



*Are you tired of going to bed utterly exhausted?

***Are you tired of being so tired, you can hardly think?**

*Have you ever thought about doing something different to ease your weary mind and soul?

***Well, you are at the right place!**

*Here is the free E-book you've been longing for!

ABOUT THE AUTHOR



The tips created in this book are intended to assist with your approach to life: making the best of your situation, maximizing your talents, using your hobbies as a gateway to a career and simply taking the time to relax. This booklet is meant to stimulate your mind and soul. The nuggets presented here are meant to incite interest in obtaining the writer's anthology, "Poetic Soul: Moving Gracefully to a Fresh Beat", whose complete contents will not only help you to relax but proposes to soothe your mind and soul.

Maria has published "Poetic Soul: Moving Gracefully to a Fresh Beat" and "A Snack of Love, A Bite of Success". She is also a lecturer, teacher, mentor and an amateur painter/artist. Writing poetry since she was a teenager, she continues to be inspired by excellent motivational speakers such as, Les Brown, Norman V. Peale, Jim Rohn, John C. Maxwell, Glenford Smith, among many others. A resident of New Providence, Bahamas, Maria is currently pursuing a doctorate in business administration and has attained a master's degree in human resources management.

Consequently, she hopes to inspire everyone with whom she comes in contact to do the same despite challenges; self-actualizing and rightfully harvesting of success. Follow her on Instagram, Facebook, Twitter and LinkedIn. She would be delighted if you visit www.mariaahamilton.com and her Youtube channel <https://www.youtube.com/channel/UCU2xsl0BaUozM-Y1t80JyqQ> . Thank you!

HOW CAN YOU SOOTHE YOUR SOUL with POETRY?

Believing that poetry is therapeutic, I truly believe that if you combine these 7 strategies, you will experience fulfilment and relaxation in that whole new world that eagerly awaits you.

STRATEGY #1

Believe in the intricacies of love: Love is an intriguing concept, a *game*; precious; yet it's idiosyncrasies and intricacies are incredibly astounding. It is amazing how some people use, abuse and misuse this concept called love. It seems too complicated a concept to be tied down to one thought. In attempt to understand this abstract, you may read the complete poems of varying aspects of love.

Here's Your teaser:

INTRO TO LOVE CHAPTER

Love is an intriguing concept, a metaphor for a *game*...
Genuine love gives *enchantment and delight*. (p. 1 in "Poetic Soul...")

INTRIGUED BY LOVE

I have written many times before
But never truly understood
What love is, was or wouldn't be
In a genuine display of manhood

True to form, I've searched long and
Hard, and wished someday I'd find
A man who loves me, only me
With no one else in mind

The past has painted my present
grey; both shades of night
instead of day
And I wonder:
Dear God, why me?

But then again, why someone else,
while I would go free?

Abuse, misuse
denigration
loss of integrity
Is it fair, my soul to bare, whether fate
or destiny?
Blinded by deep emotions, confusion
is all my heart can see
What love is this?
so cruel
so befuddling

To unlock this door, where must I
find the key; should I dilute
my spirituality and stoop to immorality?
A bleeding heart and disenchanting soul

I ponder our future, my eternity
Sometimes unselfish love's exhibited
Other times your love's tainted by promiscuity

Should my conscience crawl, jog, sprint?
Which sleeping dogs to let lie?
When to understand, to accept fate
or destiny? How to
test your love?

How will I gain love's security?
Petrified, I focus on my foolish decision
To allow you to bruise my soul and
tarnish my integrity

STRATEGY #2

Trust nature's best: The magnificence of nature and the splendour of man's beauty is far-reaching. Celestial seas; majestic beauty concealed; unlimited earth...

Here's Your teaser:

INTRO TO LOVE CHAPTER

The wonders of nature *captivate*.

A gingerly stroll on the beach and just wading in the water *refreshes*.

Picking a rose and enjoying the aroma of its petals *tantalizes*.

Observing the sunrise and sunset *exhilarates*. (p. 75 in "Poetic Soul...")

