

BLESSED
TIMELINE SH*T
ANTHOLOGY FOR HOT GIRLS

BY HELENA YASMIN

Blessed Timeline Sh*t

:anthology for hot girls

By Helena Yasmin

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for the girl i was. for the girl i am.
for the hot girls who have...

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Author's Note

This book is an archive of the moments that built 2025 — the softness I learned to reclaim, the power I had to grow into, and the becoming that happened in quietly chaotic spaces.

These poems hold pieces of my healing, my heritage, my artistry, and the girl who grew up to rewrite negative narratives into art.

If these pages find you, I hope they remind you that you are allowed to feel everything and still rise.

grow
With softness & power,
helena yasmin

PART I — HOT GIRLS
HAVE THOUGHTS

something.

it doesn't
matter
what you do,

as long as
you're
doing something

[and that
something
can be
nothing
Because
nothing
is
something]

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Poetry Book '23

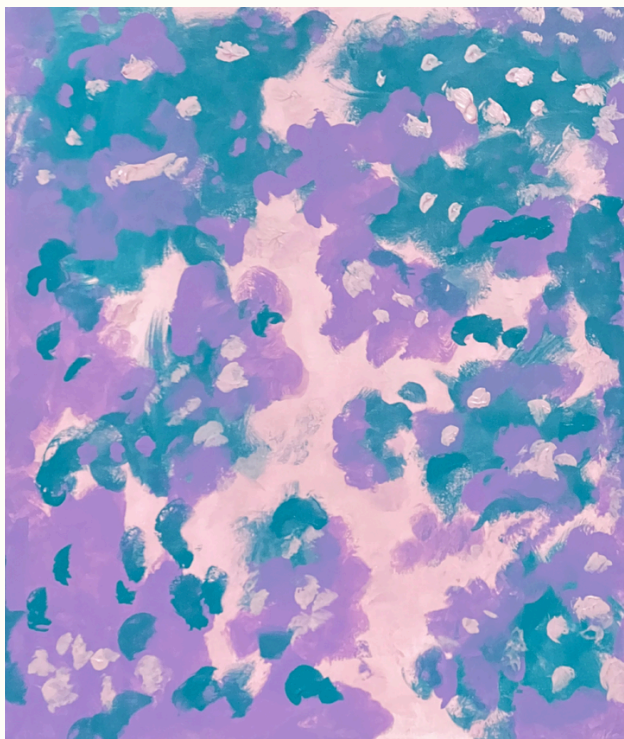
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Because
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helena yasmín



avoid avoidants

Remind me to remind
myself to
avoid avoidants
i learned that the hard way

you think i ask for too much
you think you're not enough
but i was rooting for you
i was rooting for us.

yes, i do make mistakes
so i forgive your mistakes—
but it's a give and a take,
and you ta-a-a-ake.

Remind me to remind
myself to
avoid avoidants
I learned that the hard way.

You think I ask for too much
you think you're not enough
but I was rooting for you
I was rooting for us.

yes, I ~~can~~ do more mistakes
so I forgive your mistakes—
but it's a give and a take,
and you fa-a-a-ake.



smooth brain

she had a smooth brain.

it has to be smooth, so

nothing sticks.

see, if it wasn't smooth—

all sorts would get stuck in grooves

things would stick, and she'd

get stuck, she never got stuck

because nothing sticks, that's

the mind that's framed.

she has everything, flows so

well, because she has

smooth brain.

Smooth brain.

She had a smooth brain.

It has to be smooth, so
nothing sticks.

See, if it wasn't smooth -
all sorts would get stuck in grooves
things would stick, and she'd
get stuck. She never got stuck
because nothing sticks, that's
the mind that's framed.

She has everything, flows to
what, because she has
smooth brain.



PART II — HOT
GIRLS HAVE TASTE

be cake.

and like

the cake,

i rise,

let yourself cook .

put yourself in the

fridge to cool down

before you can

top yourself off

with buttercream,

pipng perfectly.

AND LIKE
THE CAKE,
I RISE.

LET YOURSELF COOL.
PUT YOURSELF IN THE
FRIDGE TO COOL DOWN
BEFORE YOU CAN
TOP YOURSELF OFF
WITH BUTTERCREAM,
PIPING PERFECTLY.



don't chase

Don't chase
ghost-gods,
love leads, light nods
real, fear
one's here
so cheer
and be great
full, of love
and great —
full of life.

don't chase
ghost-gods,
lean into beyond.

Don't chase
Ghost-Gods,
love leads light nodes
Real, fear
one's here
So cheer
and be great
full, of love
and great-
full of life.

don't chase
Ghost-Gods
lean into beyond.



Become, became.

sometimes i forget
to feel overwhelmed,
and it feels nice.
i redirected my energy
from Becoming, into
became.

the way i behaved changed.
i sit differently,
walk straighter
self-soothe
self orientation
self love
and self-kindness

Sometimes I forget
to feel overwhelmed,
and it feels nice.

I redirected my energy
from becoming, into
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the way I behave
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I sit differently,
walk straighter
self-soothe
self orientation
self love
and self-kindness.

PART III — HOT GIRLS HAVE TETHERS

hands on me

i'm velcro i'm sticky

i'm stuck next to you

you're laced, and you like it

now i'm missing a shoe

he's got his hands all over me

and i don't do a thing

he's got his hands all over me

would i fight it? not really

he's got his hands all over me

and i like not listening

he's got his hands all over me

i fawn at the freak

hands on me

i'm velcro i'm sticky
i'm stuck next to you
you're laced, and you like it
Now i'm missing a shoe

He's got his hands all over me
and i don't do a thing

He's got his hands all over me
would i fight it? Not really

He's got his hands all over me
and i like not listening

He's got his hands all over me
i fawn at the freak.



Everyday's a lot of days.

Everyday is quite long
it's a lot of days,
every single day.

not a day goes by
that you didn't live another day,

didn't experience life
in a new way
or in the same way,
on a different day

with the same people,
and the same conversation
the same way of talking,
the same argument.

Everyday is different,
even slightly but even so,
everyday — is a lot of days.

Between then, now, and when
everyday becomes one day — just a day.
the last day.

everyday's a lot of days

everyday is quite long
it's a lot of days,
every single day.

not a day goes by
that you didn't live
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Everyday is different,
even slightly, but even so,

Everyday - is a lot of days.

Between then, now, and when
everyday becomes one day - just a day.
the last day.

10.9.25



you move just right

there's no

right move -

you move just right

those hips they flow

your spine it rolls

your energy it glides

and nothing hides

body takes over

so the heart can lead.

there's no
right move -
you move just right
those hips they flow
your spine it rolls
your energy it glides
and nothing hides
Body feels one
so the heart can lead



Acknowledgements

To my communities — my dancers, artists, healers, my Filipino-Irish roots, mentors, collaborators, all you multi-disciplinary, multi-talented beings and every version of me that survived long enough to write these pages.

Thank you for seeing me. Thank you for holding me. Thank you for being and believing in the girl who always wanted more.

With love,
Helena

About the Author

Helena Yasmin is a singer, actor, movement artist, visual artist and founder of Healing for Artists. Her work bridges softness and power through music, movement, writing, and visual storytelling.

Born in London to Filipino and Irish parents, adopted and raised on the South Coast, UK. Helena creates art rooted in identity, memory, and healing. She is currently developing her original musical *Hot Girls Have Trauma*, releasing new music, and building a global creative community.

Connect with Helena:
YouTube: [@imhelenayasmin](#)
Instagram: [@imhelenayasmin](#)

Healing for Artists: [@healingforartists](#)
healingforartists.com

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