

# *Healing* with *Possession*



Rucha R Lakhade

# HEALING WITH POSSESSION

*by*

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## CONTENTS

Those Drops of Grief  
One Evening  
My History Class  
In Your Abode  
Past or Now  
Bloom  
Those Ladies  
Great Unforgettable Regrets  
Untag  
Glorified Shackles  
Satiety  
Love Remains  
Medi - Entity  
He Never Cared  
Nations Grace  
Rising Above  
Life  
Fatshaming?  
Those Rides  
The World from My Window  
Friend  
Unfolded Love  
Vulnerability  
The Hidden Secrets in Boxes

## THOSE DROPS OF GRIEF

I was sitting ideally in the class  
One fine moment, my teacher stood beside me  
and asked, “what does crying mean to you explain”.  
I got up in a scary way.  
As someone asked me my truth...  
From which I always tried to run away.

May be I uttered feelings of sadness  
Regardless of your worth.  
I continued,  
Who the mighty man is who'd never cried.  
Everyone shades tears  
Somewhere there are fear's  
No one tried  
No one cried  
Oh/just a lie my dear  
Was if a shadow can't cry  
Or just an imaginative window,  
Which was totally dry.

Tears or say drops of the grief, It's been always said one must cry and dust  
themselves off think just introspect. Is it that easy? Most of you would  
definitely agree with me it's not that easy.

It takes a lot to gather yourself and comeback.

There nothing as perfect happy life we all blessed with moment of pleasure  
& sadness. Pleasure often is expressed by laughter, joyfulness and this grief  
is mediated through tears drops rolling down our cheeks.

So next time whenever you feel is this happening only to me. Just take a look out of window. You'll see everyone is fighting with their dreams or say something that troublesome things be it externally or internally.

## ONE EVENING

One evening on the terrace  
I saw sky with dusty blue,  
Golden spark.  
Sun was about to set almost  
disappearing in the gaze.

Birds were flying with joy  
And chirping in the sky.  
Adoring the way  
Beneath those trees remain nests...  
Tiny Birds waiting for their  
mother to bring love!

Vehicles travelling across the road,  
Crowd of people walking by the side.  
Speaking & laughing aloud.  
That evening was like a cold breeze of air  
But full of joy & care.

At my home everyone was waiting for tea  
Enjoying all the snacks.  
Chatter everywhere around...  
That one evening was so profound.

You are even the normal days & our life have so much to notice to much to give us back, to hold & hope for. Even when nothing seems to be growing we just have to stay calm, see enjoy it because that moment is never going to be back again. So, enjoy the normal evenings of your life too, stealing a positive note from it.



## MY HISTORY CLASS

The blowing wind,  
Seized my heart.  
When I was sitting near window  
In my history class.  
Charles Dicken was taught  
I feared to be caught.  
The red flowers were dazzling  
One boy was reading  
I was inspired by mother nature  
What about history's future?  
Once my miss stared at me.  
I too glared & stopped for the key.  
But still that might breeze.  
Seized my heart again.  
Then I saw a shepherd with his sheep's  
working hard indeed  
The realized, to concentrate on my class  
For the heavenly cause.



## IN YOUR ABODE

In your abode  
I feel the atmost pleasure  
I see that shining run,  
Its glittery, inspiring rays.  
Just make me babbling about them.

In your abode,  
I feel the atmost joy  
It feel like being an the seventh sky  
If you're with me  
I perceive a happiest glee.

In your abode  
I wish there would always  
Be a place for me.  
I wish we shape be together forever,  
Just give us the blessing  
And peace is assured for a while least.  
Oh! God please  
Your abode is a place of mercy  
Wish you're accept me  
Worshipping & living by you  
means the most to me.

Whenever you're in trouble kind of humongous trouble. We all call someone for help. We try to seek the support. For me that helper had always been god. Be inform of person, turned up & down situation or any clue which I get to in my head.

To solve the problem. In my care & way be in many of yours, God had been epitome of strength and he is indeed.

## PAST OR NOW

My past shattered me,  
It baffled me  
The deep I digger in my heart, it sink  
I dug, those who saved me to win.  
My mistakes made me wiser  
But somehow I could not rise.  
I still repent on my mistake.  
The worlds looks & stacks me  
My power which I used to embrace  
And just lost in that big face  
It's all done now,  
Past gone and  
Now I can't afford to step back at any cost.  
The dead past can't hold me  
I'm like that struggling bee  
Those whoever know me more than I  
I know how not to make them feel shy  
I'll be the age of Aquarius  
I'm privileged  
At this moment right away  
I take it back at the same hour.

We all are almost always stuck in the cycle of over thinking. You see the situation has come to end, thing have fallen apart. But you rewind it again & again in mind. As if you want to live it again. Because impact was undesirable or you still think you could go back & change everything. Is it really feasible? is it?

Being stuck in a spiral & not focusing on what present now or what now we can do in the future will only lead to indulged pain.

The pain that could just heart us in & out similarly like a body ache to relieve it we take medication, detox our body. Then why not to detox our mind and make a new space for further experience be it god or bad no one knows what is going to come, what going to happen. But insure getting entangled in a situation after it's over is not going to be have. Each & every resource think & decide.

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