

Sample

Buddha's Baby

A poetry book on suffering and healing
through nature



JULIA STARR

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How To Use This Sampler:

1. Read one poem, not all.
2. Put your hand on your chest, and breathe 3 times.
3. Write one true sentence after each poem.
4. Circle the line that calmed you the most.

I Always Have the Moon

Behind the clouds,
late at night,
early morning,
and over me while I'm dreaming.
We are made of the same light.

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Darkness Visits Us

Though light remains
to shine from within.
Time passes,
and the seasons
of change
happen
so beautifully,
and inevitably.

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I Listen to the Voices of Nature

They tell me not to think so hard.
Flow like water under a bridge.
Walk like leaves down the path.
One step, and then another.
Rocks skipping on water.
A rippling effect occurs.

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My Photosynthesis

I am a leaf.

I am a branch.

I am a tree and its roots.

I am the light from the Sun,
and its rays through the clouds.

I am the warmth on my skin,
and all of the freckles across my face.

I am the lines on my fingers,
and the creases near my smile.

I am everything all at once.

Friendship Tree

Where roots become strong over time.
They experience harsh weather,
droughts, and nourishment.
An entire ecosystem growing
from the bottom to the top.
We are precious fruit connected as one.
We must recognize we are all the same at heart.
Growing on our own,
yet from the same strong roots.
Reaching our leaves to the sky-
We can all grow tall together.

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My First Breath

Did my mother cry
when I cried for the first time?
Was it her soul in mine
crying out the generational wound?

I hope the stars could hear
how much she was suffering.

My first breath was created
by the loving whispers of my ancestors.

As I continue to learn their wisdom,
their hearts are now in mine.
A collective love to heal those before me.

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When the Time Is Right

I'll sprout like a wild flower seed,
and show the mountain top
my beauty I hold within.

When the time is right,
the rain clouds cover me
revealing nothing but my shadows.

When the time is right,
I'll grow
like all of the other flowers
I know.

Because the time is right.

The Tunnel of Light

There really isn't a true "end" to things.
Life is one continuous path.
Moments you experience are a point along the way.
We have the ability to overcome and move past.
If you never move your feet forward,
then nothing will change.
You will stay in that one place of agony.

3-Minute Healing Prompt

1. Name the weather inside of you. (30 sec.)
 - a. Right now my inner world feels like: _____
 - b. The part that needs the most attention is:

2. Tell the truth without fixing it. (60 sec.)
 - a. The honest sentence I've been afraid to admit is:

 - b. What this feeling is trying to protect me from is:

3. Let nature carry one thing for you (60 sec).
 - a. If the moon/river/tree could hold one burden for me tonight, it would be: _____
 - b. What I'm ready to release is: _____

4. Close (Say out loud)
 - a. "I return to myself gently. I don't have to rush my healing. I am safe to soften."

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If these pages helped, the full book goes deeper into release, self-worth, and the quiet return to peace.

Get the full book here:

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