

Smashed To Smithereens: 3 Heart, Healing & Recovery Haikus

[BY DIANNA JENSEN](#)

Heart

Smashed to smithereens
Bleeding, raw, speak expressions
Now softly healing

Healing

Aching pain holds us
Learn to be still, listen, feel
Release soul deeply

Recovery

Down arduous roads
On a path to recovery
To see the light shine

Photo by [Giulia Bertelli](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .

Sip a little more:

The Hand Me Down: Heirloom Of Emotional Pain

I hope you will go out and let stories, that is life, happen to you, and that you will work with these stories... water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom.

Clarissa Pinkola Estés

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#SOFTLYHEALING

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