when I look back on my life, I see that everything happened to me for a reason. Both good and bad. If I could live again, I wouldn't change a thing. In life, material things are secondary, only love is truly important. 11

Majd hetven év távlatából, ha vissza tekintem az életem, látom, hogy minden okkal történt velem. Jó és rossz egyaránt. Ha újra élhetnék semmin nem változtatnék. Az életben az anyagi dolgok másodlagosak, csak a szeretet fontos igazán.

Your poems reflect deep emotions—how do you connect your personal feelings with universal themes like love, peace, and inclusion?

Love is a very important part of life. It starts as a burning passion and then turns into an everlasting love.

It is very important to live in peace, to accept ourselves and others as we are. Be it poor, rich, black, white. We must respect everyone's faith, religion, identity, because we are all human.

A szerelem nagyon fontos része az életnek. Először lángoló, majd átváltozik örökké tartó szeretetté. Nagyon fontos békében élni, elfogadni önmagunkat és másokat olyannak amilyenek vagyunk. Legyen az szegény, gazdag, fekete, fehér. Tiszteletben kell tartani mindenki hitét, vallását, identitását, mert mind emberek vagyunk.

What does it mean to you to have your poems exhibited at international exhibitions? How does this recognition impact your creative process? Participating in an exhibition is a very honorable and uplifting feeling. It is even more inspiring to know that my poems can reach more people.

Egy kiállításon résztvenni, nagyon megtisztelő, és felemelő érzés. Felettébb inspiráló a tudat, hogy több emberhez eljuthatnak a verseim.



Why are issues like protecting the planet, animals, and advocating for world peace so central to your work?

Protecting nature is vital! Because if we destroy it, we won't have a place to live either. WORLD PEACE!!! I am also a mother and grandmother, and I want to keep my offspring safe. They should no longer have to live in the shadow of wars!

A természet megóvása létfontosságú! Mivel, ha elpusztítjuk, nekünk sem lesz élőhelyünk. VILÁGBÉKE!!! Én is édesanya, nagymama vagyok, és szeretném biztonságban tudni az utódaimat. Nekik már ne kelljen háborúk árnyékában élni!

If you could share one poem or message with the world to promote love, peace, and inclusion, what would it be and why?

my poem. I WILL TELL YOU I've told you a hundred times. And, I'll say it a thousand times. Don't hurt your fellow humans! Live in peace and love, man! Respect nature! Don't rob the earth of it, All his treasures, his wealth. Leave it alone so it can heal itself! a versem. ELMONDOM Elmondtam már százszor. És, elmondom még ezerszer. Ne bántsd embertársaidat! Élj békében, szeretetben ember! Tiszteld a természetet! Ne rabold ki a földnek, Minden kincsét, vagyonát. Hagyd békén, hogy meggyógyíthassa önmagát!





FESTIVAL, CUISINE, MUSIC, DANCE, ARTS

Cultural Voices of



Come take a journey with us as Piroska Frikk takes us into the Culture of Hungary









What are some traditions or customs unique to Hungary that play an important role in daily life or celebrations?

In my country of Hungary, many traditions are still alive today. Among these, I would highlight the Mohács Busó district. The men dress up in terrifying masks and drive away winter with poles and drums. The farewell walk is still a tradition, although nowadays it is called a village day. Visitors are welcomed with various shows and a pop-up fair.

Magyar hazámban, sok hagyomány él még a mai napig is. Ezek közül kiemelném a Mohácsi Busó járást. A férfiak beöltöznek rémisztő maszkokba, és kolompokkal, dobokkal űzik el a telet. Fennmaradt hagyomány még a búcsújárás, bár manapság falu napnak hívják. Különböző műsorokkal, és kirakodó vásárral várják az idelátogatókat.

How does Hungarian cuisine reflect the country's history and cultural identity?

Our typical Hungarian food is goulash and fish soup, which we cook in a cauldron at friendly gatherings. At Christmas, we eat fish, roast duck and bagels. This tradition is passed down from generation to generation.

Jellegzetes magyar ételünk a gulyás, és a halászlé, melyeket baráti összejöveteleken, bográcsban főzünk. Karácsonykor halat, kacsasültet, és bejglit eszünk. Ez a hagyomány nemzedékről-nemzedékre száll. What role does folk music and dance play in preserving Hungarian heritage, and how are these traditions passed down to younger generations?

Folk music and folk dance play an important role. They are performed in Hungarian folk costumes at various events. Young people can learn it in song circles, folk dances, and traditionalist groups.

A népzenével, néptáncnak fontos szerepe van. Különböző rendezvényeken, magyar népviseletben adják elő. A fiatalok dalkörökben, vagy néptánc, és hagyományőrző csoportokban tudják elsajátítani.

What are some unique aspects of Hungarian language and literature that contribute to the nation's cultural identity?

The Hungarian language is very colorful. It has a rich vocabulary, which is limited by strict grammar rules. But, if someone learns, he can express anything with it.

A magyar nyelv nagyon színes. Gazdag szókinccsel rendelkezik, melyeket szigorú nyelvtani szabályok határolnak. De, ha valaki megtanulja bármit ki tud fejezni vele.



