

Wild dancing Heart



Kelly Athena

art by Lee Kaster

A Foreword by SARK



Dear Deluxe Reader,

Each poem story in Kelly's book is like a thought puddle splashing out from the Ocean of Love. Refreshing. Tangy. Soothing. Surprising.

This book instantly cuts through the worried, wounded voices in your head, and connects you to your deepest self—the part of you that knows that beneath it all lies an endless sea of supportive, caring power.

There is truth here served like crispy, sweet layers of honey pistachio baklava warm from the oven.

As you experience this book, your inner child may come out to skip, climb a tree, jump rope, and sing . . . or maybe she feels abandoned right now and just needs you to brush her hair, spoon her some homemade soup, and then dress her in some clean play clothes when she is ready . . .

Perhaps you will encounter multiple inner children and other overlooked characters. You realize they need your embrace and recognition. As Walt Whitman said, "We contain multitudes."

Kelly acknowledges the emotional journey, the ache, the innate awkwardness that comes with being a human being. She also reminds us we have the power to choose each moment to see things differently. To believe that every dark path winds its way to timeless hope.

So get out your art pencils and color the whimsical illustrations that fill every page of this book—including twenty coloring

pages you can frame and share. Solve puzzles and dive deeper into your soul with the play pages at the end of this book.

The creative process goes something like this:

1. Wow, I have a great idea!
2. Oh, it's all been said before.
3. Others say it better.
4. People will reject me for expressing this. I feel too vulnerable.
5. It's junk.
6. Maybe there's some value in it.
7. Maybe my unique flavor will add to the collection of guideposts to awakening.
8. I do feel inspired.
9. I'll go with my heart and risk it!
10. I'll do it no matter what ups and downs I encounter!

Kelly decided to risk it~

She felt the twitter bugs exploding inside her—fireflies, shooting stars, rays of light that she couldn't hold inside anymore. They woke her up early in the morning to create with colorful pens on huge unlined newsprint paper. Her muse brought the lilting rhymes to her. Her hand swirled and her heart soared as inspiration poured through her.

And Kelly has three more books of poems already written, waiting to be surrounded by the intricate charm of Lee Kaster's pen. I look forward to much more from her! Let's honor the power of authenticity. Let's be part of the connection that Kelly so vividly brings alive in these pages.

Let your true, ageless, unflappable being rise up. Let's realize the parasitic inner critic/ego/pain body is not the real you. Let's party with Kelly!

—SARK

author/artist/creative fountain
PlanetSARK.com





"A wonderful juicy creation, exploding with life, energy, joy and inspiration, to enliven the soul and jazz the spirit of readers young and old. Enjoy this gift of the heart, and give a copy to someone you love."

—Eliezer Sobel, author of
The 99th Monkey and ***Blue Sky, White Clouds***

"Equal parts poetry, coloring mandala, and meditative journal, ***Wild Dancing Heart*** is a must for any reflective soul. Grab your imagination and colored pencils for a spiritual and literary journey!"

—Jennifer Ozgur, author of
One Million Kisses

"***Wild Dancing Heart*** dives into the human spirit with a fun, lighthearted tone and a deep understanding of life's challenges. I highly recommend this amazing little jewel."

—Allyson Roberts,
author / talk show host of
Outrageous Freedom





"I LOVE your book and the whimsical illustrations—makes my heart happy! Thank you for bringing such a lovely book into the world.

Wild Dancing Heart is a delightful romp into your soul. This book can be opened randomly for a bit of inspiration. Break out your pencil, crayons, or felt pens to color in some of the pages and the messages will speak to you on a deeper level. Like a Sherpa guiding your path with sage advice, ***Wild Dancing Heart*** will take you on an uplifting journey which is sure to delight your spirit!"

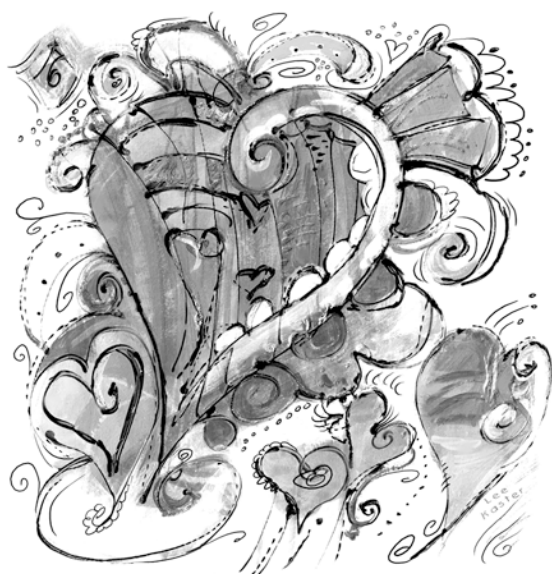
—Violette Clark, author/artist of
Journal Bliss

"Kelly Athena's poetry will uplift and delight your spirit. It has a magical quality that heals the mind and helps us all to see the value of Life and our own Being. You will find peace and joy in her work!"

—Alexandria Stevens, author of
**Power Tools: Idea You Can Use To
Disassemble Fear**



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1. Poetry /Women Authors
2. Art & Photography / Drawing /
Coloring Books for Grown-ups

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For more information, please contact
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PurpleCatPublishing.com



PHOENIX, ARIZONA USA

This book is an invitation
for your
Timeless Inner Child
to come out and play!



Look for a musical note
like this



hidden in each poem

Acknowledgments

Thank you to my family, friends, and tribe of online supporters for cheering me on in this endeavor.

Thanks to my mom, Val, for her lifelong encouragement of my creativity, and her example of persistence and hope.

Thanks to my late father, Sam Parnum, for filling my childhood with the love of nature and music.

Thanks to my sister, Jamie, for showing me the beauty of creativity through her dance and choreography.

Thanks to Caci Chapel, Hali Fields, Randa Hightower, Alex Stevens, and Paula Watkins, for their friendship and assistance in the editing process.

