

*A small poetry book with more than twenty realistic subjects from life and relationships. Done in three parts: Poetry, poetic prose and wisdom topic. Every poem has a representative image to express its motive. All images are in color to add to the beauty of the text. The book can be given as a gift to your loved one..*

# Centered in the Heart

by Sameer Zahr

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The background of the entire cover is a composite image. It shows a person from behind, standing on a dark, craggy rock formation. Their arms are raised in the air, reaching towards a vast, dark blue night sky filled with stars. A vibrant, multi-colored nebula or aurora is visible on the left side of the sky. In the distance, below the person, there are silhouettes of mountain ranges partially shrouded in a soft, white mist or clouds. The overall mood is one of awe, wonder, and spiritual connection.

# Centered in the Heart

A JOURNEY OF LOVE

POETRY BY  
**Sameer Zahr**

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ISBN: 978-1-64718-018-8

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## A WORTHY LIFE

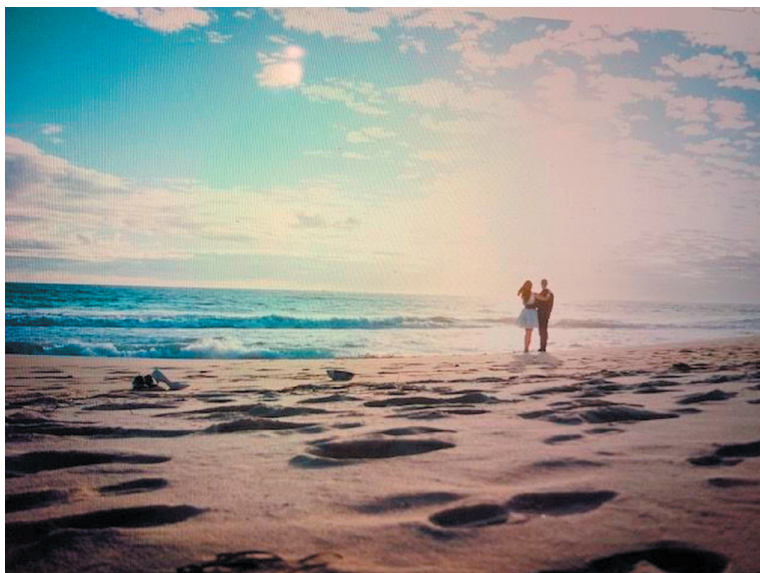
I always wondered if one day I find  
The love imagined in my mind  
It took me years of trial and error  
To finally search for my mirror

And now I found the hidden catch  
Who saw in me a potential match  
I treat her well with no demand  
She helps me truly to understand

We walk in the twilight and sip our wine  
We thank the heavens for our dime  
The sunset fades but not her smile  
My love for her grows a long mile

I dare not make another wrong  
And learn the tune of this song  
It happens only once to be aware  
A moment to cherish and not to spare

No more errors and no more tears  
I closed the door to all my fears  
I move forward and not look back  
And say goodbye to follow a new track



A WORTHY LIFE



EXCERPT FROM MY BOOK: “A  
RECLUSE NO MORE”



“I lived like an owl in the dark horrors of the night,  
and yearned to see the pure Light of day.

I begged for rescue from my deadly fears,  
and dreamed of life passing me by.

I trembled from demons that disguised my Soul,  
and robbed me joys of dancing in the Light.

I lived in Silence and had no song to sing or words to utter.

The long deep sorrow I had felt, suddenly jumped  
out and left me to experience its brother joy.



I looked deeply in my heart and desperately searched  
for the forgotten Love within my Soul, only to find  
that both my sorrow and my joy dwelled next to one  
another, in the cocoon of my uncelebrated life.

I grasped the joy with one hand and cherished  
its pure delight. I hung on to its wings as  
it flew me out from my dark cave.

Then, I met mighty Love calling on me loud, and I  
awakened from my deep sleep, and I followed gracefully.

I chose to wear the crown of Love's beauty on my head,  
and I opened my heart to honor its sweet influence.

I tasted Love's potion that generously healed my mind  
and noticed its gradual change to my life.

Love demanded nothing from me, in return. It  
confidently kicked out my fears and reclaimed  
its sacred shrine to lead me through.