What are some contemporary Hungarian cultural practices or values that outsiders might find surprising or intriguing?

There are many festivals and events in my country. I would especially like to highlight the multi-day World Youth Meeting held every year in Budapest, where many young domestic and international artists can present their skills. Many young people are attracted to this event, which is fun and also influences cultural development. Thank you very much!!!

Nagyon sok fesztivál, rendezvény van hazámban.

Külön kiemelném, a Budapesten minden évben megtartott, több napos Világ Ifjúsági Találkozót, melyen nagyon sok fiatal hazai, és nemzetközi művész bemutathatja tudását.

Rengeteg fiatalt vonz ez az esemény, mely szórakoztató, és egyben befolyásolja a kulturális fejlődést is. "Poetry is not a luxury. It is a vital necessity of our existence." ~Audre Lorde



IAM

I'm the spark that ignites the flame, Inspiring passion, a compelling aim. Awakening visions, once faded and grey, A fiery glow lights the way.

I'm cooling breezes that soothe the soul, Healing wounds, making hearts whole. A joyful melody that echoes through time, An impossible dream that becomes sublime.

I'm the bridge connecting past to present, Shaping nebulous thoughts into discontent. Profound happiness felt with grateful heart, Fertile soil bursting forth, a new start.

I'm generosity that shares and gives, Ancient stories retold, with new life it lives. Hard-won victories celebrated with cheer, Electric moments that forever last.

I'm quietude, providing peaceful rest, Unwavering faith that never finds unrest. A sought-after prize that never fades, An attraction that forever parades.

A memory that time cannot erase, A structure of life erupting in its place. A sojourner seeking faith's pure light, An image of excellence, a guiding sight.

A pattern of glory to emulate and share, A shining beacon, beyond compare.

~Shahid Abbas

Those who wandered off and abode eternity

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In the silence of fleeting moments of the goneby years Those who wandered off and abode eternity In the twinkle of the stars of the passing vears Your memory softly glows so bright Though the reality is that you are no more, but your love remains A gentle echo of joy and cheer Yet in my heart, you're ever near I see your smile in the floating clouds And whisper softly your precious name The scent of pleasing memories Remind me of the times we'd share Laughter mingled with never ending stories And dreams from long ago Tears may fall as they're ribbons of love through joy and pain I cherish and keep you as forever mine Candles of love and memories in honour of you With every wick your everlasting memories will glow forever!

~ Huma Kirmani



She

In autumn, she came with spring My withered life turned green. My dead longings began to sing The songs of a new blissful life. I smelt her freshening aroma as if of a rose, The joys that I began to experience Interred all my woes. Her smile my wounds healed, Her words relieved my each cardiac pain But for her entry, I'd have been insane.

~Shafkat Aziz Hajam



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Lo de ayer

Que no se quede, en la historia, el río, del ahogo efímero, la huella de tristeza, en los ojos.

Azul, marrón y verdes.

El blanco y el negro son eternos, más, yo no quiero, ver así, el mundo encerrado, en las almas.

Azul, marrón y verdes.

Dejá las profundas quemaduras, de lágrimas y penas, que cierren la cadena viva, en polvo de mareas.

Azul, marrón y verdes.

Las piernas y los brazos, déjalos, pacíficamente que descansen, en susurro de libertad, en flores, floreciendo.

Azul, marrón y verdes

~ludita Mirea

· <u>
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English Translation Next Page

Yesterday

Let not the river of ephemeral drowning remain in history, the trace of sadness, in the eyes.

Blue, brown and green.

Black and white are eternal, but I do not want to see the world like this, locked up, in souls.

Blue, brown and green.

Let the deep burns, of tears and sorrows, that close the living chain, in the dust of tides.

Blue, brown and green.

The legs and arms, let them, peacefully rest, in a whisper of freedom, in flowers, blooming.

Blue, brown and green

~ludita Mirea

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Featured Poets



Shahid Abbas

Shahid Abbas Shahid is a celebrated Pakistani writer and poet hailing from Kirpala Tandlianwala, Faisalabad. Renowned for his poignant works, 'Words from Nature' and 'We Speak in Syllables', his poetry has been translated into ten languages. Dubbed 'Pakistan's Nature Poet', Shahid's unique voice weaves together themes of beauty, solitude, and the human experience, deeply rooted in his connection to the natural world.

Huma Kirmani

Huma Kirmani is a TEDx Speaker, author, poet, human rights advocate, and educationist dedicated to empowering lives through words, education, and social justice initiatives.



Featured Poets



Shafkat Aziz Hajam

Shafkat Aziz Hajam is a poet, reviewer and co-author from India kashmir. He is the author of two poetry books titled as The cuckoo's voice and the unknown wounded Heart. His poems have appeared in international magazines and anthologies like Wheel song anthology UK based, Prodigy, digital literary magazine USA,Inner Child Press International USA,AZAHAR anthology Spain etc

Iudita Mirea

Iudita Mirea was born in Romania with Hungarian-Romanian roots. She is a philologist, poet, and cultural ambassador residing in Spain. Iudita founded International Cultural Spaces, published *Traveling Between Colors*, and participates in global literary events. She is multilingual, with expertise in arts, history, and linguistics.





