



The Root

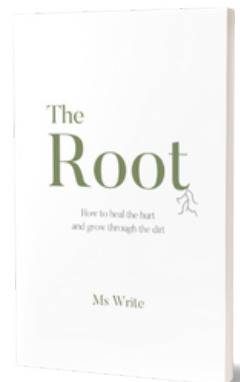
By Ms Write

FREE 10-PAGE EXCERPT

Introduction

This book is for you if you are ready to feel uncomfortable and honest with yourself.

This book is for you if you need a boost of support and love. This book is for you if you're ready to let go and let God. This book is for you if you're ready to face the truth, Accept the truth, And heal. These stories are written with the utmost love, patience, and thoughtfulness. Please, read with care.



About

The Root is an unstructured book filled with real and fictional stories illustrating a variety of events that have caused people to become emotionally, mentally and spiritually unbalanced. Whether it is a personal experience or something witnessed through someone we know, situations like these have become common among many. Even though it's mandatory to surmount, forgive, recover, trust, love, and be happy, the willingness to remain in these spaces have become difficult and therefore, it is our responsibility to find the treasure within ourselves to live an internally rich life. Although some become internally wealthy, others remain mentally poor because they quit searching for their treasure after undergoing a few obstacles. They choose not to trust the journey, enjoy the adventure, and have faith that the treasure exists. They choose weakness over strength, resentment over joy, hatred over love, and wonder why they don't feel good. They choose to stray, stay or backslide into the past and wonder why their present doesn't feel like a gift. Acknowledging that your treasure exists is the first step. Accepting that it's been under your nose your entire life is the second step. Overcoming your self-sabotage is the third step. Only you can obtain your treasure when you learn from the lessons you've been given. If you haven't picked it up already, the treasure is a metaphor for your internal wealth (happiness, healing, love, etc.). If you want to unlock your treasure, you must dig deep within yourself to find the key. I hope this book inspires you to be internally rich so you no longer feel deprived of life and to emotionally heal so you no longer feel scared to fly. Your treasure awaits you.



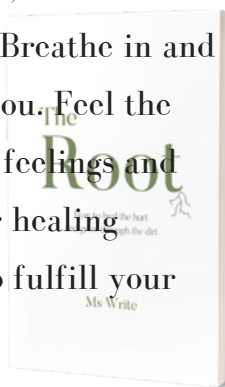
The
Root

and grow through it

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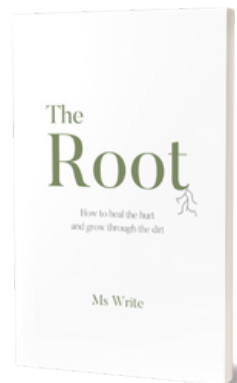
Healing Exercise 2: Burning Barriers

Grab a piece of paper, a pen and a lighter. Try to use your favorite color, favorite pen, and if you have a favorite notebook, that's a bonus. Grab your utensils and find a spot you're comfortable in. It can be in or outside, sitting or standing. When you find your spot, get relaxed. Breathe in and out. Get yourself prepared for an emotional moment. Begin to write down every situation, person, place, thing and memory that triggers you, halts you, and has become a barricade on your journey of healing. Write it all down; the experiences, the emotions, and what you want to let go. When you're done, read it over. Read it aloud to feel extra uncomfortable. When you're ready, go outside and burn those papers. As you're burning the paper, imagine that you are burning away all the suffering; the pain, the trouble, the grudges, the regret, the anger, the blocks, and everything that has become an anchor in your life. Everything that you have written on that paper is slowly disappearing into the air. Watch the smoke rise and let your energy rise with it. Once the burning is complete, take a moment for yourself, don't rush to do anything. Breathe in and breathe out deeply. Feel the vibrations around you. Feel the sensations throughout your body. Embrace your feelings and thank yourself for taking a step forward on your healing journey. Let it all go and trust in the universe to fulfill your intentions. Release to receive.



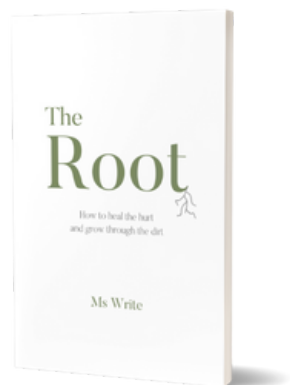
It Was Just Fun

It was all fun
I kept telling everyone
I'm just being young
And following the sun
Flowing with the wind
Letting my troubles run
And my emotions hide
Behind empty bottles
And temporary highs
With tears to fill them
And uncontrollable sighs
I needed to have fun
To forget my daily outcome
Escape my reality
To feel a little bit like me
It was all fun
Until there was no escape
Waking up with my panty
Down one leg Bruises on my face
Mouth had a weird taste
But there was nothing to trace
One night I was bait
And what I thought was fun
No longer felt that way



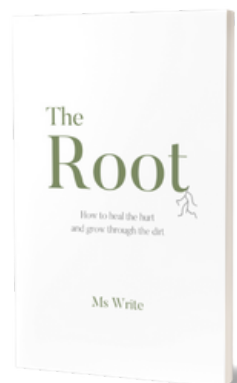
Trust Issues

You know why I don't trust people
Because when I give them a knife to hold
It always ends up in my back
And when I give them my heart to hold
It always ends up being attacked
And when I give them my truth
It never ends up coming back
So how can I trust people
If honesty is what they lack?



