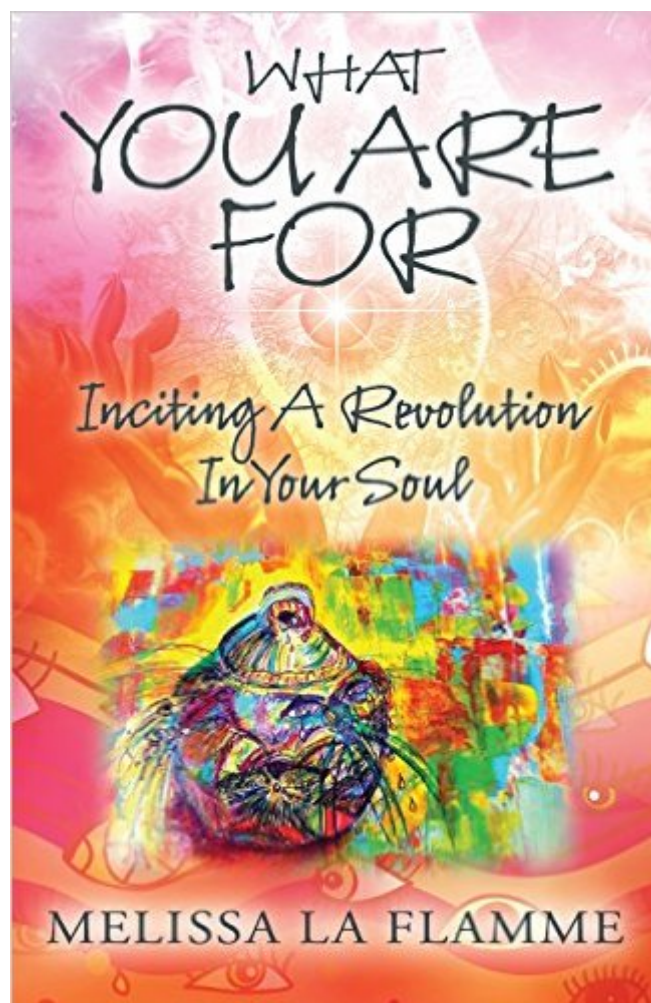


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What You Are For: Inciting A Revolution In Your Soul



Synopsis

From the back cover of *What You Are For* "What You Are For" is your invitation to a modern-day vision quest. This sumptuous collection of visionary poetry beckons you on a healing journey. Offered up to ravish and soothe your tender heart, this book is medicine for your soul. Beautifully crafted to open the doors of perception and deliver you into your delicious potential, *What You Are For* engages you in the central conversation of your life. On these pages you will encounter an experience all at once lovely, terrifyingly heart-pounding, yummy and sensual, raw and erotic, heart-opening and heart-breaking, wrapped warmly in comforting, healing love. This book is primal, poetic medicine for the 21st century soul. Advance Praise for *What You Are For*: Inciting A Revolution In Your Soul "What You Are For is a shaman's brew of poetic ayahuasca. A vine of soul, of death, of new life. To sit with these poetic, powerful lines is in itself a breaking open of our egos, their compromises and identifications which hold us back. This is a new kind of poetry. What the poet offers is medicine for the soul. Here we have shamanic poetry at its best, its freshest; a post-modern poetry that unites the old initiatory themes with crackling expressiveness. So read. Read and realize what you hold in your hand is a new-life-giving ceremony. This is Clarissa on rocket fuel. Enjoy!" --C. Michael Smith, Ph.D., author of *Jung and Shamanism In Dialogue: Retrieving the Soul/ Retrieving the Sacred*, and the award-winning, *Psychotherapy and The Sacred* "Melissa La Flamme possesses a totally unique ability to invite the reader into virtually every aspect of who we really are. This is an invitation to explore the known and unknown; the wonderful, scary, deep, dark, light, wild, playful, erotic, and amazing mystery of it all. *What You Are For* is a provocative, evocative shamanic journey. Enjoy the adventure!" --Byron Metcalf, Ph.D., award-winning musician and creator of *The Shaman's Heart - The Path of Authentic Power, Purpose & Presence* "The poet of this impassioned collection of soul-rallying gems is aptly named; 'Melissa' is associated with honey as sweetness and healing balm, and 'La Flamme' any measure of fire - from seductive candlelight to volcanic eruption - a spectrum the poet deftly plays. Altogether engaging." -- Mary Trainor-Brigham, M.A., author of *DEEP CINEMA: Film as Shamanic Initiation*

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Customer Reviews

In the acknowledgements, Melissa La Flamme mentions her friends on Facebook who have seen these poems before. As one of them, though not having met her in person, it is interesting to see how these poems and essays appear on the page. In a Forward, the writer on Shamanism and Jungian psychology, C. Michael Smith, suggests this is a new kind of poetry. In some ways I am less sure about that. The Ancient Greeks and many other cultures looked to their poets for inspiration at dark times. The poet was seen as someone inspired by the elements, and there always has been a shamanic element to poetry. Hence La Flamme is writing within a vein that has always been there in poetry. But on the other hand, what we have here is put in a contemporary way. It is a poetry of today. In that sense it is a new kind of poetry. In one poem, La Flamme writes: "This is your invitation to drench your life with the wild blood of your Dream." The poems are certainly a provocation to do that. Influenced as she says by many figures including psychologists like Jung, Grof, Hillman and others, as well as poets like Rilke, Neruda, Robert Bly and Mary Oliver, she takes the reader on a journey. As a poet she is perhaps less worried about conventions of modern poetry (which incidentally I love also). There is perhaps more telling in these poetry than the showing which writing workshops would tell you to do. But maybe in that there is more. The biography of the author on the back describes her as a shaman and teacher as well as a psychotherapist. Sometimes we need inspiration to move on. Someone to urge is to become more, to embrace the messy, suffering of life and embrace what it is about. These poems do that.

This book was gifted to me by a dear friend of mine, Melanie Carlin. It arrived in the mail unexpectedly and has turned out to be a huge transformational tool like no other I've ever received. Melissa's contemplative words are medicine for my soul. I was so impressed with her poem CODE BREAKER that I contacted her and asked if I could repost it on a website that I'm in the process of designing for my own personal wounded healer, Beth. The poem defined what it is that Beth does for me with precision. I just knew I had to try to contact Melissa and ask for her permission to post it

on the home page of the [www. platypus-studios.com](http://www.platypus-studios.com) website. I was pleasantly surprised by the connection I made that day with Melissa. She shares poems from her heart on her Facebook page and tags me now... I LOVE that she's accessible. She's real! Her poems help me recognize my inherent birthright to live freely and wholly. A celebration of sensuality! An exploration of presence, beauty and mystery and a reminder to experience and participate in my life. With words like this... "darkly shimmering caves of your damp Dream" ...she reminds me to quit hiding and come out of my own darkly lit cave to be seen by the world but most importantly... myself. If you find yourself alone and longing for words that will resonate... this is the book to turn to. These glorious words are the very medicine we need in this day and age to help us live our TRUE life's purpose. In addition to providing friendship, her book also teaches and heals my soul. I'm learning new ways to work with the healing power of poetry through this inspirational collection of words. They sparked the inner poet which resides inside of this vessel I have grown to hate and am learning to love - my beautiful body.

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