

*Healing
Your Heart*

Poems Songs and Prayers

SANDRA HILLAWI

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For My Beloved

In your love

I touch and know

The fabric of existence

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Foreword

By Sister Margarita Foley

This book is so beautiful, I can't even tell you what it makes me feel, it's just alive, it's beyond words.

From a very young age I instinctively knew the importance and power of love in our lives. However, it takes a whole life and beyond to know the true power of Love.

As I read through each of these poems I vibrated to their meaning and impact. In fact I felt I was experiencing my own story with all its ebbs and flows.

We experience love in different ways at each stage of our lives. When we come very close to a person who has found the love of their heart and lives through all its joys and pain we then

recognise our own story through the life of another person.

I am familiar with the movement of love in Sandra's life. I have witnessed how love has moved her step by step into a path of shining love. This is where secretly we all long to be.

We are all spiritually and energetically connected and the biggest connection between us is the capacity for love imprinted in the heart of each person. But until we can heal and enter our heart and get to know this love we can wander off in different paths and even through deserts in our lives. Fortunately LOVE always finds a way to draw us back to who we are. That is why we can send love to every person and situation and these songs and poems show us how.

Each of these songs and poems are an experience of how love travels through our life and our being transforming us as it flows.

Read each jewel in this book and experience it for yourself. It can be your prayer book too.

Margarita Foley

Religious Sister and Energist

Preface

Welcome soul friend and thank you for purchasing this book of songs, poems and prayers from my soul to heal the heart. It's an honour.

Having worked as an Energist for many years, I have specialised in transformation of human energy and emotion. I work with the journey from darkness to light, from pain to love, from brokenness to wholeness.

Whilst I have been a healer and teacher I have not been immune to the waves of life myself. In fact I have healed more heart breaks than most and fallen many times into depression and darkness. Each time I found my way back to the light, back to wholeness, back to myself and to love.

I learned until now that there is no end point of 'at last now I'm healed' as when we live from an open heart we are always susceptible to the next energy wave of life. We will always be navigating life and evolving through our emotions.

Each new pain of life, each new experience is an opportunity to learn and grow. As we bring love and gentle attention, softness and compassion to our self, we heal, we widen and deepen our heart channel for the waves of life to flow more easily through us, for our heart and spirit to become stronger and brighter once more.

Every movement is beautiful.

This selection of poems and songs have emerged from my own personal experiences to heal my own heart and come back into alignment with myself.

My personal journey has been an extraordinary one of love through adversity beside my

beloved. Bearing more than anyone should have to bear his physical heart has seen many, many battles.

So I begin with healing the broken heart in the relationship with our self and then with others dear to us and end in the dragon heart of courage and the power and joy of love.

I have included songs too, which are waiting to be performed and produced, including 'It's Love' my first recording which I wrote 'to bottle' the happy-in-love feeling.

As you dip in and out may the words touch your heart and move you in turn as a soothing balm, a pointer towards the light or as inspiration to you on your own journey.

It is my prayer that the love in this book travels from near to far and wide that it may enrich hearts to move gently towards love.

Thank you for the chance to connect with you through my art and for sharing this book with others.

Love and Light blessings to you

Sandra Hillawi

The Sanctuary of The Heart

*with
Softness Lightness
And
Reverence*

may we enter

The Wounded Heart

I didn't want to see you
Your pain I didn't feel
Your presence softly calling me
Help me please to heal

Reluctantly and gently
I turn to face your cries
My heart with full compassion
Tears of love now in my eyes

My love I'm here at last for you
Forgive me I did not see
Now all the love from my deep heart
I gift to you from me

Exquisite tender soft caress
A lightness to the dark
The healing can begin at last
No more my wounded heart

Heart Healing

The softest Light
Touch and soothe
The dear though broken heart
The silent witness of Compassion
Enfolding all
Holding all
Knowing all
Understanding all
With Love's ever gentle patience

Wounds may swirl and turn
Rage and burn ...
Or weep in silent unheard anguish
And still
Gentle soft Love
Shines its Light there
Bathing all
In tenderness
With Mercy

