

# Poet & Teacher of Love: Ingrid Goff-Maidoff

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Sculpture by [Su Blackwell](#)

## WHO IS INGRID?

This month, I was thinking about what I could share out of all the many wonderful, soulful things and teachers that inspire me. And the strongest feeling in me is to share poetry, which lights my way, fills me up and makes space for my soul. Not only do I love writing poems, I love reading them, drinking them in and letting them lead me around all day. In particular, I want to share with you a very soulful, wise and loving poet called [Ingrid Goff-Maidoff](#).

## WHAT'S HER POETRY LIKE?

Once you start reading her poetry you will experience what an incredible gift she has and how lovingly and carefully she uses words to paint a picture that draws us towards our True and Eternal Self.

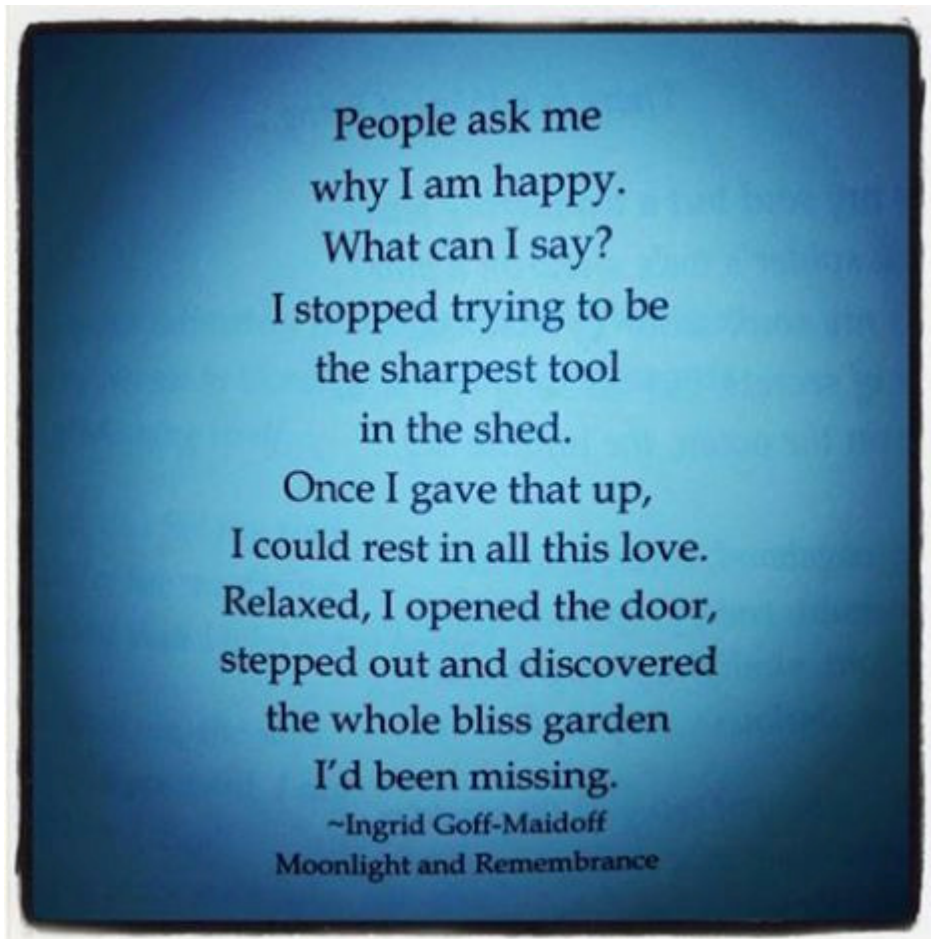
But she leads us to the remembering of this awareness with the beauty of everyday things and moments. She allows us to find the sacredness in the ordinary,

reminding us that we do not have to leave our home – or even our seat at the kitchen table – to experience our true beauty.

## **MY EXPERIENCE**

I recently had an experience of how it felt to truly give up self-criticism and perfectionism and became aware of how I give myself such a hard time and set high standards for myself. When I realised this, I went through a period of feeling so sad at how I have pushed myself, criticised myself and felt ‘not enough’.

In the middle of this process, I turned to this poem by Ingrid. And something completed inside me – something burst open, scattering blossom right through my system. And I knew I was going to be able to make the shift fully. I will always be grateful to Ingrid for sharing herself through her poetry – and in particular for how she found a way to express this process to succinctly and fully:



**HOW CAN I DISCOVER MORE?**

There are a few ways. Ingrid has some wonderful books that she has published on her [website](#). She has a [Facebook page](#) and also you can take her [e-course](#). My tip would be to start with a collection of poetry called [Befriending The Soul](#).



***About the author:** [Hollie Holden](#) is a mum, writer and explorer of spirituality, personal growth and self-acceptance. She is a student of A Course in Miracles and the Enneagram. Hollie is particularly interested in how we can know how loved we are and how we can be kinder to ourselves. Visit Hollie's [blog](#) and check out her [Facebook page](#).*