

ENCHANTMENT

A collection of poems, stories and potions

BELLA DONNA

>THE GREEN WITCH<

Charming souls to be free

With illustrations by Abbee Martin



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Words of Love for *Enchantment*

I resonated with many of the poems in this wonderful book, especially *Imagination*, with the lines “It saved me as a child and it awakened me as a woman” and “I realise imagination is short for I- magic-a-nation.”

I understand the enchanted world of Fey, and as a Shaman and Healer, I thank this gifted poet for reviving the knowledge of magic and otherworld beings that share this beautiful Blue Planet with us.

Susan Kathleen

#1 Bestselling Author, Journalist

Award-winning Poet & Illustrator



Bella speaks to your soul; she reminds us of who we are on the deepest level and how we reconnect to our inner child. Our medicine is filled with the wisdom Bella shares with simplicity and richness. Bella reminds us of the rawness and magic of nature and the power it holds within us. Keep shining and sharing your sparkle, Bella.

Fiona Clark

The Zenergizer www.fionaclark.co.uk



Bella, you have used your empathy, love, courage and woman-power to bring us words of strength, support and inspiration. You've not just tapped into your own years of experience but into the very essence of being a strong woman, the magic, and yes, witchcraft, of women, girls, old and young. Thank you for your words, which are both uplifting and grounding, light and deep. Keep writing for us! Love and thanks, Caroline.

Caroline Diehl

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Bella Donna's charming collection of poems, meditations and short stories are indeed enchanting. Her words are a fusion of fantasy and reality, filled with warmth, truth, nature, strength and vulnerability. *Enchantment* is engaging story-telling that sings with ancient wisdom and magic. This accomplished debut will fill your heart with joy and compassion and will allow to feel connected with the natural world - perfect for these strange times in which we live.

Olivia Eisinger

Editor



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Foreword

The poems and stories in this enchanting collection come from a deeply personal place, so it is only fitting that this Foreword is personal too. I have suffered with anxiety all my life. I think that often we are anxious because we believe the world is more complicated than it is. The pieces in this book are the perfect antidote to this, stemming as they do from a place of stillness and simplicity: “how simple life is”. Notice that I said ‘simple’, and not ‘simplistic’. The latter implies a lack of depth, whilst the former encompasses the fullness of the universe. It allows us to swim with mermaids and talk to the girl in the oak tree.

Anxiety also involves trying to have more control. The ethereal pieces in this book are all about letting go, relinquishing that yearning for control, and coming to terms with what the universe has in store for us. They implore us to sit still, quietly yielding to the fact that “there is a deep knowing that everything just is”. This does not imply simple capitulation to the whims and vagaries of circumstance; we each need to sit at the ‘Head of the Table’, maintaining a



place of stillness amongst the chaos. Some things we can control, and others we can't: "the party is mine, the table is mine", even though the guests might sometimes enter uninvited. It is up to all of us to take tea with whomever we choose.

It is important that the universe offers up a range of shadows; it is not all flowers and meadows, for life finds its worth against this shadowy backdrop. As the poet adumbrates, "only someone who has laid in thistle can rest in a buttercup". Once we acknowledge that what seems like Death is really just Fear, and thus call it by its proper name, this looming entity shifts from a terrifying demon to a mere field mouse, and we are "no longer caged" by the prisons we have built around ourselves. We can befriend the Elephant of Grief and grow trees with the Hat of Fear. Even if Sadness doesn't want to play, we can hug her anyway. Don't be afraid of peeking through the door.

And I breathe...

Joshua Seigal

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Author and poet

Winner of 2020 Laugh Out Loud Award



Introduction

The idea for *Enchantment* was born out of love. As a nurse, at the beginning of the Covid-19 pandemic I was sent out into the community to support terminal patients. I noticed in between patients that the streets were empty. I pulled my car over and began to weep. As I looked up, I saw a painting of a rainbow in someone's garden. Instantly within, I heard my inner child say, "It's okay." I became overwhelmed yet realised that my inner child had so much to offer.

I have been writing poetry for many years. It was not until that moment I understood these poems came from my inner child. A switch was turned on. Finally, I could release the feelings associated with others judging me as being childish, immature and unintelligent.

I knew that the power within me was thanks to the connection with my inner child, who is wise, playful and powerful.



Enchantment

The words of my poems in this book came to me always when I was in nature and sometimes in my dreams. I found these situations to be healing and infusing me with an energy that enabled me to be who I was born to be and free.

During this whole enlightened episode, I found the courage and felt strong enough to embrace 'Bella the Green Witch', who was always a part of me.

Poetry is a medium to be read aloud. The little girl within me loves to sing. I dare you to read these enchanted poems, stories and other magic potions aloud and open up your heart to feel the inner child magic within.

Love

♥ Bella Dwyer

The Green Witch

INSPIRATIONS

*The following poems and writing were whispered
to me on the wind. Just as I have been inspired, I
trust they will inspire you too.*

Rain

And she rains... right on cue
Every drop a bringer of life.
Sacred water.
Sacred land.
Drink.
So much beauty
Gratitude.



Father Sky

All I know is that when I look at you
Whatever my question was, my doubts, my fears,
my anger...

When I look up at you, as my shoulders drop
And my chest opens,
All my questions fall to the earth
And I forget what the questions were.
I even forget what the word 'question' means
And there is a deep knowing that everything just is.



The Girl, the Oak Tree and Me

There's a girl who sits in the tree.
I sit on the log on the earth
and I talk to the tree.
She sits and listens,
joyfully swinging her legs.
Inviting me to play.

Sometimes I do
and we'll strip off
and run through the woods,
or we'll splash in puddles,
or dig in the dirt.

Sometimes I don't.
She's ok with that,
she's just happy that
I notice her now.
So she'll sit, swinging her legs
and when I'm sad,
she'll climb down and sit next to me.



She doesn't understand,
she's just a child.
But she just sits next to me.
There's so much power
in that.

So I'll sit with her
and I sit with my tree,
a beautiful, wise Oak,
strong, covered in scars,
who communicates with me
without words, and
teaches me to feel with my ears
and listen with my heart.

Who openly shows me
the beauty of trusting
in the cycle of all things.

Our roots now deeply entwined.
We sit; the girl,
the Oak Tree and me.

Between the three of us, we get by.

Enchantment