Thanks to the many authors and teachers who have inspired me: Rumi, Julia Cameron, Eckhart Tolle, Kathleen Killen, my third grade teacher, Sue Monk Kidd, Kahlil Gibran, Crockett Johnson, Joseph Dillard, Marianne Williamson, Florence Scovel Shinn, Edward Abbey, Robert A. Johnson, and Jerry Ruhl to name just a few.

Thanks to Crista Aldridge for creating the heart puzzle and word scrambles using words and phrases from this book.

Special thanks to Jackson for always seeing the best in me.

And an ocean full of thanks to Lee Kaster, the marvelous artist who brought these poems alive with her intricate, playful artwork.



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Suggested Uses For This Book

Use the poems as prompts for your own writing: Read a poem and then write about the words or phrases that pop into your mind.

Treat this collection as a personalized messenger service: Flip open the book to a random page and see what message is waiting there for you. Suggest this book to your book club or start your own *Wild Dancing Heart* Book Club.

Read a poem at special occasions, such as birthdays, Mother's Day, New Year's Eve, or even a funeral.

As an experiment, take turns reading a poem to your partner each night before going to sleep. See if it calms and brightens up your relationship.

Act out a poem with passion, drama, and props as you read it — then ask a friend to act one out. This can be quite cheering and possibly hilarious. Handy for when you can't think of what to say while visiting a friend in the hospital.

Ideal gift book for occasions such as birthdays, Valentine's Day, graduation, get well wishes, Mother's Day, Father's Day, Hanukkah, holidays and Christmas.

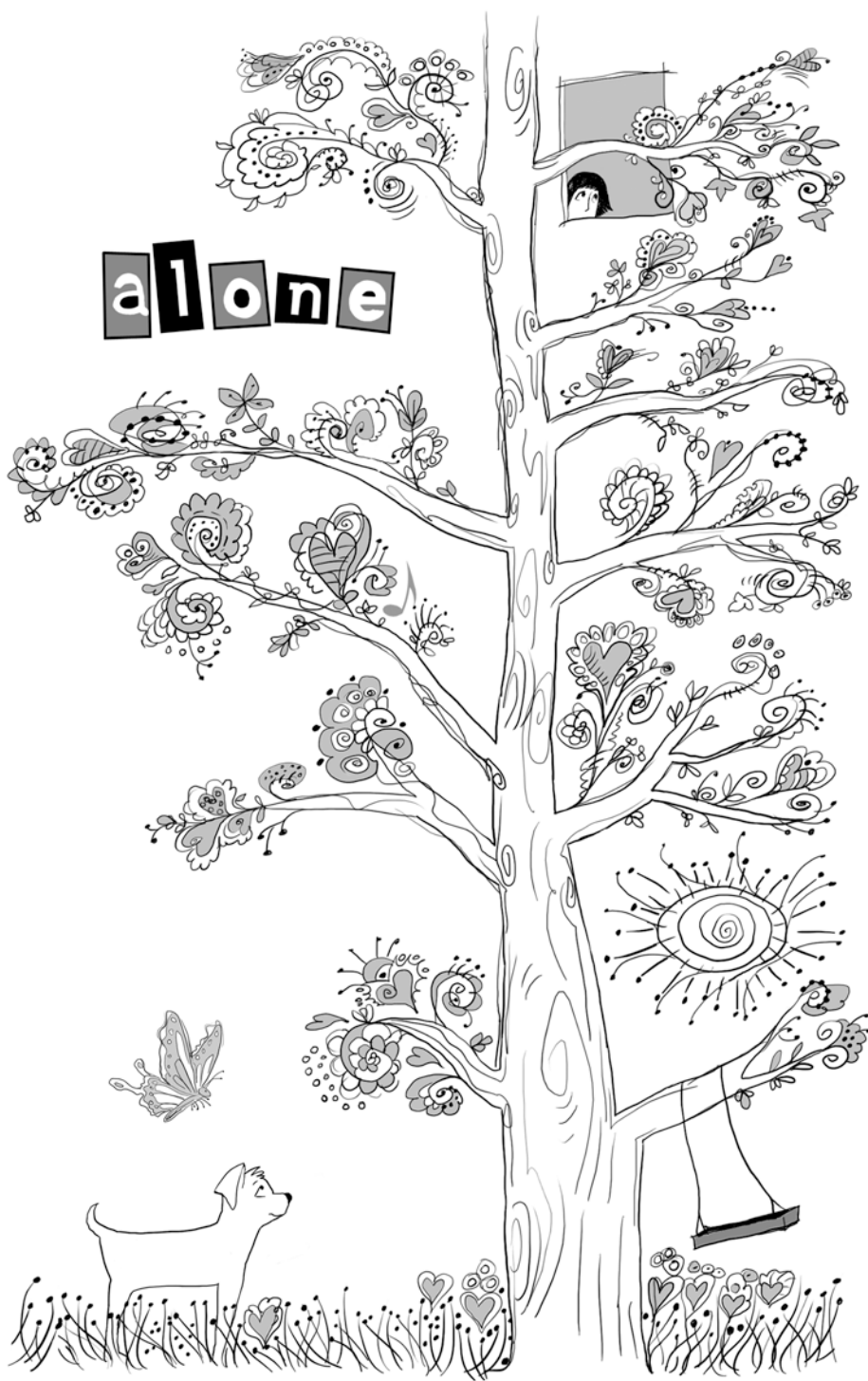
Many of the poems make delightful children's bedtime readings.



Alphabet OF Authenticity



Abandon convention
Be your own best friend
Create constantly
Doubt the norm
Ease up
Free the multitudes that lie within
Grandly unfurl
Honor who you are
ignite your intuition
Joy is your juice
Kindness rules
Laugh loud and long
marry yourself first
Now is all you need
Open to the ocean of your possibilities
play passionately
Quote the quietness
Research your radiance
Savor the sauce of your soul
Taste truth
Untame your uniqueness
Vibrate vividly
well up with wisdom
Expand exponentially
You are enough
Zero regrets



Someone pushed me into a corner
of a musty dark attic
where I lay curled up, unsure,
stiff as an unlit candlewick.



