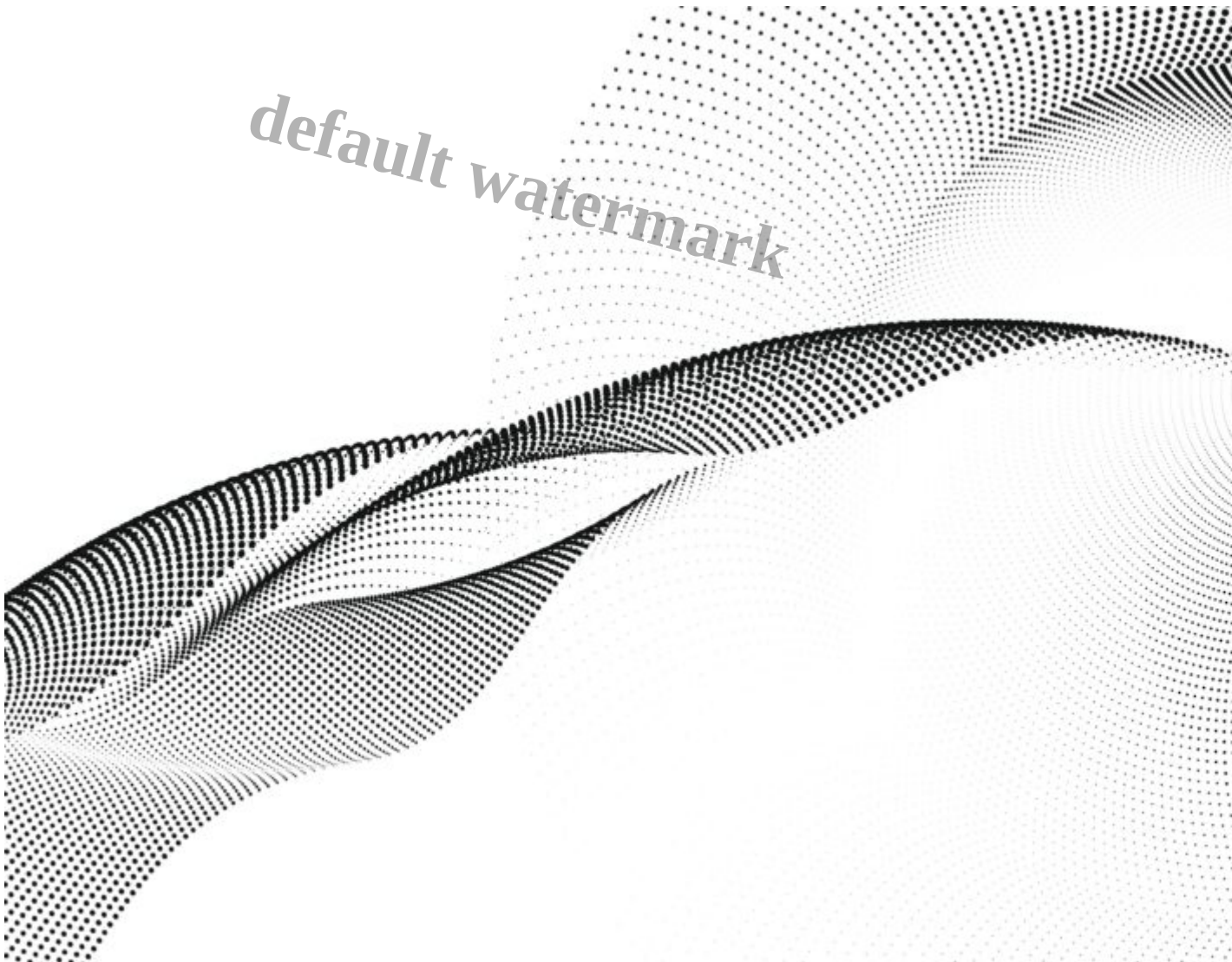


About Books

Description

About Books

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Return to Self moves through rupture and repair—through the quiet aftermath of loss, distance, and inner fracture. These poems dwell in the fragile space between damage and healing, where nothing remains unchanged, set against the slow turning of the seasons.

In a reflective, attentive voice, the collection traces a path not toward perfect restoration, but toward recognition—of what endures, and of what must be carried differently.

Not all wounds close. Not all selves remain the same.

The flux of events is refracted through language that is at once feminine in its sensibility and revolutionary in its force.

This volume forms the yin component of a larger yin-yang collection. Its counterpart, *Escape from Matter: A Journey Beyond the Preformatted World*, is a work of philosophical prose that explores the intersections of science and belief, shaping the new through dialogue with the old.

For those who understand that yin is not stillness, but depth—and that healing is a return, not to what was, but to what is most true.

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Escape from Matter

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Escape from Matter: A Journey Beyond the Preformatted World brings together spiritual philosophy and scientific reflection. It explores how we inherit â??heavyâ?? inner patternsâ??social, psychological, and (meta)physicalâ??and asks what it might mean to become lighter, freer, and more coherent without abandoning the modern mindâ??s need for rigour.

Beginning with the provocation â??thoughts are the matter, and thoughts matterâ?•, the book invites readers to treat inertia as a solvable problem by approaching it with attention, discipline, and a more expansive view of what reality allows. It invites the reader to consider whether what appears fixed may, in fact, be more flexible than assumed.

Rather than offering simplified self-help solutions, it frames the question of â??escaping what mattersâ?? as a deeper existential challengeâ??one that emerges across cultures and draws on both Eastern and Western traditions.

At its core lies a reinterpretation of the crossâ??not as a symbol of suffering alone, but as a reflection of the personal self and a practical framework for inner development, accessible beyond any single faith tradition.

Moving along the threshold between matter and energy and into the lived experience of time, gravity, and psychic â??weightâ??, the book explores the human psyche as an integral part of a living whole-system logic. Understanding this logic can catalyse a process of integration and wholeness, enabling us to become less reactive, less entrapped by fragmentation, and more capable of acting with coherence, purpose, and love.

Recognising that inherited frameworksâ??intellectual, spiritual, and socialâ??may be reaching their limits, the book forms the part yang of a yinâ??yang collection. Its counterpart, Return to Self: Poetry on Rupture and Repair, represents the yin dimensionâ??moving within emptiness, where the old has fallen away, and the new has yet to take shape, activating the spaciousness of the true self.

Together, these works explore transformation not as escape from life, but as a reconfiguration of how it is heldâ??between structure and openness, form and emptiness.

My work speaks to readers who prefer fundamentals to fundamentalism, exploring enduring questions of time, space, consciousness, karma, suffering, and meaning through a voice that is both poetic and probing, animated by a deep sense of practical urgency.

[Guidance for Seekers](#)

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