RENEWAL OF SOUL: HEY, THE NEW YOU!

By Dr. Sanjhna Nayarr

Life is a symphony of highs and lows, a dance of triumphs and challenges that shapes who we are. In the ebb and flow of existence, there comes a time when the soul whispers—soft yet profound—that it is time for renewal. This whisper, often masked by the noise of daily life, is an invitation to pause, reflect, and reconnect with the unshakable strength that lies within.

The Call for Renewal

The journey toward soul renewal often begins in moments of stillness, sometimes sparked by life-altering events or the quiet realization that we've lost touch with our authentic selves. It's the fatigue of a life lived on autopilot, the longing for purpose, or the ache of untapped potential that nudges us to awaken.

Renewal is not about erasing the past but about embracing it with grace. It is the courage to step out of the shadows of self-doubt and into the light of our inherent power. It is a gentle unfolding—a return to the self that existed before the world told us who we should be.

Recognizing Inner Strength

At the heart of soul renewal lies the recognition of inner strength. This strength is not about physical endurance or stoicism in the face of adversity; it is the quiet resilience that comes from knowing your worth. It is the ability to find peace in chaos, to rise after every fall, and to believe in your potential even when the world feels uncertain. Recognizing inner strength begins with self-awareness. It's about peeling back the layers of doubt, fear, and societal expectations to uncover the essence of who you truly are. This process can be uncomfortable—it requires vulnerability and honesty—but it is also profoundly liberating. When we let go of the need to conform or seek validation, we open ourselves to the truth of our own power.

The Path to Renewal

Soul renewal is not a destination; it is a continuous journey. Here are some steps to guide you along the way:

- 1. **Embrace Stillness:** In a world that glorifies busyness, finding moments of stillness is a radical act. Whether it's through meditation, journaling, or simply sitting in silence, stillness allows you to hear the whispers of your soul. Clarity often begins to emerge in these moments.
- 2. Let Go of What No Longer Serves You: Renewal requires release. This might mean letting go of toxic relationships, outdated beliefs, or draining habits. Decluttering your inner world makes space for growth and joy.
- 3. **Practice Self-Compassion:** The journey of renewal is not linear. There will be setbacks and moments of doubt. Treat yourself with kindness and patience, celebrating small victories and learning from challenges without judgment.
- 4. **Reconnect with Your Passions:** What lights up your soul? Reconnecting with activities that bring joy—painting, dancing, gardening, or writing—rekindles your inner fire.
- 5. **Surround Yourself with Positivity:** The energy of those around you can greatly influence your own. Seek relationships and communities that uplift and inspire. Distance yourself from negativity and embrace connections that nurture your spirit.
- 6. **Trust the Process:** Renewal is deeply personal, and there is no right or wrong way to go about it. Trust that every step, no matter how small, is leading you closer to your truest self.

The Beauty of Transformation

As you embark on soul renewal, challenges become growth opportunities, others' opinions lose power, and beauty emerges in the mundane. This journey isn't about becoming someone new but returning to your true essence—shedding conditioning and embracing your wholeness as you are.

Finding Strength in Vulnerability

One of the greatest lessons of soul renewal is that true strength is found in vulnerability. It is in acknowledging fears and insecurities that we find the courage to overcome them. Sharing our stories and experiences creates connections and inspires others.

Vulnerability is not a sign of weakness; it is a testament to our humanity. Allowing ourselves to be seen—flaws and all—gives others permission to do the same. In this shared authenticity, we find strength, healing, and belonging.

A Message of Hope

The journey of renewal reflects the resilience of the human spirit. No matter how lost you feel, there is always a way back to yourself. Your soul can heal, grow, and transform, turning even pain into growth. Remember, you are not alone many share this path, seeking light in darkness and strength in struggle. Together, we prove the power to rise again, no matter how often we fall.

The Gift of Renewal

In renewing your soul and recognizing your inner strength, you gift yourself the freedom to live authentically. You embrace the beauty of imperfection and the joy of simply being. You step into a life of purpose, passion, and peace, knowing that you are enough—exactly as you are. The journey of renewal is not always easy, but it is always worth it. Listen to the whispers of your soul, trust in your inner strength, and take that first step toward becoming the person you were always meant to be. The world needs your light, your story, and your strength. Shine brightly, for your soul's renewal is a beacon of hope for all who cross your path.



Dr Sanjhna is an author, Art Therapist, Graphotherapist, Etiquette & Grooming Coach, Signature Analyst, Tarot- Rune-Numero Counsellor, Energy Healer, Podcaster, Professional Bharatanatyam Guru. Dr Sanjhna Nayarr is the founder of

SAFRONEYA. It's a holistic wellness centre based at Kerala

5 Books To Read



Click Book Title for Purchase Options



<u>Bipolar Disorder:</u> <u>Etiology and Treatment Overview</u>

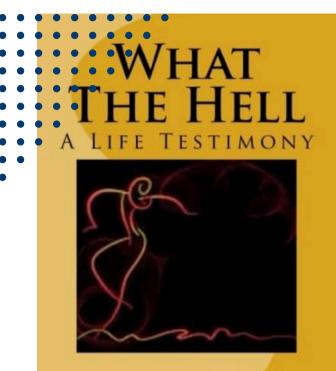
This book is an overview of the etiology, treatment, cutting edge approches of Bipolar Disorder. The author, Maria Santiago-Valentin, is a Learning Disabilities Diagnostician and case manager in a public high school in New Jersey.