They left a long time ago,
tip-tapping down the staircase
and shutting the door behind.
I could have left here too
so many times

but I just stay in my mind
and dream of flying away.

There's a crack in the window
and I hear the curling branch of an oak
tip-tapping on the glass
tapping for me I think
as if to say,

"Climb down my strong arms.

It's okay to come play
on my swing today,

to arch in the glow of the sun,
to blow the heavy dust away.


We really could
have fun!"






ATTRACTION

I am
a powerful magnet
What I keep picturing,
I'll **get**




Whether a secret
or a well-known fact
What I **focus** on,
I'll **attract**

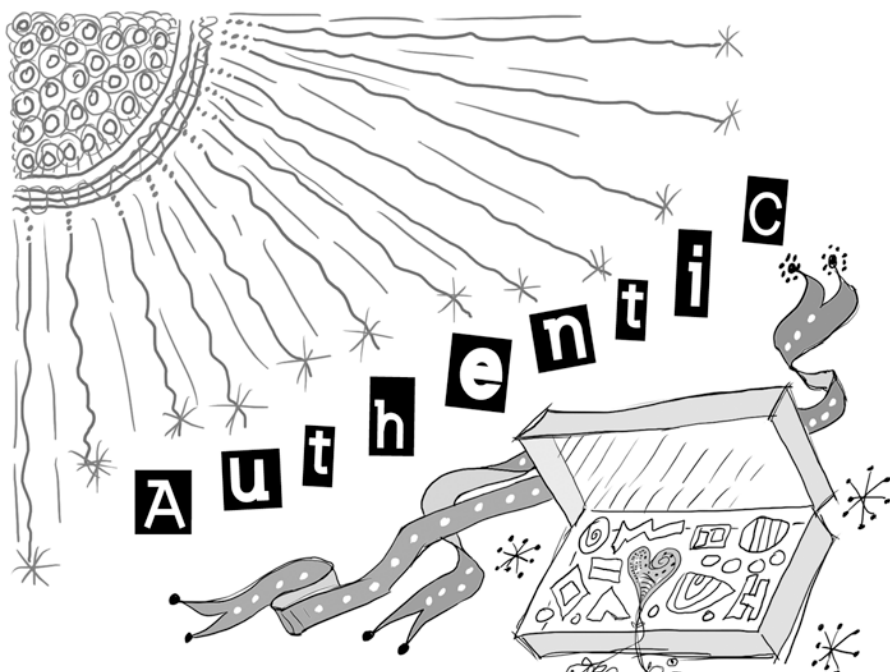


Whatever I'm feeling
strongest about
will **come to me**
without a doubt

If I **see** it
inside repeatedly
It will **show** up outside
it's a **guarantee**








The pressure to conform
shoulders back, belly in
is like having to perform
and ignore what's
within:

My heart urging me
in a gentle voice
to stop and look inside
and make my own
choice





So what if I'm a flop?