Until you realise

And then

The softening

The movement of deep release

And peace flows softly into that place

Soothing healing

To wholeness until

The heart can blossom once again

The Fault Line

Water levels rise
And start to overspill
Calling me to plunge within
To find the centre
The heart
The place that will unlock
A new channel of release
There it is the fault line dark and deep

Attention
Hands on heart bring light
In the light and love of angels
Dissolving suddenly
The fault line vanishes
Expansion
Release of heat
Relief
Ease

A new channel is born
Waters subside
And start to flow once again
Heart smiles with angels
Soft strong open
With thanks and love

Heart Healing Spell

My gentle healing hands
Upon my heart today
To wish that all the hurt
Dissolve and melt away

Breathe in and count to three
Breathe out to three real slow
With every count of every breath
I soften and let go

Healing hands Now do your work
With love be light and free
Return my heart happiness
This is my will
So mote it be

Heavenly Rose

Heavenly heart soothing scent of the rose
Even as it harbours the fly and the tiny spider
Not sure who today has become who's prey
Still the rose releases without condition
Its love fragrance to the world
Blind to its beauty until today when I stop to
look

Heavenly scent of the rose
Caressing my tired soul
I breathe you deeply in
That you bring life to the still deep waters of
my spirit

Heavenly scent of the rose
I bathe in your generous softness
Waters stir and darkness turns to grey
Heavenly pink of the scented rose
Gently your petals unfold and open to life

Asking nothing
In connection with the source of all life
Simply being
Beauty and love
That I may come and partake today

I thank my rose the bearer of heavenly gifts
My spirit awakened as grey waters turn to light

Now I Go Gently And Quietly

Now I go gently and quietly
Gone are the days of desperation and fear
Gone are the days of intensity and haste
Gone are the days where my plight spilled over
To those who would listen
As I sought release, solace, recognition
Now I go gently and quietly
My plight is the same
But I am not
Somewhere I let go
Somewhere I detached from the outcome
Somewhere I surrendered what will be will be
Now I go gently and quietly
And now I go in peace

Conversation With My Heart

I love you my heart

I am so sorry

I've been taking you for granted

I am sorry I had a lot of stress in my life

And this hurt you

It made you contract and feel tense

And not your normal strong self

I am sorry that I only see that now

Please forgive me

I really do love you

And I am so grateful for what you do for me

And to have you so I can live my life

Awww shucks, thanks buddy, it's ok

I appreciate you recognising me at last

That's all I needed

Hey man, there's nothing to forgive

I'm here only for you

Its my job to serve you and give you life

*The Big Boss said so
I am loving you buddy all the time
And I love you still
I think I can let go and relax a bit now
Aaaaahhhhhhhhhhhh that's better
But thanks for getting the docs in too
Helps me out a bit too
But hey, after that you can get back to your
life
And live it with joy
This is the life that keeps me happy healthy
and well*

Wow you are amazing my heart
I love you and adore you even more
And I thank you deep deep
With all my love
With my heart
With all of you
We shall be a great team from now
I'm gonna be relaxed and flowing
Let everything go
Not hold onto anything

Hand it all over to The Big Boss
He's been waiting long enough for me to do
that
I'm gonna live my life in happiness joy love
And in gratitude

*Yay brother Amen to that
That's the exact recipe for my perfect health
Do that and we are gonna be buddies for a
long long time
You just relax now
Rest a while and trust
I know now I'm gonna be just fine
Gently does it now
And then let's go live it buddy
Amen*

Future Me

I look into the future and I see
The one who is everything
That I want to be
How do I reach you
When you're so far away
Then you turn towards me
And I hear you say

My love, then you smile
Our hearts connect through space and time
Each journey of a mile
Each step you take is one of mine
I'm here to love you
To guide and show the way
One step closer just take it day by day

Connecting to my future and I feel
My heart is full of love at last
The words I hear I know are real
I know your story
I know everything you've done
The dark nights and the glory
The hero's song that's still unsung

But here it is the secret
And when you know it's true
There's no distance between us
I am love am you
There's no distance between us
I am love am you

Where Is Your Soft Heart

Where is your soft heart
Look and know
Feel your heart and let it grow
Where is your soft heart
Feel let go
Your love is waiting for
Your heart to show

