

In My Silent Moments - Heartfelt Reflections

by Nasima Z.

Preface

I am not just a dreamer, or so I keep telling myself, but I do enjoy getting lost in my thoughts. It's like a beautiful stroll in the woods, discovering new wonders with every step taken. I love to write about everything and anything and my visions usually take me on a collage of mystical adventures, many of which you will find here, *In My Silent Moments*.

My reflections are born out of all life has exposed me to, kindly or otherwise—celebrating beauty, laughing at the absurd, and weeping with the sorrowful. Wherever you find yourself, my hope is that each section will speak to you in very meaningful ways. You will be transported to the realm of your choosing in *Heavenly Exchanges* or *Dreams & Fantasy*, or invited to travel inwardly with *A Questioning Mind & Concerned Heart*.

You're also likely to experience, as some call it, my "unique" sense of humour when you least expect it, as it has become an important tool in my arsenal for dealing with the challenging and unexpected. It's been a great ally and I share it with you, with love.

There is nothing about this mystery we call LIFE that is flawless, but that should not stop us from living a life of optimism, joy, love, compassion, financial wealth, good health, happiness, and all the excitement we can handle.

The odyssey of *In My Silent Moments* began years ago, and its messages are numerous and timeless, many in metaphors which I hope you will find make for interesting reading and also give pause for the occasional "hmmm".

Enjoy each nugget and all the goodness LIFE has given you, remembering to share the kindness and compassion with others. You will be astonished at how full and interesting your life will be.