

Regala Healing

by Paulina Van Ph.D.



Foreword by Dr. Jean Watson

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First Edition

Angelica Milea
My most precious gift.

With your birth
My faith was strengthened
Being your mom
My life has lengthened

Regala Healing

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Foreword

Paulina Van has written down the bones and heart of her healing journey, moving through her skull of sound bites of memories, etched in hard edged words of pain and hurts, too many to cling to, but enough to call forth an inner voice she did not know she had.

This collection of Regalos is reunion of self to Soul; from hurt to holy; from fear to love; from despair to delights, enticing herself and her reader through a mesmerizing cadence of rhythm and rhyme vignettes and verses – each one flows forth from an endless waterfall of an ancient awakening to Love; to Soul; to Source; to the Beloved from within and without.

Her words fall from her heart as an enchanting chorus, tumbling forth an awakening to a new sense of self, of cosmic awe; enlightening all whom she touches with her electrical pulse of feelings, emotions and gratitude. Her tender words are timeless songs to see again; to feel again; to live again. Each one rising up-falling away, yet lingering in the midst of the air we breathe. Here we find a collection of moment to moment ‘eternal nows’... seeing, being, becoming a joyful gift of grace.

Regalos is more than a gift; it is a showering of blessings, relived in each of us through Van’s enchanting words of Light, Love and Life itself. This book is a continuous stream of offerings; a collection of healing moments and motifs that bind the heart and soul together as one human restorative journey home to Self/Soul/The Divine. Allow yourself to be bathed in these benedictions.

Personal Postscript: It has been a privilege, joy and delight to passage with Paulina as she followed her magnetic Cosmic call to write from an inner channel deep within. This call served as a ceremonial ritual toward innermost holiness, now accessible to YOU. Her verses are a heavenly gift Paulina received from above and below. Here, she humbly offers them as a sacrament to anyone needing to reconcile Self/Soul/Source with the Beloved.

Beware: These Regalos are addicting! Van's cantos will entice you to read each one until you too are intoxicated, moved, and soothed by them.



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I realize
My heart is whole
I realize
Love is the seat of my soul
I realize
My story has to be told

—Paulina Van

How This Book Came to Be

“I get to live and love again” is the last line of my first lyrical poem. That writing experience opened the flood gates of self-love, self-care, self-discovery, self-acceptance, and ultimately healing life, relationship, and family traumas. I pondered an explanation for my transcendence: Was it the voice of the traumatized child within me? Was it the focus on self-love and self-care during my Caritas® Coach* education journey; or my instructor’s discerning promptings to get out of my head and into my heart? Did my wisdom pour in from my daily meditation and gratitude journaling? Perhaps my constant longing for a happy, healthy life was finally more real with love and caring from my new husband? Was it my brief guided expressive writing experience during a workshop with young African American female entrepreneurs? Maybe it was the desire to be free of the constant fear of being hungry again (a reality from my childhood)? Were the voices of my ancestors, letting me know of the hope and joy I could embrace? Of course, I wondered how much it was my strong faith in the power of my Creator making His presence immutable?

I believe it was a little of each life experience which led to my expanded consciousness and the emergence of over 100 healing narratives that took on the form of anaphoric, lyrical poetry. A loved one’s response to my writings was that ‘they were given to me and now I must give them to the world’. These words led me to entitle my lyrical poems *regalos*—the Spanish translation of gifts. These regalos came to me via divine channeling and spontaneously emerged from me during *automatic writing* experiences. They appear in this book in the order and as they were transmitted through me—fully formed and unedited. Each emits the power and energy of love, kindness, compassion, acceptance, self-love, self-care, resilience, forgiveness and is inspiring, transformative, centering, and calming.

My life purpose has been to change the world by being a model, imperfect yet a person with integrity, caring, and compassion, and by making my knowledge a powerful tool by sharing it with others. The sacred formation of these regalos has shown me that I have another way I can contribute

to humanity, that is, the act of self-reveal. Because I neither planned nor anticipated this immersion into the world of self-acceptance through poetry, I see myself as more of a vessel than a creator. I trust that sharing myself with unabated transparency may potentiate your healing as it has mine. Although these *regalos* are rooted in my own life experiences, they might also call forth your own feelings and truths. You, too, can open yourself to the internal conversation these *regalos* might spark, even—or especially—if you can't see where that conversation might lead.

How might you use each of these *regalos*? Perhaps as morning or nighttime readings or devotions, meditation or mindfulness focus, an afternoon reading to refocus, relax, reenergize, or as a centering guide before an individual or group session with loved ones, colleagues, clients, or students. Ultimately, your higher self may be the perfect guide—think of a page number or intuitively open to any place in the book. The words you need, at that moment, will be on that page. I invite you to embrace these *regalos* to take you on your own self-care journey.

With my open, loving heart, I share with you what has been given to me—*regalos*—the essence of this book *Regala Healing*®, which means “to give healing.”

A handwritten signature in black ink that reads "Paulina Van". The script is fluid and cursive, with a large, sweeping initial 'P' and a long, horizontal tail on the 'n'.

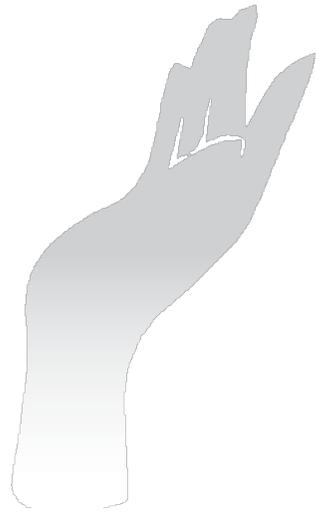
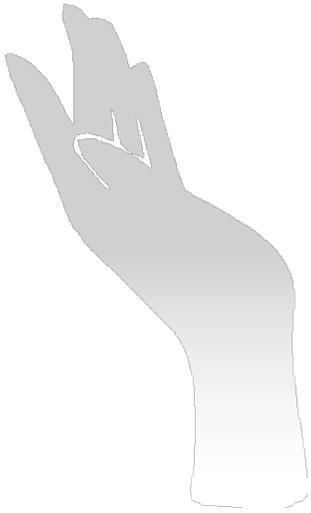
*A Caritas® Coach uses heart-centered approaches to health care as described within the tenets of the Science of Human Caring <https://www.watsoncaringscience.org/>

Regala Healing

It Hurts

*It hurts because
I buried experiences
It hurts because
My emotions came through anyway
It hurts because
My parents were the culprits
It hurts because
I couldn't defend myself
It hurts because
The abuse lived in the background
adversely impacting my life
It hurts because
I didn't feel lovable
It hurts because
Feeling unworthy made me accept
relationships which were unhealthy
It hurts because
I pushed people away
who could have been helpful & loving
It hurts because
I suffered emotionally most of my life
It hurts because
I may have impacted others unknowingly
But now I am healing the hurts*

*Hurt is fleeting
Hurt is losing power
Hurt is dead and
I get to live and love.*



The Heart Will

*The heart will
Even if I won't
The heart will
Even if I don't
The heart will
Even if I can't
The heart will
Love, guide, nourish
Every time I need to flourish.*