With gentleness
A little shy
You show your heart
Look in his eyes
And with surprise
He smiles and turns to you
A warm soft sigh

*Oh My love you're here at last
How long I waited for you
Come my love hold to me fast
Our love at last be true*

Awake two hearts
Be bold and strong
Hand in hand you'll go along
Your life now blessed with happiness
In love two hearts
At last as one

*Oh My love you're here at last
How long I waited for you
Come my love hold to me fast
Our love at last be true*

*Oh My love you're here at last
How long I waited for you
Come my love hold to me fast
Our love at last be true*

He Who Forgives

He who forgives
Sets his own soul free
And opens a pathway to healing
For the other

Vulnerability

Behind the fears of shame and judgement
Of condemnation and loss of respect
When the last defences to the heart
And traces of ego were gone
There I found my soul
My soft open pure gentle loving
Bare and humble soul

Love Is

*Love it sees
Love it hears
Love it feels
For those in tears*

*Love accepts
Love it knows
Love releases
Love it flows*

*Love is open
Love is strong
Love's courageous
With patience long*

*Love is lightness
Love is pure
Love is beauty
Love endures*

Love's compassion
Love is kind
Love's forgiving
When life is blind

Love it dances
Love has wings
Love it soars
Love it sings

Love is tender
Love is sweet
Love with time
Becomes love deep

Love is constant
Love transcends
Love is oneness
Love never ends

Prayer for A Precious One

*May knowing in your heart that you are loved
Be a soothing balm to your tired soul*

*May knowing that you are held in
Compassion
As our dear beloved one
Feed your heart and lighten your pain*

*May knowing that people really care
And are praying for you for your release
Bring you hope*

*May holding on to hope allow an opening
For the Light of Love to do its magic in you*

*May our prayers for mercy and forgiveness
Bring a cease to your daily struggle*

*May our love compassion and prayers hold
you*

As you return to wholeness and wellness

You are precious to us

Everybody's Angels

Everybody's Angels be present today
Whisper in the ears of the ones who sit and
pray
Even those with hearts that had to close
Be there
Answer their prayer

Everybody's Angels be close and with your
wings
Enfold each one with love until their soul can
feel you sing
Even those with hearts now hard and cold
Be there
Answer their prayer

*Breathe your love and softness in the air
Hold each one in love and everywhere
Hearts will know this love that has no end
This love
That is a friend*

Everybody's Angels bring your softness and
ease
Touch the hearts of everyone who's searching
for peace
Even those who say that they don't care
Be there
Just be everywhere

*Breathe your love and softness in the air
Hold each one in love and tender care
That hearts will come to know this love
And let go
To softness and flow*

*Breathe your love and softness in the air
Enfold each one with love and tender care
That hearts will come to know this love
And let go
To softness and flow*

*Breathe your love
Breathe your love
Breathe your love
Breathe*

*On The Passing
of A Loved One*

What words can comfort the heart that aches
For the loss of one who is beloved and
cherished by all

What actions can console in such times of
sorrow

But soft words of love and gentle kindness
May the pain of parting be soothed by the love

With which the beloved is remembered
May the emptiness he left be gently filled by
thankfulness

For all the beloved has brought to all who had
the gift of knowing him

May his soul rest in eternal love and peace
Carried in the arms of Gods Angels as they in
turn
Wrap their love around you all to comfort you
at this time of loss
Surrender in Love and Faith and with Patience
Lighter days will return again

Beloved One

I look at you
Into your eyes that once were full of life
I look at you
Into your heart that used to shine so bright
Your love your laugh your song
That brought us joy, where have they gone
Have we lost you, our dear beloved one

*Young bright creative spirit
All the ways of life to learn
Tossed in seas of stormy weather
Misread the signs, took a wrong turn*

And now your life
Must go more gently so your heart can start to
heal
'Til the numbness
That protects you starts to lift and let you feel
And with patience till that time

We'll love and wait to see the sign
Please come back to us our dear beloved one

*Young bright creative spirit
All the ways of life to learn
Tossed in seas of stormy weather
Misread the signs, took a wrong turn*

And then one day
You wake and find the veil has lifted from your
mind
A gentle smile
Lights up your face as now you leave that
lonely place
You look around and hear a cheer
Of joy and love from those who are near
Welcome back to us, our dear beloved one

