

Wonder Woman in Disguise

Melanie Lambert

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This preview contains excerpts ONLY. For a copy of the complete book, go to www.wonderwomanindisguise.com

I share these poems, letters, artwork, selfies, and my story with one wish. May you be inspired by your own heroism. Especially if you have gone through any kind of suffering, may they remind you how amazing you are to have endured.

THE STORY SO FAR...

This is a very different kind of hero's journey.

It is about a broken girl. She grew up feeling unwanted and shattered by trauma and fear. Life eventually became a fight to keep breathing. To not give in to the mind whispering to her that it would be better to die as an escape from the pain of abandonment and the tortuous belief she was worthless. Instead she wanted to listen to her heart that kept her faith in magic alive.

One day she accidentally fell into a job that perpetuated the violence and fear, but it gave her a purpose. She became a good little helper and rescuer, all the while struggling as a single mother lioness. She was such a good hunter and provider who worked hard to save others, also fighting bravely in a pointless struggle for justice and righteousness.

It became easy to hide her own pain behind a warrior's mighty sword that she wielded with pride. Until this burden beat her down too and told her she was only full of flaws.

Then one day, she tried to find love and happiness with a man and was confronted by the prickly suit of armour she herself was wearing. Dropping her defences and being vulnerable to abandonment again made her choke with fear of a fate worse than death. She couldn't do it. Complete failure weighed her down like a curse.

She had an enemy to slay first. The enemy was the harsh judgement of blame, that fire breathing dragon in her head that turned every incident in life into ammunition to shoot herself down. It deceitfully kept her own treasure hidden under the darkness of the dragon's belly.

The daily battle to see some light through this darkness made her physically ill. Bad bugs and nasty gremlins began to invade her body. The enemy looked like it was winning in its effort to destroy her life and being. Her spark had nearly flickered out, but she was courageous to not give up, even though she felt so weak.

Until one day, at her most dire moment, salvation appeared in the form of a real-life fairy god mother who told her to believe in herself

and showed her what she is worth. Not with words, but through giving her something so valuable it made her aware of the sparkling jewels buried deep within. Her life turned around.

She found a haven of safety and privacy in a peaceful forest. She felt beautiful for the first time, no matter the ugly scars and battle wounds. She felt important enough to spend gold on herself and bought her own diamonds. Miraculously, she found love when nearly all her adult years she was single and felt alone in life.

Finally, she faced the monster as her own creation born from her pain and realised it was not something to kill, but to heal with love. Thus, her treasure hunt had yielded the biggest prize. It was her self-worth.

Like all superheroes she already had the power to fulfil her own wishes. The enemy trying to drag her down was merely a distorted self-image as a helpless girl, alone in a brutal world, hiding behind a tough mask. Her disguise kept her blind to her innate strength and value.

She is not just an imperfect mortal, but a soul powered by the gods with the gift of wonder. After all, imagination can create anything. Magic is real and it was in her all along.

She became her own hero and learned to save herself. She finally felt she was worth it.

SUCKED DOWN THE WHIRLPOOL



WHAT I HIDE DEEP INSIDE

Screaming silently are many who put on happy faces,
trauma has an impact to the mind, the heart, and the body,
it can be unseen, unheard, and unnoticed,
it doesn't mean it's not real.

I am strong to keep breathing when it hurts so much,
there is one person I need the most,
to stop myself from drowning.

No, not the ones who judge my tears,
perhaps they are in denial of their own pain,

or been blessed to never have gone through what I did.

No, not the people in my corner who will help me if I let them,
we all have our angels,
those who walk their talk and stand by us in darkest times,
they are the ones there for a reason,
to remind us how loved we are.

Yet the one with the power to decide if I am worthy,
of happiness,
it is I,
I am the most important person,
I am the only one who can always be there for myself,
I want to matter,
to me.

MY SAVIOUR

Depression's ploy wants me dead,
or lying comatose in my bed.

Left alone fighting demons in my head,
it is fear in the mind that has me misled.

I allow small pleasures to win my smile instead,
I do not let love remain the unsaid.

A grateful heart guides my way ahead.

HEAL THYSELF



WONDER IN ME

Being a gentle dreamer in a harsh world,
you could see more than a fragile girl.

It takes a spirit full of inner strength,
to fight one's own demons at length.

