

**ALL
THE
LOVE
YOU
CARRY**

CHARIS ED

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The greatest souls often carry too much love within them, and there is no other purpose for it than to be shared, to be passed on beyond the mortal body, and to be given out into the world. A heart cannot possess too great of a love for it not to overflow; that love will eventually be emitted, for love must be used, love is meant to be radiated and consumed, love must be diffused. So radiate your love away, for always, even on days you need it yourself. All the love you give out will come back to you and you will receive all the love that you deserve.

Your body is not only your avatar to walk and experience your current journey here on Earth. Your body is a sacred mortal vessel meant to shelter your heart, mind, and soul. And to care for yourself is to protect the armor housing your spirit's home. And how do you care for your home? You keep it, you clean it, you maintain it, you do not disrespect it, you do not give access to it just to anybody, you guard it, you upgrade it, you expand its being, you carefully choose who can come inside, you wisely pick whom can take up space and who deserves your light, you beautify your home, you only better it, you do not hurt it, you do not risk it, you love and value it. Do not dehumanize yourself by giving your mortal body away to non-substantial relationships or to temporary connections, or to activities that threaten its integrity. What will your body and soul gain from trivialities? Nothing but harm. Do not dehumanize your soul by desecrating the vessel the Universe has given it in this lifetime by abusing it over harmful and meaningless pursuits. Respect your body, for it is made of elements that compose the massive planets and the brightest stars in our cosmic sky. Your physical body is celestial yet it is designed to die. Your mortal body is the vessel that will carry your consciousness safely towards your next life.

True love sets itself apart,
true love is outside of the common,
true love resides beyond the convention,
the truest love defies known notions, held
customs, or long-held traditions.
True love isn't all emotions,
true love, in truth, is devotion,
the truest love is a creed, a commitment,
a doctrine, a decision, a conviction.

So what do you release your energy for?
Where do you emit your light?
To whom do you radiate your love towards?
Aside from the world, I hope
back to your heart,
may you also redirect your love
back towards your own heart.

I hope you forgive yourself for all
of the times you chose to remain
in a love you didn't deserve.

Going in and out of non-substantial, artificial, temporary relationships is dehumanizing to a certain extent because you delay and refrain from the self-work that needs to be done in order for you to evolve and move forward onto your next life stage. Your refusal to be alone to engage in the soul work that is required for your transformation will keep you stagnant in your current phase. Your unwillingness to mature and change will keep you from experiencing all the love and beauty waiting for you on the other side of the mountain.

Cycling in and out of superficial connections is never the point of healing, it is never where growth can come from. Another person can never serve as a bandage to all the wounds and traumas you need to mend, nor can they be the solution to all the faulty familiarities, wrong patterns, and harmful cycles you'd need to break.

The answer is you. The answer can be found within you. The healing can only come from you. The decision to change is yours. You are the only source of your willingness to grow. The love you keep on searching for and asking for from others have always lived inside of you.

So let your own love heal you. Let it change you. Let it bring out all the goodness you have within. Let it transform you into becoming a light. Heal now. Heal here. Do not carry the wounds over to your next life.

Maybe your true love isn't the person who makes you question your worth, or the person who makes you feel like you aren't enough, or the person who leaves you confused as to where you belong in their life. Maybe your true love is not the person you think you want to be with, maybe your true love is the one who looks back at you in the mirror with pleading eyes begging you to see your worth. Maybe your true love isn't the person whom you think makes you happy only for them to disappoint you time and time again, maybe your true love is the dream you've always had dormant deep within your soul, or the purpose you were created for, or the aspirations and hopes you have for the future.

Maybe your true love is the deafening echo in your heart reverberating the truth that you deserve all the good things in this world. Maybe your true love is the thunderous voice in your head screaming the fact that you deserve better than what you're fighting to

You can never change anyone, you can only change yourself. If you feel a need to change someone for them to love you, let them go. All you can do is live your life in such a manner that will inspire them to change themselves on their own. If they come back to you, great. If not, take comfort in the fact that you are, perhaps, both their greatest loss and lesson.

I hope you find the love
that you deserve.

I hope you find that love
within you first.

I'm so proud of you just for sticking around. I know this world can be such a cruel place sometimes; that's why you're so courageous simply by waking up each day and braving what's ahead. Know that your best moments are still waiting for you down the line and there are so many people who are glad that you are here. The world can be messy but it is wonderful most of the time. It's wonderful because there are still so many places to be, movies to see, books to read, poetry to experience, songs to hear, sunrises to witness, moonrises and sunsets to fall in love under, there are still so many words to say, people to love, people to meet, lessons to learn, art to appreciate, foods to savor, adventures to create and wild nights to remember, there's still, for us, a creating of a life to never forget. The Sun and the Moon are simply too beautiful to miss, so hang around, be here, please stay, the world is so glad you exist.

You don't need to be solid
to be strong.
You can be like water,
soft
and can take on different forms.
Be like water,
adaptable
invincible,
gentle
but can also be
a current,
a riptide,
a tsunami,
or a tidal force.

Trust the journey you are on. Trust the ground you're standing upon. You are not advanced, nor behind. You are exactly where you need to be right now. The journey is as important as the destination. The process is the path and the path is the purpose.

We humans are messy creatures—we lust, we crave, we sin, we hurt, we suffer, we harm each other, we yearn, we hunger, we desire, we thirst, we want, we pine, we itch, we covet, but we can also love.

Love is our one rescue from all the sins listed above. Love is the one thing that can save you, love is the one and only good thing in our lives. Give love. Be love. Live in love. Learn from love. Be better because of love.

All the love you'll ever want and need you already have.



CHARIS ED is, by profession, an Oncology RN and, by nature, a writer and poet. When not administering chemotherapy, Charis can be found either chasing dreams or seeking solace in between the pages of a book. She believes in the transformative power of words.

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At the end of the day, I hope you let go of those who cannot hold all the beauty that you are. I hope you let go of those who cause your heart pain. I hope you let go of what isn't meant to stay and let go of those who aren't meant to journey with you until the end. I hope you don't allow losses or disappointments to make you feel like you can't mend, because you can. You can always rise up again. And from every ending, once more you will begin. So please let go of what isn't for you. You know exactly the things that are. You deserve beauty. You deserve love. You deserve effort. I hope you always choose your heart. You don't deserve to stay in places where your world keeps falling apart.

Are they the best for you? If the answer is no then let go. 'You only deserve the best.' Let that sentence be your closure. Let that be the goodbye. Let that be the parting words you've been waiting for. Let that be the curtain call. Let that be the end credits.

CHANGED

...the moment, but be mindful of
...need the lessons from your
...to be the present and
...me the future.

...e all overlap. The
...ppening all at once.


The

II

when love is lost...

GROWTH THROUGH PAIN





Let love be your driving force,
Let love be your energy,
Let love be your spirit and vitality,
Let love be your reason.

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