*Young bright creative spirit
Still the ways of life to learn
No more days of stormy weather
Now the sun shall have its turn*

I look at you
Into your eyes once again so full of life
I look at you
Into your heart, you're back, and shining ever
bright
Your love your laugh your song
That brings us joy, alive and strong
Now you're back with us, our dear beloved one

I Adore You

I adore you

I absolutely adore you

You are the one I love forever

I adore you, I absolutely adore you

You are the one I love forever more

There was never a one like you before

There was never a one like you

How lucky am I that you chose me

I stay forever blessed in your love

I adore you

I absolutely adore you

You are the one I love forever

I adore you

I absolutely adore you

I stay forever blessed in your love

There was never a one like you before

There was never a one like you

How lucky am I that you chose me

I stay forever blessed in your love

Heart Power Outage

It's an existence ... just
Numb to life, no power
 No power to act
 No power to feel
 No power to heal

 Yet another defeat
 Another mountain to climb
Before we can reach journey's end
 The quest is so simple
 And yet so elusive

From where will come the energy to heal my
 heart
 That I can heal my life and reach our goal
I place my healing hands upon my heart one
 more time

When will The Fires Stop

When will the fires stop
That I can once again create my art
When will life give me space to pause
And to start
To see again what is
Around me and within

How fast is this race
How many tasks must we face
Will we ever be done
Will the race ever be won

I breathe and I pause
Seize the moment because
At last the task
Is to write again

At last comes the space
And I take up my pen

With soothing release
An injection of peace
My soul empties and sighs
A new creation replies

Warrior Queen

Sun sets on another day of battle
With steadfast quiet attention
She sits and breathes
And channels the turbulence inwards
'Til the inner eddies untangle relax
and flow once more
Into depths new
Stronger and more powerful than before

She observes
She learns
She rests
She prepares in steps

Hands on her courageous heart
Palms open and up
Brow to the earth
Then rises with dignity
She is ready

The river full wide deep smooth and fast
Power as the new dawn breaks

Storm Drains of The Earth

Waves of high stress reaching far and so wide
Turbulent times around and inside
Each person a channel the waves of stress
touch Responds with new eddies that
propagate much

Crashing in chaos on everyone near
Creating destruction bringing much fear
All in its path can suffer in pain
Waves of high stress again and again

Until the waves meet a channel so wide
A storm drain of life flow of power inside
Then the waves of high stress relax and release
Into the flow of love and then peace

Thank God for those few who's hearts have so
grown

Capacity great through the life they have
known

They stand and they shine in quiet in power
Patient and steady though stormy the hour

Absorbing the waves diffusing the storm
'Til peace and fair weather returns to the norm
Then all return to daily routine
Oblivious to the action of love that's unseen

Only the few took notice and saw
And asked 'How can I learn to handle much
more?'

'How can I too be a channel of peace
And softly assist life's waves to release?'

Then a journey begins a greatest adventure
To heal their own weakness to strengthen to
venture
To widen to deepen ready to know
An increase of energy the power of flow

And so life goes on and waves of high stress
Will always arise from a channels own mess
'Til gently with patience we bring soft light to
shine
To soften to heal to dissolve to align

Then insight self knowledge and wisdom ensue
A channel awakens evolving and new
A new way to live from a beautiful birth
Welcome in love new Storm Drains of the
Earth

Star

I place my hands upon my heart
With love to set me free
Power up my heart with love
Shine that all may see

Make me brave Make me light
To radiate afar
That all around me feel the love
Dear bright and shining star

Let kindness vanquish all that's mean
Let love light up the dark
Let understanding come to me
Compassion to my heart

I walk in strength I walk in love
With shining star I'm free
Laugh and play with friends again
Safe to just be me

I place my hands upon my heart
With love to set me free
Power up my heart with love
Shine that all may see

Make me brave Make me light
To radiate afar
That all around me feel the love
Dear bright and shining star

With You My Dragons

There upon a moonlit night did I behold the
glorious sight
Fire dragons flying high, wondrous power
filling the sky

