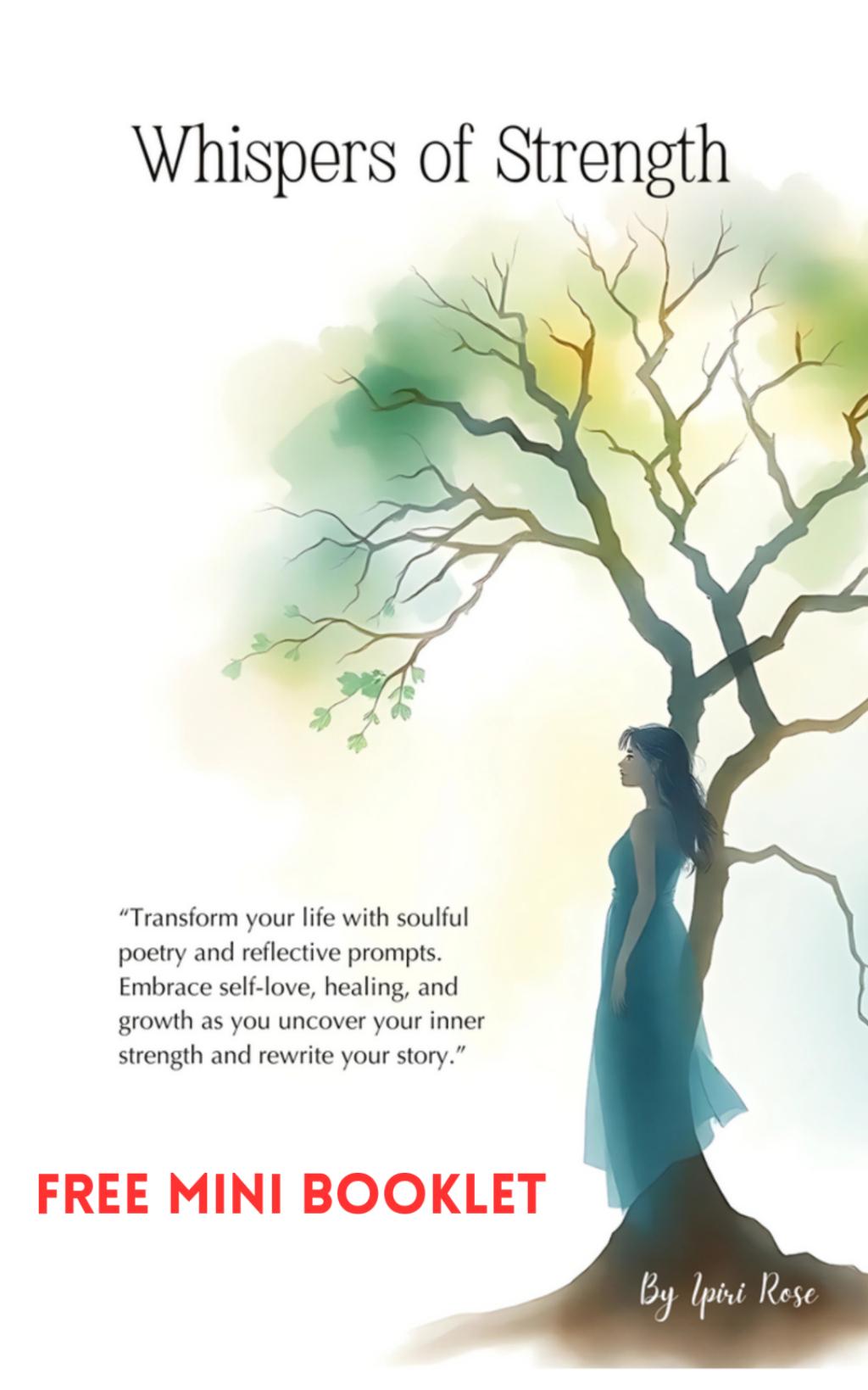


# Whispers of Strength



“Transform your life with soulful poetry and reflective prompts. Embrace self-love, healing, and growth as you uncover your inner strength and rewrite your story.”

**FREE MINI BOOKLET**

*By Ipiri Rose*

## SNEAK PEAK INDEX

*A glimpse of what awaits in the full collection...*

### **Self-Discovery and Healing**

- Return To Myself
- Soul Healing
- Discovering self-love

### **Inspired by Love**

- Dear Future Lover

### **Mindfulness and Inner Peace**

- Awakening to Inner Peace
- Dancing with the Mind

### **Society and Consciousness**

- The Cost of the Constant Hurry
- Dumpster Paradise

### **Empowerment and Transformation**

- Like a Phoenix
- Soul to Soul

### **Short and Sweet**

- Gratitude Attitude

*The full collection holds many more pieces like these – each paired with three reflective prompts to deepen your journey.*

Dear Reader,

Thank you for taking the time to explore this poetic diary—a deeply personal reflection of my journey. Each poem and reflective prompt represents a step through self-discovery, healing, and the search for love, peace, and freedom. It is my hope that these words resonate with you, planting seeds of empowerment, growth, and connection to your own inner strength.

