



Life-Changing Poems

From a Seeker of Love and Life

Stephen Ndegwa, PhD.

Vol. Three

Life-Changing Poems from a Seeker of Love and Life

The life changing poems are about deep life issues. The poems came about as the author was searching for what would be the solution to mental health challenges all over the world. These are poems that trigger thoughts and discussions about love, self-awareness, self-acceptance, other awareness, and acceptance, how to live harmoniously with each other and other core life issues. The idea behind them is to help one to reflect deeply on what it means to have a fulfilling life on earth, to be happy and peaceful within oneself.

The poems are written in a simple way for people of all ages, all religions, and from all walks of life, all over the world to be able to think about what life is to them in a simple way. The hope is that everyone who reads the poems will have a shift in the way they perceive life, have new meaning about themselves, others, and life in general. It is important to have an open mind to interact with and derive personalized meaning from each of the poems in this book. May an awakening happen to each reader of these life-changing poems.

About The Author

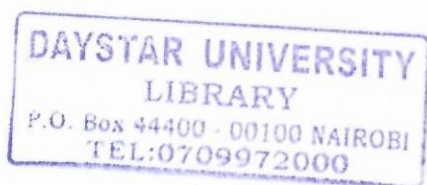
"I am because He is, and because He is, so I am." This is how Stephen Ndegwa describes himself. He sees himself as one with His Creator, who occupies every space, every time, and every state. He sees himself as an eternal living being, who is an instrument of love, healing, and life on earth. He is a lifetime seeker, curious, appreciative, and open-minded to learn as much as he can while on earth. He has no attachment to many things, has no possessiveness or defensiveness for he likes accepting things as they happen.

Stephen's main purpose on earth is to share love with everyone and everything through having loving thoughts and deeds towards them. He lives from an abundance attitude where he believes in giving all that he has been given because for him, giving is gaining. He facilitates learning individually and in groups where he likes helping people question what they think they know and hold dear to themselves. He is a believer that one can attain a heavenly experience here on earth. He believes he is a neighbor to everyone and sees no one as an enemy. He is forever grateful for he has found his function on earth, to forgive and be happy!



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