

# Regala Healing

by Paulina Van Ph.D.



Foreword by Dr. Jean Watson

Copyright ©2021 Paulina Van

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher, addressed  
“Attention: Permissions Coordinator,” at  
[paulinavan@regalahealing.com](mailto:paulinavan@regalahealing.com)

Library of Congress Control Number: 2021917793

ISBN: 978-1-7378383-8-8 (softcover)

Regala Healing®

Book design by Michael Samuel, Mike Samuel Graphics

Author photo inside book by Scott R. Kline, SRK Headshot Day

Author photo back cover by Lily Dong

Printed in the United States of America on recycled paper

First Edition

Angelica Milea  
My most precious gift.

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

# **Regala Healing**

# Contents

x	Foreword
xiii	How This Book Came to Be
2	It Hurts
5	The Heart Will
7	I Walk
9	I Am Free
11	I Feel
13	I Believe
15	It Is A Miracle
17	With My Whole Heart
19	I Wish
21	I Realize
23	It's Amazing
25	One Day
27	I See Myself
29	I Open My Eyes
31	I Must Live
33	My Feelings Matter
35	I Am Pleased
37	My New Life
39	So Many Possibilities
41	In This Moment
43	I'm In My Flow
45	I Realize Too
47	It Just Happened
49	I Had To Get It Out
51	It's OK

# Contents

53	Divine Perfection
55	It's Special
57	Perfection
59	Gentle Is The Breeze
60	Self-love
63	I Embrace
65	My Dreams
67	I Found My Heart
69	I Began
71	Being Vulnerable
73	Smile
75	Mesmerized
77	Feeling
79	I Hear
81	Today
83	Expect It
84	I Feel Better
87	I am Grateful
89	This Time
91	Dreamer
92	I Enjoy
94	The Simple Things
97	Purpose
98	Arrived
100	Michael
103	Inside of Me
105	Friend
107	Night

# Contents

109	The Trees
111	Butterfly
112	The Good Life
115	Grace
117	Passion
119	Joy
121	I Believe Too
123	We Connected
124	Evergreen
127	Birthday
129	Caring For Myself
131	Eyes
132	Choices
135	A Beautiful light
137	Inspired
139	I Wish
140	Inner Voice
143	Creating Space
144	I Forgive Myself
146	I'm Aging
149	When I Slowed Down
151	Inner Light
153	Real
155	He Answered
157	Strength
159	When I Smile
161	Secrets
163	Precious

# Contents

165	Happy
167	Peace
168	The Light
171	Changed
173	Silence
175	Happy Today
176	Touched
179	I'm at Peace
181	I'm Praying
183	Insight
185	My Intuition
187	I'm Seeking
189	Control
190	Forgiving
193	LOVE
194	Wildlife Changed Me
197	I Began Again
198	First Love
201	It's In God's Hand
204	Circle of Gratitude
205	Distinguished Acknowledgment
206	About the Author





## 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.



Jean Watson, PhD, RN, AHN-BC, FAAN  
Distinguished Professor and Dean Emerita  
University of Colorado College of Nursing  
Founder: Watson Caring Science Institute  
[www.watsoncaringscience.org](http://www.watsoncaringscience.org)  
[jean@watsoncaringscience.org](mailto:jean@watsoncaringscience.org)  
[jeanwatson@comcast.net](mailto:jeanwatson@comcast.net)

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/>

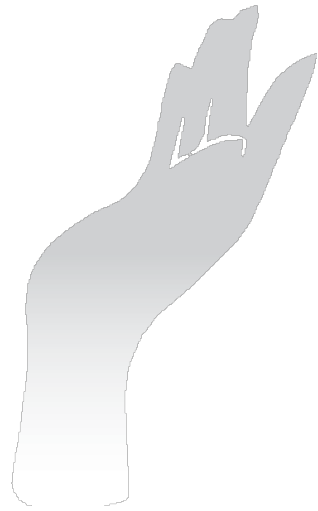
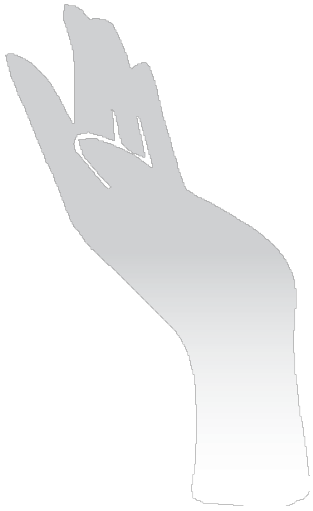
# **Regala Healing**

# 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.*