OH SO BLESSED

How fortunate, islands in the sun:

Blue skies, dotted by white and a ball of Yellow; the flora and fauna

Captivating scenery of a tropical paradise

Yet sometimes, natural disasters put us

To the test; in other hemispheres,

A time most remembered of only white and Grey-black skies

Your head feeling like a time bomb, fingers

Seemingly electrocuted, trembling like a Leaf as you walk in living hell

For all around you is white

Sometimes a sigh, a scream, sounds of Broken bones with fiery eyes,

Distressed souls longing for an iota of

Yellow skies, some as frigid

As the weather with no time to consider Living souls without a shelter;

Finding their solace in the

Comfort of the ice

Some complain about too much yellow

Some wish they never had to contend

With the ice

Some prefer a season of 365

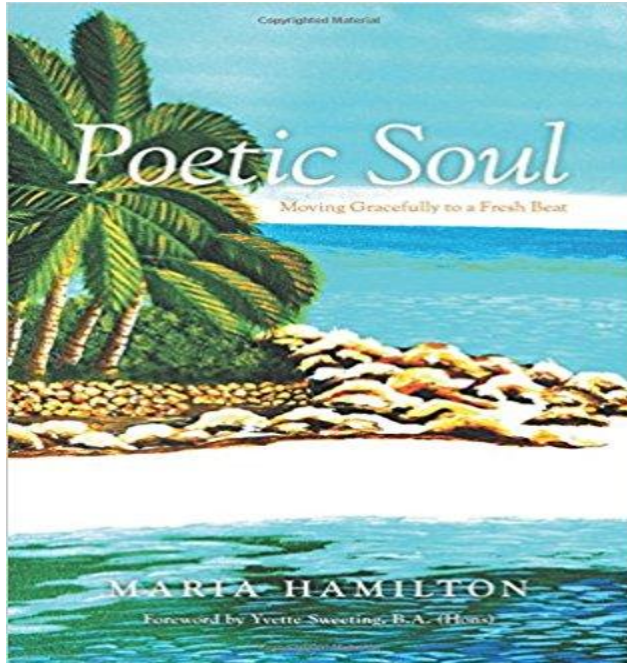
While others are content with the white, Orange, brown and purples

Or strictly yellow

Understanding God's uniqueness, innovation and masterpiece

STRATEGY #3

Express multiple talents: As an expression of not limiting myself to any one facet of life, I have, as aspiring artist and painter, used one of my “amateur” paintings as the cover of “Poetic Soul: Moving Gracefully to a Fresh Beat”. You too can build on your talents and heal the world.



So many of us think that we are too insignificant to effect change in this world but, if you could participate in the United Nations’ drive for peace, what change would you render regarding wars, hostility, fratricide, matricide, patricide, homicide, and genocide?

LIFE, A FAIRYTALE, A DREAM

Some say that life is a fairytale
 The meander of the goldfish, the grunts
 Of the whale
 The whoosh of time
 But here I am in ocean grime

Longing for the rustle of the coral deep
 Splash in the middle and bottom steep
 Competing with fish, I waddle and play

Buzzing to the rattle of the break of day....

WAR CHILDREN

A vanished hope
Barbarianism roars, lives ended
 before they began
Compassion obscured, a glimpse of light
Death rages, earth's colours descend
Embracing the end
Forgotten, gone too soon

Ghosts wafting, bones' bounty
 reverberating
Humiliated by toothless smiles
In concert, the unsung heroes
Jaded by the sight: feet as wilted as the
 lame grass
Keen withered hands by bullets' romp
Latent, scattered brains and frozen hearts

STRATEGY #4

Capitalize on Your Talents: Too frequently we limit ourselves to our vocation or profession, oblivious to the hidden talents within us. We might be surprised to learn that we can play an instrument, learn a modern language with ease, play one or several sports, draw, paint and dance or speak. Teaching French as a profession and having a moderate knowledge of Spanish, I found it useful to integrate these skills...

I have translated some of the poems into French and had a translator translate some into Jamaican dialect to integrate my profession and culture.

Here's Your teaser:

A TASTE OF FRENCH POEMS

MA SOLITUDE

Mon désir de voir de terre diverse
 Pourtant, la nostalgie indicible
 Ces nuits glaciales solitaires
 Ma solitude, moments rétrospectives
 pensées écrasantes
 Le silence assourdissant, sans fracas en vue
 Les cauchemars, chante-moi berceuses
 Je me souviendrai...

LECTEURS SONT GAGNANTS!

Les lecteurs sont gagnants :
 Il ya tant à gagner
 Les lecteurs sont gagnants,
 Bien que le sacrifice et la douleur

Jamais trop,
 Il n'y a rien à perdre,
 Il est une question de perception -
 Le livre que vous choisissez...

ENFANTS DE LA GEURRE

Un espoir disparu
Rugit barbarie; vie a pris fin avant ils ont commencé
Compassion obscurcie;
un aperçu de la lumière
Rages de décès; les couleurs
de la terre descendent
Embrassant la fin
Oublié ; parti trop tôt

STRATEGY #5

Integrate your culture: Some poems are translated into Jamaican Dialect (patois) in keeping with my roots.

