



Songs of Anu

POETRY FROM THE HEART

BY *Soley White*

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The Grace and Gratitude Special Edition

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The Grace and Gratitude Gift Edition

(PDF)

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Note on style: In Songs of Anu you may observe variations in capitalization, punctuation, and other conventions. This is intentional, guided by the flow and feel of the text, not by hierarchy of meaning.



*May you sense freedom and peace
in every breath*



Songs of Anu is dedicated to the love of my life, to Kristján, who continues to inspire me every day with his heart of gold and strong abundant vision. He has helped me to understand the relationship between the spiritual and the material in my life, which has allowed me to profoundly harmonize with my authentic self, and, has helped me realize that I am the creator of my own dreams in manifest reality.

*Together we support each other's growth and expansion,
and, as individuals of oneness,
always for the greatest good.*



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Ode to the Unknown

THE EXPERIMENT

*Who or what are we when we drop everything?
When we shed all our layers.
When we let go of every single belief, concept or idea about
our whole makeup, of who or what we are.*

*Our names
Personalities
Our spiritual beliefs
Our family roles
Responsibilities
Our dreams*

*Our past
Our pains
Our purpose*

Even that which makes us happy and satisfied.

*Simply, when we drop absolutely everything.
What's left?*

*What's left when we shed all our external layers? Everything
that pertains to this life we are living. Our outer reality. Also
our feelings. Simply everything that has to do with who or
what we think we are.*

For the sake of experimenting, what happens if we shed our history as well. Everything that weaves us into existence as humans. Our physical, mental and emotional stories. When we drop everything completely. What's left?

*Nothingness?
Silence?
Awareness?*

Perhaps something like a scent? The fragrance of emptiness. Or perhaps something like the wind, completely see-through yet forceful? What's left of us? Perhaps something like the love we feel for our family members when they are not around?

What lingers when there is nothing left of who we think we are? When we are embraced by the unknown. Is there void?

There is this nothingness, yet something. Something lingers. Some presence. Deep peace. Eternity, omnipresent. This primordial hum that precedes and outlives everything, yet is of nothing.

Simply space. Infinite space. Are we mostly empty space? Science seems to tell us that.

If that is our essence, near empty space, something that is all yet nothing, sacred presence, then why are we here on earth in bodies, with personalities and our history? With all our questions and our ego-consciousness. Why?

What is the purpose? Is there a purpose?

Our reality on earth as humans, is it perhaps a cosmic experiment? Is it a school house? Is it life sensing itself, consciousness experiencing itself? Is it an opportunity to experience and share love? Is it means to an end? Or is reality perhaps completely utterly pointless outside the now?

Is there a point to evolution? Towards what then? Is there purpose or is there only movement? Is there stillness within the flow?

Is 'The Great Enlightenment' our unified purpose? Are we in training? Is life's purpose to serve as a runway, the descension to then ascend? The awakening through matter? Has our existence on earth anything at all to do with spiritual order? Are we journeying here as to eventually merge completely with divinity again - What is divinity?

Or is what we sense simply one-off?

I don't know. I sincerely don't know.

I don't know the mysteries of purpose, where it begins or ends. Or if it even exists outside of our minds.

I could list all the answers that I've read about, learned, practiced and sensed myself. I could list all the different beliefs and aspects that I know of.

Then again, like before, what if we drop all those beliefs as well. For the sake of experimenting. Drop every concept, every idea we have ever had about our purpose on earth. About why we are here.

What if we as conscious humans temporarily unlearn what we (think we) know? What if we altogether drop the question, 'what's it all about?' and we allow the lingering answer to evaporate? What if we let go of all preconceived ideas about what the answer could be? If we simply drop it all. Relinquish our need to unveil, define, and defend our version of the unknown. What then? What simply is?

Again, I don't know. But I would like to share with you that I relax in not knowing. To me, too much inquiry, testing and questioning clouds my otherwise crystal clear experience of grace in the now.

Of sensing harmony with all there is and living in gratitude towards all life, towards myself and the universe. To me, that is to live in grace. To approach life with reverence.

The mind needs very little firewood to create smoke that thick it obscures our vision of the clear blue skies of truth. So I tell myself I may have a vague inkling about the answers to the great mysteries of this world. But in all honesty, I don't really have a clue.

Do you?

There are other things I do know though.