It's better to be free

than swap my soul so easily

This doesn't mean I won't cooperate

for a common cause

that's good and right

It just means I won't be suffocated

and relinquish what brings me

the most delight



So all the rigid creeds

and condescending critics

can gather dust

at the back of the shelf

The only one

I need approval from

is my Authentic Self





CLUES

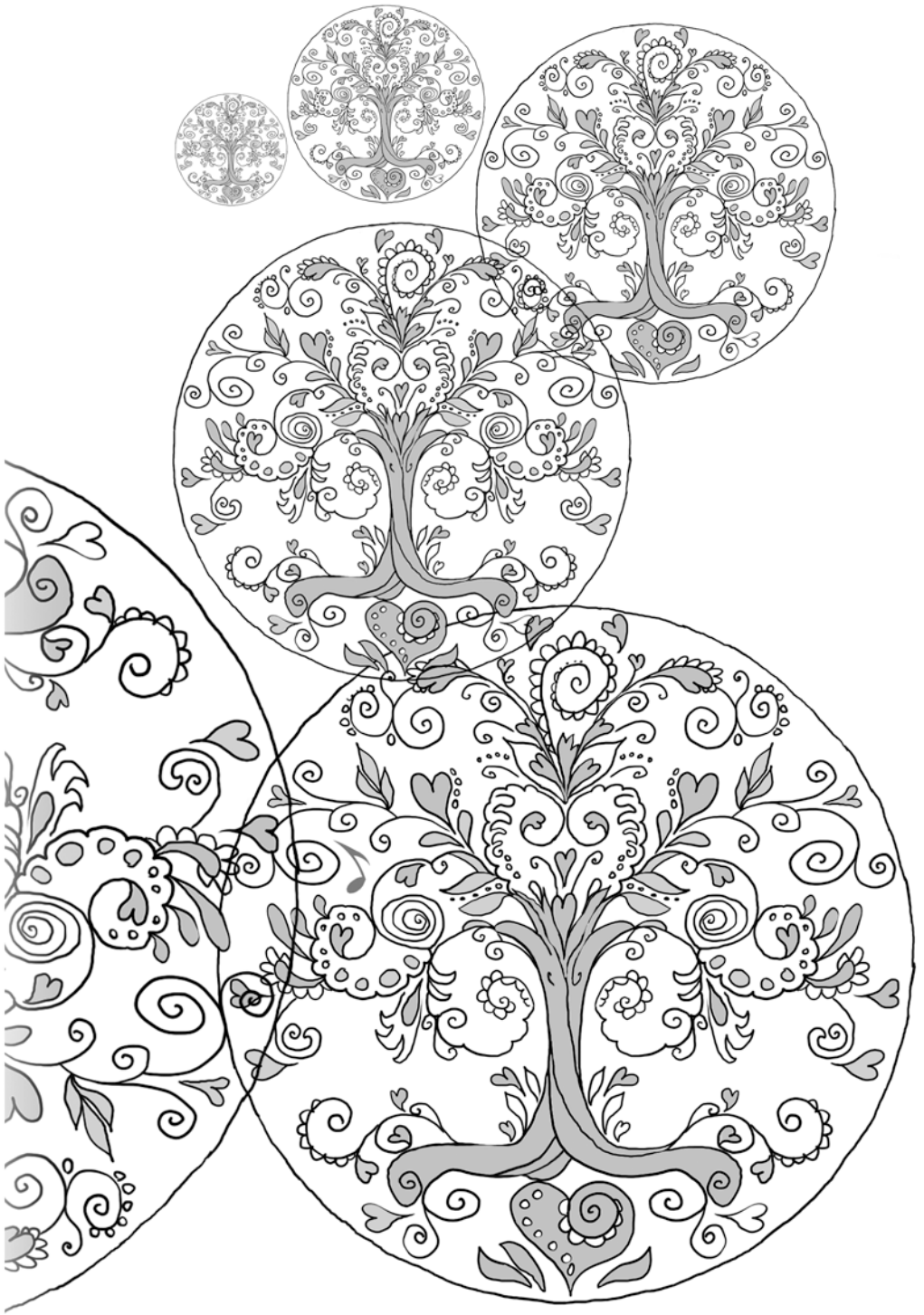
In a cobweb
a diamond of
glistening dew

In a leaf
a parallel universe clue


In a finger
a maze of swirling curves

In a thought
The things that rule
your world






the deeper you



You are a sphere of energy
within a greater
energy sphere

Though you appear
as a human being
it's only light
that I am seeing



You are in and through
and out of form

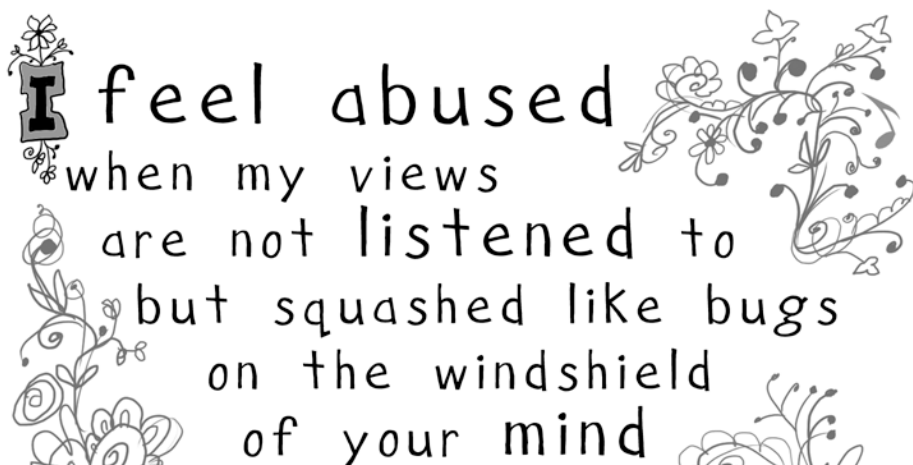
You will never die



you were always born

d o o r m a t ' s
d e c l a r a t i o n
o f F r e e d o m

