



Also by Anthony Lawlor

*The Temple in the House: Finding the sacred in everyday architecture*

*A Home for the Soul: A guide for dwelling with spirit and imagination*

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# TWO AS ONE



## POEMS FROM A NEW LOVE

SHERRIE LOVLER AND ANTHONY LAWLOR

INK MONKEY PRESS

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## INTRODUCTION

*"I send this to my lover/partner on the  
off chance you see our hearts flowing in the  
same stream and this is our way to meet."*

—posted on match.com by Anthony Lawlor

Sherrie Lovler responded to Anthony's post and twelve days later they met for their first date. Three days after that Anthony emailed Sherrie a poem, "What Is Already Connecting." Sherrie responded with "The Long Road Here."

Over the next two months more poems flowed back and forth. The words inspired Sherrie to create twelve calligraphic paintings mapping the terrain of a new relationship. These pages share this poetry and art. They also tell the story of two individuals moving through the stages of finding true connection: initial excitement, tender opening, gentle merging, thrilling union and ongoing happiness.

We invite you to enjoy this journey of unfolding romance and share it with someone you love.



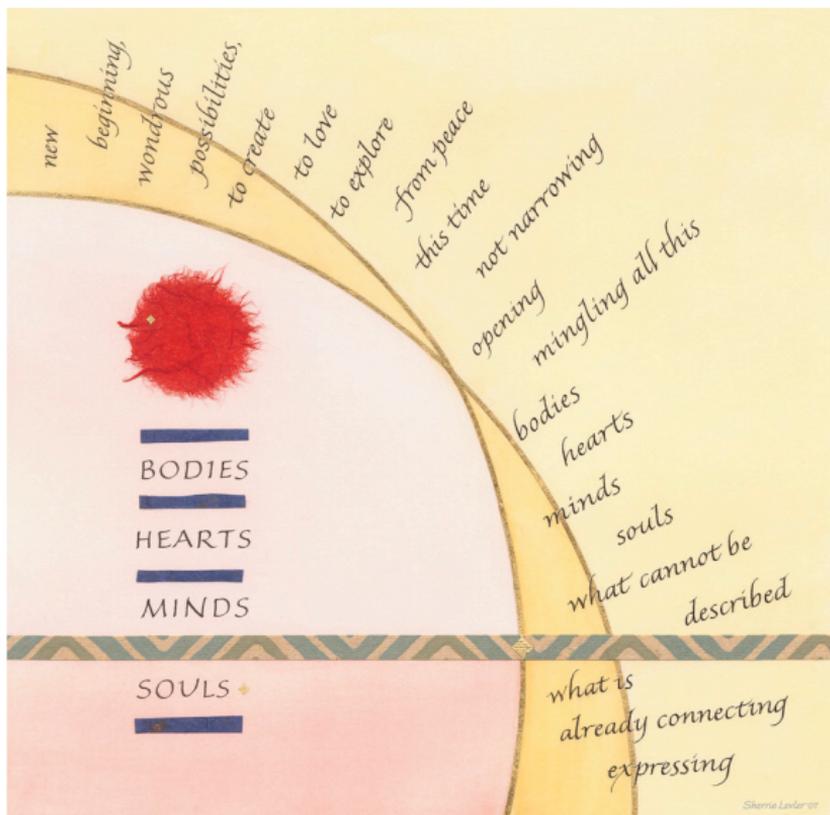
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POEMS  
&  
STORIES

## What Is Already Connecting

by Anthony Lawlor

new beginning  
wondrous possibilities  
to create  
to love  
to explore  
from peace  
this time  
not narrowing  
opening  
mingling all this  
bodies  
hearts  
minds  
souls  
what cannot be described  
what is already connecting  
expressing



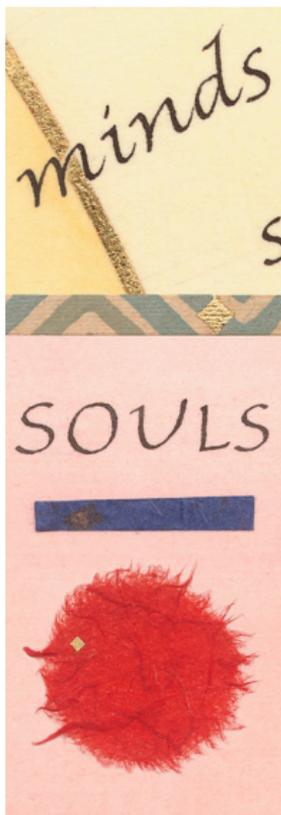


After our second date, a poem rises in my mind. I think about sending it to Sherrie, but hesitate. Will expressing my feelings scare her off? Does she share my desire for honest communication? Can I let go of trying to control things and let love's mystery take me into new territory? Afraid and exhilarated, I press "enter."

