

Author of “Then & Now: Love Sick

# At The Hand Of Love



Karisa Lynn

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Best with soft piano music playing in  
the background

2026  
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As I wait to see you in my dreams again and manifest what seems right, I live my day to day and align. I don't know what they mean but I know what I want it to be. From all the lives I've lived, one with you used to be the goal. Until I found out I may be over my head with the thought. So I left this here for you to see and maybe one day we could be. Learning myself, growing through love.

I never set out to write a book. I set out to survive. And somewhere in the surviving, I started writing things down — not because I thought anyone would ever read them, but because the weight of what I was carrying needed somewhere to go. These pages are where it went. What you are holding is not a collection of poems in the traditional sense. It is something more personal that and

something more universal at the same time. It is the documented interior of a human being moving through love and loss, through darkness and devotion, through the kind of emotional seasons that don't care whether you are ready for them. It is the record of someone who felt everything — deeply, sometimes overwhelmingly — and chose, again and again, to turn that feeling into something worth keeping. Every passage in this book was lived before it was written. That is the only promise I can make you and the most important one.

This is a book about love in all of its forms — romantic and spiritual, self-directed and outward-reaching, the love that heals and the love that undoes you and the love that quietly, without fanfare, puts you back together while you are sleeping. It is

about the rain you learn to dance in.  
The journey you are on even when you  
feel lost. The spirit that always, always  
wins.

It is about the truth that I have  
spent my whole life learning and am  
still learning — that you cannot avoid  
what you feel, and you cannot change  
what is real, and the most powerful  
thing you will ever do is choose, in the  
face of all of it, to remain open.

I am still young. I am still, on some  
days, a little insane.

I have never been more certain of who  
I am.

Welcome to the journey. I am glad you  
are here.

-The Writer

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**Affirmation**

Before love finds you again, find yourself first. The ground beneath your feet was always yours. Stand on it.

Consistency, is key, to emotional stability. Cultivation. Love. Endlessly. Confusion, is an illusion, of, negativity, it will not get to me. It will not get to me. Peace, in confusion, over illusion, best served with tea. Let it flow to let it go, and don't worry about the hidden fees. I say, let it flow to let it go. I ain't worried, so don't you worry.

Personal growth and development will have you feeling stuck when you ain't having shit. If it's for me then it'll show, and in time I'll grow or outgrow. And if in time it doesn't show or prevail, I'll prevail. And that's for sure. I'm always sure making my moves. I'm sure bout how I roll. I'm set. You are what you think I am. I can live for me and I can love for free

Amor, I am a lover. I am a fighter. I am part of the walking light. I am

human. As I rise up, I was born of the skin I bite. As I am, living in sight. As I swam, across the shore. Where land is forever more, in my hands, I adore. My mind. Body. Soul. One with spirit, forever in the stars, with a heart full of gold. I don't need eyes to see the light, that shines and shines so bright, it lights up the night. A few times I went blind and caught up in the fight, it was never for too long, just enough to remind myself of how strong I am and I can be. You're in my head, you're in my heart, you're in my soul. A love language only a few might know.

Patience over anxiety, perseverance. Patience over anxiety, calmness in serenity. True love conquers all, don't let it go. True love fight them off, likes to hold. True love conquers all, don't let it go.

# Purple Rain

Some thoughts don't arrive to disturb you. They arrive to tell you something you already know.

Let them rain. Dance in it. You were right.

Purple rain, Purple rain. I think I might of gone insane. I been living in my head, so I been dancing in the rain. Purple reign, oh you. So what if I went all insane. Intrusive thoughts take up my brain and I wouldn't want it any other way. So i'll stay dancing in the rain.

I've seen so many different sides of you. Theres nothing that I wouldn't do. You're picture perfect, why i'm in love with you. So cinematic with everything you do. God knows I can count on you. The things you say always change my view. You correct me for the better so I treasure you. I trasure you.

Purple rain, purple rain. I think I might of gone insane. I been living in my head. So I been dancing in the rain. Purple reign, oh you. So what if I went

all insane. Intrusive thoughts take up my brain and I wouldn't want it any other way.

So I'll stay dancing in the rain because I, I just love it how you tease it, how you squeeze it, the pressure and the heat, yes. Makes me really wanna keep it. So I'm going to keep it. I'm going to do what I gotta do, baby. Tell me what you're needing. Tell me how to pleasure you. We got time so take my time, please. Take my time. I'll make you mine and I have so many reasons. I have so many feelings, they're always changing like the seasons. I don't know everything but I know what I want, and I know I don't need a reason.

Purple rain, purple rain. I think I might of gone insane. I been living in my head. So I been dancing in the rain. So what if I went all insane. Intrusive

thoughts take up my brain. wouldn't  
want it any other way. So I'll stay  
dancing in the rain.