May these words and reflective prompts serve as a source of light and inspiration on your own path.

Love and Blessings,  
Ipiri Rose

*"The Cost of the Constant Hurry"*

Rush to work, rush through the shop.  
Rush to get this and that done.  
Don't you know, rushing is violence.

In this rush you forget to experience  
the magic of existence.

Rushing to your death bed,  
rushing will quickly get you there.

Too busy to stop for a moment?  
Take a breath?  
Feel and observe?  
Has the ego taken control?  
Over your actions?  
Over your thoughts?  
Can you snap out of it?  
Become one with all?



## Reflection Prompts

### How does rushing impact your daily life?

Reflect on how often you find yourself rushing through tasks or moments. What might you miss by moving too quickly, and how can you slow down to appreciate the present?

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### What does "rushing is violence" mean to you?

Consider the emotional and physical toll of constantly hurrying. How does rushing affect your relationships, health, or sense of peace, and how can you counteract this?

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### How can you reconnect with the "magic of existence"?

Think about ways to pause and observe the beauty of life. What small changes can you make to create more mindful, intentional moments in your day?

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### *"Embracing the Mirror"*

I look at my reflection in the mirror,  
Staring into my own eyes.  
I see in them deep sadness and exhaustion.  
I close my eyes and with my mind I observe my  
body; I feel my fragile and parched heart that  
longs only for gentle, tender love.  
I go deeper, encountering my soul begging me to  
set it free, to stop being afraid and to appreciate  
everything life has to offer.  
The good and the bad.  
The beautiful and the ugly.  
The happy and the sad.  
Because all of it is a part of life.  
Learning the dance of balance.  
I open my tear-streaked eyes, silence in my mind;  
I look into my eyes once more and I say;  
"I love you, I really, really do."



## Reflection Prompts

**How do you connect with your soul?**

Think about the ways you listen to your inner voice. Are there fears or barriers preventing you from fully appreciating life?

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**What does balance look like in your life?**

Explore the concept of balance between "the good and the bad" or "the happy and the sad." How can you better navigate life's dualities?

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**Can you say, "I love you" to yourself?**

Stand in front of a mirror and look into your eyes. Practice saying, "I love you, I really, really do." How does it feel?

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*"Dolce far niente"*

It is quiet and peaceful,  
I like the sound of that.  
The feeling is calm.  
I am not happy, nor sad.  
Just neutral, here and now.  
Just me and the sound,  
touch, smell, taste and sight.  
So deep and so strong.  
I could stay in this state forever.  
So undisturbed and pleasant.  
It's hard to devote and sometimes  
I feel lost and alone,  
Trapped in this human form.  
I search for peace and self love.  
I'm starting to question who I was,  
who I am and who I will become.  
After all I am only an I.  
An observer with an open third eye.  
Running a machine designed to let me experience  
this crazy ride called life.



Dolce Far Niente

(Phrase) Italian for "the sweetness of doing nothing." A philosophy of embracing rest and finding pleasure in the simple act of being present.

## Reflection Prompts

**What does "peace" feel like to you?**

Reflect on moments when you've experienced deep calm and neutrality. How do you cultivate this sense of peace in your daily life, and how does it impact your well-being?

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**How do you navigate feelings of being "lost" or "alone"?**

Consider times when you've felt uncertain or disconnected. How do you find comfort and meaning during these moments of introspection?

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**What does it mean to be an "observer" in life?**

Reflect on how you experience life from an observer's perspective. How does this sense of detachment or awareness shape your understanding of your own existence and purpose?

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*"Anchored in the Present"*

In the chaos of mine.  
Please guide me with your pure light.  
Quiet my mind and remind me of the divine  
beauty of here and now.  
Live one day at a time,  
Knowing that the past is now a memory,  
Future is a dream to dream of on a lazy day  
and remember that the present moment is  
what matters beyond all.



"As you close this book, remember:  
You are the author of your story,  
The architect of your dreams.  
May these words be a reminder—  
Your strength is boundless,  
And your light can guide the way  
for others."

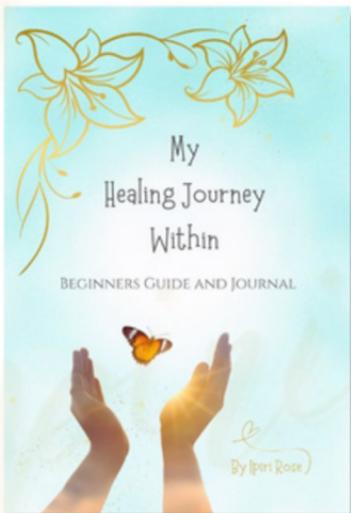
# Get to KNOW IPIRI ROSE

My name is Roza Kraczkowska, also known as Ipiri Rose. I am a Holistic Life Coach and creator dedicated to healing, empowerment, and creativity. Having walked through the depths of abuse in its many forms, I transformed my pain into something meaningful.