—Anthony

Receiving Anthony's poem  
delights, frightens and  
challenges me. Will I write  
a poem in reply or not?  
On our second date, at a  
North Beach restaurant, I  
take Anthony's hand to  
show him I like him. He  
looks deeply into my eyes.  
It is overpowering. Now  
I want to stop hiding.  
The beauty of his poem  
encourages me to open up.

— Sherrie



## The Long Road Here

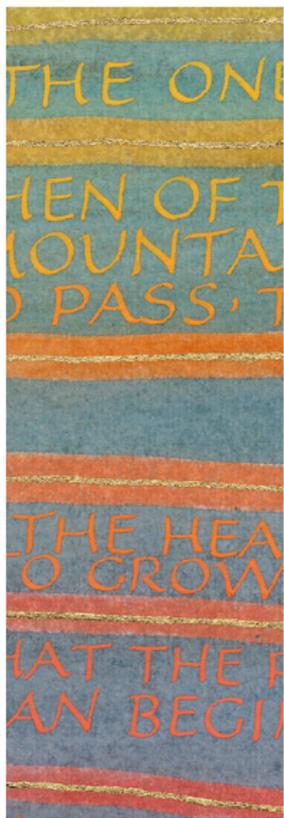
by Sherrie Lovler

When the road  
diverged in the wood  
and I took the  
one less traveled,  
Did I know then  
of the winding, windy trail  
the mountains to climb  
the crevasses to pass  
the alleyways, the demons  
the drifts?

Did I know that the heart aches  
that the path to growth  
is not easy  
that the path to joy  
can begin by going down hill?  
Did I know that the  
road is long  
the depths are deep, the  
waves are strong  
the mist is mighty?

And if I did  
would I have taken that path?  
And if I didn't  
would joy have forever  
eluded me?





Our next date is dinner at my house. After we clear the dishes and talk for a while, Anthony says, “It’s been a long road here.” The word “here” makes me nervous. If “here” means our being together, I’m not sure we are “here” yet. I laugh to divert the intimacy of this moment. “You mean the road from Mill Valley to Santa Rosa?” After Anthony leaves, his words linger. It’s premature to say my road led to the joy of this love. But my road has intersected his. Maybe this is what he’s saying, too.

— Sherrie

Sherrie's description of traveling through obstacles toward joy moves me. She poses these experiences as questions, not answers. It creates a space to explore the facets of who we are. Passing through my own shadows opens my heart to the potential of authentic love. It stretches me into more freedom and aliveness. This poem deepens my sense that Sherrie and I can honestly connect.

—Anthony



## Opening Treasures

by Anthony Lawlor

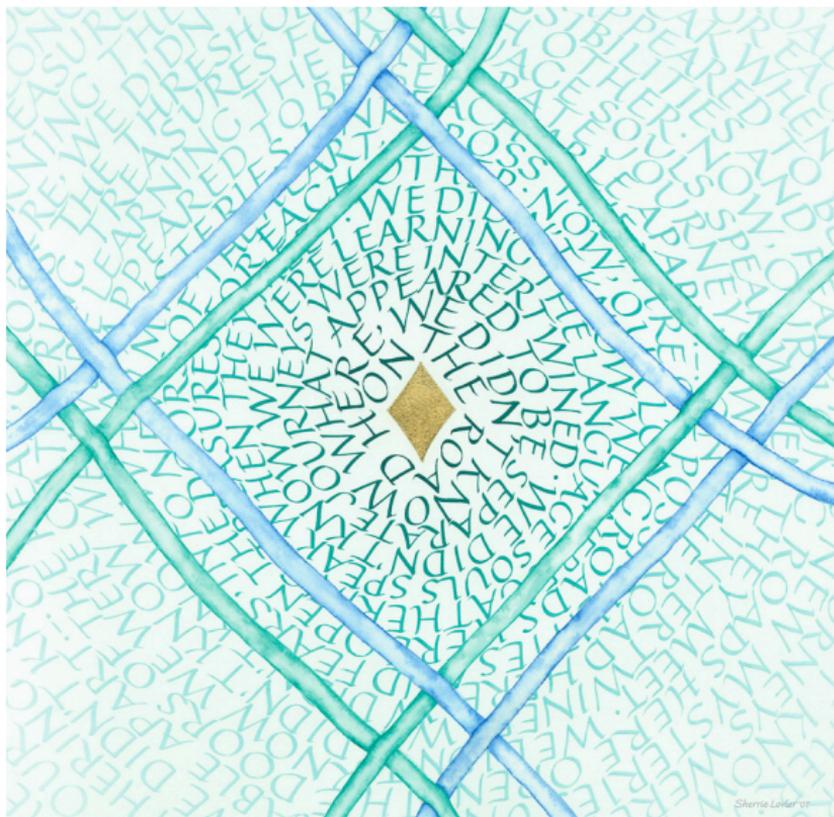
On the road here  
we didn't know  
what appeared to be  
separate journeys  
were intertwined.