I do know that I'm at peace when I trust in the design of the universe, the divine unknown ~ When I drop control.

I do know, that I see myself as a thread in cosmic creation. That I sense deeply and I imagine vividly, and that as an artist, as a human, I allow myself to express those experiences and interpretations ~ My sensations.

I know that I feel free when I'm unattached to spiritual belief systems. When I align myself with what is universal. Compassion, Peace and Harmony. The Grace in Gratitude.

I know that I feel compelled to lend a voice to my friends of the animal kingdom. To help them. And that I feel compelled to lend a hand to Mother Earth and all her humans. That I feel happy when I see something beautiful. That I enjoy listening to music and absorbing art.

I know that the aroma of newly brewed coffee and a fresh toast can get me out of bed in the morning. And that the thought of a soft pillow and a newly washed duvet cover can get me into bed at night. That I enjoy sensing the seasonal changes and that I love the ocean on a windy day.

I know that I love to read enchanting fairy tales and that I also love thrillers, erotica and mysteries. That I can feel sad, angry and frustrated when I encounter good-hearted people who are somehow still caught in the illusion of their external world. Who are caught in the illusion of separateness. Of hierarchy. Of scarcity. Be they analytical or wildly creative humans, those hats seem to have no effect on our human ability to get entangled in illusion.

That I feel helpless when I encounter brilliant people who are still held captive by their minds. Who are still prisoners of their own beliefs, and won't consider a 7th side to a dice.

I also know that I'm embraced by deep delicious peace when I then remember that all is OK, and I allow what is to be.

When I stop thinking that I know what's best for others or how they should behave, and instead focus on my own betterment, my own self-improvement and how I can be of service. When I allow myself to be me, and to feel those heavier feelings as well though, as to heal.

*When I own all my light and own up to all my shadows.
When I remember we are all in this together, but that I have a choice, and that I can choose to surrender to the unknown.*

*That I feel serene when I'm not trying to control the now.
That I feel empowered when I sense the cosmic intelligence flow through my human veins. Empowered when I sense that I'm being moved by the same force as moves planetary bodies.
Moves me, a tiny human being. Oh how vast we are!*

I know that looking in the eyes of my beloved makes me smile and ignites the fire in my heart because his energy stirs my soul. I know that walking barefoot in the grass and on mossy hills makes me feel nurtured and cared for and also that insincerity and being left out saddens me terribly.

I know that the movement of life inspires me to create, write and paint. To sing, dance and drum. That all new life, a new blade of grass, a budding flower and a newborn baby... and the thought of all the little puppies of this world, fill me with joy.

And, that death to me is synonymous with new beginnings.

That the amber glow from lit candles makes me feel all warm inside. That wearing a black eyeliner puts me in a theatrical mood and jumping into airplanes feels exotic to me. That melted cheese is one of my favorite foods and that I love the velvety touch of a ruby red wine

I know that roses liven up my day, and that I love my dog's fluffy ears and wet nose and that her four perfect paws can save my day. That I'm grateful for having the ability to voice my concerns, for being brave and courageous. For freedom.

That sometimes writing moves me into a trance-like state and that dancing fills my body with life. That rainbows make me gasp in wonder, and that babbling brooks are music to my ears. Also, that in the face of ignorance, I can be as gentle as a soft sung lullaby yet as fierce as a mother lioness. Ready to act and protect.

I may not know the answers to the mysteries of the universe. I won't pretend that I know why we are here.

What I do know though, without a shadow of a doubt, is that I'm wildly grateful for life, it's humming wisdom and enigmatic beauty.

That I'm eternally grateful for the opportunity to take on the challenge of being human.

*To love, only to have my heart broken, and then to love again.
To get to know my ego-self, only to be hurt by it, and then to blossom through our reconciliation ~ Through seeing Truth.
Becoming Truth ~ Together ~ In service.*

To journey beyond balance to find myself flowing in harmony.

*To taste the juice of life
The honey
The nectar*

... running down my chin, dripping from my fingers.



Embracing Visions of the Heart

Fly high, dive deep
Live from your heart
In deep peace

Your heart
Expansive as the oceans
Grand as the cosmos
Wisdom of all ages flows from its core

Listen!

