

Lyrical Writings Radiate Mother's Grief and Illuminate Paths Toward Healing

Each strikingly beautiful passage in [Blown Into Now](#) is paired with an equally stunning photograph taken by Mylo's son, who passed away unexpectedly at age 24.

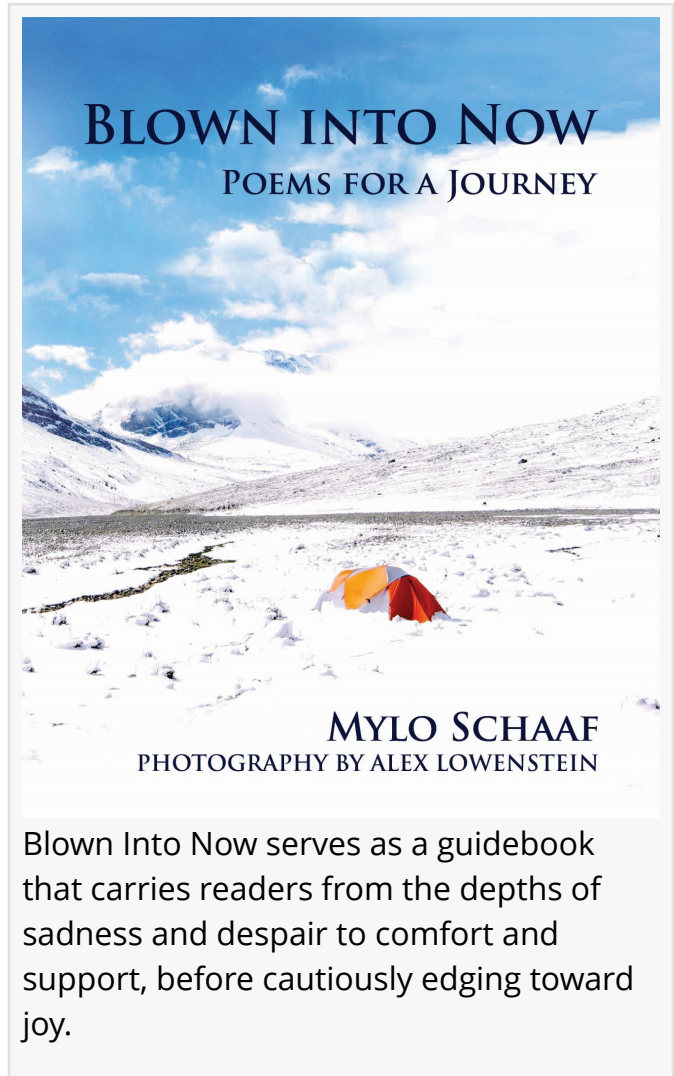
SAN FRANCISCO, CALIFORNIA, UNITED STATES, July 11, 2022 /EINPresswire.com/ -- There may never really be closure when a loved one passes on, but there can be gentle nudges toward healing and, eventually, toward the forgotten fringes of happiness.

In [Blown Into Now: Poems for a Journey](#), Mylo Schaaf carries readers from deep sadness and loss to comfort and support, finally edging toward joy. Her melodic words become a guidebook, allowing those who grieve to witness a spectrum of responses, to understand what might give relief, and to know how to look for the signposts that will guide them down the path toward healing.

Each of Schaaf's 45 remarkable poems is paired with a striking photograph taken by her mountaineer son, Alex Lowenstein, who passed on unexpectedly in his twenties. Schaaf's personal journey through grief became this book.

To those who must endure such a shocking new reality, she aims to bring compassion, beauty and spiritual connection.

Her poems reveal a mother's great heart and the love she shares with her son for granite peaks and untracked desert. Each photograph provides a pause from grief and allows us a glimpse of something we want and cannot name.



Blown Into Now serves as a guidebook that carries readers from the depths of sadness and despair to comfort and support, before cautiously edging toward joy.

About the Author

Mylo Schaaf trained as a journalist, editor and physician, before taking a left turn into poetry. Before everything changed, she was a faculty member at the University of California, San Francisco, mentoring and teaching students in international, low-resource settings. Her commitment to global health grew out of her work and connection with India, the Americas, Liberia, Haiti and China. Then one day, a shocking phone call collapsed this pursuit of engagement and action. Her 24-year-old son, a mountaineer/peace-and-conflict scholar/veteran, had passed away. Poems demanded to be written. They brought relief and healing, as did warm, grassy hills, tree spirits, and arms of sky. Years wandered past. Poems continue to emerge, as the tangles of our days slip into light.



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For more information, please visit

<https://www.myloschaaf.com>, or follow the author on Instagram at [writermiloschaaf](#).

Blown Into Now – Poems for a Journey

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Hardcover and eBook editions coming soon (For updates on these additional formats, please visit <https://www.myloschaaf.com>).

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