RUDHIRA: The Sacred Burnt Blood

This book explores the history and cultural significance of menstruation, delving into folklore, traditions and superstitions surrounding it. It aims to promote a more open and respectful understanding of this vital aspect of life, encouraging readers to break the stigma around menstruation. **RUDHUBA** The Sacred Burne Blo

A Collection of folkl

Dr Sanjhna Nay



MELVINIA FORD

WHAT THE HELL: A LIFE TESTIMONY

Despite enduring trauma, loss, and hardship, Melvinia Ford overcame life's challenges through faith and resilience. Losing both parents early, she sought love and purpose, ultimately founding Re-Birth Healing & Deliverance Worldwide to guide others toward healing, freedom, and spiritual growth. Her journey inspires transformation and empowerment. This book is about her story.

HEALTHY LIFESTYLE JOURNEY JOURNAL-

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REV.JOSLYN FARRAY PIERRE

ELLNESS CIRCLE

SICRED

HEALTHY LIFESTYLE JOURNEY JOURNAL

This guide helps you align with your true self and embrace personal power for a happier, peaceful life. It includes meditation, crystals, gratitude, moon cycles, and journal prompts while exploring selflove, confidence, and highvibration foods to enhance your well-being. The Divine feminine

My Relationship with God

A book for Everyone INSPIRED BY 14 WRITERS

ANITA C POWELL, MSC.D., ET AL

THE DIVINE FEMININE

Unsure of Your Relationship With God? This book may be the source to help You in Your quest to Recover that Relationship. "The Divine feminine - My Relationship With God" A project comprised of 14 Inspired SoulBeautiful Women from USA & around the World sharing expressions of a Journey.





As we step into 2025, the theme of renewal resonates deeply. It is an invitation for women to pause, reflect, and embrace the transformative power of self-care, self-healing, and a mindset of abundance. In a world that constantly demands our time and energy, prioritizing our well-being is not a luxury —it is a necessity. This year, let us commit to renewal in its truest sense: nurturing ourselves to be whole, vibrant, and ready to embrace all the opportunities that lie ahead.

The Importance of Self-Care

Self-care is not simply about indulging in occasional pampering or relaxation; it is a comprehensive approach to caring for the mind, body, and spirit. Women, in particular, often place the needs of others before their own, whether it's caring for family, supporting colleagues, or managing community responsibilities. However, in order to show up as our best selves, we must first fill our own cups. In 2025, let's prioritize practices that nurture our mental and physical health: setting boundaries, taking breaks, and engaging in activities that bring us joy and peace. Whether it's reading a good book, enjoying a walk in nature, or indulging in a quiet evening of selfreflection, self-care is about recognizing that we deserve time to recharge and restore our energy.

The Power of Self-Healing

Alongside self-care, self-healing is an essential practice for renewal. In a world that often pushes us to be constantly "on," many women carry emotional, mental, and even physical burdens that can hinder personal growth and happiness. Healing involves addressing past wounds whether they stem from personal relationships, professional challenges, or societal pressures—and creating space to release those pains. This year, let us focus on the healing process: engaging in practices such as journaling, therapy, meditation, or simply allowing ourselves the grace to heal at our own pace. True renewal comes from within, and only when we allow ourselves to heal can we fully embrace the abundant life that awaits.

Adopting an Abundant Mindset

A key element of renewal in 2025 is cultivating an abundant mindset. Too often, women limit themselves by focusing on scarcity—whether it's fearing there's not enough time, resources, or opportunity. But when we shift our focus to abundance, we begin to see the endless possibilities before us. An abundant mindset allows us to believe that there is always enough: enough love, enough time, and enough opportunity. It encourages us to dream big, take risks, and pursue our goals with confidence. This vear, let's release the notion of limitation and embrace the idea that we can achieve everything we set our hearts on. An abundant mindset empowers us to seek growth and embrace challenges, knowing that we are capable of achieving great things.

Moving Forward in 2025

As we embark on 2025, let this be a year of renewal for every woman. A year where we practice self-care, engage in healing, and cultivate an abundant mindset. Let us remember that our worth is not defined by what we do for others, but by how we care for and honor ourselves. Renewal is about setting intentions, taking inspired action, and embracing the infinite possibilities that await. Here's to a year of abundant joy, growth, and healing—together!



Dr. Latasha Ramsey-Cyprian is a mother, entrepreneur, and HR expert with an MBA and PhD in Philosophy. As the CEO and Founder of Optimum Life Enterprises LLC, Optimum Life Credit Solutions, and Professional Pulse Magazine, along with the Voices of the Pulse Podcast. Dr. Ramsey-Cyprian has made a significant impact as an international speaker, bestselling author, certified life coach, and credit strategist. She empowers others through her companies, international speaking, bestselling authorship, and coaching. She earned awards for leadership, activism, and community service.