Listen to its flow of music and song
Songs of soul and songs of spirit

Full of love it rises from the deep
Carrying the light of darkness
Its fullness in bloom

Wow! How beautiful
How majestic it is!
How majestically it surfaces
Whole and complete

From the womb of the Earth
The rich soil
From our Great Mother's soul

Its spirit rigorous and strong
From our Father
Up, up
Up and through the mud

Beauty ~ Radiance!
Diamonds in our hearts

Pure bliss
Pure gold

I'm home

Ohm
Mani
Padme
Hum

Formless Awareness

Formless Awareness

All yet nothing

Flowing

Moving

Transforming

We are the Sun, the Moon, the Stars

We love

We laugh

We live our lives

In joy, in abundance, in radiance

Constantly present, consciously aware

Of the formless awareness

Everywhere



To Be Free

Set me free, set me free
You who chained me, set me free

Set me free, the other me
You who chained me, set me free

Free from guilt, free from shame
Free from fear and free from blame
Free from opinions, labels,
star signs and predictions

It's me, the presence I
I'm all-permeating
I'm the now
I'm ever flowing
Ever growing
Forever here until I die

Even then I keep evolving
Yes! That's me up in the sky

So let me laugh, let me live
My heart is open, I forgive

Yes you! The other me
Please let me live
I do forgive

The chains are broken
I am free
At last
Thank you!

Be blessed, the other me
I knew we could do it!
I knew we would break it!
The code

That we would remember
Together
As one

At last we are free
Yes, we're free to simply be

And I, I'm free to be me
Within glorious you
Moving flowing below and above
Forever yours
Thy embracing love





Harmony in Creation

THE SPIRAL OF BECOMING

No form of creation is superior to another

The beautiful swan
With its graceful body
Long neck
And embracing wings
Knows it's neither worthier nor lesser
Than little brother duck or big sister goose

Big brother seagull and little sister sparrow
They know they are neither worthier nor lesser
Than the great and mighty eagle

We are all equally important to the cycle of life
We are all equally precious
To the mystery of creation

Superiority, inferiority
Is not sensed by the heart
It is felt by the mind
Triggered by conditioning

We evolve and we expand
We revolve, unfold, contract
We are a flowing consciousness
We are a spiraling awareness
We are growth and transformation
Both in body and in spirit

Where are you within all this?
Spiraling inwards, outwards, up or down?
Does it matter?
What is your perception of it?
Where are you? How can you tell?

Is it superior to the caterpillar to be a butterfly?
Or superior to the butterfly to be a caterpillar?

The conscious honours each phase of the Sacred spiral
Each phase accumulated wisdom
From zero to one to one to two, to three to five
To eight to thirteen
Shifts in consciousness

The conscious recognizes
How equally precious we are
Contributing to each other's evolution
As we flow as one
Through seamless existence

We evolve and we expand
We revolve, unfold, contract

Each shift a new petal on the blossoming
Flower of Sacredness



Su Li

Su Li

How you came to me..
Touched my crown, lightly, but warmly
Made sure I would feel your warmth
Your tenderness
As before, when we were one, in two bodies

My beautiful twin sister

You were dark

I was light

We used to write together, laugh together
...we helped each other with everything

I don't remember our mother's face

Only her long flowing black hair

down her shoulders

Raven

And father
He was strong, soft, so beautiful
With a heart of gold
He lit every room he walked into
With his aura of compassion and courage

We were their daughters
Their two sparkling stars
Their two cherry berries
Together on a stalk

We were so loved
Embraced

Thank you for reaching out to me
Through veils of time and space

To your beautiful twin sister
I was light
You were dark

By the pond we played and giggled
The white and pink lotuses
So beautiful and serene

Like the color of the sky last night
When the moon was dark
And you touched my crown
With your tender touch

I was calling out
And you heard me
Though lifetimes a part



The Journey

We were so close we could almost smell the sweet aroma of burning wood, the scent reaching out to us, swirling like dancers, the spirits of the north in disguise, alluring like sirens.

The moment of gathering was steadily ripening and it longed for our presence. The fires at Wisdom Rock had been lit, we could feel it in our bones. The journeying continued.





I Am Eagle Woman Decree

Radiant sisters! You graceful beings!

Please, recite with me these words of power - Make them your own as we dance around the fire in sisterhood, chalices of water circling the flames, honoring our reunion, and the union of the sacred female and male, the soul and the spirit, here in the now.

