

**TEARS**

**A Journey Through Emotions**

**By Andrea Eygenraam**

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# **Tears: A Journey Through Emotions**

Writing & Living Your Dreams

Motivation & Courage

Family: Love and Loss

Relationships: New Love

Relationships: Moving On

Darker Times

Intense Content

Look Through My Window

Seasons of Change

Smiles are Worth 1000 Words



This book is written with heartfelt dedication  
to everyone who has kept going when they didn't want to,  
when they wanted to give up, but decided to give it one more try,  
through tears and a broken heart, exhilaration and excitement,  
finding courage, strength, laughter and love.  
I honour your courage, and share my love.  
You are more awesome than you will ever know

It is also dedicated to everyone who has come out to writing class at  
Womankind, or Positive Pens, or any other workshop I've held,  
and shared your soul, with honesty and vulnerability.  
Your bravery has inspired me more than I can ever express.  
Keep being your beautiful selves!

A special thank you to all the people who have helped lift me up  
and love me when I couldn't always love myself.  
Thank you for sharing your love and strength to help me keep going,  
one more day at a time.

And finally, to each of you holding this book right now,  
this book is for you.  
It was brought into your life to help you in some way  
that neither of us may really know.  
I hope you find the answers and courage and love that you seek.  
I share with you my gratitude and love. You got this.

# The Tear

As I pondered, a tear fell from my eye  
Rare and usually unseen  
Emotions exploding inside me  
Don't usually reach the surface

Tight in the chest  
Scared to breathe  
But that one lone tear  
Decided to venture forth on its journey  
Travelling down my cheek  
I just let it fall  
It was symbolic of all the pain held inside  
Collected into this one drop

Each tear has a unique make up  
Under a microscope  
A unique tale of beauty all its own  
I wondered what this one would look like  
And if it carried with it all the untold stories inside me  
I suppose that's one way to get them out  
Since like the tear they don't usually escape on their own

With that thought, as if on cue  
Two more on each cheek fall

The leaves lose their healthy green  
To be replaced with a splendor of colour  
Which is only the precursor  
For the skeleton death of winter slumber

My tears are rich in their colourful variety as well  
But I hope they are not the precursor  
To any sort of literal death  
Maybe spiritual change

As my tears fall quicker  
I understand they are washing away the pain of yesterday  
To clear the way for a fresh beginning  
I cannot start on a new journey  
Holding onto yesterday's pain  
I pack my bags anew  
And head out for an adventure in the wintery wonderland  
My tears once again complete for another season

The poems contained in this collection are incredibly vulnerable and range from light hearted and funny observations to intense deep emotions and everywhere in between

Please reach out to your local crisis center if you are triggered in any way or feel in danger,

and please make sure to enjoy some of the cute, sweet and fun pieces as well 😊





# **Writing & Living Your Dreams**

## **Book of the Year**

When I opened the new book of the year  
I was excited  
I could feel the energy radiating from it with all the potential  
I was filled with hopes and dreams and ideas  
I couldn't write them all down fast enough  
My writing was scattered  
Sentences unfinished  
Words incoherent in places  
But excited energy filled every word  
Until it couldn't

When the writing came to a dead stop  
I stopped  
The words wouldn't flow  
Tears soaked the page  
Darkness filled where there was light  
And I stopped  
I knew I had to keep going  
I couldn't keep stopping  
Because I might not start again

Feeling overwhelmed with a sense of loss  
A void inside I couldn't fill  
So the darkness took care of that for me  
It filled every corner  
It took everything over  
All I could see was the blackness all around  
I let the tears fall  
I let them shake my body  
I let them release all the pain and despair  
Until I stopped

I had let it all go  
Everything that was eating me from inside  
The handcuffs no longer shackled me  
But the marks from them remained  
The place I didn't need to go again  
Knowing it was my choice  
I looked up and let the light of the full moon  
Fill the blackness

The light touched every corner of my being  
While my heart still had a hurt hangover  
It was beginning to feel lighter  
Laughter and love were the Band-Aids  
With friendship I can heal  
I can find the song of my heart  
I can remember the familiar tune  
Those I love sing it back to me  
Until I feel my own strength back  
To sing it to myself  
I will sing it soon again  
Sing it at the top of my lungs  
And I will be ready with my song  
If the blackness comes calling again

## Take the Leap

And we get to a point where we reflect on what's really important in our lives

What we want from life, what we are willing to accept, and aren't, and where we want to go, and what we're willing to do to get it.

These questions don't come lightly but damn are they worth it.

And they will be worth putting every ounce of your being into once you start getting a taste of those goals coming through.

If your passion is anything like mine, you aren't going to let anything stand in your way.

Because I'm telling you it's not an easy road, or a short road, but it's worth it.

Seeing my dreams starting to come true, slowly, once piece of the puzzle at a time, has brought me to tears. Losing things along the way so better things can come together, has been a bittersweet blessing I wouldn't trade for anything.

The strength I'm finding inside me to persevere I never thought I had it in me, and I've had some pretty hard tests along the way where I thought my strength was maxed. But guess what? Somehow, I've tapped deeper, and found even more!

What an amazing thing! And I know everyone has that in them....if they want it bad enough. But you have to want it, with every pore in your being, every ounce in your heart, every fiber of your thought. It must drive you and pull you towards it whether you want to or not.

