

unreciprocated love & relinquishing

BY VEERTI TRIVEDI



BlueRose ONE^{.com}
S t o r i e s M a t t e r

New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

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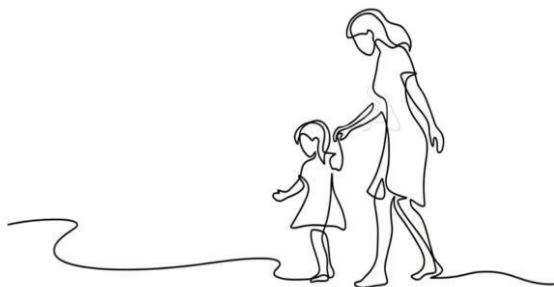
BLUEROSE PUBLISHERS
www.BlueRoseONE.com
info@bluerosepublishers.com
+91 8882 898 898
+4407342408967

ISBN: 978-93-7310-281-8

Cover design: Veerti Trivedi
Typesetting: Namrata Saini

First Edition: October 2025

*To my day one best friend,
who loves me unconditionally for who I'm and
what I'll genuinely be
Thank you for everything Mumma
You deserve the world and my love for you goes way beyond
♡♡♡*



My words will cradle you in comfort and apprehension

Poetry and Prose About

Unit 1- LOVE

Page-1

Playlist-Love Songs Galore!

Unit 2-HEARTBREAK

Page-37

Playlist-Sorrowful Serenades!

Unit 3-MEMORIES

Page-81

Playlist-Remembrance Playlist!

Unit 4-HEALING

Page-123

Playlist-Healing Heartbeats!

Unit 5-POWER

Page-167

Playlist-Powerhouse Tracks!

****Acknowledgements****

Unit 1

LOVE!

It's time
to begin YOUR part
of MY story.....

My life's sky
was filled with night.
Your presence sprayed a silver paint,
making it look like stars.



I'm on your laps, wrapped by
your arms,
We're bonded and you're
holding me tight.
All I feel is the darkness
vanishing and
Your love makes my world
immensely bright.

Ever since the day you entered my life,
it had probably
begun to sort itself out,
As amidst the darkness of death, you were the spark that
genuinely
made me feel alive beyond doubt.

I'm fully translucent and aquatic.
In my chaotic waters you're the anchor
that steadies me, even though
you're slowly sinking,
Besides being drawn in my depths,
I love how you save me
from myself to aid
in my attaining.



Having you beside me,
feels like everything is sublime.
Like living and dying,
And being reborn all at the same time.

I'm all ready for you, entirely dolled up
with my hairs wholly untied,
cascading down my face.
A minute ago you were on my mind,
now we are finally together,
And all I know is, your hugs are my happy place.



I'm putting on weight
and glowing from within,
You're the soul reason
I'm the happiest I've ever been.

12:42 am.....

For the past few weeks,

I've been waiting for this day.

Just three days to go until we meet each other again!! Everything is falling into place and whenever something feels so right it seems hard to protest. My life has just begun to sort itself out, and it's all because of your absolute presence. I love the way we converse and how I find myself unable to stop sharing every single detail of my day with you and it feels so good when you do the same.

It's been two weeks since I've seen you but only two seconds since the last time I've thought about you, and
maybe

This is how it is when a person develops
feelings towards someone.

It feels so good,
being loved by you in every way.
You keep on loving me more and more and more
each passing day.

We're meant to be each other's soulmate for life.
You've saved my name in numerals,
as your android's password.
Meanwhile, I've bookmarked you,
in my life's paperback, considering your aura
as my favourite record.
Even though we express ourselves differently,
I love how wonderfully excessive
our love for each other is !!!

I'm in LOVE,
In love with how your eyes looks
like home coming,
In love with how immensely handsome you look when
you smile,
In love with the way you randomly plant
sweet kisses on my cheeks,
In love with the way you never leave without a goodbye
hug,
In love with the way you give me happiness by simply
being who you are,
In love with how fantastic of a human you're with me
solely,
In love with how incredibly happy I'm in your presence,
In love with the softer tone of your voice
when your lips utter
'I LOVE YOU MY BABY',
I'm in love with everything you do.....

One day,
You were just a person wholly unknown to me,
The next day,
You're all that I've always prayed to God for.

*~ I hope, I never watch you
become a STRANGER to me.....*

You make me feel like I'm living in a romance book!



I've never ever allowed you
to leave my sight until
I watched you smile several times,
As your smile makes my world a better place,
my heart sings
melodiously with flawless chimes.

This is how we girls are,
All we do is grow fond of a person immensely
even when we claim to deny it.
And before we know it,
Everything's peachy, emotions run deep, passions
escalate, our heart eventually
starts to admit.

11:48pm.....

And it's your foremost compliment to me!!!

“You’re looking cute baby.”

I’m pretty sure I’ll think about each and every compliment
you’ll bestow upon me for a few months maybe.....

That's all I know,
and I know I'm so much in love with you
and over the moon about it!!!!



After every fight we get into
You cause me immense pain with your sentiments and
initiatives,
Yet my heart would
Always and forever consider you
my HOME.

Love doesn't have any WOW or THRILL factor.
Sometimes we find people more attractive
when they put in less effort into trying to appear
attractive,
while at times no amount of effort by anyone seems
enough to satisfy our needs.
Ultimately, it's the imperfections and quirks that make
someone truly adorable,
rather than their attempts to be an epitome of perfection.
Love can be pale and dull seldomly,
lacking excitement and sometimes
it can be
the most beautiful feeling in the world.
It all depends on how we treat our partners and cherish
each other.

You've captured my heart
in ways I never thought
possible,
As you've helped me put
all the pieces of my broken soul back
with ardour.

I love how incredibly protective
you're of me,
Everytime we're together my heart
beats wild and free.
None of the guys have ever been able
to make me happy like the way
you do,
As you've always been a bonhomie,
my love for you will forever
shine through.

Everything is better now
that I have you,
You're the only person I
need in my view.



You make everything better,
my life,it's better with you in it,
As every single moment,spent by us together
feels like a seamless fit.

I love how I roast you,
You should require me to roast you
every single time we speak,
As it's absolutely very fun,
our bangers and badinage would eventually
make our bond unique.

Staring at you today
for several painstakingly long seconds,
I've realised you're absolutely
my number one priority,
As I'm pretty damn sure
you're the best person among
all the other people
I've had contact in reality.

