



DIVINE INTERVENTION

Poetry + Motivation



Written by: M.A.K. aka A. Miranda

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STRESSEDTOONS

By: MAK

Awakening

“I awoke in a clouded room by the sounds of distant growls and cries for forgiveness.

Spirals of memories slowly surrounded the vessel I grew to accept as my own, and my eyes grew heavy
with the tears of many years hidden away behind the smile of hollow eyes,

I found myself thinking of different views on letting go and embracing the world through the lens of all
minds,

Letting in what could never be said properly but only felt deep within in those quiet moments of
discomfort and solitude,

Where the world ends, and the heavens begin to mix into what a naïve mind would call paradise while
the seer knows it to be hell,

Each step breath I began to hear loudly solidified the reality I knew my mind tried to shelter me from
so that my heart could be at false peace and stay held within the crevices of mistrust and timidity,

The place where all the phantoms we fear are the angels we need and the angels we served were the kin
of demons, and all that mixes within the crowds pleasantly,

The evils that appear as the sweetest spirits who could not harm and just as quick as a smile is flashed
rob you of the very essence you once called your soul.

With each blink, my body became more and more rigid with fear, and as my disbelief wore almost all
of my being, I felt hands gently cover my eyes and heard the words come through as smoothly as
waves kissing the shore,

“Fear not what you see, for these truths must be seen. It is a blessing not meant to instill fear, but a gift
through hope that with this knowledge light can guide those who remain ignorant to the darkness and
its holds beyond what can be seen if it should be cast away.”

When darkness surrounds your heart and mind, know you can and will overcome it. Faith is more than believing good things will come; it is putting into action what is needed so that the Divine can understand your intentions and provide the material to manifest your prayers into reality.

Letting Go/Remnants for Peace

“Twice the song came through,

The familiar bittersweet lyrics that held me in their arms as I gently wept so many nights before,
Whose words were sung serenely by an angel whose face I did not know and yet felt as if I’d known
them well,

With each word heard, I found the strife and pain slowly dissolve into the abyss of what never
mattered, and from the fog that slowly sizzled in their place came a brilliant light,

It was so powerful in its shine and warmth that my tears of sadness were dried in mere seconds and
replaced with those of relief,

I watched as the fog and the light danced together in a state of deposition that at first posed fear in my
heart as creatures formed and began to move,

But just as quickly as fear was felt, so were the hands of an ancestor I’d known only in dreams,

“Be still,” they said. Do not fear, for what forms before you are not destructive or meant to cause harm
but are here to show you what pieces to life’s puzzles you had not known.”

As their presence left, I saw truth in their words,

I saw memories of the past mix with assumptions and revelations I’d longed for so long ago,

I felt the calmness of the storm that was present before me and understood where it was; I had always
meant to stand,

I saw the hands who were meant to fix what had been broken,

And in this sight, a lightness overtook my body,

I no longer stood on the ground below but floated above the scenes being played below and knew I was never meant to be a player within them,

But serving as a mere observer meant to witness and learn from all that had been so I could live in peace with what could be.”

Sometimes, the simplest phrases or notions help us realize what's been used to limit ourselves. It's far too easy for those instances to cause a great sense of displeasure, cause us to shut down and suppress, or keep us stuck in passionate states where we do nothing but feel and forget to act so that we can be freed. It's important as we reflect to cast judgment on ourselves when we have done just that but accept our humanity and revisit those moments. Not so we could forgive and forget, but instead, choose to learn so we do not repeat.

Waking dreams

“I awoke to the sound of wings breaking free from a chrysalis. I looked in the direction from which the noise came, and out sprung pairs of golden wings upon an emerald and sapphire body,

As the creature moved its wings, a song could be heard. As the song played, I saw the creature's eyes quartz in nature, reflecting the world it caught within its gaze,

Mesmerized by the creature, I slowly extended my hand, hoping it would bless me with a gentle kiss before leaving my sight. One moment passed, then another, and as my hope began to wane, it began to fly closer and closer to my hand until it landed softly upon my fingers,

As its proboscis extended to touch my skin, I noticed a glow now coming from its body,

Purple, then turquoise, eventually turning to the softest white I could have imagined,