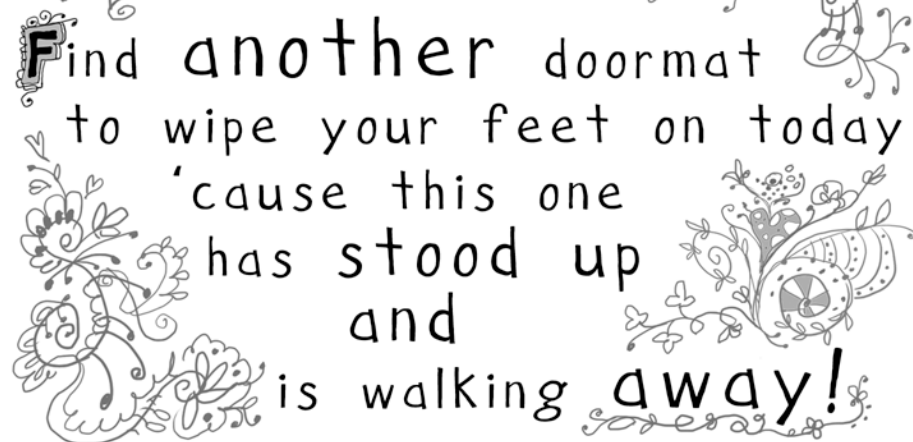




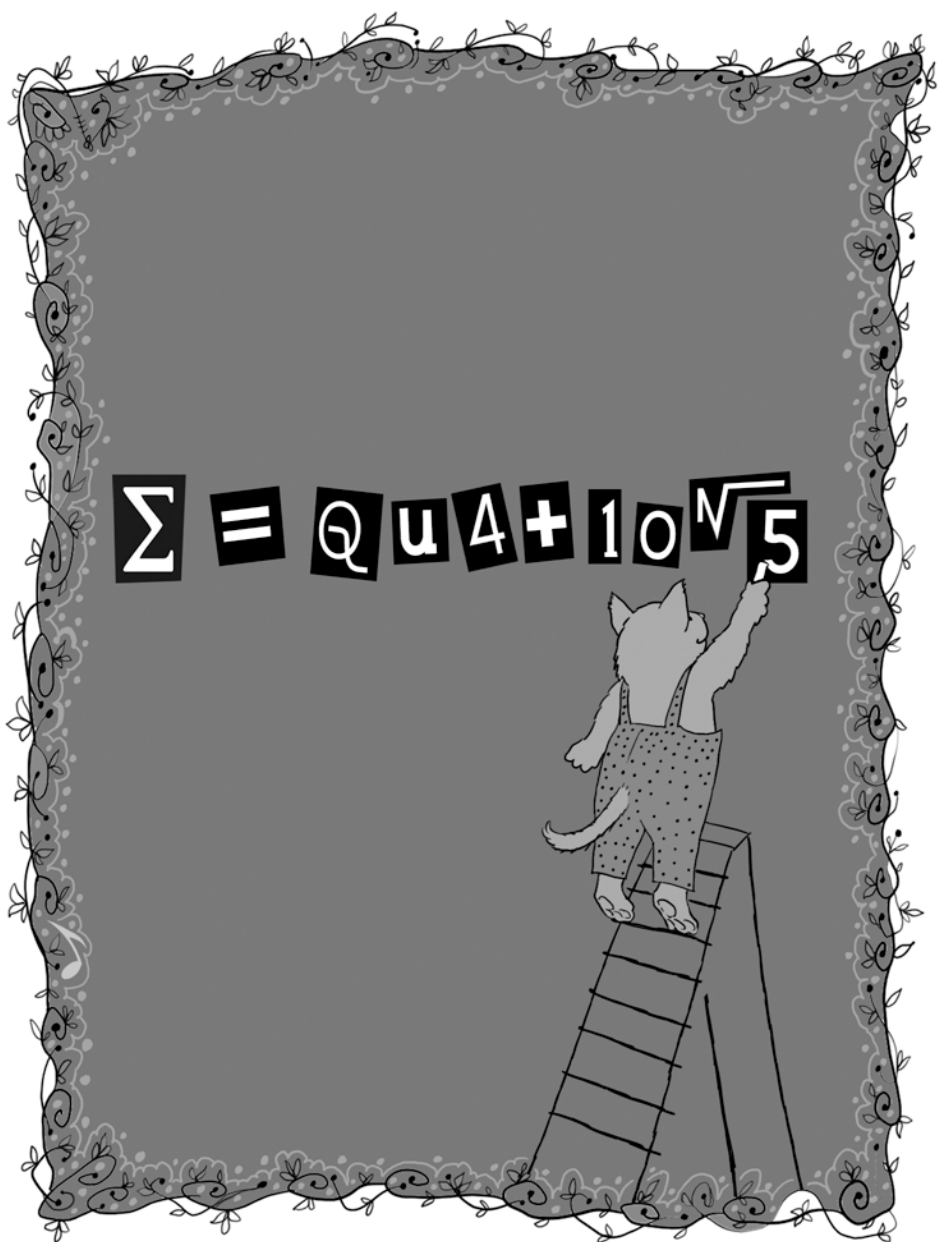
I feel abused
when my views
are not listened to
but squashed like bugs
on the windshield
of your mind



I will no longer
waste my time
with someone who
is not kind



Find another doormat
to wipe your feet on today
'cause this one
has stood up
and
is walking away!





Shoulds = Expectations

Expectations = Disappointment

Disappointment = Resentment

Acceptance = Growth

Growth = Freedom

Freedom = Power

Power = Joy

Flower Power



The flower

lost

its perfect
shape

"It's such an
awful shame,"

they said

It went to seed, they called it dead

But did it lose or did it win

by giving all it had within?

It rose again a hundred-fold
and spread across the landscape bold
in rainbow beauty blues and reds
it fanned through fields and riverbeds
to gardens, towns, and streams it led
while butterflies and bees were fed



