

# Your Heart Might Be Shattered, But Your Soul Is Unbreakable

*BY R. JADE MCAULIFFE*

You, who's seen the darkness  
yet searches for the light  
You, who's been to hell and back,  
exhausted from the fight.

You, who's lived the pain  
yet chooses Love instead  
You, whose heart's been shattered,  
and left hanging by a thread.

You; you are a flicker  
which cannot be snuffed out  
In spite of all you've been through,  
In spite of any doubt.

You, who's seen destruction  
which most could not conceive,  
yet searches for the beauty  
even when it hurts to breathe.

You, you are my hero  
and you don't even know  
how your presence keeps me going;  
draws me into flow.

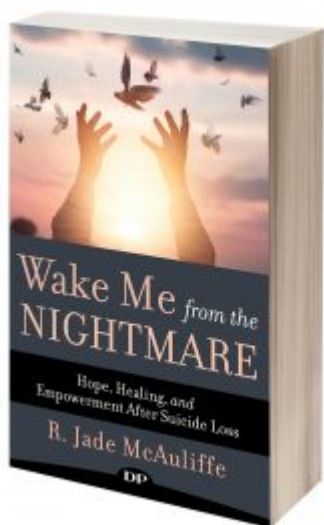
So when you're feeling useless,  
hopeless, broken, flawed, or blue  
know that I can see your flame,  
and feel those feelings too.

And your soul, it is unbreakable...

perfect, whole, and true,  
so even death cannot destroy  
the essence which is you.

Please remember in the darkest times  
you don't have to be strong,  
cause Life will hold a space for you  
and you'll *always* belong.

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***Click on this link to purchase a copy of R. Jade McAuliffe's book, ["Wake Me from the NIGHTMARE: Hope, Healing, and Empowerment After Suicide Loss"](#)***

***For more self-study, [The Urban Howl](#) recommends [Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment](#)***

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*Sip a little more:*

*Our Season Of Grief: A Meeting Of Hearts, Both  
Healing & Raw*

*Suicide Grief: Just Say It – And Talk Until  
You're Blue In The Face*

*Suicide Grief: Piecing Together Shards Of  
Shattered Hearts*

"Can you find my  
storm-soaked soul  
My roar  
My wind  
As it follows you down a path  
where we have never been"

MAURA COYNE

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