Poets' Lounge



Projective Verse Poetic Form

This poetic form challenges conventional poetic norms, inviting readers to engage with the poem as a living, breathing experience

Projective verse is a dynamic approach to poetry that prioritizes the natural rhythm of the poet's breath and thought over predetermined structures. It treats the poem as a living field of energy, where the placement of words, lines, and spaces reflects the poet's immediate thoughts and emotions, creating a rhythm that mirrors natural speech and breath patterns. Rather than conforming to traditional forms, projective verse allows the poem to unfold organically, guided by the interplay between sound, meaning, and the physical act of composition. It is poetry as an active process—immediate, open, and rooted in the poet's connection to their moment of creation.

Key Features:

•Breath-based Rhythm: The structure of the poem is determined by the poet's breathing, making the line lengths and pauses reflective of their natural cadence

•**Open Form**: It abandons traditional meter and rhyme schemes, embracing fluid and unrestricted structures. •Energy Transfer: The poem captures the poet's energy and intention, transferring it to the reader through the arrangement of words and spaces.

•Composition by Field: The entire page is treated as a canvas, with word placement, spacing, and line breaks contributing to the poem's meaning and visual impact.

•Spontaneity and Authenticity:

Projective verse prioritizes the immediacy of thought and feeling, emphasizing raw, unfiltered expression over polished or rehearsed form.

These features make projective verse an evolving, physical, and intuitive form of poetry that seeks to connect the poet, the poem, and the reader through a shared, dynamic experience

Example of a Projective Verse:

That's what I named me Invisible They do not see me They do not want to see me They do not want to see me because of what I carry

I linger in the depths of obscurity waiting to be seen

I am rarely seen I am usually ignored Ignored because of fear fear of what I may illuminate

I illuminate the possibility of them becoming me a host for untethered expressions thriving on the rhythm of life

They do not see me they hear the emotions talking through the language of my body

It frightens them That I am not their normal The beat of my drum is so loud I see the whole thing differently ~Michelle Brown

Poetic Devices

Poetic devices are literary techniques and tools that poets use to enhance the meaning, sound, and emotional impact of their poems. These devices help create rhythm, imagery, and structure, making the poem more engaging and memorable. They can include elements of language, sound, and form.

Here are three poetic devices with their descriptions:

 Simile: A comparison between two things using "like" or "as" to highlight similarities.
 Example: "Her laughter was like a melody."

2. Enjambment: The continuation of a sentence or phrase across a line break without a pause.Example:"The moonlight spilled across the floor, dancing in silence."

3. Personification: Giving human qualities to non-human objects or abstract ideas. Example: "The wind whispered secrets through the trees."

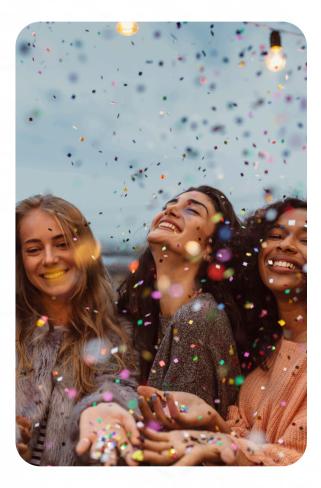
THE CELEBRATION WITHIN

By Komal Gupta

As life unfolds with its many seasons, a quiet sense of closure often mingles with anticipation of new beginnings. This is the perfect moment to honour the path you have walked, not just by recognizing your achievements but by awakening the spirit of renewal within. Celebration is not merely about festivity, it is a soulful act of remembrance, gratitude, and reawakening. It is a way of pausing to draw strength from your experiences and prepare for growth to come. Take a moment to close your eyes and breathe deeply. Feel the weight of your journey. The trials, triumphs, and lessons. Let the joy of your accomplishments fill your heart like the warmth of a rising sun.



This is mindful celebration: an act of savouring. Fully immerse yourself in the emotions of success and allow gratitude to flow through your veins. Every victory, no matter how small, is a testament to your perseverance and purpose.Engage your senses. If your success is symbolized by a tangible object, like a certificate or creative work, hold it in your hands. Feel its texture, observe its details, and reflect on the story it carries. This practice deepens your connection to your achievements, transforming them into sacred reminders of strength and growth.





Renewal thrives in the fertile soil of relationships. Share your journey with those who walked beside you, cheering from the sidelines or offering quiet encouragement. Host a gathering, even a small one, to celebrate your journey. As laughter and shared stories fill the air, your successes become communal joy, strengthening bonds and amplifying positivity. Gratitude is the heart's way of saying, "I see you, and I am thankful." Express appreciation to those who inspired, guided, or supported you. Write personalized notes or messages to honour their role in your success. Shared gratitude nurtures connections and invites more abundance into life.

Create personal rituals that mark your milestones with significance. Traditions bring structure to celebration, making it intentional and memorable. Treat yourself to a special meal that symbolizes nourishment for the soul or indulge in a day of complete self-care. A time dedicated to rest, reflection, and replenishment. Consider starting a "Renewal Journal." Recount meaningful moments, proud accomplishments, and gained wisdom. Write freely, letting thoughts flow without judgment. This honours the past and lays a foundation for inspired living in new phases.