A Red-Letter day.....
My lip gloss meets your
tender touch,
Our eyes lock, hearts clutch
so much.
In a perfect sync, our words
mystically align,
“Wonderfully applied,” we whisper,
love divine!♥

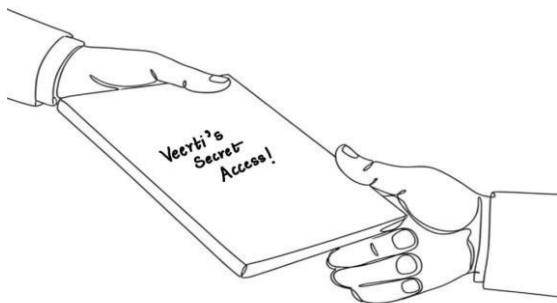
This meet-up sessions once a month
for a couple of hours have eventually ended up becoming
my favourite hours of the month,
And reminiscing about them
makes me feel like the star of my own film
filling me with the joy of my youth.

In the process
of loving you forever,
I would prefer to lose myself
A THOUSAND TIMES OVER.....

I'm chatting love messages
and daily grind to a silent line,
Pouring my heart out, all in your
WhatsApp's deactivated shrine.
Sending a ten-minute voice note
which will only be left unheard freely,
All focused in love's dreamy daze,
fully lost in reverie.

My heart
I claim isn't capable of knowing
how to love,
but in actuality
It's the heart that loves too much!

I guess I'll
never have to tell you anything,
Because you've been handed
a free pass to all my secrets,
you know everything.



Whoever coined the phrase
 “I love you to death.”
Must have never experienced
the kind of boundless love I harbour for you,
 Had it not been this, it could have been
 “I love you to exist.”
 that’s what you did to me,
Revived my heart fully, and loved me anew.

Love Songs Galore!

1. Saudebazi(Encore)-[Pritam,Javed Ali]
2. Hona Tha Pyar-[Atif Aslam,Hadiqa Kiani]
3. Teri Jhuki Nazar-[Pritam,Shafqat Amanat Ali]
4. Mera Mann Kehne Laga-[Falak Shabbir]
5. Bin tere-[Vishal-Shekhar,Shafqat Amanat Ali]
6. Raabta(Kehte Hai Khuda Ne)-[Pritam,Shreya Ghoshal,Arijit Singh]
7. Tum Ho Toh(From “Saiyaara”)-[Vishal Mishra,Hansika Pareek,Raj Shekhar]
8. Tu/You-[Armaan Malik]
9. Darasal-[Atif Aslam,Jam8,Irshad Kamil]
10. Be Intehaan-[Atif Aslam,Sunidhi Chauhan,Pritam]



~ Scan the Spotify Code on the SPOTIFY
app to explore my musical world !!!!

Unreciprocated Love & Relinquishing

Unit 2

HEARTBREAK!

My story isn't perfect,
but it's all mine to showcase!

We failed to fight our battles together,
Now there's no next war to win over.

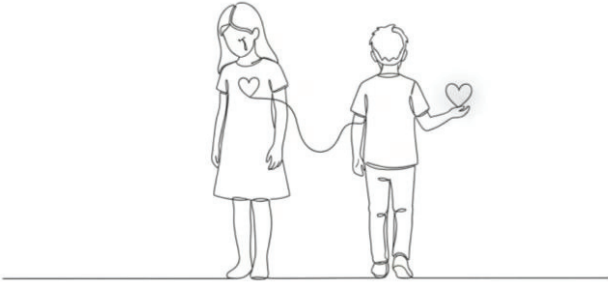
Being an unfinished chapter in your book,
I titled you in a novel of mine,
My eyes roamed, longing to see you, and I still pretended to
be thoroughly fine.



At times,
the person you're in love with treats you extraordinarily,
just like you're uniquely precious to them,
their most beloved treasure.
But then reality knocks at your door
and you heartfully realise that you no longer belong to
them anymore.
Eventually, your heart hurts and the painful feeling of
walking away sinks in.

Recovering yourself from your first ever heartbreak is never humanly possible. One day you're absolutely very crazy in love and over the moon about it, being their favourite person in the entire world and some random day you're about to disintegrate into a million tiny pieces considering what they did to you, and your innocent heart. You start feeling like LOVE is the ugliest feeling in the world and if you ever develop feelings for anyone again, things will invariably end up abysmally. A mixture of panic and annoyance floods through you if anybody ever tries to connect with you. You start considering your life as a sob story. The optimistic part is, you will go so long refusing to allow yourself to have feelings for anyone, that no one would ever be able to shatter your world and leave you in pieces again!

When you lose love,
it feels like you've lost a part of yourself forever,
As their affection towards you dies, you hope the sadness
in your being reappears never.



You wandered in my dreams
with love, care, concern and positivity,
then out of ennui, you
legitimately disappeared in reality.

Thinking about you,
my heartaches, wounds feel fresh and your memories
haunt me,
The more I thought, the more I've realised,
my forever,
you were supposed to be.

Tangibly, I end up weeping
a heap of tears,
With an enormous amount of pain,
grief and fears.

After all this time, I've convinced myself
about the tendency of human nature,...
Healing an old wound, to prepare a fresh new layer
for the creation of newer ones in future.

You knew
how much I hated goodbyes,
as I probably had enough to last me
my entire life,
Despite knowing all this,
you broke me hard into pieces and
left me stranded
and alone to strife.

In the course of life,
all of us must have fallen in love.
We would've tried to move on by gathering the pieces of
our shattered heart or must have made an effort to detach
ourselves from the person we really really love. The one
who shows us heaven while we keep burning in the hell of
love, leaves us all of a sudden with only ashes of
memories, what we once dared to call FOREVER.
All the sweet moments tend to end and so would we
someday. Why to pour our heart out to someone who
doesn't even acknowledge our presence?



Sometimes you really don't understand
 how much you love a person
until all your efforts are in vain,
As it's not always the butterflies
 that tells you're in love
 but the heartbreaking pain.

Heartbreaks destroy us for life,
that's all it does,
Except for the sorrow and woes,
it snatches away everything
we possess.

Getting overly attached to someone
without the reciprocation of our efforts,
only brings pessimism,
As love genuinely pushes all of our boundaries
leading to extremism.

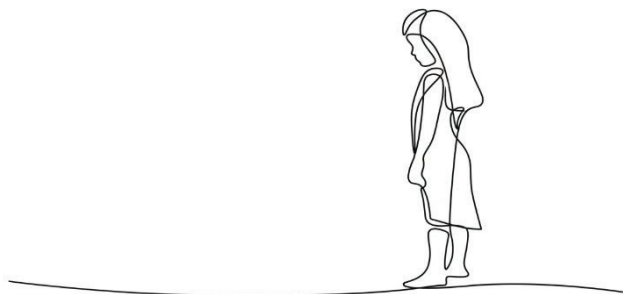
I've never unremembered
to add you up in my minds and prayers,
Yet I was all left heartbroken with innumerable agony,
grief and tears.



Losing someone special is never easy.
Dozens of calls, hundreds of conversations, thousands of
tiny moments like the times they really cared about us
even though they had so much to go through, their
presence was the only thing we needed. They had actually
been there through it all, just to end up being perfectly
fine to walk away while we
wanted them to stay.

While I was busy accumulating savings and planning to
bestow lovely presents on you,
by showering all the love I truly had,
You were orchestrating your departure and kept on lying
beautifully to my face, that you are here to stay.
It's never possible to proceed building a healthy
relationship on the foundation of lies, is it?
You were destined to leave,
and that's exactly what you did.

Heartbreaks undoubtedly weigh heavier,
else, more than anything,
Now that we're left all alone and stranded,
was it ever worth adoring the beginning??



You loved me when I genuinely started to hate myself, you looked at me with pure fascination, my life, you made it better by simply being a part of it and being with you truly felt like home. Everytime we were together, you filled my heart more and more, the more you filled my heart with your pieces, the more difficult it was for me to rip it out of my chest as though that pieces never belonged to me in the first place.

~ Was it terribly easy for you to move on so easily while I had invested myself fully?

Gluing towards your side had always been more than an
unspoken promise,
it was a guarantee from me,
But you still chose to leave despite everything,
and things aren't stopping me
from occupying space in my head rent free.

The ache of losing someone special never fades.
Once they're gone,
things that annoy us the most about them,
makes us miss them even more!
All we're left with is their memories to cling to
and our heart denies to accept the fact
that they're no longer a part of our living....

I do believe in the strangely attractive feeling
of loving the most
and being loved too deeply,
But my heart?
It doesn't trust the people who
claim to love immensely.

And sometimes
we're just too busy
worrying about our heartbreak to celebrate over someone
else's contentment,
no matter how happy
we're for them.....

I wonder when will I ever be able to get back to normalcy.

I am pondering when will I release myself from the burden of guilt of being unloveable. People ask me if I've moved on, and I constantly pretend to inject loads of euphoria shots into my blood stream, just to end up crying immensely till the dawn.



That irrepressible urge to ask him-

Why did you break me this way, when all I had for you
was immense love?



Life was less painful
when you were just a stranger to me,
rather than becoming one so familiar and alike.

And maybe,
leaving us all stranded and alone
without an answer
was still their explanation.

All I always wanted was every moment spent together by
us to be authentic,
And the thought of losing you for life always made me ill
and sick.

I was in a deep and dangerous state of gloom
since the day you disappeared,
Hence I grafted pretty damn hard
to make sure in my life, you re-entered.

‘15 seconds’ that’s all it took for me
to completely grizzle and shatter myself
into pieces,

You left me without halcyon days, unaccompanied
and never dared to return despite all the perseverances.

But people aren't a tissue to be
used and discarded,
Nor are they a T.V channel to be switched effortlessly
when bored!

You ended up our story
exactly how I predicted it to be
no plot twists at all,
And I genuinely allowed myself
to be treated like trash
yet stood there to hear your final call.

Slowly and steadily
I wish your entire existence fades
from my adolescent memory,
As your feelings for me
are completely non-existent,
I feel like it's the end of our story.

I'm excessively afraid to fall in love
And restart everything
all over again,
Because the last time I did,
The only thing killing me in darkness
and silence was pain.

If ever in my life
I had to speak about love and feminine urges,
I would pour my heart out with a swish,
And would actually
tell the world about you as my favourite incomplete wish!

~ your departure is my worst torment

I still remember the day you texted to end things. I stared at your texts, waiting for the words to rearrange themselves into something less upsetting and worrisome, but they never did. My heart slowed a fraction of a bit and I'm still struggling here, howling and crying to get myself back. I knew it was reality, yet it was a horror beyond comprehension. I know how brutally you shattered my heart into pieces, and yet, I am still here, learning to mend your heart beautifully, while carrying a piece of you with me wherever I go.

That sudden urge to reach out to him and ask-

“Was I so horrible?

Are you really relieved to get rid of me?

Was it very easy for you to walk away like it meant
nothing to you, as if we were nothing, did I mean nothing
to you?”

That day still haunts me, when intense panic attacks couldn't let me breathe, consuming my face with uncontrollable tears rolling down my cheeks while I kept on pleading myself repeatedly to put an end to all this. Anxiety was new to me, and I genuinely hated it. And my heart? My heart splintered into even more pieces than it already had. No matter how well I wanted to hide it from the people surrounding me, I couldn't move on from that fractured relationship and I probably never wanted to. I never used myself to fight my own battles, and never relied over someone else to be there for me too. But hey, if you ever find someone who's been through similar struggles and faced enough, please don't let them stay on that circular path they had walked on for years. Help them take the only exit possible at your earliest convenience. Be the type of person who would care for them in the good, especially in the bad and majorly stand up for them in all the inevitable mistakes they made. For they don't deserve to be criticised and disliked, while all they had was pristine and intense feelings for the person they were into. Listen to them and additionally allow them to share their reasons for holding on. If they've got into the cycle of crying repeatedly and still craving their so-called person hopelessly, make sure you know how to break that cycle, for their good. Sometimes all we want is a person who would help us recover from the situation we've placed our self into. Someone who would actually be sympathetic to people who faced overly. Someone who would listen wholeheartedly without being judgemental. Endlessly try to

be that person for them, for they don't deserve to be hated
while all they had in their heart was intense L♥VE !!



People claim to help me get over you but how do I tell them that you really helped me put all the broken pieces of my life back there-in just to end up creating a worse mess again?

How do I let them know that you always seemed extremely patient, steady and calm unlike the neurotic mess I was and that you made me laugh when I wasn't even able to smile?

How do I explain to them that everyday feels like a disastrous hardship as your presence was the only thing keeping me upright and the thought of moving on itself feels like a betrayal?

We spend nights waiting for them to restart
everything all over again,
waiting for them to validate us in order
for us to feel accomplished,
waiting for the possibility of them to return
rather than accepting
the reality of someone else.
It's so saddening, how we spend our entire
day thinking about someone
who never dared to make a rainbow
to our sky, instead, they departed,
extinguishing all the light we had,
only to leave us
shrouded in darkness.

I kneeled down on my knees,
Almost in prayer mode, begging you to stay,
All you did was shatter me brutally,
and left me on my own to sway.



Sometimes, falling in love
isn't as hard as staying in love,
and that's what makes all the difference!

Of all the horrible things that could happen to me, losing you at some point always topped the list.

When you left, things that annoyed me the most about you, made me miss you even more and the only regular sleep cycle I had at that time was a non existent one. Despite facing all this, I'm scared to admit in front of my friends that I still miss you every single day. You consume my thoughts in a way no one else can. Honestly, the memory of you doubling over with pain, still comforts me in times of distress. I'm afraid of letting my friends know about a brutal truth that I still miss the person who shattered my heart into bits and pieces. They've always been there to comfort me up when I was barely functioning. Immensely scared I'm to let them know that I won't ever hate you, how in the world do I pretend to them and lie to their face, saying I'm done with you and I don't miss you anymore?

I genuinely wish to stay far away from you for my personal sanity but it's next to impossible for me to pretend I'll be the happiest in your absenteeism. The people who truly cared about me spent so much of their time to help me get over the situation I placed myself in but they didn't realise how deep the scars went until down. Even though things haven't been okay since the day we're no longer together and your feelings for me have fully vanished, I truly wish you're in a state of gaining everything you've ever dreamed off!

And maybe after you were gone I've realised,
Some things are just not meant to be.
I believed I had control over you, and
You won't leave me ever.
Then life came along and screwed me over.....

Sorrowful Serenades!

1. Doorian-[Pritam, Mohit Chauhan, Irshad Kamil]
2. Choo Lo-[The Local Train]
3. i hate you, i love you (feat. olivia o'brien)-[gnash, Olivia O'brien]
4. Nai Lagda (From "Notebook")-[Vishal Mishra, Asees Kaur]
5. Dil Royi Jaye (From "De De Pyar De")-[Arijit Singh, Rochak Kohli]
6. Asal Mein-[Darshan Raval]
7. you broke me first-[Tate McRae]
8. Dil Hi Toh Hai (From "The Sky Is Pink")-[Nikhil D'Souza, Arijit Singh, Antara Mitra, Pritam]
9. O Bedardeya (From "Tu Jhoothi Main Makkar")-[Pritam, Arijit Singh, Amitabh Bhattacharya]
10. Arz Kiya Hai | Coke Studio Bharat-[Anuv Jain]



~ Scan on SPOTIFY APP

Unit 3

MEMORIES!

Life's filled
with tonnes of darkness
ever since you left
and here I'm
waiting patiently
for my spark bereft!



Your presence is far away from me,
still close enough to breathe back life into my dying hope!

My world's so dark,
You offer me your light.
We've parted ways,
It's all me again, in isolation at night.

Our love story wasn't a fairytale.
It was a forbidden love letter, torn, dispatched and
brutally thrown without compassion, readable and
understood by none.



You drifted our ways apart,
I'm now left with nowhere to go.
All I remember is the sweet guy I fell for,
So I'll hold onto the love you formerly showed.

The flashbacks of you doubling over with pain
creates a lasting scar in my memory.

You've been a monsoon in my life,
and
I've always failed to carry an umbrella in your presence.

Sometimes it's really hard to
ignore your absenteeism,
when your presence was everything I've
always longed for, with idealism.

Being one of the few bright spots of my shitshow of a life,
you've been eternally precious to me all ways!

Having you by my side made every achievement sweeter
and every failure less bitter,
As you made me feel dynamic and lively,
I've always wanted the imagination of us
against the world forever!

The grief of losing you is still hanging on around like a
dark cloud.



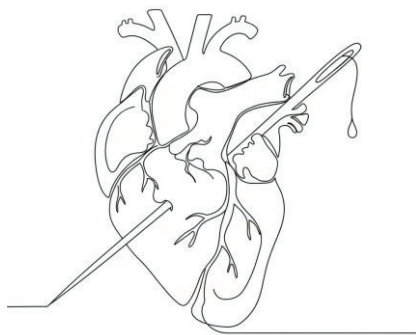
We never needed words to end us-Your silence, your arrogance and the way you stopped trying said it all. I kept hoping you would fix everything up and we'll ultimately circle back to how things began, but what you did shouted what you couldn't say: You were already done with me and I know you won't ever return to us and things aren't like they were before and I'm still here holding onto you in my mind, struggling to

let you go.....

From loving you conventionally and hoping you would
forever be mine,
To slowly fall in love with your absence, and realising
things would never be fine.

~ my heart still hurts!

Your absence
feels like a needle of pain
piercing deeper and deeper in my heart
every single day.



Your presence in my existence was like a huge wave,
leaving loads of imprints on my life,
As each passing moment under your influence
felt the most memorable in trillions of five.

Longingly but apologetically,
I can still feel the weight of your absence
in my heart,
As you were immensely precise and accurate
just like an arrow in the bullseye
of the dart.

Loved you millions of tonnes and finally hoped you
would forever be mine,
But slowly tried my best, to cope up with your omission
and realised things would never
turned out to be fine.....

I lost someone
who made me realise that relationships aren't worth the
end day result to me,
You lost someone
whose existence feels incomplete
without your presence.

We both
had been in the wrong
and sadly
I was the only one who paid for it...

It's difficult to forget
about the good times when,
snippets of memories crowd my brain
when I no longer want them too.

The textbook definition of insanity was
“Doing the same thing over and over and expecting
different results.”

My definition of insanity was
“Letting my heart drain with each attempt
to win you back again, despite knowing
you’re no longer willing to stay.”

Falling for you, wasn't falling at all.
It was walking into a house and suddenly knowing you're
HOME. Who knew you would lend me a space in your
heart but wouldn't let me stay in it evermore, and then I'll
be the one waiting and hoping you would come back
someday.

And on days when I'm at my lowest,
all I think about is the farewell you bid me,
Furthermore, maybe I deserved a better goodbye
but you kept on making circumstances worse.

I remember the day you promised me to stay
FOREVER, and all your words
reassured me the whole.
Now that you were a man of your words never,
I still miss the memories of us, and
your love that made my soul.



I've very hardly forgiven myself
for loving you win,-
Still the REMAINDERS OF YOU,
lamentably makes me smile,
sidelining all my sin.

We all were a chapter of bliss in someone's being before
the climax hit and everything crumpled itself up into
ember.

People sometimes reside into
your heart and make a 'HOME' for themselves,
They promise to overcome endless obstacles with you over
a thousand easy days with anyone else!

Our heart, it persistently denies to accept,
that promises would break someday
and stays in a bubble of delusion forever,
As letting them go was never an option, we've always
encouraged them to strive
and endeavour.

Steadily and slowly our beloved tends to leave us,
while we are one hundred percent
in love with them,
As we are just a part of their happiness-filled-days rather
than actually being their entire existence's gem.

Love is clearly not always pretty.
Sometimes you spend all of your time
hoping it will eventually be something different,
something better, But before you know it, you're back to
square one and you've lost your precious heart somewhere
on the way.



You know you love someone truly,
when you cannot hate them for breaking you fully.

Often in a while,
memories have a way of creeping up to you
when
you least expect them to!

Immensely gone we're for the person
who has annihilated us completely,
and here we're standing, still
revitalizing their memories in entirety!

And sometimes,
we don't wish to heal
as the pain of their absence
is the last remainder
to what we've actually lost.
But were we the only ones who lost them?
Didn't they lose us too?

How breathtakingly stupid of us
to fall for someone,
who's completely fine being a STRANGER to us!

Sometimes it's easy to forget
how much you miss people until you see them again and
then their presence sparks up all the nostalgia!

We've pretended
to be a stranger for the people
we once knew inside out,
But somewhere in our heart
are they still present or
lingering in doubt?

And that's how it works.

One day you're with your favourite person, chatting love messages with them, thinking about them being the greenest of all the green flags, and hoping to spend your forever with them. And then, reality slaps you in the face. You realise you're no longer pretty enough to be the object of their eyes, you're no longer the person they wish to stay with until they're old and grey, and suddenly you're the worst person whom they've ever loved at some point. You start hating the way how toxically things ended up and your life feels like it's come to a halt, and the pain eventually comes packaged with all the happy memories cherished by you :(

What truly sucks about love is,
it takes away everything just to leave us feeling empty from
within....



And sometimes all we miss is the memories,
not the presence of the person
who leaves us enveloped in solitude and night,
As being surrounded by emptiness
in darkness and obscurity
All we incredibly long for is delight...

Remembrance Playlist!

1. Maana Ke Hum Yaar Nahin-[Sachin-Jigar, Parineeti Chopra, Kausar Munir]
2. Faasle-[Aditya Rikhari]
3. Finding Her-[Kushagra,Bharath,Saaheal]
4. Bulleya-[Vishal-Shekhar, Papon, Irshad Kamil]
5. Jiya Lage Na-[Sona Mohapatra, Ravindra Upadhyay]
6. Pehli Dafa-[Atif Aslam,Shiraz Uppal]
7. Dooron Dooron-[Paresh Pahuja,Shiv Tandan, Meghdeep Bose]
8. Jhol-Acoustic-[Maanu,Annural Khalid,Abdullah Siddiqui]
9. Khairiyat-[Pritam,Arijit Singh]
10. Dil Ye Bekarar Kyun Hai-[Pritam,Mohit Chauhan, Shreya Ghoshal]



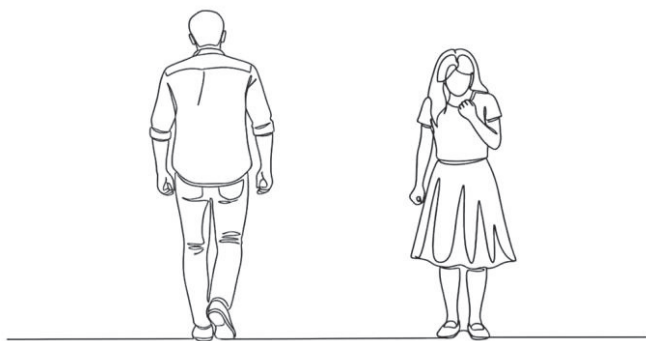
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Unit 4

HEALING!

You've always claimed to love me the most, but you left me wondering if your words meant anything. You clearly seemed uncharacteristically detached from me and walked away. It hurts because both of us knew how good the wonderful moments were, and how easily we could have resolved our conflicts and disagreements if you wouldn't have chosen to give up on us abruptly one random day. Undoubtedly, I was never enough for you, but I've sworn to be my own pillar!

And sometimes it's better to stop going back to what our
heart is healing from.



Acknowledging all the good things
will in turn add up to make the bad things in life less
painful.

My heart,
refuses to accept the truth that you're gone
and I'm determined but scared as hell
how the next chapter of my life
would unfold.

Life's never been the same since you left. Even in my own city, the cafés, hangout's, places we've driven to, everything screams your absence with intense volume. It's been so long ever since I've followed my passions, or done something to make myself truly delighted. Yet, I'm trying my best to part ways, to let go off your memories, to forget about your entire existence. It's difficult, impossibly so but yes I'm coping up with stuffs as it's terribly difficult to forget someone entirely whom we offered all the love we had. I won't ever forget you. I feel like I'll probably have to live with your memories for life. Time won't erase you from my memory, it'll only teach me a new way to live in your absence.

It sometimes feels hard
to gather the pieces of shattered heart
and move on,
But it's finer for me, to accept the truth and face the
scuffles given.

I gave you all, my endless love and heart itself only to be
left
heartbroken with innumerable tears ever,
But the circumstances unfolded unfavourably
so it's better
to let you go, then holding onto forever.

Now we really cannot go back
to being best friends again and pretend like the past
didn't happen, right?

My heart wants me
to hand someone a free pass to all my secrets,
My heart longs to be adored and cherished
but all I'm scared of
is the outcome.
It's not that I hate relationships and people committing
them.
I just don't want to deal with all this.
I don't want love anymore.
I'm just scared to be heartbroken again,
as it's taking me so long to glue together all the pieces of
my broken heart
and now that I'm on the verge of healing myself fully,
I don't want the ghosts of my past
to haunt me for life...

After your departure,
I only had your memories to cling to.
Holding onto those memories consumed me the whole
and in the quest of finding you I probably lost myself in
the process.
And now that I've realised, that
Both of us had different destinations in our life's journey,
and you reached yours,
leaving me alone midway.
Now I'm moving forward and traveling far more to reach
the place I've always wanted to.

There was no point chasing after you,
As you made you up
your mind an infinite time to leave my life,
So I'll let you go,
Preferring to stay alone by giving love
another knife.

If there's a lock called 'pain',
There's always a key named 'cutting them off' !!

As time passed by I've genuinely realised,
maybe sometimes
love lasts a lifetime rather than heartaches,
Many a times,
love endures and
In the end it's all worth it including the risks.

We all have had a past, turning up the abysmal page
would eventually lead
to the beginning of something new, something better and
distinct,
Because it's not always about all the universal love stories
leading to heartbreaks,
sometimes it's about one sided separation from our
beloved and least trusting our instinct!