To rebuild hope in a hopeless place,
a giant will heal the wounded space.

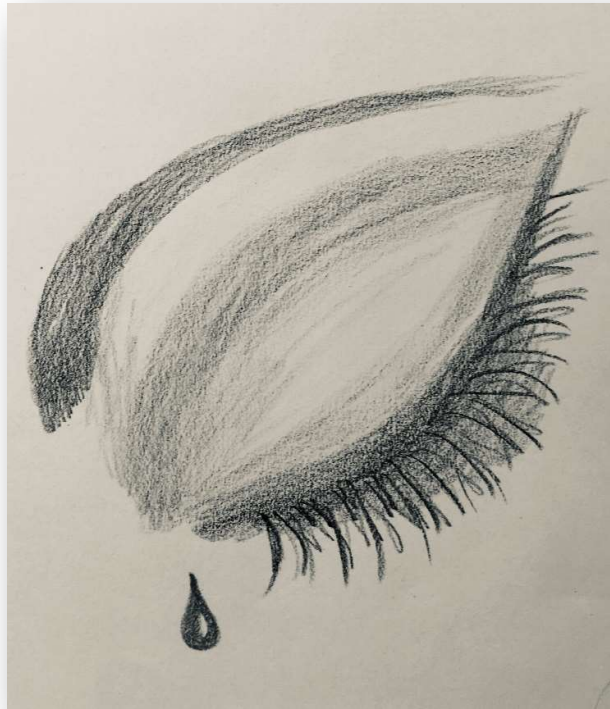
WOUNDED WARRIOR

Being wounded I seek healing,
not by building a mask to pretend I'm okay,
not by building a fortress over my heart,
not by refusing to feel pain,
not by being too prideful to admit defeat.

I am willing to learn my lessons,
to heal with the right medicine,
to discover what I really deserve,
to feel the right touch happiness can bring,
to receive a wondrous gift.

The power of self,
the strength of love,
the magic of any possibility to be.

LOSS IS A PAIN



MISSING YOU MUMMY

When I feel my heart missing you so bad,
at least it makes me remember all that I had.

I can only feel your complete absence,
because I was once so alive in your presence.

Your love was given to me so generously,
it has taught me never take it for granted easily.
This is true for the special ones around me,
to hold dear and appreciate all that I see.

PURPOSE

At the end of my days,
when the final bill comes in.

I would seek to retire with honour,
my debt to life repaid within.

Satisfying not the whim of others,
not loving myself my only sin.

As I learn to face all my fears,
the greatest treasure is my heart to win.

BRAVING ROMANCE

“She warned him not to be deceived by appearances, for beauty is found within.”

Beauty & The Beast (Disney’s)

COURAGE IN A FAIRY-TALE

I like it when love proves me wrong,
cynical judgements be gone!
Love is not just a fantasy,
in happiness it reminds me.

Passion is to feel desire like a must,

to fall in love I surrender my mistrust.
Take heart beaten soul so weary,
remember a favourite love story.

The beauty of love will prevail,
over the beast of all denial.

NEVER ALONE

If I think I have no one,
I am forgetting I am someone.

A LETTER TO A GODDESS

Dear Beauty,

I let wounds that I received scar me on more than just on my face, because I never allowed myself to feel beautiful. I thought that made me not good enough for my fairy tale happy ending when I always desired a grand love; that journeys end where lovers meet.

I just detoured along the way to learn how worthy I am of starring in my own romance movie. Like a miracle, I have been granted another chance.

Love and joy are what true beauty is. I've found such treasure within myself. Cheers to my journey to find you, dear beautiful me.

Love,

Mel

MAGICAL WONDER



WIDE-EYED IDEALISM

When I grow up wild and free,
I want to be the author of my own story.

To capture dreams and wishes,
turning them into something of glory.

Who to be,
is the magic you see.

DARE I DREAM

When I have a daring dream,
I sometimes doubt and question my worth.

Yet what if my dearest wishes,
are the true reason I am here on Earth?

FINALE

“Most successes are unhappy. That’s why they are successes — they have to reassure themselves about themselves by achieving something that the world will notice... The happy people are failures because they are on such good terms with themselves that they don’t give a damn. Like me.”

