

## Angst: A Way to Hope

Angst, focused on thine enemy,  
causes strife in thine own life.  
The cure is so simply, yet deeply LOVE;  
leading one to hope and rise above...

that which holds you imprisoned.

Release yourself, with the help  
of those around, of those who LOVE!  
Those past and present  
and even heaven sent.

LOVE, LOVE, LOVE  
A trinity of soul.

My wish, my gift  
this season  
is to  
lift

YOUR SOUL  
with LOVE, LOVE, LOVE

Leave the angst against the wall of waste.  
It's not for consumption, not to taste.  
Leave if to be composted.  
Spring from it  
like the life you are meant to be.

YOU  
LOVE, LOVE, LOVE

BELIEVE  
YOU  
ARE ENOUGH

FROM ANGST TO HOPE  
I offer you a rope.  
A rope with hope strands,  
blessed with love, love, love.  
Grab hold and be held.  
This is what it is to be well'd.  
Welded to a frequency of love.  
Stay tuned, frequently.  
Visit the trilogy.  
LOVE, LOVE, LOVE

If you like, I'll even offer a social plug:  
It's you, me & Kasey:  
It's [KRASEYLOVE.com](http://KRASEYLOVE.com)

Grab a strand and hang on.

Robert Emery 2025