WITH AN OPEN HEART WE RECITE THESE
WORDS OF POWER:

I AM Woman of Vision
I AM Eagle Woman!

I AM

I AM Woman of the Now Age
I AM Woman of Courage and Creativity
I AM Woman of Power and Perception

I AM Woman of Awareness,
Consciousness, and Sensibility
I AM Woman of Realization and Understanding, of
Appreciation

I AM Woman of Gratitude
I AM Woman of Extraordinary Beauty

I AM Woman of Wisdom
I Embody Grace and Compassion
I Embody Authenticity

I AM in tune with my
female intuition and insight
I draw on the wisdom of my heart
in all my communications and endeavors

I know I have consequence in this world!

I have opened my eyes
to my powers and beauty
My wounds are healed ~ I AM free and flying

My heart sings with the whales of the oceans
and the trees of the forests

I AM Awake!

I AM Woman of Vision
I AM Eagle Woman



Mother Ocean

“Mum!”

“Yes, sweetheart”

“What are you doing?”

The little boy was staring at his mother in wonder, his freckled nose catching the last beams of the evening sun.

“I’m talking to the ocean,” she replied in a soothing yet distant voice.

A light sea breeze swept a lock of her hair away from her face, revealing her profile and her own freckled nose.

The little one looked baffled, and with a swift downward motion of his head, turned his gaze away from his mum and started kicking the black sand with his yellow plastic boots.

“But you aren’t saying anything,” he said in a bit of an upset tone, not quite understanding what his mother had just said.

She opened her eyes and looked at him, her eyes radiating motherly warmth and tenderness.

“Oh, but I am my sweet. I’m using my inner voice.”

The six-year-old turned towards the ocean and watched how the small waves broke just a few inches from his boots. Then he kept kicking the sand again.

Sensing his feelings of bafflement and being left out, she reached out to him with an open palm, and said in a calm, reassuring tone, "You too have an inner voice."

"I do!" the little boy said, turning towards her again, his eyes wide open, reflecting his regained interest.

"Yes you do!" she answered with a smile, and the glow from the soft sunlight caressed her face.

He reached for her hand and wrapped his little fingers around it. They were cold and sticky after playing on the beach for a while. He no longer felt left out. Now he and his mum shared a secret. And that comforting feeling was enough to keep him occupied whilst they just stood there for a moment, hand in hand, looking at the horizon, listening to the birds above and the waves below — unified by the secret of the inner voice.

The Alchemist's Eye

I just found out that I am an alchemist

Just now

A minute ago

I can turn lead into gold

And gold into stardust

How magical!

“It is all an illusion” the little dwarf said,
stirring the essence of my soul
with a big big wooden spoon. His movements
echoing the majestic spiraling
of cosmic creation.

“It’s an illusion” he said,
with a big big smile on his face,
“a wonderful reality of your human mind.
Remember, life is but a stage.
Enjoy it while you can!”
His eyes sparkled with humour.

Floating now, caressing the stars
How peaceful
So life is but a dream
An ever flowing glowing
Golden stream

From the newly awakened alchemist:
“To make gold you need a vessel, a container
You are that container
Your body and soul a wondrous union
of worlds and dimensions
You, the child of Heaven and Earth
Your whole existence eternal and infinite.”

Message from The Cosmos

11 11 11

When we invite the light into our hearts and we welcome it, all our energy centers, our chakras, eyes or belts, are synchronistically activated and opened.

The heart is neither male nor female. The heart is where masculinity and femininity melt together and become one.

Fire and water, the earth, the air

Harmony and balance.

To be from the heart is the simplest, most effortless way to be the light pillars we are and connect to Mother Earth and Father Sky, to be the rainbow bridge and beat as one with the Universal Heart.



Shadows

You're here
I feel your presence
My creatures
My dark shadow creatures

Are you the reflections of my light?
Yet, light does not cast a shadow
So, who are you then, my precious?

I do love you, (you know)
I feel your pain
Your frustration
Your anger
Your resentment
Your sadness

I feel your presence
I know you are here

Yet, I don't identify myself
with your heaviness any longer

I would love to help you
Lighten your load, your burden of pain

Should I give you a hug?
It may make you feel better
My embrace is warm and tender
Unconditional

I won't judge you
I know your essence
I sense you're heart
As we are one

You are only trying to survive
Within me

Tell me your story
Why did you choose me?