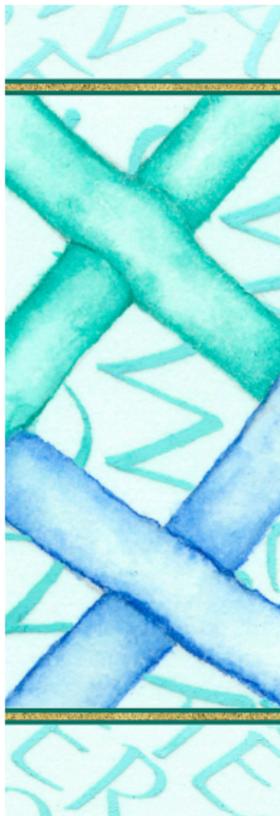
We didn't know  
we were learning the language  
souls speak when they meet.

We didn't know  
we were gathering treasures  
for each other.

Now  
our long roads here  
open the doors of the heart  
cross the threshold of  
possibilities and fears  
into new mysteries  
unreachable apart.

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The quickness of our connection astonishes me. Alone, we traveled two paths, never suspecting that each independent step would lead to our meeting. It sparks the image of two long roads interweaving. The momentum of this encounter carries us across a threshold. Together, we enter a new place where the unplanned continuation of our lives unfolds.

—Anthony

Anthony and I click right away. The similarities of our life paths make the phrase, “our separate journeys were intertwined,” sound true. “We didn’t know we were learning the language souls speak when they meet” has a sacredness that reflects what I feel. Our love has the quality of a stream that began long before we met. Now these currents are revealing shared riches. Anthony’s readiness to plunge into this mystery excites me.

— Sherrie



## PRAISE FOR TWO AS ONE:

“What a marvelous testimony to the leap of faith love requires. TWO AS ONE really captures the delicious tentativeness of the early days of love, the leap, the spark in the eyes, the joy of acceptance. And the artwork is dazzling; a glorious blend of words and color.” – Phil Cousineau, author of *The Hero's Journey* and *Wordcatcher*

“TWO AS ONE is GORGEOUS!! It's a timeless love story and so inspiring for people who have passed the bloom of youth and worry about whether a love like this is possible. It will also appeal to people of all ages and all stages of love. The calligraphic images are beautiful. It brought tears to my eyes from the first page.”

– Donna Colby, Director of Flying Leap Art Space, Fairfield, Iowa

“Lars and I found a quiet moment and sat together on the couch with TWO AS ONE. We read the whole book aloud to each other. He spoke Anthony's words. I spoke Sherrie's. We repeated and savored the lines, laughing about insights and resonances, sighing when a word or image was exactly right. It was a beautiful shared time together.” – Rachel Ross, Mandala Custom Homes, Vancouver, Canada

I received your amazing book today. What a beautiful treasure!  
Thank you so much. – C. W., BC Canada

I love your book. I will treasure it always. There are such lovely thoughts and expressions in there and your calligraphy is exquisite. This will be my favorite bedside book for a while. – C. T., California

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**BY SHERRIE LOVLER AND ANTHONY LAWLOR**

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Sherrie Lovler is a calligraphic artist and founder of Ink Monkey Press. She is internationally known for her artwork and prints. For more than 30 years Sherrie has taught art and calligraphy courses nationwide. Her images and writings have been published in *The Art & Craft of Hand Lettering*, *Letter Arts Review*, *Bound and Lettered* and many other books and journals.



Anthony Lawlor is author of *The Temple in the House* and *A Home for the Soul*. He has practiced architecture for more than 30 years and has received awards for excellence in design from the American Institute of Architects and *Interior Design Magazine*. Anthony's work has been featured on *The Oprah Winfrey Show*, *National Public Radio* and numerous other national media.

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