

# The Sanctuary of the Heart

By : soakie peace

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Published on  
**Booksie**

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# The Sanctuary of the Heart

There comes a time when you have to recollect on the pasts in your life. Sometimes they maybe the negative ones, but the positives can be a great joy. The memories that Sophia had were only the negatives, it was never the positives.

Sophia would always talk about her relationships with her best friend Patty. Know Patty was her childhood friend, and she knew a lot about Sophia, things that no one else would know, the Secrets.

The family that Sophia came from was very disruptive and mindless; no one in the family didn't have a clue what was going on. And I mean really didn't know about anything, you would say the sky is blue and they really didn't know what you were talking about. It made Sophia wonder and ponder on how the families raise her from baby to a woman.

One day Sophia was just messing around in the house she was very bore, I said a lot of idle time. So she went outside to sit on the porch to get some air. Now Sophia was a pretty girl with all of the attributes of a beauty queen; Soft cascade hair, beautiful Caribbean olive skin and a body that would hurt any man eyes. As she was sitting in the chair with her tee shirt and her shorts on; her backside had the perfect curves that you could paint a picture.

It was a car that was coming down the street and the gentleman in the car saw Sophia and he stop abruptly. Now the car behind him horn had blow and someone said, 'Man what the he@# you are doing, watch how you make a complete stop you a@#hole.' So the guy has gotten out of his car and said, 'I sorry for being so upfront, but what is your name you are so beautiful.' 'Iâ m not telling you my name, I donâ t know you,' said Sophia. 'Come on; please tell me your name I need to know. I canâ t, you are a complete stranger, and I donâ t know you from Adam. Well I will tell you my name it is Troy. Let me just say you donâ t have to tell me your name. Right know I have to be somewhere, but Iâ m going to tell you this, I will be back tomorrow, same time and same place to see your pretty face. The gentleman had left and went on his way.

When he had left Sophia ran in the house and directly went for the telephone; she was calling her friend Patty. 'Hey Patty I was outside sitting on the porch and his guy stops his car in the middle of the street. Girl, he got up out of the car just to talk to me. What did he ask you Sophia,' said Patty. 'He asked what my name. And I told him I donâ t give out my name to strangers. He told me that Iâ m so beautiful and he has some where to go, and he will be back tomorrow. Girl, how did he look,' said Patty? 'He was tall and thin, but his body was very proportion; like a model. Patty was on the phone just shaking her head, because she knew that every time Sophia meets a guy she start with a very available open heart. A heart that is open to every man she sees, hear or know of. Sophia was just babbling about this guy and Patty was on the other end of the phone listening, but not listening. She knew that Sophia goes through this incident all the time.

The next day arrived and Sophia made it her business to go outside and sit on the porch. She purposely had her hair looking good and a nice outfit that she had brought previously just in case she meets a guy. She was always ready for and opportunities of a poor decision. As Sophia was waiting for the gentleman to pass by, she noticed the time was going by quickly. And suddenly the sun went down and it has gotten dark. Sophia has become very sad and has the feeling of being rejected and deserted.

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Sophia has left the porch and went back in the house. She was so disturb about the situation and needed someone to call, and yes that was Patty. The phone rings and Patty pick up. Patty this is Sophia you will never guess what happen? What happened, â said Patty.â The guy that I meant yesterday never show up, I was on my porch just waiting. And Patty said, â Sophia did you really think that he was coming back. Why do you take yourself through this crap, I donâ t understand you. It seems to me that you are not happy; youâ re searching for something I donâ t know what it is, only you know. Stop trying to escape from your loneliness by feeling that you need a man in your life. I donâ t know what you are talking about Patty. Yes you do, every time you meet or come across a guy you feel the need to let go too fast. And like I always said your heart is always available, it open. Girl, you need peace within yourself, â said Patty.â Look I was just calling you to vent, and know your trying to be a counselor I donâ t want to hear it. Sophia was so furious at Patty, but in her mind she knew that Patty was right.

As Sophia hang up the phone she started to think about how her life has been in the past, present and what shall come in the future. She was not pleased with her life and how she conducted herself as an individual. There was something she needed, but she couldnâ t figure it out. Patty started to spend a lot of time alone; she didnâ t want to be bothered with no one. She than, realized what she was longing for, a place of peace in her heart. A place where she can love herself first and foremost, and the rest will come in due time. When you donâ t have a space to go to like a safe haven of the heart; you will travel anywhere, everywhere and with anybody you see, hear and know. The End

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