



# Heart Wanderings: Poetry of Love, Loss, and Light

*Amber Santosha Sparks*

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## **Heart Wanderings: Poetry of Love, Loss, and Light** Amber Santosha Sparks

An anthology of poetry spanning twenty years, Heart Wanderings weaves in wonder, discovery, heartache, delight, and the deep knowing unveiled from adolescence through womanhood. The first section, The Scramblings and Ramblings of a Young Girl, is a poetic glimpse of growing up, the experience of love and longing for the first time, and the attempt to make sense of the world and our place in it as a teenager and young adult. The second section, The Wanderings and Wonderings of a Wildish Woman, views life from the author's late twenties and thirties, with lessons of birth, death, love, and loss as guides to letting go of what we thought we knew and accepting who we truly are. Heart Wanderings gently guides us to remember, feel, dream, and to rest in the place of wholeness that is within each of us.

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