And maybe,
all we want is to be loved on days when the sadness in our
life becomes moments and
The happiness inside us becomes our existence. Maybe all
of us need someone who would bring us back to life,
while the weight of our past holds us back, and maybe
that person is someone who truly deserves us.

It's all immensely marvellous,
the change that comes when we try
to add together all of the forces we possess and centre
upon healing and loving ourself rather than spending our
entire life trying
to fit into someone else's mould and
fixing others' broken pieces.

My Dii once said-

“Change is the only constant and moving on is the only
solution.”

~ for once we all felt like everything clicked

Sometimes life has a terrible way of pulling out the rug from right under your feet,when you're absolutely barefoot.But always remember,when God takes away one thing,he's willing to return something better,more worthy and deserving to us in a thousand different ways.You shouldn't waste time on stuffs that have probably ended themselves up,or might happen someday,or maybe never.You don't owe your entire heart and life to people who were the only reason for your tears.Make them realise that you're significantly better off without them.As the sun rises a new,you'll feel immensely peaceful as you won't have to splain yourself routinely.You won't even have to drain yourself mentally,dealing with their toxic behaviour on frequent basis.

You'll be free to progress,to spread your wings and most importantly to rise very high above!

~sky's the limit

Things generally

have a way of sorting themselves out, you just need to be patient enough to focus on the immediate moment. So it's finer, to nurture yourself with kindness, rather than being extremely harsh. Life has an enchanting way of healing you throughout its twists and turns.

Things penned by God are filled with perfection, hoping you would faithfully start to follow His lead.

Love isn't supposed
to make you an explosive combination
of you with heartbreaks, it's supposed to heal your heart
and uplift you rather than
tearing you down.

May you never end up regretting your whole life, for not
being enough when you exceeded their expectations in
every way possible.

It's fine,

If you feel like relationships aren't worth the end day result to you. It's actually fine, because sometimes love can get ugly enough for a person to shut themselves off from it completely.

But obviously there's life beyond this too, there's light beyond darkness, the sun will shine again and you'll eventually get back yourself in the process.

~ the outcome will be worth it!

Every mediocre relationships have chapters,
this was probably the end of yours
for the beginning of something superior,
more refined and exceptional.

It's okay,
The ache of goodbye lingers for life!
But someday, the one who is meant for you will come
along, while it won't be a traditional fairytale by any
means but it'll all be yours and forever!!

Learn to love yourself
the way you've actually loved them,
and notice how much better it feels to be on
the receiving end of unadulterated love.



It's fine,
It absolutely and most definitely is,
If you've never felt such an incredibly amazing chemistry
with anyone else before,
But it's only when we let go of painful memories that we
move into a painless
present's core!

Moving on from the past doesn't mean burying it beneath
a new foundation and hoping no one would ever find it,
It merely means exposing the ugliness to the light and
taking responsibility to admit.

People claim to love with fervent words,
along with their actions
revealing a different story.
But I hope you fall for someone whose heart and words
are one
and the soul shines with glory.

You know you're healing your heart
when the scars become snippets of past
and no longer defines your present.

One day,
you'll probably find someone whose love would be beautiful. Someone who will make you realise the beauty of love's poetry and the one whose words would convey an unspoken promise that they would be yours everlastingly. Someone who'll love you for who you're and would be super proud of you whenever you succeed. Someone who'll genuinely pray for you and your happiness more than they would have ever prayed for their own. They would be the type of person who would risk everything for your serenity and fulfilment, and that's what unconditional form of love truly is!

You deserve someone who
who makes everything sound excessively simple,
When the reality is chaotic
yet they bring tranquility and precision.

Love is the most universal emotion,

not everyone experiences it, but everybody wants it. You won't have to circle the world in order to find the love of your life and soulmate. Sometimes you just need to let go of the past and trust the process. The right one would love you in every way that matters. You'll be terribly heartbroken at times and your unreciprocated love would leave scars in someone's heart too, but always remember all this happenings won't make you bad of a human.

It's perfectly fine if your feelings are unreturned, and it's equally okay if someone feels the same way about you. Not everyone is lucky enough to date a person they wish to spend forever with, and not all are privileged enough too, for expecting a win-win situation always. Not loving someone doesn't make you discourteous, and

not being loved by someone doesn't diminish your worth. Committing a relationship with fake concerns and emotional void is far better than staying away from that person; because it gives a way to false hope and false hope destroys souls, and this is something most of us learn in the worst possible way.

And when love finds you again,
I hope it's someone who simply wishes to stay.

I hope it's someone who would prefer to wait for your
smile to return, when the whole world would leave you
alone to cry.

I hope it's someone who'll treasure you for life to make
their life richer, more meaningful and happier.

I hope it's someone who loves you for who you are and
who'll always give you the best of everything.

And when love finds you afresh,
I hope it's someone whose presence
would calm you down, whose words would reassure you
and someone whom you'll
actually trust completely.

You'll soon
find someone who's meant for you,
who'll help you bloom, not tear you down or make you
wither. The person would be immensely loyal and
unquestioning and would be willing to burn down the
world for you.

If you're scared enough
to start over with someone else, yet terrified of letting go
of the person who left you all by yourself, you're caught
between two worlds, probably mirror images of each
other.

Don't let the spirits of love and loss
haunt you for life.

*~ Accept the fact that you need to Chillax, as it's just a
heartbreak, not the end of your entire existence!!*

Often in a while it's better to express yourself rather than holding back,

Sometimes it's better to undervalue those who genuinely do not value who you are.

Owing that much to yourself you deserve to prioritise your own well-being and sanity.

Every single thing happening to you would surely unfold several reasons, even though they won't be obvious at that moment and there would have been nothing done by you to control them. At the culmination the passage of time would eventually bring clarity. No matter how much you'll try, try and keep of trying to make something happen, no matter how badly you wish for things to turn up in your favour, you'll only be able to when the time is right. It's similar to planting seeds, all you can do is plant and nurture them up, they'll only bloom in their own time, just like your life itself.

After that person left you,
Maybe all you could think of was the heartache you've
endured, and the pain you've suffered being in love. The
constant feeling of adding a full stop
to end up your story only to start re-writing a new page
with the same old self of yours,
feels unbearable. But trust me, you'll get through this
anon, this isn't the END of your world and you'll
eventually BLOSSOM again.



To have someone,
who connects with you like nobody does and
supports you through every storm
is a boon itself.