Purple rain, purple rain. Put me in a  
haze. Distract me from the rainy days.  
Give my body praise. Worship my love  
with grace. I want your loveing  
everyday. The adoration it contains. I  
need more love when you're away. So  
give in, surrender to the reign.

**For You**

Some loves ask nothing of you. This one asks everything - not because it is greedy but because it knows what it is worth.

For you, I'd dream a dream and make it come to life. Just to spend some time or make some time. To create a space to call you mine. For forever or for never maybe just the meantime.

For me, I'd give up on shooting stars. Give my wishes some hope and give life a start. I can action a plan and if I ain't gone we're going home, we're going far.

For you, what I can do, follow your lead. Follow your foot steps, try to catch up, what I can do. try for me. I'd give my all, yes. I can fall. For you, no need to call, I want it all from you. I can dive deep into my soul, not to use or abuse but to love some more. A day without is a battle you know. I can't satisfy. Nothing to justify, but it's you, it's you. For me. or you, I gave up on

shooting stars. I bought a dream to life and fell from the highest of heights.

It was the love I had for you that changed me. Because of you, I ain't the same me. I wish I could, just for you, say it isn't true. So you don't feel like you owe anything. But sad turns to rude when the roof caves in. But that's nothing new. Nothing new.

From all I learned it wasn't soon enough. From all I turned to went from nice to rough. All the tears you dried, I tried but most times I gave up. I can't blame you and it's not my fault but you can blame me all night long. I don't mind because it's you. Loving you gets me high enough.

When I'm not falling apart, take it out on me and we can sleep on it. A few nights could be enough.

**Peace**

The noise was never the truth. It was only the loudest thing in the room. When it finally quit what remained was always you. Exactly as you are. Exactly as you love.

Nothing can not stop you, nothing. They told me 'do not be of this world but of love'. They said 'music is magic, but you need trust'. Healing takes time and patience. Listening to your heart to control the noise, you hear a buzz or a ring. What does your imagination see? I know being peaceful can be so lonely. Evolution is not for the faint of heart. one's of one's go on and on. While the rest hold each other down, ignoring the magic in life I call art. I should have never let you have that much control over me. At least now I can see. Oh eyes that can see.

Ears that can hear truth. Lips whispering affection, through your eyes building perspective. Talking like Shakespeare, gives me chills. Feeling on my body wishing it was yours, so fine it's healing.

In bliss feeling blessed, feeling what perfection is. Blood that pumps through my heart, it flows. Sounds of life coming near. Your eyes never fear, your lips never quiver, unless it's for a kiss to wipe a tear. Heart forever pure, light the dark, hopes and wishes you steer. Light to the dark, love and light is a cure. It's love and light my dear. It's love and light, not fear. It's love and light that's near. You're a fighter you fight for what's yours. We live and we learn. We love and we hurt. Speak words you want your wants to hear. Fighting the love when you feel it around. Fighting the love when you hear it in surround.

Some hear but don't listen. Some see but don't know. Some are blind to what they feel. Oh so blind they don't even know. Funny how it ain't so funny when it you. Once you lose your interest you start looking for what's

cool, something new. Always going back and forth, how indecisive of you. Everybody's got a life to live but something's gotta give. No one really wants to be alone, why would you want to be a loner on your own?

You question what's real. You question what you feel. Question what's been told, while doing what you like looks crazy on your own. Regardless you're really living in your flesh, learning patience through the rainy days. Everything in life is used as currency. While time is an illusion until you find the time to plan it out and see.

Waiting for heaven, living in hell, is where you learn how to breathe. Learn how to fly. Learn how to be. Living and learning through life. You live and you learn, and some mistakes are made repeatedly. With or without

reflecting you'll never see the change  
you want to be until you be the change  
you want to see.

Ears that hear but don't listen. Lips  
that speak words of wisdom. Heart  
that never threatens. Love that cures  
the withered.

# **Sleep Talker Pt. 1**

The most honest version of you speaks when the performance stops. In the space between waking and surrender love has no agenda. No armor. No conditions. Here you are unchained. Here you always get to begin again.

Burnt out, down to earth, falling loud. Behave calm spirit seeker that's spirit seeking. Pillow talking while you sleep. Heart breaker, breaking down, be okay. You experimental social game. Breathing in deja vu, blowing out 'I have no doubts when I'm with you'. Are the words that slip right off my lips onto yours.

Breaking down when there's nothing left to break. Screaming out when theres nothing left to say. Stubbornly hard headed always get your way. Heavenly hearted mixed with your intentions, emotions sway. Your heavy heart weighing down has you departing from the heavens falling from the clouds.

Shamelessly with an open heart. Chainless with a brand new start. To

be loved by you takes me far. I'm just  
as warm as you are. On my silent night,  
my holy nights. You rock me safe and  
hold me tight. You hold me right. You  
hold me right.