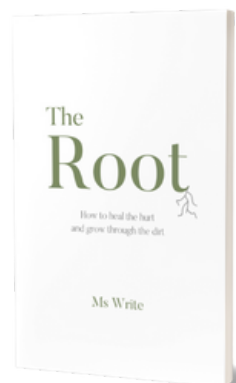
Healing is feeling uncomfortable for a moment...
to feel comfortable forever.

Ms Write



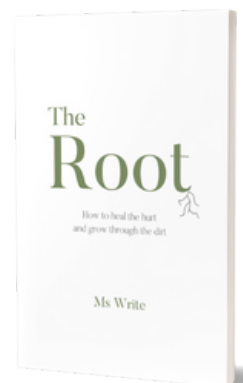
Unconsciously Loved

I was holding onto it for a reason
But it was taken from me without question
And I didn't retaliate
Because I didn't reciprocate
That something was grossly wrong
I forced myself to accept the blame
I told myself that nothing would change
Continued doing things the same
Because I didn't want to accept the truth
Of feeling loose when I was really used
I thought my intoxication
Caused the moment of my insignificance
When really, I was unconscious
And had no advantage
I let my emotions get the best of me
I allowed it to also break me
And guide me in the wrong direction
Down the path of humiliation
Led by acts of manipulation
Because there were no good intentions
Involuntarily, I was open for grabs
And unintentionally I let it happen
And because of the empty space inside,
I let him slide back in



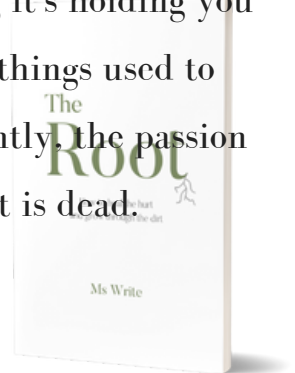
The Empty Glass

They saw the glass half full
Knocked it over
And watched the water spill
Didn't bother to clean up
Or make a refill
Instead they added to the water
With their tears
And sat in the puddle till it dried
Wallowed in sorrow
And blamed the world for their cries
Still an empty glass
With no motivation to fill it
Still has an empty task
With the need to fulfill it
They chose suicide over enlightenment
Depression over excitement
Chaos over alignment
They saw the glass half empty
Instead of making it full
They felt their hearts were achy
And couldn't heal the wounds
Now they're gone forever
With no water to bloom



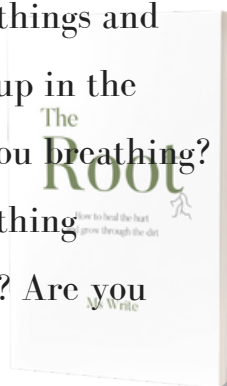
Some Plants Cannot Be Saved

When you feel that the care and passion isn't reciprocal, you begin to feel unattractive—and not only regarding your outer shell but also within, too. You start to feel that you're unappreciated and your efforts go unnoticed. That everything you do, everything that you are doing to upkeep your part in the relationship; to maintain the unbreakable love that was once present and beautiful is pointless. Things only change for a second and then it's back to regular scheduled programming. You're hoping for a drastic miracle to save a dying flower but all you can see are impaired roots. You're praying for answers but not ready to solve the problems. The number of years, the amount of time and energy you've used has become your anchor and your rope. It's pulling you down while you're thinking it's holding you up. The past is the past. It's not about how things used to be, but how things presently are and presently, the passion is gone. The leaves have dried and the plant is dead.



Oxygen

What makes you breathe? Breathing is the universal force of life that connects us all. Without air, what are we? Air is the most powerful element of the earth as it is the main connector of fire, water and dirt. On a spiritual level, air represents unity, freedom, balance and movement. Air is the building block of life. Without air, how can one fly? Without air, how can a seed grow? Without air, how can the waters flow? Take a deep breath in right now. Do you feel the difference? Did you feel how powerful that was? Air also provides us with nutrients and natural alleviating medicine to help reduce stress and anxiety. Now, of course in big cities, the air is filled with pollution so it won't be an identical experience to being in large bodies of nature. However, a breath is still a breath - and if you're able to breathe, you are blessed. I want you to wake up every day with a new mindset. Think of air to be the things and people you love. What is it that wakes you up in the morning wanting to breathe? What keeps you breathing? What helps you breathe? What makes breathing effortless? Who makes you want to breathe? Are you included in your thoughts?



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