Was it perhaps because
You felt you could trust me
When the time would come
Trust me to see you
For who you really are?

Release you?





I Am Divine

How miraculous it is
To sense divinity
So close
Here, now, in me

I am a divine being

The world is becoming so much easier
Lighter

I am divine

I am a glowing fruit of creation
I am eternal, I am infinite
I can sing my songs in freedom

And when the dark nights fall
It's going to be alright
As I'm human
Yet divine

I am a divine human being

Living my life

Doing my best to awaken and remember

So the sublime sensation of my own divinity

Is heavenly

Yes, heavenly I say

Because I know Heaven

I know how Heaven feels like

It is my home

So is Earth

Earth is Heaven

We are beings of many dimensions

The magic

To enjoy it

To swim through the fabric of existence

Like needles with golden threads

Effortlessly creating, creating, creating
Patterns and artwork
Patches and framework

We truly are stellar co-creators
Simply sublime





New Moon New Dawn

WINTER SOLSTICE 21.-22. 12. 2014

It is night

It is 55 minutes passed midnight
On the longest night of the year
Winter Solstice 2014 in the Northern Hemisphere
On the island of fire and ice
Iceland

There is something
So very special about this night
The dark within the dark
It's the longest night of the year
And the moon will be dark
Pitch black
In exactly 28 minutes from now
At 1:36 GMT

My candles are burning out
The last flames of this cycle

And tomorrow when I wake up
There will be a new dawn

Ascension
Our sacred sun
Rising
Once again

These will be the last words
Of this little book of mine

My first book I write and publish
Certainly not my last

And I feel like saying a little prayer

My throat is choking up a bit
My eyes are watering
The wind is humming to me
Blowing under my front door

Such sweet sounds
I've always loved them
Soothing, so gentle to me

Bring me stories from the ocean
From my sweet sisters the whales

There is something so bizarre
About this moment
Perhaps as I know others will read these lines
Yet, it's only me here, typing
And I feel almost dizzy

18 minutes to go now

My prayer

I was born during the Moon of Goddess Anu
Anu of Abundance
Anu of Love
Of deep tangible sacred
Unconditional motherly love
For everything, for all life
For all worlds
That much love almost hurts, it does hurt
Often

There is something so sweet and tender
Yet deep and profound about this moment
I can almost not type

She softly strokes my cheek
She's here

8 minutes
One candle left
The flame flickering
It's about to go out

May the deep dark watery womb
Of this new moon
Receive my prayers

I pray that we allow the darkness
To be our teacher

I pray that we do not fear the dark

I pray that with courage, love and acceptance
We journey through the darkness
And we emerge as the lotus flower

All in our own divine timing

I pray we can live as individuals of oneness
In peace and in harmony
And in gratitude for life's abundance and love

We are shining stars
Let us never forget that

It is now!
The moon is new
And the last flame went out!
Right now as I type

Chills up my spine
How symbolic!

It is 01:36 on December 22nd 2014

A new cycle is being reborn

From within the darkness

In gratitude I bid you farewell

May your light grow stronger with every breath

And your beaming smile be a guiding light

For our fellow humans

In love and gratitude for your existence

Embrace

Helga Sóley



Encouragement for the Journey Ahead

REFLECTIONS ON HOPE AND HEALING

Dear reader, you beautiful soul,

It is my joy to share with you this Gift Edition of Songs of Anu - Poetry from the Heart.

Whether you read the whole book or lingered on a single poem, may you have found nourishment, reflection, or comfort. Thank you, deeply, for your time, your presence, and your openness to these words.

Since its first release, this book has traveled with me through many years, through lessons, healings, and blessings offered. Even in difficult times, I have continued to sense how timeless the essence of these poems feels: like a thread connecting past and present, the human and the cosmic.

Through the book's almost childlike simplicity, I hear the sound of a universe in wonder, interwoven with the sincere and sacred Songs of Anu, our cosmic mother. It continues to offer me gentle healing solace.

Life unfolds in unexpected ways for all of us. On my own path, the years since this book first emerged have carried lessons wrapped in both light and shadow.

The most profound of these was a life-threatening illness, followed by years of healing and rehabilitation. In mysterious and miraculous ways, these experiences increased the light in my life, even while remaining deeply painful and difficult.

