

# Foreword

As a clinical psychologist I am privileged to help many individuals and families heal from their past and create new stories of courage, reflection and insight. I believe that it is when we explore our inner worlds and gain self-awareness that we are afforded a new perspective on our lives and through this, the possibility for change and freedom.

This insightfully and articulately written collection of poems, *Windows of Reflection* is an invitation to go deep within yourself and discover all the parts that were ignored, denied or abandoned in the process of growing up and being conditioned in culture. Tasneem's ability to use different emotions etched with simplicity allows you to enter a still and quiet state of contemplation through which you will eventually emerge - if you allow yourself - into a more quintessential "you."

Our relationships with hurt and pain are often skewed. Hurt or pain is viewed as an intrinsic failure of the self, certainly of the other and definitely of life. But hurt and pain need to be redefined. Its entry, its presence and its ability to transform the self is phenomenally outstanding. I believe there is nothing more pivotal in the journey of conscious living than the understanding, integration and evolution of hurt and pain.

Tasneem beautifully depicts how pain can in fact be used as a vehicle of growth. As it turns out then, hurt is not something that is so dark and dire

and disruptive, something to be avoided at all costs. On the contrary, it is something that is profound, inevitable, intrinsic, and quite possibly, one of the most powerful portals of consciousness we can have.

I am positive Tasneem's life-coaching expertise has given her the tools of insight and awareness to delve deep into the oasis of the human psyche. Her poems reflect her intuition, sensitivity and fearless willingness to internalize the vast and complex range of human emotions. Her ability to notice a myriad of different sentiments across different life stories is what makes this book a soul searchers delight.

*"When we share our stories what it does is it opens up our hearts for other people to share their stories. And it gives us a sense that we are not alone on this journey." – Janine Shepherd*

So come and go or come and stay... I assure you this beautiful offering: ***Windows of Reflection*** will always remain open for you, night or day.

For life is an open book. Full of blank pages. Do write your own story along the way.

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