All because
its petals

shed

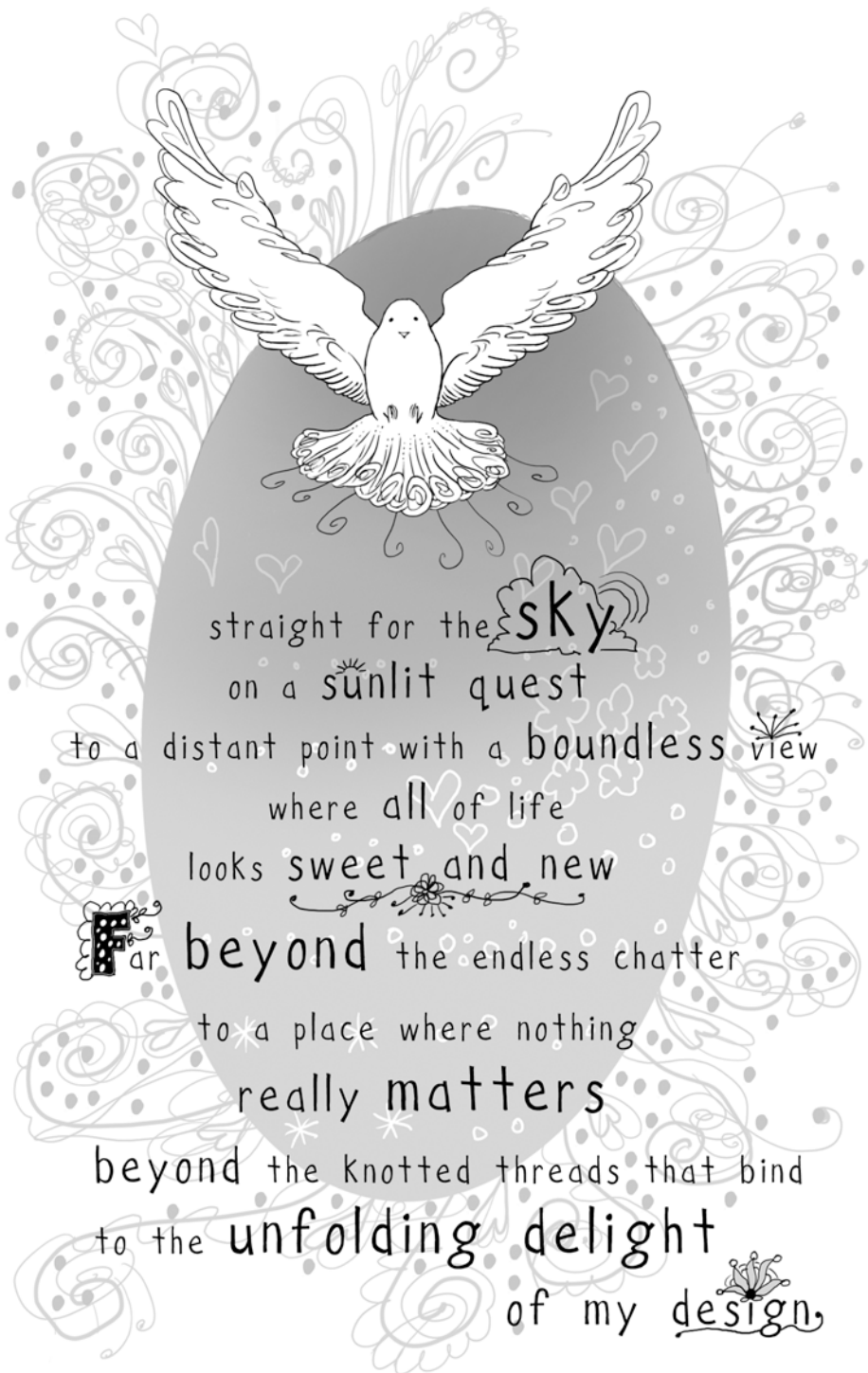
All because
it lost its head

FLUTTER

My thoughts are jumbled,
caught and torn
twisted, stunted, stretched,
half-born
ever moving, never complete
pounding like
a bass drumbeat

So I pause
and step back from everything
I stop and feel
a flutter of wings
deep in the pit
where I hold onto things

It's hope rising high
like a dove from her nest



straight for the sky
on a sunlit quest
to a distant point with a boundless view
where all of life
looks sweet and new
Far beyond the endless chatter
to a place where nothing
really matters
beyond the knotted threads that bind
to the unfolding delight
of my design



You are the universe

No need to rehearse

Jump out of your chair

Tuck **f**lowers in your hair

Leap high in the air
with **d**azzle and **f**lair

Soar like a bird

that has **n**ever heard

the word "no"

Just let go!

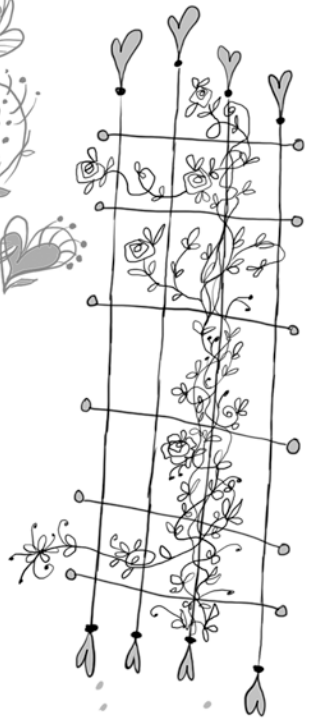


friends



A friend

is like a trellis
where I can climb,
grow and flourish,
and be in my prime



A friend is like a park
where it's fun to play
I'm never ridiculed
or chased away



A friend is like
the bright sun in the sky
shining full blast
though I laugh or cry





A friend is like having
a gentle massage
kneading out the knots
of self-sabotage



A friend is like snuggling
in a down comforter
making me feel warm,
safe and sure



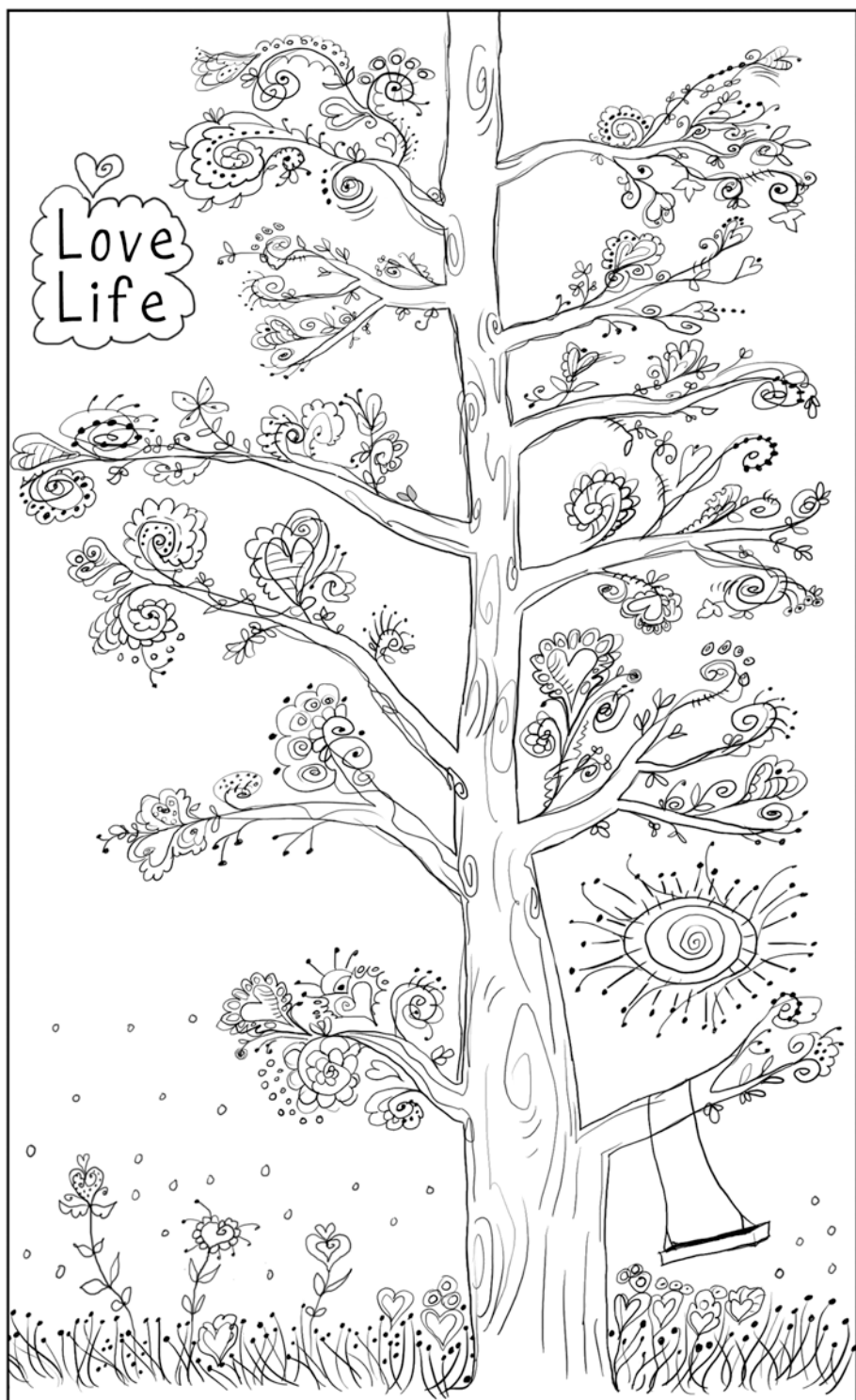
A friend is like an angel
without the wings
where I can say
and do anything