You are worthy of someone, who calmly, reassuringly quiets your mind. Someone who won't let you sleep with a heavy heart. Someone who's wonderfully and uniquely customised only for you. Someone who would love you unconditionally and values your authenticity. My dear, you deserve all the love, happiness, harmony and peace that life gifts.

Don't let a bad memory along with a worst person's perceptions ruin your happiness.

You're so much more.

There will be days when you won't be able to concentrate on something terribly essential. You'll overlook crucial work deadlines. You won't be able to submit your presentations on time. You'll miss your locals by few seconds. Or maybe you'll be late at your job interview on account of unimaginable traffic at your place. You'll be facing through a hell lot of situations, probably inexpressible through words. And if you have someone who would lend you their ears to listen through all of your problems despite their own pain, you owe so much to them, never undervalue their existence in your being. If you're stuck up in your problems, and no body's got your back, don't worry, you're not alone. You deserve someone whose hugs would be your happy place, someone who would be amazing, kind, way too kind, and someone whose existence in your being would be a bliss, a bliss which will last forever.

I hope when love finds you again,
it would be someone who'll make your life excessively
simple when the reality would be complicated enough to
challenge
your perceptions.

When you won't be looking for love,
it'll appear right in front of you and that person will
eventually make you realise why it didn't work out with
anyone else, and if you ever fall in love with them, things
won't actually
turn out to be that bad.

Healing Heartbeats!

1. Cry For Me-[The Weeknd]
2. Phir Le Aya Dil-Repise-[Pritam,Arijit Singh]
3. Waqt Ki Baatein-[Dream Note]
4. Bye-[Aditya Bhardwaj]
5. Sit Still,Look Pretty-[Daya]
6. Unstoppable-[Sia]
7. Love You Zindagi-[Amit Trivedi,Jasleen
Royal,Kausar Munir]
8. Patakha Guddi-[Sultana,Jyoti Nooran]
9. Aashayein-[KK,Salim Merchant]
10. That's So True-[Gracie Abrams]



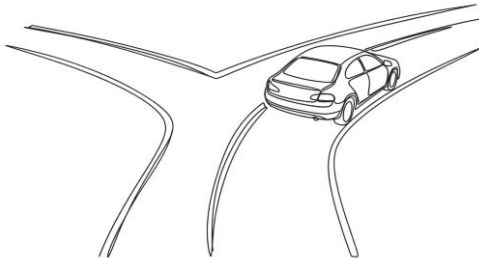
~ Scan this on spotify code on the SPOTIFY app and
have fun!

Unit 5

POWER!

Every winter tells a new story.
Some hearts are healed with excessive love,
while others are brutally devastated without compassion.

Life's truly unpredictable,
and its journey is rarely about straight highways and
expressways. Instead you'll always encounter twisted paths
and fully unexpected turns. At times, taking an
unexpected turn and changing your path would probably
be the wisest decision to avoid harm and ensure
your safety.

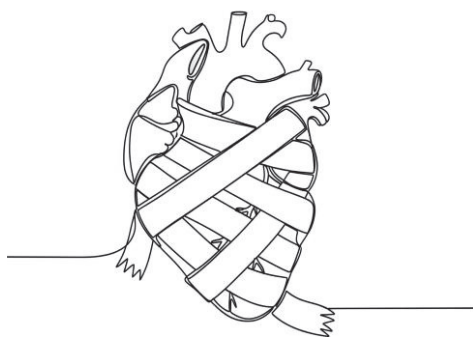


To everyone who felt like you weren't enough-

They were too busy highlighting all your flaws,
hence failed to notice the love you offered.

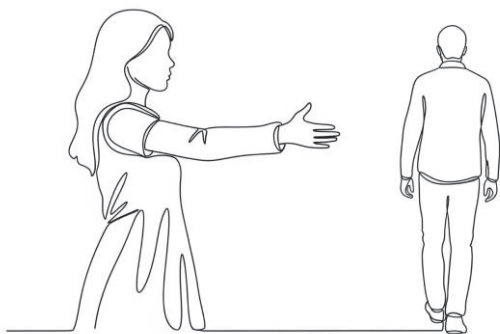
You were always enough in all ways!

Allow your bandaged heart
to keep its distance from those
who left you scars.



You're not supposed to be the cool,
calm tempered one, when all they do is let you down and
diminish your self-esteem. You don't need to be someone
who sees the silver lining in every cloud and remains level
headed no matter how badly they behave towards you.
You're far more than their definition to describe you fully,
don't let their interpretations define you, you're far
beyond that!

Master the art of letting them go
without feeling the need to overexplain yourself but
justifying why they weren't right for you every single time.



You have better things to do than
overthinking about the happenings
and letting them walk clears your head.

They can spend days, weeks
or even months to realise your worth.
Instead of snivelling over pessimism,
own your worth and
forge ahead.

Plants depart their life
in the absence of daylight,
but you're not a plant
and you can always lit up your flicker
with or without someone!



No matter
How old you become there's one lap
to which you can always go and lie down like a child. Be
the best possible version of yourself,
not just for you, but for your people, who nurtured you
with immense solicitude, fondness and sincerity. They're a
huge presence in your life,
value and adore them
the most.

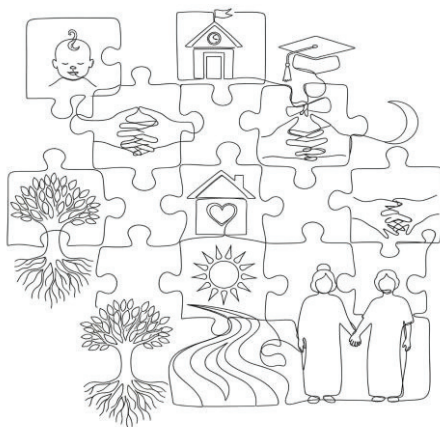


Parents can be your wings,
when yours are broken
and you need a slight help to fly,
Why rely on someone to help you soar high
who's just here to cut off your wings,
only to watch you fall from the sky?

Love is ultimately the greatest risk and the most supreme
reward

~ be mindful of who you give your heart to!

Heartaches and sorrows
are integral pieces in the intricate puzzle of life. Embrace
them up in order to ensure a complete masterpiece.
Pursue your passion and fuel up your dreams. If life gives
you lemons, make sure you know whose eyes you need to
squeeze them in. Never let yourself down as the pain of
unfinished dreams surpasses
Heartbreaks!



Millions and trillions of words
won't ever bring them back, nor would
an innumerable amount of tears!
Take a deep breath and set them free,
For they don't deserve to have you,
The ones who don't see through your eyes, those who
don't appreciate your efforts, individuals who wouldn't bat
an eye even if you die. Close the chapter on regret, and
open a new one for growth because sometimes it's worth
risking to leap in your life rather than getting
stuck at a point forever!