Every reflection carries seeds for the future. As you celebrate, reflect on how your achievements align with your aspirations. What dreams have emerged? Which goals now seem more relevant? Use reflection as a springboard to set new intentions that honour growth and evolving vision.

When setting new goals:

Anchor them in meaning and personal fulfillment rather than external validation.
Break them into actionable steps for steady progress.

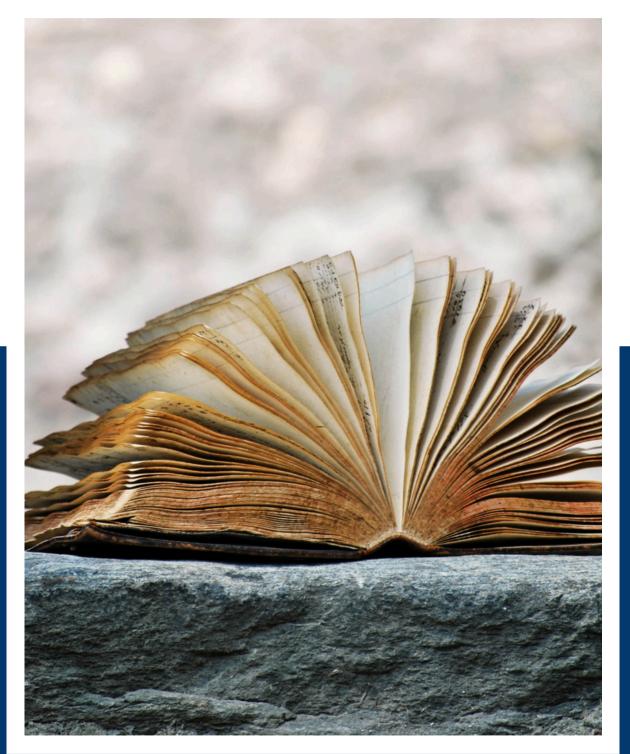
□ Create a system of gentle accountability that supports without pressure.

As you look back, separate your actions from your self-worth. Mistakes are not failures; they are teachers. Reflect with kindness, acknowledging your humanity. Renewal flourishes when nourished by selfcompassion. Relish the gift of stillness. This is a sacred pause to nurture your inner world. Celebrate life as a masterpiece in progress. Let each breath remind you of infinite possibilities ahead. Your story is unfolding, your spirit ever-renewing. Step into each chapter with hope in your heart, joy in your soul, and gratitude lighting your path. The journey continues, bright, boundless, and filled with wonder.



Komal Gupta is an award-winning Indian poetess and writer based in India. She writes under the pen name of tejaswiniaura. She is an avid reader with a penchant for the extraordinary and mundane aspects of life. A keen observer of life, words to her are an extension of perceptions. Komal continues to push the boundaries of what defines poetry, writing with her unique style of narration and reflections. She believes in the power of words, arts and culture to change lives and impact society in positive ways

SHORT STORIES



Short stories are like glimpses through a window—brief, vivid, and powerful enough to reveal entire worlds in just a moment.

aves

Echoes

By Rev. Joslyn Farray Pierre

I found her, abundant and radiant, A dazzling beacon of warmth and light, every smile a sunbeam, illuminating the world, Daring, forever embracing the thrill of risk, With the moon as her guiding light, Casting a lustrous glow upon her journey. From the full moon's embrace, she releases, like silken threads unfurling in the night air, what no longer serves her spirit, Forgiveness blooms like blossoms kissed by dew, each petal a delicate testament to renewal, Beauty flourishing in acts of compassion, In perfect harmony with nature's wonders. As the new moon softly whispers intentions, She leaps into inspired action, Each step a dance of purpose and grace, What joy it is to manifest pure elation, Evolving into a magnificent butterfly of love, A tapestry of dreams woven with glittering stardust, Spreading her wings of joy across the cerulean sky, Radiating light, a celestial celebration, Awakening the beauty of life's infinite possibilities

I love her; she is courage, skipping joyfully across the ocean, Unafraid of the storm, for surely Her creator commands the winds. The elements dance at her bidding, in humble service, they know her essence— The epitome of harmony. Bliss, bliss, immeasurable bliss, A symphony of joy echoing in her soul. How can one explain this invaluable gift to a beautiful man, a heart so pure? Words fall short of such a treasure, this radiant spirit, a beacon of light, Illuminating the depths of love. With elegance in every step, she glides, A vision of poise, confidence personified, Her laughter like sparkling waves, Her presence a gentle caress of the sea breeze. Short hair danced like playful springs, kissed by the sun, Eyes reflecting the depth of the ocean— A mesmerizing dance of turquoise and gold. Each stride is a celebration, a joyful expression, of a soul that knows no bounds, Embodying grace as she embraces the world, an enchanting melody that calls forth the stars.