A friend is like
a bottomless ocean of love
a shooting star
streaking down from above

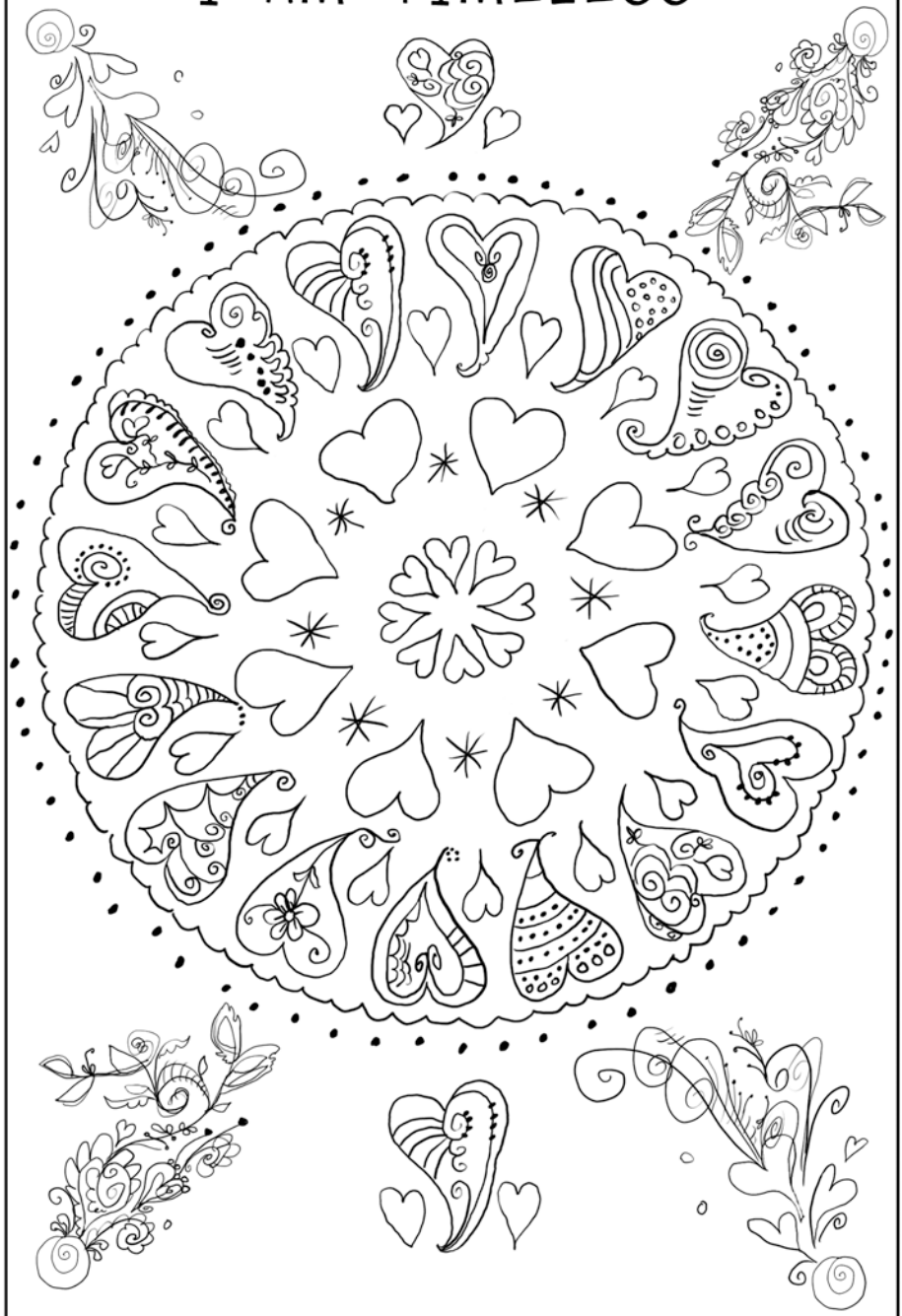


So thank you for being
such a good friend
I'll love you always
there is no end





I AM TIMELESS





Heart Puzzle



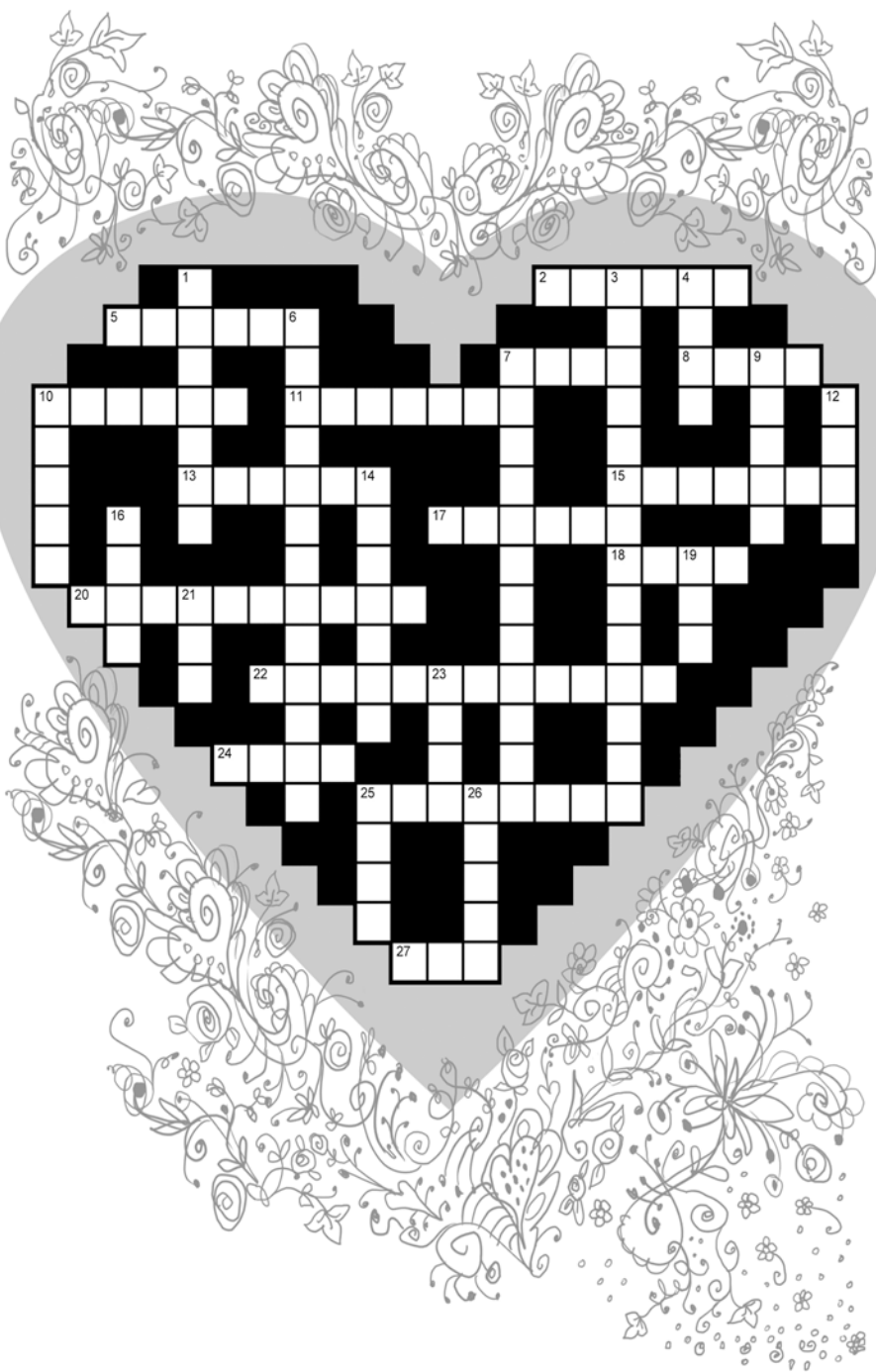
ACROSS

- 2 To open, as a flag (6)
- 5 Not trained (6)
- 7 Glide on the wind (4)
- 8 First 3 letters (4)
- 10 Hand digit (6)
- 11 Say I'll do something (7)
- 13 Metal piece that attracts (6)
- 15 Opens, as a map (7)
- 17 Deeply hear (6)
- 18 Aura, _____ worm (4)
- 20 Uplifting, enjoyable (10)
- 22 Basic class about numbers (12)
- 24 Zap of electricity (4)
- 25 Repeating shapes (8)
- 27 Deep happiness (3)

DOWN

- 1 Big creeks (7)
- 3 Distant locations (3, 5, 6)
- 4 Lion's sound (4)
- 6 Hugely, increasingly (13)
- 7 Personal destructiveness (4, 8)
- 9 Jail cubicles (5)
- 10 Concentrate, fixate (5)
- 12 Outer lemon peel; gusto (4)
- 14 Mind output (7)
- 16 Pollen collectors (4)
- 19 Hardwood tree (3)
- 21 Marriage vow (1, 2)
- 23 Dissolve, as a candle (4)
- 25 Frolic as a child (4)
- 26 After yesterday (5)





Meet The Author



Kelly Athena

Kelly Athena, M.A., is an award-winning poet who has taught creative workshops and college classes for thirty years. She encourages us to stay open-hearted, emphasizing that we can choose a new perspective each moment.

A Master Gardener, she loves learning about permaculture and sustainability. She is a pianist, composer, and past president of the County Arts Council. An avid bird watcher, hiker, and scuba diver, she is awed by the wonder of nature. A Master of Photography, she served as past president of the Phoenix Professional Photographer's Association and was named Arizona Photographer of the Year.

Growing up in the lush landscape of Northern California, her father inspired her with his passion for birds, flowers, gardening, and classical music. Her mother encouraged her creativity, hard work, love of jazz and jitterbugging.

She has also lived in Utah, Texas, Mexico, and Iowa. She now lives on the edge of the wild, howling Sonoran Desert in the foothills of Phoenix with her two cats and a small worm farm.

Look for Kelly Athena's next book in the upcoming year.

For more information, please visit KellyAthena.com.



Other Works by Kelly Athena

Literary:

How to Feel Good
2013

Discography:

Jazzy Birthday
26 upbeat instrumental compositions and
arrangements

Bliss
One hour of meditative ambient music

Single Song Releases--Vocals and Keyboard

"Amazing"
Women's empowerment theme song

"Dumpster Divin' Blues"
A blues song about food waste and rescue

"Queen of Hearts"
Tribute song to Princess Diana
and other loving women



Kelly Athena



Lee Kaster



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This book instantly cuts through the worried, wounded voices in your head, and connects you to your deepest self—the part of you that knows that beneath it all lies an endless sea of supportive, caring power.

So get out your art pencils and color the whimsical illustrations that fill every page of this book—including twenty coloring pages you can frame and share. Solve puzzles and dive deeper into your soul with the play pages at the end of this book.

Let your true, ageless being rise up. Let's party with Kelly!"

—**SARK**, best-selling author of *Wild Succulent Woman* and 16 more books/artist/creative fountain

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Fun for all ages: Musical Note Search in 45 Poems, 🎵
20 Coloring Pages + Puzzles & Play Pages



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Women Authors
2. Art & Photography /
Drawing / Coloring Books
for Grown-ups