# Falling Pt. 2

You do not choose the falling. You choose what to do with it.

Grace brought you to your knees. Faith kept you there. And when you rose you carried it with you like a reason.

That's the difference between falling apart and falling in love.

Silently, I crave your skin on me.  
Quietly, inch towards what I hope to  
keep. What's a life without a love  
living by your side? Forgetting about  
the what if's, only knowing what is. As  
the angels fly around they guid us to  
calmer grounds.

My love. My heart. Our world. The  
stars in our eyes, in one sound, hurts  
healing - growing - with time in peace.  
So forgiving of you to be. For my  
heart is so melancholy. My sweetest  
dreams feel so far from me. They  
keep me falling. Falling to my knees  
by grace. I'm falling to my knees by  
faith. I'm falling to my death I  
embrace. I fall to my knees, my  
choice.

It's a feeling that never goes away.  
Breaking vows and remaking them in  
your name. I'm free falling in slow

motion. It's all love, it's all free. Free to  
keep and free for all to seek. The birds  
and the bees. The leaves and the trees.  
The wind and the keens. Heart healing.  
Love curing. Belly dancing.  
Rejuvenating. I'm falling to my knees  
by grace. I'm falling to my knees by  
faith. I'm falling to my death I embrace.  
I fall to my knees my choice.

**Til I Get To You**

Some journeys do not end when you arrive. They end when you understand that searching itself was always the destination.

Keep moving, it's bigger than you know.

All the pain was never mine but I felt it. All I know is what I feel. All the love with all the pain has me young and insane and in love and in pain. The way you have me drifting in thought. Forgetting what I saw. Im holding onto the idea of everything I fought.

No more cloudy thoughts when it rains. No more cloudy thoughts. No more cloudy thoughts when it rains. When it rains, when it rains. I been trying to understand what it was when it was. Trying to understand what it was, when it was. I was feeling too high in the lows. Dying inside feeling cold. I was feeling things I couldn't show. Now I feel the reminisce of what I didn't know.

Everywhere I go, the thoughts of you always take a hold. Lost in my soul, nothing seems to do. I got no

place to go, til I get to you. Til I get to you. Til I, get to you. Inside my dream, I'm out my mind. Late at night the thoughts of you take me high. No more cloudy thoughts when it rains. No more cloudy thoughts when it rains. When it rains, when it rains.

Everywhere I go the thoughts of you always take a hold. Lost in my soul, nothings needs to do. I have no place to go, til I get to you. Til I get to you. Til I, get to you.

I'm still young and insane, in case you'd like to know.

Spirit always wins. Catchest you off guard, on your good and bad days. Can't avoid what you feel. Can't change what is real.

**Tired**

At 2 am the honest things finally get a turn to speak.

This is one of them.

I can't sleep tonight when I have you on my mind. Lost my mind and lost my peace and you're all that seems to give me life. It's been blue just like your eyes, I'm changing. I wanna feel your love tonight.

Oh would you love me right for the night. One last time, Oh would you hold me tight. Because I can't sleep tonight and you're the one that's on my mind. No need for cheap hotel lines, couldn't find my mind but I found you.

You always get me through. What am I to do, when my best part is you. You're the only one that sees, the best parts of me. I hope for the best that we don't part. I never thought I'd beg but for you I'd plead. Oh please, would you be, my best part?

I can't sleep tonight, and you're the

one that's on my mind. Would you love  
me right? Could you hold me tight? I  
can't sleep tonight.

**These Days**

Not every love story ends. Some of them just keep becoming. This one is still becoming. That is not an ending. That is everything.

These days I can't get a word out without complaining. I'm on my own in my head, what feels like no one can save me. These days got me feeling. No one to call, I wait till they call me. Away from them all, makes me feel calming.

Lost in a war but I think they found me. I am not lost, I'm on a journey. I am not lost, these days keep calling. These days seems like I been walking different. I've been missing my smile, it's been a while. I can't seem to see what's funny when I'm oh-so black and blue. In the dark within my heart, within my soul, I keep searching. The pearly gates up there in heaven, in the clouds, I lay my head and sleep with you.

These days blend into one another. I couldn't make it any better but at

least I'm here with you. These days, it seems you know more than I do. I have nothing else to do or think. I'll take your words and make them wise is what I'll do. We don't need much more than each other. Our own sound in surround, in one another, in our ears.

I could never get tired. I love to have you near. Your touch. Your taste. Our love. Our place. Be on the run or be each others escape. Your touch. Your taste. Our love. Our place. I could never get tired. I love to have you near.

I got lost in a war but they found me. I am not lost, I'm on a journey. I am not lost, these days keep calling. Within my heart, within my soul, I keep searching. I am not lost, I'm on a journey. I am not lost.