On my healing journey, I explored and embraced tools that continuously help me heal past traumas and release toxic mindsets. I am deeply grateful for the opportunity to share my creations with you.

If you're ready to take the next step on your "Go Within" journey, **My Healing Journey Within Guide and Journal** is here to help. Packed with tools and guidance, it will support you as you continue your path of self-discovery.

Visit my website today for more details.

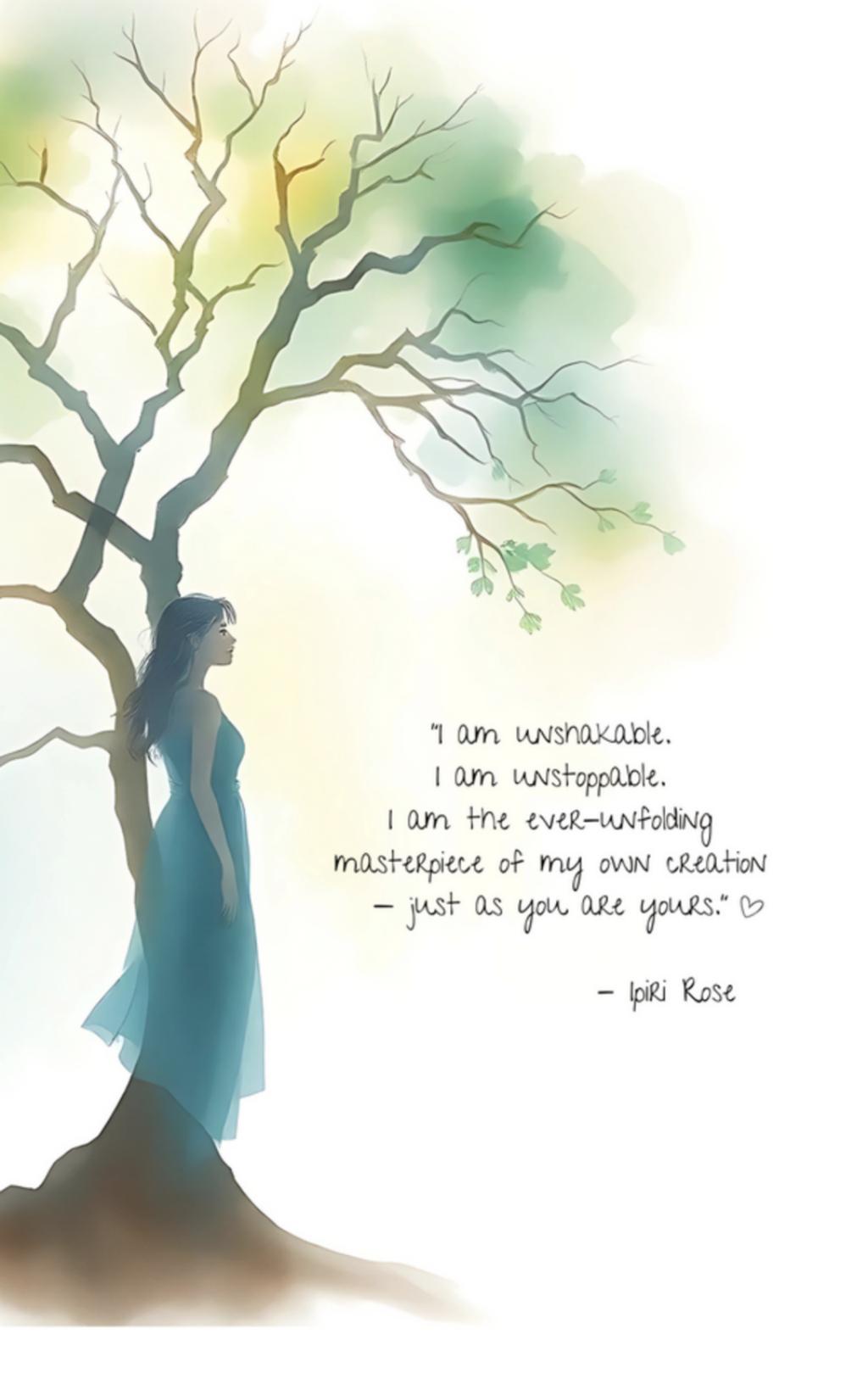


SCAN ME!



[www.ipirirose.com](http://www.ipirirose.com)

[hello@ipirirose.com](mailto:hello@ipirirose.com)

A woman with long dark hair, wearing a flowing blue dress, stands on the left side of the frame, looking up at a large tree. The tree has many bare branches on the left and a cluster of green leaves on the right. The background is a soft, blended gradient of yellow, green, and blue.

"I am unshakable.  
I am unstoppable.  
I am the ever-unfolding  
masterpiece of my own creation  
– just as you are yours." ☺

– Ipiri Rose