

A Little Book for Contemplation



Caroline Williams

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The State of Being Within

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From the Author

For some years it has been suggested to me that I write a book about my journey back to physical, emotional, mental and spiritual wellness and the natural healing methods I used throughout the whole process. Having sat down for many hours, collating the methods and recalling the journey, at this point in time, it seems an impossible task. It's just too big to narrow down into a cohesive text that would be of any use and service to others.

Perhaps this little offering is my first step, who knows, time will tell. However, in every way, this Little Book for Contemplation is the outer expression of the inner journey I took.

The images you see in this book were only drawn very recently (from October 2024 to January 2025) which is when I began to learn how to draw sacred geometry using only a compass and straight edge. Before that point of inspiration, I had never ever explored art or drawing in any shape or form, so, if some of them seem basic and amateurish - they absolutely are!

What made me learn to draw sacred geometry?

Two things; the first is the image you will see on contemplation 1 and the 'poem' it inspired me to write in January 2020 (contemplation 2). The image is from the mandala we use in Biospirals Qigong as a form of meditation and universal awareness.

The second - in 2023/4 I was playing around with creating mandala images using AI. Knowing I had zero knowledge, experience or ability in art, but, I wanted to explore a way of creating images that could induce a sense of healing and harmony for myself. (One of these images is on the back cover of this book). But it didn't feel right. They didn't quite 'hit the spot' for me and, how could I spend so many years choosing a natural pathway of healing so that I could remain an 'organic human being' and yet create what I essentially felt were 'fake images'? One thought led to another and with the aid of some amazing YouTubers, I

learnt to draw basic geometry and mandalas. (I feel I should credit Zak Korvin at this point!)

One of my favourite methods of self-healing is toning and sound healing. Inspired by this aspect of my journey, some of my drawings began to incorporate the essence of cymatics. This is still an on-going process and there are only a couple of those included in this book.

So that's where the images came from.

For the most part, my healing journey came in the form of writing, mindful energy movement (Tai Chi, Neigong & Qigong), energetic self healing techniques, meditation methods and developing a deep connection with Mother Nature.

The written contemplations shared here were written over a period of nearly 10 years. They are my personal expressions, some in a vague form of poetry others are snippets from longer creative pieces and inner revelations.

Please bare in mind, all of this has come from within. I don't consider my expressions right or wrong or even an opinion of mine. They are simply the experience I had at that point in time, the outcome and rawness of the deep healing I under-went.

This book is a tiny window into my journey of moving from the depths of deep depression, decades of chronic pain and fatigue, recurring alopecia and illness into a place of gratitude, joy, a profound reverence for all of life, and learning to ride the waves of the ups and downs that being in human form on Earth brings.

My hope is that by sharing this publicly, something in here may help bring you, the reader, to a place within you that is already at perfect peace.

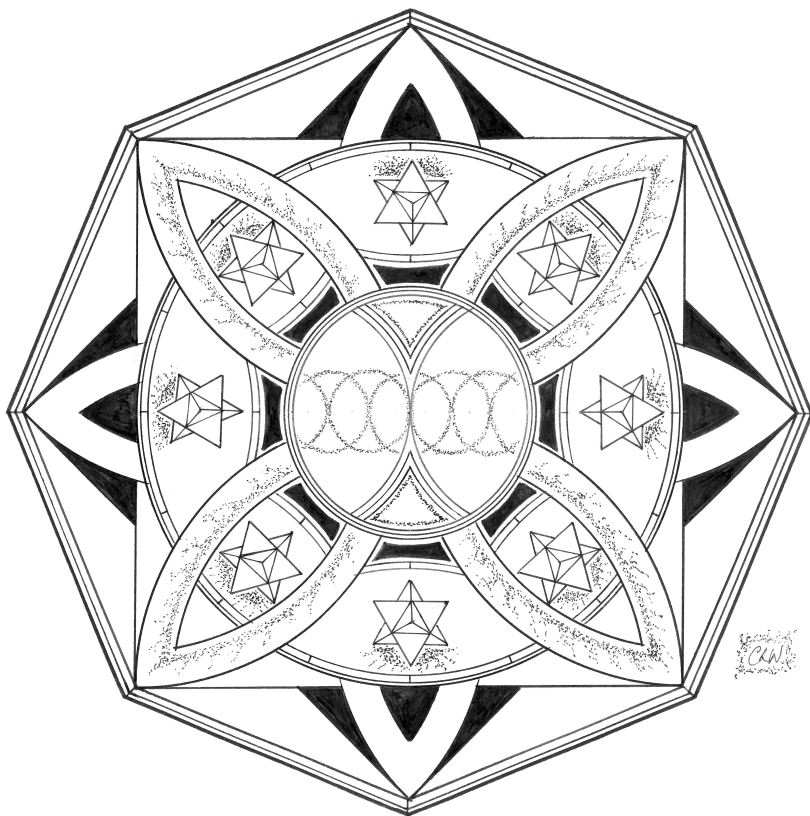
How to Use This Book

The nature and layout of this book allows you to engage with it in various ways.

That may be going through in chronological order or simply choosing an image or writing that you would like to focus on. Other options are; to pick a number between 1 and 40 and go to that contemplation number in the book, or close your eyes, flick the pages, stop when it feels right and choose an image or writing from the open pages. You may find you have favourites that you go back to repeatedly or others that you don't feel drawn to right now.

It's perfectly acceptable to disagree with anything I have written, I'm not here to try and make you see my point of view. This book is simply an expression of my experience in the moment each piece was created.

I hope you enjoy this Little Book for Contemplation



Search the Shadows

When we shine a light into the shadows of our Self,
is it really a demon that we find, which must be destroyed?
Or, is it a lost child, forbidden and shamed into our dark
recesses?

Perhaps, rather than seek to destroy a demon,
we should embrace and behold the lost child that seeks love
and recognition inside us all.

With an open mind and loving heart, may we welcome back
into our being the child that was once denied an existence.

For within this child, our true talents are held.



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