Agatha Christie, *Sparkling Cyanide*



We most often can’t tell from the outside what inner battle someone is going through. Having an obvious broken leg it is so much easier to offer support.

Reading what I have put together in this book, I am reminded of inspiration I felt in my bleakest moments, like hearing whispers from a guardian angel. How it was enough to keep hope alive for a better moment with the next breath. From this gentle encouragement I changed my life. I let happiness in.

There is no healing a broken body, heart, mind and spirit without love. The source of that love is no further than looking in the mirror.

It is not easy to rebuild your health, career, relationships, or your very life from what feels like the lowest it can go. Yet I think we all have an innate talent to create something good from rock bottom.

Hence, I have never felt so proud than to finally believe in myself enough to courageously share a completed book, after a lifetime of dreaming I would one day.

ABOUT THE AUTHOR



Melanie Lambert received the inspiration for her first book whilst sailing around the Maltese Islands attending a Feminine Awakening luxury retreat. Upon realising they were where the movie, Count of Monte Cristo, was filmed, she was suddenly captivated by the idea that she was living in this story herself. Like Dantes, she felt that she could break out of her metaphoric prison to find her treasure.

Wonder Woman in Disguise is the result!

Melanie realised the poetry she had been writing over the years told a story of transformation just as magical. It describes a defeated heroine on her journey of discovering a rich inner treasure and self-worth where she travelled from despair to hope, suffering to strength, and loneliness to love.

It was Melanie's mother who had been the poet. Yet after her death in 2012, Melanie started weaving words into poems that initially spoke deeply of her trauma, pain and grief. It was unexpected talent that emerged out of nowhere, yet in sharing it with others she realised it had the power to move and inspire. She found the poetry was not just an avenue of self-expression, but one of wise guidance that set her on the path to healing and love.

Melanie decided to publish to share her personal story with others in a very brave and vulnerable telling of her trials, in the hope it would inspire others to not give up. After the turmoil of fighting chronic ill health, suicidal thoughts, and hopelessness, the pinnacle reached was attaining inner peace and meeting a wonderful man.

Melanie does not just write poetry. She has a vivid and quirky imagination for crime fiction, romance, and fairy tales as well. Keep in touch!

Join in the Wonder Woman in Disguise continuing adventure in the **FREE Facebook Group**.

ACKNOWLEDGEMENTS

For my mum Lynette who gave me life and my superhero grandma Joan who saved my life.

Thank you to my dad Russell, my uncle Warren, my sister Raechel, my brother Ben, my daughter Caitlin, my nephew Justin, my friend Christine, and my wonderful man Troy. You all have proven at crucial times that my dream of love and family is real, not just a wish.

Thank you to my genius nephew Brandon who helped me edit my manuscript and thank you to Chyanne and Mikayla, just for being my gorgeous nieces. Also to my beautiful cousin Becky for our childhood bond that can never be broken. Thank you to some special people who

took me into their hearts and have treated me as family; my ex-mother in law, Elizabeth, my foster-mum, Sheila and my step-mum, Helen.

Thank you to the best love and self-worth coach for women on the planet, Sami for your great advice to just finish something. I'm so grateful for that moment together, sipping wine like queens on a beautiful yacht, sailing around the Maltese Islands. The experience of living in my favourite story ever (*The Count of Monte Cristo*), was pure magic when I realised these islands were where the movie was filmed. Like the main character, I felt I could break out of my metaphoric prison and find my treasure.

Here is the result. After compiling all the poems I wrote over the last 6 years since my Mum's passing, I had already created a book – ta da!

Thank you to everyone who has ever expressed a kind and encouraging word towards my writing, you also made this book become real. I wouldn't have had the courage to publish without you offering your wonderful feedback over the years. Thank you to Trish, Malika, Rebecca, and more recently to Heather for your kind support (and for allowing me to paraphrase some of your wisdom). Also to Catherine for being a helpful and insightful beta reader.

Thank you to all the emergency services workers who rock up to work to be your best, no matter what is going on behind the armour. You are all true heroes.

And thank you to whoever wrote the meme, *"I am Wonder Woman. I wonder where I left my keys, I wonder where I put my purse, I wonder where all my money went."* You gave me the idea to create an Instagram profile with the name 'wonderwomanindisguise' years ago. I was poking fun at my ditzy gene, but the name became quite apt to tell this story.