

I Am Love

Live Life with Gratitude

Ashu Khanna



INDIA • SINGAPORE • MALAYSIA



Copyright © Ashu Khanna 2023
All Rights Reserved.

ISBN 979-8-89067-856-0

This book has been published with all efforts taken to make the material error-free after the consent of the author. However, the author and the publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

While every effort has been made to avoid any mistake or omission, this publication is being sold on the condition and understanding that neither the author nor the publishers or printers would be liable in any manner to any person by reason of any mistake or omission in this publication or for any action taken or omitted to be taken or advice rendered or accepted on the basis of this work. For any defect in printing or binding the publishers will be liable only to replace the defective copy by another copy of this work then available.

Other Titles by Ashu Khanna

I Am Freedom, Live Life with Awareness

I Am Abundance, Live a Life of Possibilities

I Am Perfection, Live Life Joyfully

*Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare*

*To my parents who taught me
the power of love and faith*

With Gratitude

This book is a dedication to my parents, who have been embodiments of selfless and unconditional love. I feel blessed to be born in a family where I have been nurtured with faith, love and courage and bestowed with the gift of knowledge to live life with Awareness.

My husband and children fill my life and embrace me in that circle of love. In my journey of search to inner contentment, I rediscovered the voice of Awareness. Mindfully, I have listened and traversed new grounds and peeled the layers, to live life with joy and love. Living with Awareness and staying tuned in to that voice, I share it as it arises. The theme and sequence of my books, *I Am Freedom, Live Life with Awareness; I Am Abundance, Live a Life of Possibilities; I Am Perfection, Live Life Joyfully* were revealed to me in moments of quietude. I bow to the benevolence of That Love, which is the cornerstone of our life. Filled with gratitude, my inner self has now expressed itself through poems. *I Am Love, Live Life with Gratitude* is an internal dialogue to the quest of centuries; What is life, Who Am I, How to live a life of purpose and joy. The poems reveal the path to living life with simplicity, beauty and happiness.

Awareness of our true self is a gift given to all human beings. Human life is designed to evolve to live in union with That inner love. We can choose to know it willingly or discover it gradually through force of circumstances. Every life is interconnected to support this unfoldment. It is unknown to us when, how, who and through whom, we will rediscover our inner core. I marvel at the synchronicity of life and have observed people, events, circumstances occur in my life to support my evolution. My heartfelt gratitude to all the people who have touched my life and all the experiences that have helped me travel thus far.

We all have the power to awaken our inner voice and live life to the fullest moment to moment. I hope that the book inspires people to open their hearts to live in harmony with That Universal love, which like the rays of the sun is there for all, selfless and unconditional.

Contents

<i>With Gratitude</i>		6
i seek	What is Life?	12
	Tides of Time	13
	Fears	14
	Life is a Journey	15
i want	Desires	18
	Jealousy	19
	Anger	20
	Abundance	21
i insist	Tears	24
	Thoughts	25
	Ego	26
	Emotions	27
i reflect	Silence	30
	Observe	31
	Inner Voice	32
	Forgiveness	33
i thank	Relationships	36
	Childhood	37
	Family	38
	Breath	39
i realise	Perfection	42
	Gratitude	43
	Acceptance	44
	Love is...	45
i explore	What do I Know?	48
	Curiosity	49
	Explore	50
	Life is a Mystery	51

i trust	Patience	54
	Choice	55
	Surrender	56
	Happiness	57
i act	Dreams	60
	Hope	61
	Purpose of Life	62
	Live True	63
i lead	Love Yourself	66
	Home	67
	Own your Power	68
	Standing Tall	69
i grow	Change	72
	Circle of life	73
	Imagination	74
	Keep Climbing	75
i know	Life is Simple	78
	Life is Beautiful	79
	Life is a Play	80
	Live with Awareness	81
i am	I Am...	84
	Life Is...	85
	That Is...	87
i flow	Prayer	90
	Faith	91
	Grace	92
	Flow with Life	93
i choose	Live Free	96
	Live Relevantly	97
	Live with Mastery	98
	Live Joyously	99

i seek

What is Life?

What is life?
How do I live life?
I am tired of fighting
I am tired of surviving

I only know fear
Fear of living
Fear of dying
Fear of being fearful

How do I know life?
When there is anger
Greed, jealousy and pain
And there is fear to let go

How do I drop the fear?
What do I hold onto?
Hold onto life
For life is to be lived

Life is a gift in itself
Live it with gratitude
For each moment is yours
To live with love and joy

Tides of Time

Life goes up
Life goes down
And with every tide
Life moves on

I try to hold onto the sails
Yet I rock before I know it
And then sometimes
I move gracefully along

I know I cannot avoid these tides
And some change the course of life
I can only learn to ride these tides
For they will always be a part of life

Time is the only healer
As I watch the play of life
And get stronger with each tide
And learn the rhythm of the tides

As I befriend the tides
And smile with each sway
Loving the ocean of life
Like a little child out to play

Fears

Where do you come from?
I didn't know you when I was born
I only knew love and trust
How did you enter my life?