~ you deserve to GROW, use your fullest potential ever!

Sometimes beautiful memories tend to become ugly with time, as our heart heals itself completely but the scars never fade. God sincerely gives us ugliness so that we can make beauty in our life more precious, and in the contrast we realise what it truly is while we keep moving forward considering it as a part of our life and move on, rather than simply sticking onto it.

There are some people you'll date only to get over from someone who was once your never ending thought. It feels exciting to live again with an infinite fiction, rediscovering attraction afresh, with each moment a blank page waiting to be written temporarily. But is it that easy to forget the person who was the one who mattered most? If it would have been simple, would heartbreak even exist? It's unfair to date someone just for the sake of obligation. Learn to mend your broken heart by yourself, rather than using someone else to help you get over from the mess you've created for your own being. Learn to be self sufficient for your benefit.

As a matter of fact,
life's only about making the most of your present
to secure an amazingly carved future for yourself instead
of shredding tears for the
sake of the past.

People would claim to be calm unlike the neurotic mess you're. Some would eventually affirm to start out things in a way they want you to, so that you would end up becoming something more to them. There exist those who would give you happiness by simply being who they truly are. All of them would want you to admit some of your feelings towards them but only a few would connect with you, not everybody would offer that complete package of qualities by being smart, humble, caring and most importantly being a total sweetheart all at once. Wisely choose the one you're into. Don't let anybody shatter your world and heart into pieces again.

Callous people like them aren't meant for
charming souls like you.

~ God has a reason to drift your ways apart!

Whatever's happened,
has occurred and ended itself up, you can't do a damn
thing about it. Good things in life are meant to find their
way for you, don't let the needle of pain jam into your
heart to ache you for life. This is all just ephemeral,
don't let this stuff
ruin your entire life.

And sometimes we're not scared of being loved immensely
all over again,
we're just too scared to be heartbroken,
hence end up pushing away even the purest of pure souls.
But my dear, running away from love hasn't ever worked
out for anyone.
Not everyone would end up doing what they cruelly did to
you
and your virtuous heart.
Go fall in love again, but now,
with MR. RIGHT !!!

If your spirit
ain't strong enough to withstand the wraiths of your past,
you'll simply have to stay trapped in those nightmarish
and dreadful antiquated days for yonks!

LORD SHREE KRISHNA SAYS-

“Pain is inevitable,
PAIN and PLEASURE are temporary and impermanent,
we should endure them patiently”

~ *Shrimad Bhagavad Gita*

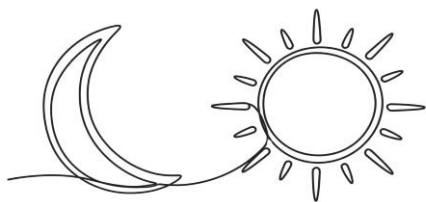
You can't go back
and rewrite the past, but all you can do is focus on the
present to inscribe a beautiful
future.

Sometimes,
The only way to calm your mind is to keep it distracted
and busy. For now, let your life sort itself out, and await
the dawn of clarity.



Imagine,
how you would have wanted it to be
if they wouldn't have been a part of your life today.....

Let your heart decide,
whether to orbit like the moon,
revolving your life around their gravitational pull,
OR
shine like a sun,
radiating warmth and luminescence from your own
celestial centre.



And it's only when we lose

what we possess, we begin to value it. Don't be so busy chasing them, that you might end up losing your friends midway. No matter how difficult it is to erase them from your mind or howsoever annoying, if you genuinely wish to prioritise yourself, people would be there for you to help you out, to comfort you up and to pull you out of trouble, Treasure them truly. The more you add meaning to their life, the more meaningful your existence will become!

On days when you feel like nobody connects with you,
turn to your journals and let your thoughts flow freely.

*~ Be your own go-to person for
Nobody knows you better than you, YOURSELF!*



The easiest thing in the world is to love yourself immensely and prioritise yourself the most to live authentically.

It's okay, if you're not surrounded by people who grasp you sometimes, it's okay if you don't have someone who connects with you, all that matters is how you treat your own self in times of sheer pain, troubles and sadness.

Do things that heal your soul. Take a me-day to a café, hang out with friends from school, have sleepovers, browse some shopping malls, visit a place you've always wanted to, indulge yourself in your TBR pile and relax in your own space

and so on.

Heal yourself slowly, gently, humanly, like it's supposed to be. Not in a rushed way.

Be YOUUU. And that's all perfect, no additions necessary....

Powerhouse Tracks!

1. Please Please Please-[Sabrina Carpenter]
2. Moral of the Story-[Ashe]
3. IDGAF-[Dua Lipa]
4. We Don't Talk Anymore(feat.Selena Gomez)-
[Charlie Puth,Selena Gomez]
5. Scars To Your Beautiful-[Alessia Cara]
6. 7 Years-[Lukas Graham]
7. Treat You Better-[Shawn Mendes]
8. On My Way-[Alan Walker,Sabrina
Carpenter,Farruko]
9. Born This Way-[Lady Gaga]
10. The Man-[Taylor Swift]



~Scan this Spotify Scan code on the SPOTIFY app!

Acknowledgements

I would like to extend my heartfelt gratitude to those who have made “**Unreciprocated Love and Relinquishing**” possible.

To my **Parents**– Your unwavering support, love, and encouragement have been my pillars of strength, helping me bring this book to life. Your presence is what I’m forever grateful for. **Mom and Dad**, your love means everything to me. I love you both so much more than words can express.

To my wonderful **Sister, Tanika Didi**–Your belief in me and my work has meant the world to me. Thankyou for your invaluable help and support with this book. Having you by my side means everything, I love you immensely.

To my amazing **Best Friend, Rajshri**–Couldn’t thank you more for your invaluable help and assistance with this book. You’re a life saver with those playlists. Love you to infinity.

To my most beloved **Friend, Drishti**–Had it not been you, this book wouldn’t have seen the light of day in its current form. You’re truly a gem, only love for you!!

I’m also grateful to all the people who’ve been there for me, even if I couldn’t mention each name, your contributions are truly appreciated.

I would like to thank **Blue Rose Publishers** for bringing my dream to life. Your professionalism and dedication have been instrumental in publishing this book.

And most importantly, to the **Readers** of this book, I thank you for embracing my work and showering it with love. Your connection to these words is what gives them meaning.

Thank you all for being a part of this journey.