Undoubtedly, you too have experienced moments when life's difficulties revealed hidden depths of resilience, wonder, or beauty. Perhaps you know intimately the walk through seasons of challenge when your inner strength became your guiding star.

This final chapter is an invitation to remember the healing power available to all of us when we open to Oneness, Grace, Gratitude, and Compassion. These qualities are not just abstract ideals; they are lived experiences, available in every moment through our choices, attention, and hearts.

We can trust that even as circumstances change, the choice of our attitude and the opening of our hearts remain ours to make. Compassion, humility, curiosity, and freedom — these are the golden threads of life that can never be taken from us.

In the vastness of the cosmos, our personal selves may feel minuscule, yet we are magnificent creations, inseparable from the universe. Within that connection lies our innate power, majesty, and sacred abundance. It is a reminder that each of us, in our own way, is truly powerful beyond measure.

In sensing this Oneness with the universe, you may find peace in resting within the embrace of the unknown. It is my sincere belief that each of us is walking a healing journey here on Earth, learning to meet challenges with the tools we have, our human faculties and our courage, while releasing what we cannot control.

A powerful practice is to trust ourselves and Life as One, and to find meaning in the now through service and love.

We do not have all the answers to Life, and the mysteries of existence will continue to unfold. Yet wisdom and beauty surround us endlessly, and the choice to notice, embrace, and celebrate them is always in our hands.

Choosing joy does not mean ignoring pain, hiding grief, or suppressing anger. Rather, it is a conscious engagement with life's full spectrum — the light and the dark, the kind and the cruel — and finding wholeness through reconciliation within us.

To be human is to be ensouled, and life can be profoundly soulful when we allow ourselves to experience the fullness of our humanity. And to be human, after all, is a messy affair.

The world is cruel and ugly, and it is also kind and beautiful. How we relate to the contrasts of life, suffering and delight, loss and abundance, darkness and light, is both a challenge and an extraordinary opportunity for growth, maturation, and transformation of spirit and body alike.

And this brings us to the elusive quality of happiness.

Isn't pure happiness unconditional? As I perceive it, it is like an undercurrent in our lives, a deep wisdom in our hearts speaking to us throughout the day of Truth and Inner Freedom. It reminds us that no matter what occurs in our lives, we always have the freedom to choose our response, and that freedom is our birthright. This is why we will always be free.

Free as birds in the wild.

The words of Viktor E. Frankl, the Austrian psychiatrist and Holocaust survivor, speak deeply to this inner freedom:

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms ~ to choose one's attitude in any given set of circumstances, to choose one's own way."

In his recount, he sheds a radiant light on the freedom of choice. But it is the golden essence of his words, forever engraved in my heart, that moves me most: how people's compassionate actions expressed their inner freedom, their hope, and their appreciation for the miracle of life itself.

Though these words emerged from a moment of profound darkness, they illuminate a universal truth: even in the most challenging circumstances, compassion, hope, and gratitude remain within reach. Humanity's brightest lights often emerge from our darkest hours, and each act of kindness becomes a beacon in the world.

May we all continue to cultivate that inner freedom, to let compassion guide our actions, and to sense the radiance of our own light, even in uncertain times.

Life offers us countless opportunities to choose grace, to honor the miracle of existence, and to celebrate the glowing power of the human spirit. May we always see clearly in the dark, embraced by our inner light.

*With love, gratitude, and blessings,
Sóley White*

About the Author



Sóley White is a spiritual writer and poet devoted to healing and inner freedom. Through meditation and reflective writing, she explores the sacred and invites readers to awaken to the mystical, unlimited potential within the human being.

Born and raised in Iceland, a land of fire, ice, and untamed beauty, Sóley draws inspiration from both the raw forces of nature and the mysteries of the inner world.

In *Songs of Anu: Poetry from the Heart* she allowed herself to flow with her writing, expressing both her human pain and joys, as well as the divine essence she feels is shared with all of life. The sincerity, authenticity, the dash of adventure, and the vision of oneness in her work continue to touch readers across time.

This 2025 Gift Edition is offered in gratitude, as a sharing from her heart to yours.

www.soleywhite.com

Songs of Anu

POETRY FROM THE HEART

BY *Soley White*

**THE GRACE & GRATITUDE
GIFT EDITION**



Beauty Embraced

2025