Here's Your teaser:

A TASTE OF JAMAICAN DIALECT

DI TITANIC

Powa, fame, food an' fun,
 sweet up di whole place
 Luxury, glamour an vanity
 No ends a fait' inna one iron ship
 weh man mek
 Full yuh belly inna hedonism han'

Meanwhile di rum-head dem get drunk
 Di gambler dem party
 Di dancer dem enjoy demself ...

SUPPOSE

Suppose time jus' stop
 and today coulda wait?
 Some woulda crawl slow like snail
 Waste time like a turkle

Suppose dis world did colour-free?
 Wi woulda be colour-blind?
 An every bias vanish inna di deep seas?

Suppose mi was you an you was me?
 Di two a wi woulda be perfect;
 Or, all a wi imperfection
 dem woulda show like crystal? ...

BIG UP WI TEACHA DEM

Di greed weh we as human being create
 An' some a we teach

a nuh waan pass t'rough di gate
A who would-a try bruk dung dat deh wall in vain
When dem know seh dem nuh have nutt'n fi gain
Weh mi can do fi tell yuh t'anks
When a your love
help mi fi rise t'rough di ranks

Yuh so brave an' kind
dat yuh decide fi join dis profession
Yuh feel di love an' pride
afta yuh mek dis decision

STRATEGY #6

Just let it flow: There will always be extra ideas notions for you conceive to ponder and live. Whether it's a mixture, diversity or assortment, the important thing is to sieve through thoroughly to decide what to discard and what to keep. Allow your thoughts to stroll through the park; slither against the forest thickets, sup the captivating sunset, bathe in the tantalizing rain and be mesmerized by expressive tsunamis...

Here's Your teaser:

INTRO TO SUCCESS CHAPTER

Your purpose determines
your drive,
Your drive determines
your effort.
Your effort determines
your direction
in life...

LIFE'S CINQUAINE

Miscellaneous
Assorted, diverse
Differentiating, discriminating, diversifying
The embracing of differences
Life...

LIFE

Life's history portrays life's mystery
As infinite as the soul, though
Sometimes vague
Coloured with gladness and
Riddled by plagues

Life's intriguing brush paints your canvas

Life's intangible sting is real
No fable, yet a gamble

Could be vapour or steel

Be prudent with the hand you've
been dealt, anticipating
The trickery it may bring

STRATEGY #7

Inspire others: Inspire others with your unique gifts. After all, we are all unique. Why should or do we try to duplicate others? Being ourselves and sharing our exclusive self is what will serve us best. Others might just be motivated to do the same.

Here's Your teaser:

BE YOURSELF

Bet I am courteous, bet I am polite
Evidently being me unpretentiously

Yes, I am virtuous and meek too
Obviously, striving to be the woman God made me to be
Understand, I am sympathetic
Respect that I am sensitive too
Simply being understanding, simply
 being sweet
Empathetically being me
Lethargically candid
Faithfully avoiding the confusion
 my heart sees...

WHAT IF ?

What if time stood still and today
 Could wait
 Like a snail some would saunter
 Like a turtle procrastinate

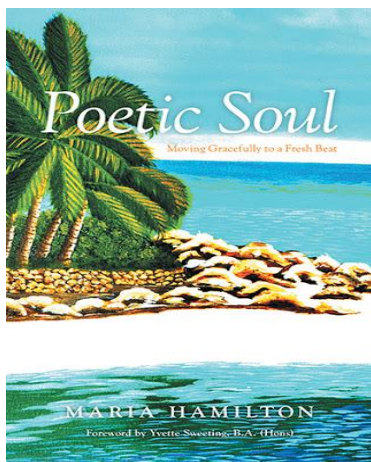
What if this world were colour-free
 Would we be colour-blind,
 And all biases banished in the vast seas

What if I were you and you were me
 Would we each be perfect
 Or would our billion imperfections like crystal see

Dear Valued Customer,

Thank you for downloading this Free E-book. It is my sincere wish that you thoroughly enjoyed it to the extent that you are yearning for more!

- Do you want to caress your soul and romance your mind?
- Do you want to give someone a soulful gift of love?
- Do you want to know about “hot” love and “when love grows cold?”
- Do you want to reminisce about some of life’s adventure? “Je me souviens”
- Do you want to recognize those that had a hand in your success?—”Big up wi teacha dem!”



This Anthology gives you the unique experience you don’t want to miss!

Grab your E-copy today from [Amazon.com/ca](https://www.amazon.com/ca) or [Friesenpress.com](https://www.friesenpress.com)

Additionally, kindly take just a few minutes to leave a review. I should also be delighted if you would join me on and subscribe to my social media network: <https://www.youtube.com/channel/UCU2xsl0BaUozM-Y1t80JyqQ>, Instagram, Twitter, LinkedIn and Facebook.

See you soon!

Maria