

Heart Honey

[BY SUGAR](#)

You seek my sweetness, straight from my soul, as the salve for what makes you ache. You drink that heart honey until you are so full that it drips everywhere, leaving a sticky mess.

I gently begin to tidy up my cluttered heart, nurturing it with my own love and care; tender, but strong.

Photo by [Dmitriy Nushtaev](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [Women Who Run with the Wolves](#) .

Sip a little more:

***Ancestral Alchemy: Dance Until The Heartbreaks
Of Our Ancestors Are Transformed***

Shadow Salve

A Sweet Practice Of Breaking The Heart Open

"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

THEURBANHOWL.COM



#HEARTHONEY

HOWL WITH US

ON [FACEBOOK](#), [INSTAGRAM](#), [TWITTER](#) & [PINTEREST](#).

HELP SPREAD THE MAGIC: