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EXPANDED AND REVISED
EDITION



CHASIA'S ENCHANTMENT



"Hilda Chasia has a
profound understanding
of spiritual traditions."

— *Jewish Post and News*

POEMS OF
WORLD PEACE, LOVE
& UNIVERSALITY

HILDA CHASIA SMITH

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Poems of
WORLD PEACE, LOVE,
& UNIVERSALITY

Hilda Chasia Smith



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For

Lenny, Penny, Mandy,
Caleb, Zane and to our
extended family near and far.

This book is also for all people of the world
who uphold and work toward personal
and universal peace and love.



Preface

I AM THRILLED AND HONOURED to have been asked to expand *Chasia's Enchantment*. This assignment is particularly meaningful to me, as I deeply appreciate the recognition and awards the first edition received in 2021 and 2022. As a recipient of several accolades, including Top Life Educator and Top Fearless Leader from the International Association of Top Professionals (IAOTP), I am eager to share my heartfelt motivations. My goal is to inspire you to recognize our urgent need to find solutions to eliminate unwarranted bias and hatred stemming from the conflict in the Middle East.

In this second edition of *Chasia's Enchantment*, you will find new poems and meditations marked with a heart in the top corner, as you see above. Additionally, artworks from the original edition, previously in black and white, are now published in colour, enhancing their beauty and impact. I believe this new presentation offers a more captivating way to experience the art.

Through me, a universal soul speaks, aiming to encourage world peace, universal love, equanimity, diverse unity, and healing ascensions—a fact reflected in the themes of the new material in the book. As inhabitants of this Earth, we are not different from one another. We share a plethora of emotions, feelings, and thoughts. We are one human family, though we often struggle to understand each other due to our cultural differences. Yet, we need each other to survive and thrive at levels of love unimaginable if we remain perpetually in a

state of fear or flight. Aspire to love and be inspired by love in both thought and action. Your entire being will thank you, and you will be healthier, as will your family, friends, and everyone you meet.

As a woman born into a family of war-torn people, I am amazed at how deeply they lived, loved, and shared their talents, work ethic, and connectedness to all people, regardless of background, color, or religious beliefs. They taught me to learn as much as possible about the beautiful way of life I was born into, emphasizing the ethical truth: “Love thy neighbor as thyself. Do not do to another what you would not want to have done to yourself.” As a first-born Canadian, I was deeply inspired by the diverse unity of people from all over the world who came to this country. Differences? Yes, but growing up in an observant family who followed their religion, I learned the freedom in limitation—limitation that allowed for limitless thinking, discussion, time for rest and relaxation, and inquiry.

Spending time with family and friends, engaging in interests, and attending a school with children from war-torn families provided every opportunity to learn and grow together with children from different backgrounds. The common thread was courtesy. What a blessing it was to be taught manners, courtesy, and respect for oneself and others as part of the religion and way of life I experienced. My parents were among the fortunate ones who survived the horrors of the Second World War and the Holocaust. Jewish people, having experienced profound suffering, are often empathetic to anyone or any group that suffers. They are not alone; all nations have suffered, and all people need peace, love, and friendship.

My parents had nightmares and screamed in their sleep with flashbacks of the war years. They did their best to shield this from their children, but we heard. The next day, they would say it was a bad dream, but it was in the past, and they would move forward, always striving to make a living, spend time with family, see friends when possible, and be good neighbours to people of many different backgrounds, cultures, religions, and ways of life. What a blessing to glean from both an old world and a new one.

Judaism, historically and biblically, is the first of three monotheistic religions. The Torah is a code of law not only for Jewish people but for the world on how to live a meaningful life. Kabbalah and Torah are interconnected, and studying them requires baby steps, much like a first-year university student wouldn't immediately understand doctoral-level work. We need great teachers in all areas of life and learning. A great teacher opens your mind to think critically—not to criticize but to examine what you are learning. Who is teaching you? What do they want you to believe, and why? Do you have the facts? Are they true?

Let your loving brain and heart lead you. Stay in touch with intuition through healthy stillness by actively listening. Most of the time, we are on autopilot. To stop the treadmill of knee-jerk reactions, we need to pause, breathe, centre ourselves, and stay open to the highest good for maximum potential in any moment. Be like water; flow.

It matters that the world has gone crazy and that Jewish people, along with others, are being attacked. The tragedy that befell, and is still befalling, innocent people in the Middle East is deeply saddening.

Protests expressing antisemitism are a terrifying resurgence of prejudice, echoing the horrors of the past. The Jewish people continually strive for dignity and wholeness. Let us open our hearts and replace hate with the universal values of love, peace, thoughtfulness, and kindness. Every child deserves to grow up free from being used as shields or compromised by their own people.

People of all nations: Palestinians, Arabs, Jews, Christians, First Nations, Africans—and the list goes on—deserve freedom from intergenerational trauma. Seek out healers, teachers, family members, friends, doctors, nurses, life coaches, therapists, and the wisdom of nature to find inner peace.

Perhaps, just perhaps, we will witness an end to war in our lifetime.

Shalom, Salam, Namaste, Paix, Paz. Peace.

— *Hilda Chasia Smith,*
Calgary, Alberta 2024

PART I

Meditations



Durvile.com/Meditations.html



Unified consciousness
connects our smiles.

Everything else distracts from love's true path.

Love, the soul's currency, revealing our
true selves, abundant in creativity,
linked in the cosmic love field.

Awaken to your essence:

love, spirit, unity.

Every moment,

seek peace, love,

unity.



Unity Meditation

Sit down, feet planted on solid ground. Straighten your back. Shoulders, loose. Let your breath carry you into stillness. If the floor is your choice, lean back against the wall, legs crossed. Or lie down, find your comfort. We begin. Eyes shut softly. Focus on breath. Each inhale, each exhale, a step further into calm.

Hello, friends. Your smiles, a universal language. No judgment, no preconceptions. We all crave love, a gift beyond religion, beyond life, background, or colour. Respect our differences; we are currents, reacting, responding, training ourselves to solve conflicts, personal and universal, addressing pain with intention.

Fortify your heart with love, for self, for others. No one holds all answers for their lives, let alone the world. In each breath, possibility.

Stay curious. Listen with heart and soul to nature, to divinity. Seek loving-kindness, respect. Self-respect and love flow with grace, healing wounds, embracing creativity. Nourish minds, hearts, bodies, souls. Teach and learn love, understanding the sacred unity.

Unified consciousness connects our smiles. Everything else distracts from love's true path. Love, the soul's currency, revealing our true selves, abundant in creativity, linked in the cosmic love field. Awaken to your essence: love, spirit, unity. Every moment, seek peace, love, unity—*Shanti. Shalom. Salam. Paz.*

Feel the air move through you. Observe yourself: breath, body, thoughts, feelings. Step into love's spaciousness. Feel your body tingle, invited to live in loving consciousness. Daily, transform reactions into blissful responses to your world. Smile, universal soul, a magnet of love, life, karmic action. *Namaste.*

Unity meditation, your birthright. Float in it, heart-connected, spreading light in all directions, wishing for awakened love and unity. Start with you, I'll start with me, again and again, my friend. I love you. Turn strangers into friends, enemies into friends. Stay strong in unity meditation. Practice awakens love in body, spirit, heart, and soul. Come home to Unity consciousness. Walk it, talk it, listen, speak, think, feel, be it. One smiling breath at a time. I see you, hear you, feel you without touching, sense you.

Seated or lying down, eyes closed, mouth relaxed, body at ease. Light as a breeze, you are loved. This is unity consciousness. Rest in true being, body, mind, soul.

Deepen each breath, return slowly to normal breathing. Open your eyes, wiggle fingers and toes, hands on lap, softly smile, and say, Unity consciousness is mine, yours, ours, awakening. Awaken to the eternal within, the potential of Unity consciousness, in each breath.

Namaste, my friend. When ready, close this practice with three Oms, whispered, then louder. A deep breath, sound released, invigorating your life force with peace and joy.



Ocean's Breath, Love's Flow

Find a quiet place to sit or lie down. Elongate your back, relax your shoulders. Feel your sitting bones in contact with the chair, floor, sofa, or bed you are on. Breathe in and out through your nostrils, eyes closed. Sense the air entering and leaving your body in a slow, beautiful rhythm like a gentle, lovely dance.

Become aware of every part of your body relaxing. Your heart lifts into deeper ease with every breath. Allow the breath to fill your lungs, your entire rib cage in flow, expanding and contracting. Feel a little lighter, releasing any tension with each gentle, loving breath.

Now, let your breath change to the gentle sounds of waves on the ocean. Gently constrict the back of your throat, creating the sound of ocean waves with your breath. Let this natural rhythm bring you into a state of restful awareness and peace. Your parasympathetic system, your body's rest-and-digest system, finds ease and balance with each mindful breath. Allow your midsection to expand with each breath. Ebb and flow, ebb and flow.

You are the ocean of peace. You are an unconditioned spirit, a field of infinite possibility.

Breathe love. Breathe peace.

Breathe intelligent curiosity.

Breathe no judgment. Breathe relaxed alertness.

Breathe empathy.

Breathe loving kindness and compassion.

Breathe gentle strength.

Breathe respect. Breathe beauty.

Breathe healthy stillness. Breathe smiles.

Breathe tenderness. Breathe the wisdom of ancestors.

Breathe teachings of unified well-being.

Breathe godliness. Breathe equanimity.

Breathe understanding. Breathe care.

Breathe the sharing of skills and abilities.

Breathe support. Breathe cleanliness of body, mind,
and spirit to refresh your heart and soul.

Rub your hands together, place them over your closed
eyes for a minute. Now place your hands at your heart.
Return to quiet breath. Breathe in peace, breathe out
love. Set a living intention for the week. When you are
ready, bring your arms to your sides.

Open your eyes as if for the first time. Wiggle your
toes and fingers. Gently move your neck from side to
side. Move your body a little.

Write down your loving intention for yourself and
others. Keep a copy in your pocket or somewhere you
can check daily. Continue with your day or evening,
focusing on personal and universal love and peace.
Glow with positive change for yourself and the world.
Stand up for universal love and peace in each breath.
Peace and love to you. Peace and love to the world.

Amen.

Chasia's Enchantment

Caring hearts, the abstract senses
intuition's invitation to all that is.
The six-star nations.

Oh my God and Oh my soul.
Infinite and in control.
And letting go, abundance rises,
and all that is discerned with love.

Sudden fulfillment of desire.
Curiosity, feeling flame and feeling fire.
Feeling whole, and doing this
in pure enchanted, abled bliss.

The more soul connected that we are,
it's written in a wind, a star,
and so I say imagine dreams,
imagine visions, smile and play
The infinite of every day.



Chasia's Enchantment



Compass for the Lost

Words are a landscape, shifting,
Gestures are the wind that moves them.
Inside, outside, the art of connection
Is a fragile ecosystem.

Mindfulness, heart-driven,
Eyes that see through the haze.
Deceptions hide in plain sight, disguised as truth.

Why do we trust imposters?
Morality, dignity—
dormant seeds in the soil of belief,
Watered by lies. Desire clouds judgment,
Turns us away from caution.
We fall for stories, blind to the hidden snares.

Intuition whispered, but I chose to ignore.
Lessons learned through scars,
The anatomy of deceit.
Attention sharpens, intention guides,
A compass for the lost.
Communication, an art that starts within.

We are sheep in a labyrinth,
Paths pre-determined, yet malleable.
Rituals carve out clarity, courses redirect our steps.
Breathe with the earth, let life flow through,
still the chaos, find peace in the quiet.
Nature, music, solitude— Escape the urban clamour.
Tears cleanse, Calm follows the storm.

Beauty is ephemeral,
Good counsel, a rare gem.
Inner voices, ancestral echoes,
guide us through the noise.
We are multifaceted beings,
Artists, teachers, healers,
Family of humanity, mothers, grandmothers,
Unified in our diversity, divinity.

Realign, shift perspective,
Listen beyond the words.
We own our voices, responsible for the
ripples they create.
Respect breeds clarity,
Conflict avoided through wisdom.
Evolved souls, Masters of silent truths.

“Yum” or “yuck”— Simple filters for complex worlds.
Choose wisely, for communication is an art,
an enduring legacy.
Hope lives in each breath, Words carry it forward.
Teach the next to love,
To speak with hearts unveiled.
We are children of the source,
AI, a tool—wield it well.
Let it refine, not replace,
The essence of our humanity.

Artful communication,
A bridge in a divided world.
Free to speak, to be, to weave the narrative anew.



Understand

When the teachings of hate,
 passed through generations,
 From misguided enemies
 and all who hate blindly,
 Or out of fear and clouded vision,
 are overcome
 By the clear light of truth,
 shifting humanity
 From hate to hope,
 from lies to living truth,
 From rigid beliefs
 to raw facts and feelings,
 Then our minds might
 build mountains of love,

Valleys of life, healing, and wholeness.
 The path from war to peace is winding and steep,
 Yet these complexities can be gently untangled,
 Through the quiet work of illuminating each other,
 Heart to heart, emotionally, physically, spiritually.

Let us pray, love,
 and send light to all nations,
 Beginning with the wars
 inside our own souls.
 Meditate on love, meditate on peace,
 act with love,
 Act with peace, flee from darkness, turn to light.

Transformations: Interiors

What do you see when you look at me?
My angel wings? The dark? the light?
The bright? The dim?
What do you see when you look at me?

Butterfly rising, heart on the floor,
open and sharing, receding once more.
The depth of my being like yours
is concealed.

And all those who love us,
Help us reveal ... the God spark,
divine spark of life and of being.
Opening up to what needs to be healed
to wholeness and all that in time
is revealed.

Oh, interiors. The vastness of nature
and nature within our Godly souls and being.

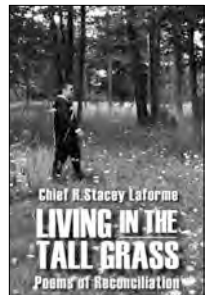
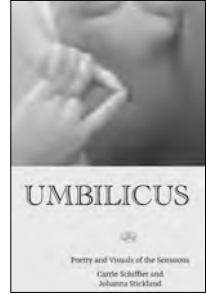
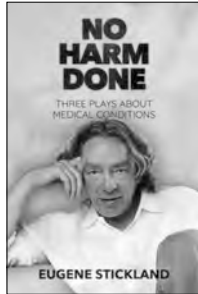
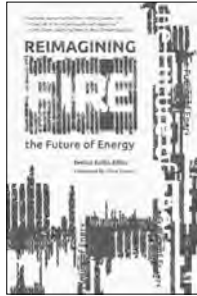
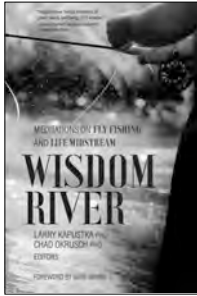
Open your eyes, breathe and make space
to feel all of the presence, so blissfully freeing.
Interiors.



Transformations: Interiors

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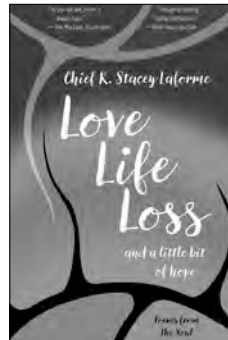
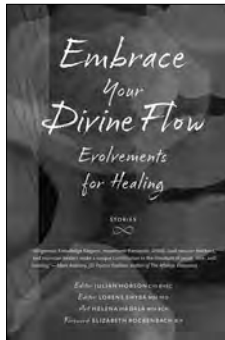
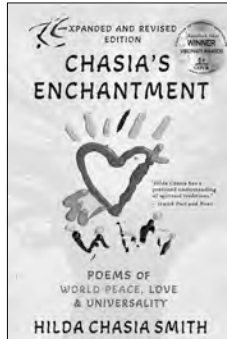


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"Ways of Light" Titles



Durville & UpRoute Books, a small-but-mighty Canadian indie press, publishes print books, e-books, audiobooks, and rich multimedia for enhancement of meaning. Our vision is to inspire authors and artists to bring new knowledge to the world.



Hilda Chasia Smith

Hilda Chasia Szternfeld Smith was born in Winnipeg, Manitoba, Canada, to Holocaust survivors. Her middle name, Chasia, honours her aunt Chasia Goszer, who tragically perished in the Holocaust. Hilda Chasia is a versatile educator, having taught Hebrew, Yiddish, French, and English languages, as well as K-12 education, music, art, meditation, and yoga. She holds degrees from the University of Calgary, the University of Manitoba, Chopra Center University in California, and Pranayama Centers International, founded by Swami Vignanananda. Her prose and poetry have been featured in the *Winnipeg Jewish Post*, the *Calgary Jewish Star*, and in the anthology *Embrace Your Divine Flow: Evolvments for Healing*. Additionally, her music has been incorporated into films and audiobooks, including *The Rainbow, the Midwife & the Birds*. Hilda Chasia's paintings have been showcased in galleries in both Calgary, Alberta and Winnipeg, Manitoba.



"Jewish sources teach of the simultaneous importance of knowledge, understanding, and wisdom, and Hilda Chasia Smith is the living embodiment of all three."

— RABBI MARK GLICKMAN

"Hilda Chasia's artistic talent and her knowledge both of Judaism and other ancient paths of spirituality and faith make her a powerful resource in matters of the soul."

— CANTOR RUSSELL G. JAYNE



Chasia's Enchantment ... Expanded

This new edition of *Chasia's Enchantment* features a fresh collection of inspiring poems and meditations, many of which specifically address and combat antisemitism, fostering unity and acceptance. Drawing from the Torah and Kabbalah, the book delves into virtues such as kindness, compassion, humility, and self-assurance, guiding readers toward a deeper understanding and appreciation of world peace and international harmony. Many of the poems are paired with vibrant, full-colour artwork, enriching the overall experience.

About Hilda Chasia Smith

Hilda Chasia Szternfeld Smith, born in Winnipeg, Manitoba to Holocaust survivors, is a versatile and accomplished educator. She has taught a range of subjects including Hebrew, Yiddish, French, and English languages, as well as K-12 education, music, art, meditation, and yoga. Currently residing in Calgary, Alberta, Hilda offers workshops and private sessions focused on meditation and various body, mind, and spiritual practices.

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