



Deja Vu
and the Life Review

by
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Déjà Vu
and the Life Review

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You're at the frontier
Keep going forward
Stay on track
Don't hesitate and don't look back

You've met your destiny
She's waited patiently
A few thousand lifetimes to be precise
But she never stood counting
Only wished you had the courage to keep on mounting
All of your obstacles and fears

Now you can see
All your teardrop kisses intended for me
That fell from your eyes in a heartbroken plea
Were always answered in necessity
The vehicle for all invention
The mother of all intention
Led you straight back to me.

When I Metamorphosed ...

*I realized that if I thought it was hard being myself, it was
a million times harder being anyone else.*

*I stopped being overwhelmed into inactivity
and paralysis from analysis ceased to be.*

I realized there is only love... everything else is an illusion.

*I realized that God gave me the gift
of boldness for a reason.*

I sought angles instead of how to cut corners.

*I stopped feeling I would go insane trying to explain the
elusive obvious.*

*I decided I'd rather be free as me, than a slave in a rich
man's game, or take shelter down mediocre lane.*

*I realized that telling an eccentric that she's being
melodramatic is like telling her to suffer the constricts.*

*I learnt how to ask curious questions from me to me,
without the need for self-defence or scrutiny.*

*I lovingly released myself and others to go and spread our
pixie dust wherever we felt we must.*

I said goodbye to the powder boy.

*I stopped associating a snuggle in the double
with loads of trouble.*

*I stopped fucking out of politeness, for fear of bruising a
man's ego, or arousing him to violence.*

*I realized I was hurt not because I'm beautiful,
but because the other was not beautiful.*

*I realized that I loved my lazy ex boyfriend
for teaching me the Law of Least Effort.*

*I realized that the killer thriller who knew how to
tease her was not what really pleased her.*

*I realized that being an avid reader was
what inspired and intrigued her.*

*I stopped expecting others to give me something to believe in
and instead began believing in myself.*

*I stopped reckoning and took the time to find out; Guessing
is not the same as knowing, while laziness is unmistakable.*

*I learnt to go for what I really wanted, instead
of what I thought I could get.*

*I decided I preferred circles to ladders,
but moving in the right circles was paramount.*

I realized that what affects me directly affects you indirectly.

I discovered how much fun in-joy-in myself could be.

*I realized that I loved the drama because it
resembled some mythical saga.*

*I realized that the love gloves on made more than my hands
warm, but that every thing I touched somehow
felt so much warmer too.*

*I realized that music soothes my soul, and fills me with
tranquillity for a life full of harmony as
Natures intended song to be.*

*I realized that I loved to dance with my eyes shut,
to invoke a trance while I strut.*

*I realized that my Dragonfly was out there too, and
he was looking for me not you.*

I realized that love was a stranger with an open heart.

*I stopped breaking all my lucky breaks
and self-sabotage didn't stand a chance.*

*I decided that it was O.K for attractiveness to be an
expression for my unwillingness to take no for an answer.*

*I realized that the best dressed were the ones
who left their egos hanging in the cupboard.*

*I realized that there are no "chosen few" but
that we are "the chosen many".*

*I realized that who we are never changes,
but who we think we are does.*

*I realized that I have self-control, and can stop myself
after eating one peanut M&M.*

*I stopped seeking to compete with others and instead
sought to overcome my own limitations.*

*I stopped yearning to immortalize my image because I knew
that my spirit never left in the first place.*

*I stopped living in fantasy because my
reality became a dream.*

I realized the purpose of life is a life on purpose

*I realized that daytime was for living and
night-time was for dreaming.*

I realized that 'My Way' was as
clear as night and day.

I realized that I knew the right movement
at the right moment.

I learnt how to make the most of a single play, a single
game, and a single day, in my own unique way.

I hastened to stop fearing failure, fearing fear
and fearing death.

I vowed to live and let live, and never bow out.

I realized that each obstacle could teach me something new I needed to know.

I realized that the trick in life is to be in the mystery not in the know because this is ultimately how we grow.

I realized that going to the trouble of making myself happy was more worthwhile than pretending to be so.

I realized that hating myself made me a bitter woman, while loving myself made me a better woman.

I learnt how to give instead of need, and no longer shared to cover greed.

I realized that when I had the courage to say what I want, I also found a way to get it.

I learnt that there is no rest for the wicked-ly talented.

I realized I had the imagination to recognize a good idea and the talent to create them.

*I realized that I became what I thought
about most of the time.*

*I realized the meaning of S-P-E-L-L is
Sacred Purposeful Energy using Light and Love*

*I realized that fitness encompassed as above so below, inside
and out, essence and appearance.*

*I realized how much I loved to promote well-being
and well-awareness.*

*I realized how much I loved to gym myself all over the
place, because that's what gym stands for in any case...*

Get You Moving from place to place.

I realized that believing is seeing.

I realized that to make Heaven on Earth we must have our feet on the ground and our head in the Cosmos.

I realized that we co-arise in this giant bowl of cosmic soup with Galaxies, Stars and Planets too.

I realized that clarification was better than consolation.

I stopped asking the question, "Can a person who is only half love herself fully?"

And, instead fully loved the totality of myself.

*I realized that nothing matters but that
we honour every thing.*

*I realized the meaning of efficiency was to let the flow of life
bring me what I need.*

I realized that immunity was love and gratitude.

*I asked the Gods and Goddesses for
Divine guidance and fertitude.*

*I learnt to trust in Mother Earth and Love,
the special two that would never let me down.*

*I stopped expecting and instead entered a
state of happy surprise.*

I realized I had to think high to rise.

*I realized that butterfly's caught in jars are just off track,
and that it's never too late to find their way back.*

*I realized that when I began living in the solution my
problems went away.*

*I realized that when I was gracious others listened
more to what I had to say.*

*I realized I could strengthen my weak traits
by using my strong.*

*I realized I could act independently of
other people's right and wrong.*

*I realized that in reality there was no objective truth,
but that we are only more or less subjective
more or less of the time.*

I stopped acting as I should and instead as I do.

I stopped comparing you to me and me to you.

*I stopped only pursuing what I wanted, and learnt to
savour what I already had.*

*I realized it was better to feel more than
to try and feel better.*

I learnt how to be where I was and do what I was doing.

*I realized I was going sane, and the spirit in me
began to honour the spirit in you.*

*I stopped fearing all the things that diminished
me for speaking my truth.*

*I realized that addiction doesn't come close to this, because
Sacred is what this life is.*

*I stopped finding ways to get out of it, and instead got down
with it and high on Chi, the body's vital energy.*

I realized the Truth can set you free.

Deja Vu and the Life Review is a rare and startlingly honest chronicle about a journey into the Self.

Through the metaphor of a caterpillar turning into a butterfly, Eva lyrically portrays some of the personal issues encountered by so many, to include the mundane and pure mystical, in a way that penetrates one's thinking and feelings with the force of a divinely-inspired treatise.

An enchantress, Eva-Marie offers a glimpse into the many psychological processes of ordinary life to reveal its beauty and simplicity, with a degree of soul-felt inspiration that can only be expressed in poetry.

An inspiring book that takes into account 'the art of living', and what it means to be human, endowed with our divine, spiritual and physical make-up.

"Blessed be, the real & free."



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