Did I allow you entry unknowingly?
You were an unwelcome guest
Who made home for too long
And I did not even realize your overstay

I want to live again with love and trust
How do I tell you to go?
When I know you like my own
I am as attached to you as love

I know you are a guest, not the owner
I need to recognize that difference
Listen quietly to choose that love and trust
And the guest shall know its impermanence too

Life is a Journey

I started walking
Then I began running
Not knowing where am I going

I fell but I wanted to run
I hurt but I wanted to run
Not knowing where am I going

I was tired but I wanted to run
I was lost but I wanted to run
For I only knew how to run

I no longer know where I am going
I no longer know what I want
For I only know how to run

I left so many joys behind
I left so much love behind
For I was too busy running

When will I stop and enjoy
That joy, love and life
For which I started to run

Life is right here to love
It is for me to stop
Since it was only I who was running

*“Hold onto the Love that spoilt me all
along”*

i want

Desires

We have likes
We have dislikes
We want life to be
As we like it to be

But do we know
What we truly want
For are we happy
When we get what we want

How do we solve this quest
How do we move forward
From this constant tussle
Of likes and dislikes

Can we change anything
Can we fight every moment
It is tiring to keep wanting so
Look around and see

Life as is in every moment
Enjoy it for what there is
Accept it for what it is
Live every moment as is

Jealousy

We look at others and think why
They look at me and also think why
We spend our life looking at another
And miss living our life as Me

What is it that makes us look at another
Are we not happy being Me
Do we want to swap our life with another
And take all that comes with the other

We want the best of others and me
Funny, do we even know what we want
We live as neither You nor Me
Oh, what a waste of a unique creation

Wake up, for there is only one Me
Else life will pass by quickly
Before you know the true Me
Let's make the most of living as Me!

Anger

Anger, who asked you to come
You are an uninvited guest
Stuck in my heart
I don't know how to let go
And invite love in my heart

I never listen
When I need to listen
I never speak
When I need to speak
So words come, as they want
When anger comes to me

Anger belongs only to you
For only you hold it in your heart
It is your burden alone
It does not belong to another
Let go, before it burns your heart
For only you can heal your heart

Listen carefully
For life is short
Speak carefully
For life is short
Laugh loudly
For life is short
Celebrate life
For life is short

Where is the place for anger
When there is so much to do
What is the need for anger
When there is a way to smile
Listen, laugh and celebrate
For life is short

Abundance

I am spoilt by my parents
I am spoilt by my family
I am spoilt by my friends
I am spoilt all along

I suffer because I am spoilt
I am angry because I am spoilt
I am lost because I am spoilt
I refuse to seek because I am spoilt

I don't know what to do
Because I am spoilt
How do I figure out what to do
When I am spoilt

Oh, how long will I stay stuck
And whine about life being such
Get up and seek freedom
Let go of all the wants

You have all you need
Just look around and see
There is so much love
Hold onto the love that spoilt me all along

*“As being alive is an expression, of an
emotion called Love!”*

i insist

Tears

You come with joy
You come with sadness
You come with shame
You come with blame

When I am feeling sad
You release my sorrow
And make me feel lighter

When I am feeling frustrated
You release my anger
And make me see hope

When I am feeling happy
You express my joy
And make the world look brighter

Express freely and let them flow
Tears are after all an expression
Of being human!

Thoughts

Rivers flow joyously
Rivers cut through freely
Bouncing and dancing
Finding a new course

Thoughts flow
Endlessly and mindlessly
Do I know their course
Do I know their Source

How much do I know my thoughts
Yet, I allow my thoughts to block me
And stop from bouncing and dancing
And cutting a new course

Rivers know their destination
They know their source
What is the river without the Source
Another drop in the ocean

Thoughts forget their origination
Thoughts forget their destination
What is a thought without the Source
Another wave from the Source

Ego

I insist, you resist
You insist, I resist
We spend our life insisting and resisting
What stops us from accepting

What am I trying to achieve
By playing this game of winning and losing
I only lose love and I only gain pain
Yet, I insist on playing this game

Time and again I lose
Never failing to stop and ask
What's the purpose of it all
When I get nothing at all

Stop, oh foolish one and think
Why did I make you play this game
To chisel away that veil and look within
To know the love that sits within

Emotions

Thank you for being a part of me
I feel life, I live life, I taste life
For emotions are given to me

Why run away from being emotional
Why cringe at the thought of emotions
For emotions were given to me

I experience each emotion
I experience life at every level
For emotions were given to me

Sometimes I laugh, sometimes I cry
And observe each emotion
As I let them pass through me

I am aware of my emotions
I vulnerably share my emotions
For I am a human here to live

I feel alive at every moment
As being alive is an expression
Of an emotion called Love!