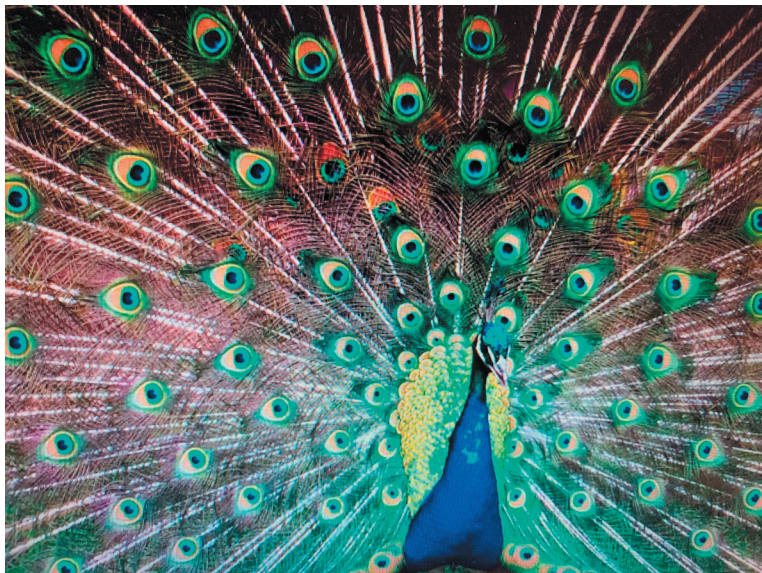
Now I awaken with a smile and give thanks  
to another day that ends with gratitude,  
a gift to my prayer before I sleep.

I no more see the dreadful owls of the night, nor do  
I miss the sadness of my dreadful recluse.

The door to my darkroom was closed and locked,  
and now I swim in the brightness of Light.

I sing my songs with birds of joy, and I dance  
in the warmth of the sun..."

## EGO



HE REPLIED...

Eager to build a permanent nest, the ego wants to dwell  
and take over, to construct the cobwebs in your mind.

It is a little monster that can fool you and make  
you believe you are mighty and invincible.

It satisfies its hunger by feeding on your thoughts and past  
concepts, and paints a distorted image of your future.

It creeps in like a snake with hidden fears, or even like a  
sunray to give you hope, yet either way it intends to  
falsify your real identity and blocks your clarity of sight.

The Ego, Though has a limited idea of you are,  
is a capricious tool that can alter your life,  
and it does not let go of its grip easily.

It takes you on a hot air balloon and flies you high,  
only to distance you from your True Self.

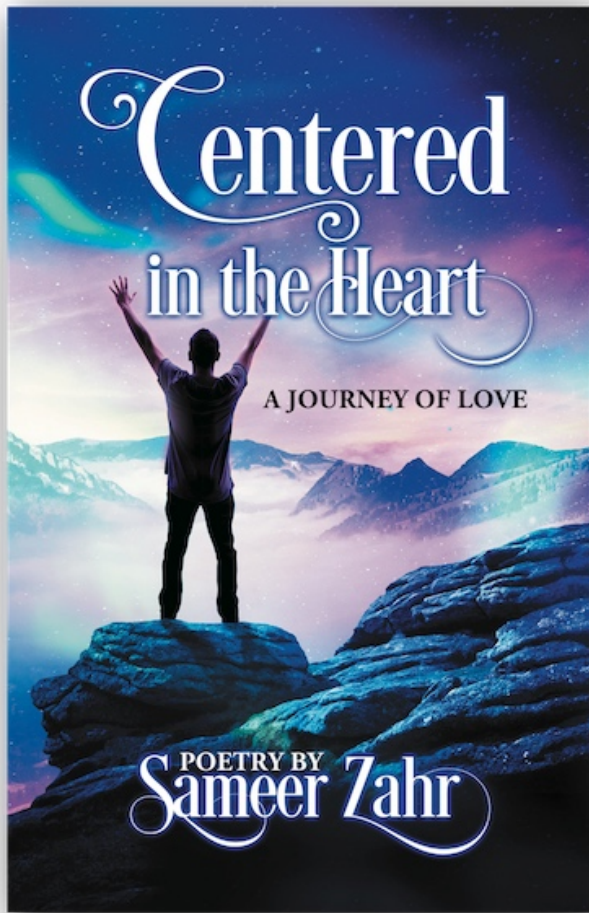
It seeks to rule your mind and take away your  
essential sense of true identity.

Like an amoeba, the Ego keeps bouncing you back from  
awakening, with false smiles on its illusory face.

It is a liar that dims the truth and warps  
your vision to see clearly.

So go within and be still, and let the Presence of Higher  
Consciousness squash its role, and clip its claws.

Use your inner power to claim back your true essence  
of Being, and watch how the Ego disappears.



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