Wonderblast! What an amazing season, as her heart dances in exuberant delight, A symphony of laughter echoes in her spirit, immersed in untold wonders, each moment a brushstroke on the canvas of life, A dance of vibrant colors swirling in the breeze. She longs to share this joy, Unspeakable and radiant, yet fears it may slip past Those who tread lightly on the earthly ground. She whispers a prayer, that their eyes be opened like petals at dawn, to experience the heavenly sweetness of joy on earth. Yes, bills must be paid, and survival is crucial, but isn't it far greater to live and love, to bask in the warmth of connection and let the spirit soar beyond mere existence? Destiny beckons to a more enchanting life, where you are not just a survivor but a wanderer in bliss, steeped in a wealth of abundance, with each heartbeat a symphony of fulfillment, as you infuse the essence of your soul into every interaction, every moment shared. Together, let us embrace joy unspeakable, Rivers of delight flowing freely between us, A cascade of laughter and pure intention, Abundance shimmering like golden rays, Illuminating the beauty we behold. You are a masterpiece crafted by the universe, bringing forth joy untold, Reflecting the serenity of a thousand sunsets, The love that knows no bounds, A spirit dancing in harmony with the world.

A Leap of Faith By Dr. Anita C. Powell, MsC.D

After nineteen years, I walked out the door. My heart beat faster with each step, knowing I was leaving behind the comfort of a predictable paycheck, the security of routine. I paused for a moment at the edge of the parking lot, the weight of the decision pressing on me. Nineteen years. It was a lifetime in some ways. But for the first time, I felt the stirrings of something else—something deeper—inside me.

I had always been the steady one, the reliable one. People knew me as the one who never wavered, always on time, always in control. But deep down, I knew I had been playing it safe for far too long. My soul longed for something more, something real. A life that wasn't measured by titles or the hours on a clock. I had been chasing stability, yet deep down inside it was deeper faith I was truly searching for.

In the quiet of my car, I said a prayer—not for strength, but for surrender. I was done with living in the shadows of fear, done with holding on so tightly that I couldn't feel the life around me. I needed to trust—trust in myself, in the universe, in the faith I had put aside for far too long.

The road ahead was unknown, and that scared me more than I could admit. But the feeling that welled up inside me wasn't fear—it was hope. Hope that I was about to start something incredible, something that would bring me closer to my truest soul mission and life purpose.

I had no plan, no blueprint. Only faith. Faith that I could make it, that each step I took would bring me closer to the truest of me. And so, with the engine humming beneath me and the world stretching wide before me, I drove forward.

It wasn't the easiest choice. But it was the right one.

In that moment, I knew: I wasn't leaving something behind—I was finally stepping into the life I had been waiting for. A life where faith and trust was the foundation, and the future, though uncertain, was mine to create.

Apperception

By Michelle Brown

In the darkness of uncertainties, you stumble, lost within your own mind. I watch you, my presence unseen, as you clutch desperately at illusions that only deepen your confusion. I long to birth the perfect painting of reality for you, but your blinded vision clouds my canvas. You see the chaos, but not the hand extended toward you. You are oblivious to me.

I strive to serenade you, to awaken you to the harmony waiting within, but your life's song is so painfully off-tune, its dissonance drowning me out. Still, I persist. I breathe subtle hints through the cracks of your life—intimate experiences meant to show you the way. Yet, you ignore them, blind to the answer I hold for your internal peace.

I feel the cries of your heart, muffled but aching, and I run to cradle it. "Oh, the damage done to the throne of the soul!" I moan, seeing the tears you think no one notices. I taste the anguish of your emotions as they cycle endlessly, trapping you in their grip. It pains me to witness your misery, so needless, so heavy.

I cannot stand by anymore. Quickly, I devise a plan to release the power within you—the power I've always known you held. But first, I must silence that cold voice, the one humming lies into your ear. With care, I craft new narrations, weaving them subtly into your life. A passing conversation, a line from a book, the glint of sunlight breaking through the storm clouds—each one carrying my voice.

Intermittently, I illuminate quiet moments for us to share. Woven into these fleeting spaces is my gentle push, urging you toward enlightenment. You hesitate, clinging to the familiar pain, but I soothe you with dreams that whisper of peace. Slowly, I watch you succumb to the pulling of your spirit, that part of you that has always known I was here.

Suddenly, you exhale, a long, weary breath that carries the toxic formation of

mental chatter away. The shift is palpable, like the trembling of a new dawn breaking the longest night. You connect with me, finally recognizing the presence that has always been by your side.

I wait, patiently, until you inhale again. In that moment, I whisper into your breath:

"Awaken, for I am here. I am Apperception."

And for the first time, you see.

Short Stories Authors



Rev. Joslyn Farray Pierre

Rev. Joslyn Farray Pierre is a Metaphysical Minister and Integrative Healing Therapist with over 30 years of experience. She empowers individuals through workshops and retreats focused on healing, nutrition, and self-care, inspiring transformation and personal growth.

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Anita, a Mom and GranMom, is an Energy Principle Practitioner and award-winning international poet/speaker. Founder of ESWP and TAPN2U, she's a Doctor of Metaphysics and Philosophy, author, and global peace advocate promoting inner awareness and humanity.



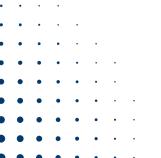
Short Stories Authors



Michelle Brown

Michelle Brown has a Bachelors degree in Psychology and she is a certified Anger Management Specialist, Domestic Violence Specialist, Mental Health Coach, and Poetry Therapy Practitioner. She owns Anger Management Pathways LLC and founded "Lyrical Healing Experience," blending poetry with healing.