‘Behold I greet you’ for ’tis the end, an era’s
gone, ‘welcome new friends’
No more the days of mild and meek, with
courage and valour I now will speak

‘I give you my trust’, and on I climb ‘to ride
with you new paths divine’
Heart ablaze protecting strong, with you my
dragons is my new song

And as I fly the path is clear, forgiven forgotten
at last I’m here
Clean and ready in fiery power, into the new
this auspicious hour

We fly together in joy and love clearing the way
from realms above
The worlds our stage and now's the time with
glorious dragons my soul can shine

Power of Love

Power of Love
Flowing in me
Feeling my strength Growing more free

Power of Love
Embolden my heart
Courage to act To make a new start

Power of Love
In this I stand strong
With each step that I take I'm singing my song

Power of Love
My heart now on fire
Forwards I step To my heart's desire

Power of Love
You give me my wings
Now I can fly My heart at last sings

Power of Love

The old days are gone

Power of Love Together as one

Power of Love

My glorious plus ten

Power of Love Hallelujah Amen

It's Love

One look and my heart's enthralled
Soft voice and I'm all dissolved
Your smile simply captivates
One kiss and it's all too late

I'm lost in a dizzy dream
My life isn't what it seems
Two hearts now are open wide
As we dance and we shake with our soul inside

It's love, It's love
It's love, It's love

You don't know how much I'm feeling
The thrills that set my whole heart reeling
They're gonna burst right through the ceiling
It's you, It's you, It's you I'm meaning, It's love

Your name leaves me all aglow
Can't wait baby 'til I know
I'm yours 'til the end of time
'Cos it's you, 'cos it's you 'cos
I know you're mine

I'm lost in a dizzy dream
My life isn't what it seems
Two hearts now are open wide
As we dance and we shake with our soul inside

It's love, It's love
It's love, It's love

It's love, It's love, love, love, love ... It's love

Infinite Love
Compassion and Mercy

Infinite Love Compassion and Mercy
Bathe my being and bring
Restoration and renewal

Infinite Love Compassion and Mercy
Fill me with light and love that
Renewed I may share with others

Infinite Love Compassion and Mercy
Be upon all beings in all places
Bringing transformation only this Love can
bring
Thank You Heavenly Father for Your great
Love and miracles
By Your power may all be restored to
wholeness.

Amen

Love and Light Blessing

Love and Light to enfold you
Love and Light where you are
Love and Light may it hold you
Love and Light bless your heart

Love and Light as you're sleeping
Love and Light as you wake
Love and Light to caress you
Love and Light keep you safe

Along the road as you travel
Till you reach your journey's end
Love and Light always with you
Love and Light be your friend

Love and Light to enfold you
Love and Light where you are
Love and Light may it hold you
Love and Light bless your heart

About The Author

Sandra Hillawi has been a leading International Energy Trainer and Coach teaching emotional transformation techniques and methods from The Guild of Energists since 2000. Self help and professional trainings include:

- Energy EFT and Modern Energy Tapping
- EMO Energy In Motion
- Modern Stress Management
- Modern Energy Healing
- SuperMind

And her own courses and workshops

- The Love Clinic
- Healing Pain With Love

Currently she lives in Cairo with her husband and gives trainings in the UK, Turkey, Malaysia, Egypt, live online classes and private coaching sessions.

Resources

www.facebook.com/HealingYourHeartTheBook
Reader's page for reviews, comment and book
news

www.healingpainwithlove.com
Self Help Videos, Online Course, Coaching
Sessions, Community

www.sandrahillawi.com
Professional Training

<https://www.facebook.com/healingpainwithlove>
Professional News, Live feeds, Announcements

<https://www.facebook.com/sandra.hillawi.5>
Facebook personal profile

Order More Copies

www.amazon.com and all other Amazon stores
www.facebook.com/HealingYourHeartTheBook

Other Publications

By Sandra Hillawi

The Love Clinic

The Energy Secrets of Love and Relationships

Ebook

www.healingpainwithlove.com

Paperback Amazon.com

It's Love

Song release 2016

Amazon and most online music stores

Coming Soon

Healing Your Heart Poems Songs and Prayers

2 Revealed

3 Applied

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The Great Heart of My Beloved

and

For Deliverance Every Time

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