

LIFE & SOUL



# *Life & Soul*

Book 2 in the  
Soul Poetry  
Series

*Harmony Kent*

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## FOREWORD

Since first writing and publishing *Slices of Soul*, I have lived a lot of life that I never thought I would see. Along with the prolific novelist I found within, I have also uncovered a budding poet. As I confessed in *Slices of Soul*, after leaving behind my thirteen years in a Zen Monastery, the more my hair grew, the more my inner poet grew.

It has shocked me immensely to realise that seven years have passed since I first published *Slices of Soul*. During that long time, which feels like no time, I met the man who eventually became my husband. Much of the *Loving Soul* poetry section, which you will find in the final part of this little book of poems, was penned in or around 2016, when hubby and I first met and fell head-over-heels for each other. Happily, more love-poetry came later as well.

My other offerings show you the gradual reawakening of my inner poetic muse after a time of dormancy. Sometimes, life gets in the way and heavy clouds abound. But even during dark, seemingly dormant periods, we each have within us—I believe

—that spark of soul, which germinates and nurtures until the time is right to burst into full bloom once more.

As with the first book in this *Soul Poetry Series*, book 2: *Life & Soul*, takes the reader on a journey of growth. From aloneness and seeking to connection and love.

It is my hope that, through my words, I have enabled you to share this journey with me.

*Slices of Soul* moved so many people, and I want to thank each and every single reader here. You've inspired me to keep on going on. And each and every book review and reader comment touched my heart. Thank you.

Happy reading and living!

Harmony

# ACKNOWLEDGMENTS

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*For poetic souls the world over*



The background of the page is a light, monochromatic illustration of various flowers and leaves, rendered in a soft, watercolor-like style. The flowers are scattered across the page, with some appearing more prominent than others. The overall tone is gentle and artistic.

**PART ONE: LONELY SOUL**



**BACKGROUND NOISE**

Music  
Playing  
Background  
Noise  
Company





**I Need You**

Whoever you are  
Wherever you are  
I need you  
Here with me

All that I ask  
Is you are good  
And kind  
And mine

My house is  
My bed is  
My heart is  
My life is

empty

Is it too much  
To ask  
For just a little  
Love?

Please, come  
Find me soon  
Rescue me  
From this gloom

Alone  
In a crowd  
Friends  
and laughter

Without you  
Stranger tho' you be  
My life is  
A catastrophe

Every night  
At home  
Sitting alone  
Wond'ring if love might

Come find me





**ECHOES**

Echoes thunder  
Through an empty room  
The noise deafening  
In its absence

Who can hear  
These silent screams  
Or the beat  
Of this lonely heart

War rages  
And life goes on  
Not many can see  
Past my smile

Buried alive  
Under the raging river  
Fighting to  
Keep my chin up