Renewal: A Pathway to Freedom for Women

By Rev. Melvinia Ford

Renewal is more than a concept—it is a transformative process that breathes life into the soul, empowering women to shed pain and past burdens. It involves healing, self-discovery, and liberation, enabling women to step fully into their power.

At its core, renewal begins with healing. Life often leaves behind visible and invisible scars—born of trauma, betrayal, loss, or societal pressures—that weigh heavily on the spirit. These wounds can trap women in cycles of pain and doubt. Renewal starts when a woman acknowledges these scars and commits to healing. This journey is neither linear nor easy; it is marked by tears, breakthroughs, setbacks, and triumphs. Facing inner shadows and nurturing emerging light requires both courage and patience.

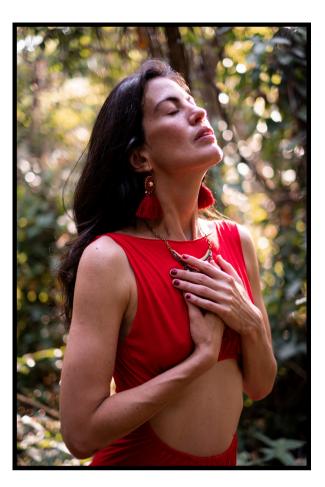
Clearing past wounds is essential. Unresolved trauma often manifests as fear, resentment, or self-sabotage, dictating present choices and stifling future potential. Renewal calls for letting go—not by forgetting, but by releasing. It involves unburdening oneself from the chains of the past, offering forgiveness, and reclaiming authenticity and freedom.

A transformative aspect of renewal is breaking free from cycles that no longer serve us. These cycles—rooted in generational patterns, toxic relationships, or societal norms—can shape lives in limiting ways. Renewal empowers women to identify these patterns, declare, "This ends with me," and create new narratives aligned with their values. Letting go is vital yet challenging. It requires confronting pain, acknowledging its impact, and refusing to let past experiences define the present. Letting go is not about dismissing the past; it is about releasing the weight that prevents forward movement. For women, this act of release can feel like rebellion against a world that demands we hold everything together. Yet, it is a profound act of self-love and empowerment.

The ultimate gift of renewal is freedom. By releasing the past, we can create space for growth, joy, and self-discovery. Renewal opens doors to new possibilities, relationships, and ways of being. It allows women to reclaim their power, dream again, take risks, and embrace their fullness.

Renewal fosters connection—with oneself, others, and the world. Women rediscover passions and dreams buried under responsibilities, build healthier relationships free from past shadows, and find solace in uplifting communities. Renewal reminds women they are not alone and belong to a shared journey of transformation.

For many, renewal is deeply spiritual. It is a time to reconnect with faith through prayer, meditation, or practices that nurture the soul. Spiritual renewal provides grounding and hope, offering divine support for healing and growth. Trusting the process of renewal becomes an act of sacred surrender, leading to brighter, more fulfilling futures.



Practically, renewal takes many forms. It may involve therapy to address deep-seated wounds, journaling to process emotions, or engaging in creative outlets like art or dance.

Renewal might emerge through selfcare practices that restore the body and mind or moments in nature walking along a beach, hiking through forests, or sitting under an open sky, soaking in the world's beauty. This journey is deeply personal, reflecting each woman's unique needs and desires. Ultimately, renewal is a gift women give themselves. It is an act of self-compassion, a declaration of worthiness for healing and growth. Renewal is not about perfection but progress. It invites women to embrace life's messiness while finding beauty in their unfolding transformation.

To every woman seeking renewal: you are not alone. Your journey is valid, your healing matters, and your transformation is possible. Renewal is not a destination but a way of life —a continuous unveiling of your most radiant self. Embrace it, and let it lead you to the freedom and joy you deserve.



Rev. Melvinia Ford is a Holistic Life Coach and Counselor, certified in Reiki, Meditation, Breath and Touch healing, Cognitive Behavior, and currently a doctoral student.





About ESWP



Empowerment Thru Spoken Word Poetry -TAPN2U is a nonprofit 501(c)3 Foundation geared towards helping our Global community heal by elevating, encouraging, and enhancing Love and Peace via cultural arts. Empowerment thru Spoken Word Poetry was established, November 2018.

Empowerment thru Spoken Word Poetry – TAPN2U Foundation is geared toward the elevation of Love & Peace, helping to enhance & recognize the creative craft of Prose and Poetry. It is a Foundation designed to enhance the recognition of Ambassadors in our family. ESWP have Ambassadors in over 21 countries who bring their unique expertise into spreading ESWP mission of Global Community Peace and Love via Cultural Arts.

We welcome you to come join our family of Ambassadors and become a part of a global movement. Send your interest to join to: eswpglobal@gmail.com

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ACKNOWLEDGEMENTS



Thank you for taking the time to read our literary magazine! Your support and enthusiasm for the written word inspire us and the talented writers who contribute their voices to our pages. We are grateful for your engagement and hope that the articles, art and poems you discovered resonated with you, sparked your imagination, and offered new perspectives. Your presence in our literary community is invaluable, and we look forward to sharing more captivating content with you in the future. See You Soon!

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