

# Poems From My Life Before, During, and After Pregnancy Loss

Pregnancy loss is a profound and often isolating experience. The poems in this collection offer solace and empathy to those who have endured this loss. These poems delve into the raw emotions of grief, anger, sadness, and hope. They are a testament to the enduring power of human resilience and the transformative journey of healing.

## Before

Before I knew of your existence,



### What to Do With Baby Ashes: Poems From My Life Before, During, & After Pregnancy Loss by Marnie Heenan

★★★★★ 5 out of 5

Language	: English
File size	: 1531 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 58 pages
Lending	: Enabled



Before I felt your tiny kicks,

Before I heard your faint heartbeat,

I was lost in a world of my own.

But then you came along,

And everything changed.

I was filled with a joy I never knew,

A love so strong it could break my heart.

I dreamed of the future we would have,

All the things we would do together.

I imagined your smile,

And the sound of your laughter.

But then fate had other plans,

And my world came crashing down.

I lost you before I could even meet you,

And my heart was shattered into a million pieces.

I am still grieving your loss,

But I know that one day I will be okay.

I will carry you with me always,

In my heart.

## **During**

I am bleeding,

And I am in pain,

But I am also relieved.

Finally, this is over.

I have been carrying this secret for weeks,

Afraid to tell anyone,

Afraid of what they would say.

But now it is out in the open,

And I can finally breathe.

I am not sure what the future holds,

But I know that I will get through this.

I have to.

For you.

## **After**

I am still healing,

But I am stronger than I was before.

I have learned to live with the pain,

And I have found a new purpose in life.

I am now a voice for the voiceless,

A beacon of hope for those who have also suffered pregnancy loss.

I will never forget you,

My little one.

You will always be in my heart.

## **Epilogue**

Pregnancy loss is a difficult and painful experience, but it does not have to define you. With time and support, you can heal and find hope again. These poems are a reminder that you are not alone, and that there is always light at the end of the tunnel.

If you have experienced pregnancy loss, please know that there are resources available to help you. You can find support groups, online forums, and counseling services. There are also many books and articles available on the topic. Please do not hesitate to reach out for help if you need it.

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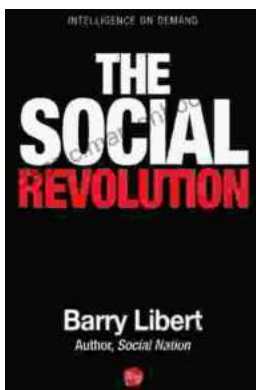


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