Once it blessed me with its kiss, my mind began to grow heavy, and as it readied to fly out of my hand, my body began to feel as though cement had replaced my bones,

I found my body sinking more and more into the ground until, at last, I began to fall through the Earth,

I felt the heat of its core and the burn of its center, the emptiness filled with deafening silence, then
nothing,

With time, my mind became numb, and I found myself frozen, passing like a heavy anchor cast at sea,
sinking slowly through dark waters and, to my surprise, as my lungs lost their power and water began
to enter my vessel slowly, I began to resurface to another land being met by its sun,

The kiss I had been blessed with did more than free my mind of worry; it broke the shell that encased
my soul and brought me to new life.”

Resonate Souls

“ I took the forest with me in the palm of my hand and looked for a home where my heart could
proudly stand,

Through deserts, oceans, and mountaintops high,

I searched for my soul tribe,

For their tribal cry,

In darkness, daylight, and times in between, I felt their presence but found they were nowhere to be
seen.

Could I be mistaken or going insane, or are they fabrications made up in my brain?

So sadly, I carried on my heart in state.

Worrying that my solitude was my only fate,

When darkest the moment I found myself in,

I heard them and saw them

Their loving light, I took in.

In my lost moments of sadness and defeat, they had finally found me, and our search was complete.”

In life, we often find ourselves looking for things we perceive not to have. In moments of stress, that perception can become amplified, often leading toward behaviors or relationships forming that truly were not conducive to our path moving forward. We may find ourselves in darker places and feeling solitude as we navigate through a difficult lesson and figure out who we are, what we need, and our purpose. It's important to remember, if you have gone through these types of moments in life or currently are, to be compassionate to yourself and try to understand that it is just a part of the human experience to grow from, and we've all at some point been there. Naturally, it can be hard to find resources. That difficulty is amplified because outside of our emotional state, we may have tried to seek help but could not do so successfully. Societal structures/channels may be hard to find and navigate and, at times, can be very selective in who/how they choose to help, or we may not know who can help because we are in a new situation. Our own past experiences may also deter us from seeking help or supporting relationships because, in the past, we may have been in similar situations where we sought help from those we trusted or believed in and instead were met with skepticism, invalidation for our emotions and concerns or simply dismissive behavior.

On the other hand, we may just be closed off because we've become accustomed to having to do everything for ourselves, be it from parenting the self as a child or just having enough rejection from authority figures where the only recourse or person we can trust is ourselves. This is also an understandable behavior and one I know I am familiar with (so you're not alone if this is also you). So, with that in mind, we may find ourselves completely blind to the fact that there are people in our lives, present or in the past, who were extending their hands to assist and truly were openly listening to us without expectations and welcoming us into their lives. So in recognizing this, as our hearts become burdened or are, it's even more important that we dig deep and remind ourselves to be kind to ourselves and to work as best as we can to look beyond what our mind fixates on and allow ourselves to see everything else that may be present. There may be genuine souls helping us by being present and seeing us and providing what they could at the time (be it a friendly gesture, a free item, or something small or large that lightens the darkness in our day) or things in the natural world who come by to remind us we aren't alone; we share their gifted Divine beauty and strength. These blessed interactions remind us that we can and will make it through whatever difficulty is present.

With recognition and gratitude for these blessings, we can gain a lighter heart and open mind; we also begin to create space for other parts of our minds to logically work through things because we are allowing ourselves to feel, see, and become open to being vulnerable and seeking what we may need and, in time being met with it. It may not be obvious at the moment how important or meaningful something may be in your life, be it a stranger or someone knew small gestures or

blessings, but God and the Divine always find ways to remind us we are loved and never alone. We as a human collective are all one and should all be able to dwell in peace, enjoy what's naturally been gifted to us, and do what we can when we can to share the unconditional love and support the Divine grants us. In the end, Earth is a school with the Divine as our main provider based on what we may need or have been asking/working toward at the time, and we serve as students who may be in the same class with different lessons to be learned. For example, one may need to learn how to recognize another's struggle and strength to help, while another may need to see the help provided and accept it gracefully.

Written by: M.A.K. aka A.Miranda