“Writing is the only thing when I'm doing it, I don't feel like I should be doing anything else.” I heard that phrase and something clicked. What a wonderfully simple way to put it, and it's so true. If when you're doing your passion, you are so immersed and so happy, and so content and fulfilled, you need to make that happen. You need to find a way to make a career for yourself out of that. You will succeed. Just have faith.

## **Trusting the Process**

Energy flowing from my fingertips  
Building beautiful worlds through my pen  
Colourful visions scratched in black and white  
Pouring my soul through ink  
Trusting the process of what I need to do  
Knowing my intuition is right  
And I can be content in my choices  
Balancing emotions and rationalizations  
Finding peace between extremes



## Book of My Life

When I open the book of my life  
The pages await  
I scan through them scribbled in a hurry  
Some of my writing I don't even recognize  
The words seem to be written by someone else  
There are long pauses on some pages  
The weight of that silence I can feel in my bones  
Crackling and heavy my attention lingers on them too long  
Judgments fill the pages and my thoughts  
Broken and interrupted  
Tear stains between hurried frantic words  
I don't know the sign posts  
But I feel the pain  
Wanting to shut the book and be done with it  
Instead I keep turning pages  
Trying to find the blank pages  
Through the ripped and tattered pieces  
I keep turning the pages  
Rereading the pain over and over  
Filled to every corner  
Chaotic words scribbled words drawn out words  
Few and far between the words are still neat and calm  
Begging to stay on these pages  
I know I must keep turning  
Finally, I find the blank ones  
So many blank ones  
I feel silly for being overwhelmed  
I let go of the pain of the previous pages  
I let go of the still calm  
Holding with me their lessons  
I continue to fill the blank spaces  
Trying to write neater  
But knowing the book doesn't judge  
Accepting the messy pain of my hands  
I look with hope to the many pages  
Left in the rest of my book





## **Motivation & Courage**

## Home

When coming home to familiar places they aren't familiar faces  
and even the buildings have now changed  
but the streets are the same ones you knew, so some how, some  
HOW it still seems familiar  
Even though nothing in your heart does.  
When you've worked hard all your life to find the true meaning of  
home and build what it means to you in your heart  
And you realize all those messed up meanings you were taught  
before, were just that,  
messed up meanings of the past.  
And it's okay to let them go.  
Because you've built something much more beautiful for your  
stronger heart now,  
This is what you've been building for,  
This is not a dress rehearsal, it's life.  
and you're creating it, stronger, happier, healthier than you were  
ever brought up for.  
These streets may seem the SAME worn out ones in your memories  
but they aren't the ones meant for walking now  
You are destined for the new yellow brick roads you're lying  
and don't click those heels together  
because there is no place like home anymore  
Home is where you define it to be  
not where you're told it should be  
And all these familiar old town streets aren't big enough for you  
anymore,  
your heart has far outgrown the devastation left behind on them now,  
so shine that golden beauty bright,  
it's time to get out of Kansas

## **Burning House**

In this burning house  
My memories are turned to ash  
They will not be resurrected like the phoenix  
Leaving the past behind  
Living for the present  
Fully present in now  
I wander from room to room  
As the house burns down around me  
The floors I grew up playing Barbies on  
The walls that housed the secrets for years  
Protecting myself from all the tears  
Watching the memories burn down around me  
Knowing they can no longer hurt me now  
Feeling stronger with them gone  
The cloud over me has lifted  
The handcuffs of pain released  
So I can watch the memories fade  
And my heart heals  
I find comfort in their destruction  
So many memories I've watched fade over the years  
No longer serving their purpose  
Unable to destroy me any longer  
I am the phoenix moving on from it all  
Reborn brighter and stronger  
Full of life again

## **Shake it Off**

Like linen sheets the rain is caught  
By the streetlight in the wind  
Ripples of wet, blanketing the earth  
Much to the delight of an excited doggy  
And the dismay of his cold owner  
Letting go and embracing the water drops  
Accepting the inevitable damp conditions  
Fills me with freedom to embrace the moment I'm facing  
Like my doggy shakes the rain off his back  
So can I, with my stresses and worries  
After all, they are just forms of precipitation in our lives  
And I would rather shake it off  
Than try to stop the flowers from growing

## **Shadows of My Own Mind**

Forgiveness shines a light on the dark depths of my soul  
Looking down at the handcuffs  
That have created deep scars on my wrists  
I realize that all along they were attached to nothing  
And the key to the doors keeping me imprisoned all these years  
Was right there waiting in the lock, that was never locked  
I had always perceived the doors locked tight in front of me  
As I moved to open them, the doors flung open and the handcuffs  
fell off  
I realized my freedom lay steps ahead of me  
As long as I left the locks behind  
With a deep breath of forgiveness  
I moved toward the light that had been waiting all this time  
Just beyond the shadows of my own mind

.

## Meeting Destiny

Standing in front of my destiny  
For so long it felt like Deja vu  
Have I been here before? I seem to recognize you  
But in that foggy way  
Where you don't really want to say anything  
For fear it's not really who you thought it was  
And you'll just stand there looking like an idiot  
Except that I AM the one who's been standing there looking like an  
idiot all this time  
Destiny? Why didn't you say anything to me?  
I know. I had to figure out who you were on my own.  
But damn you sexy sly mistress. Not even a hint?  
I know. I was just too blinded by your intrigue to notice what was  
staring me in the face all along.  
I've been shy. Flirting with you all this time. Unsure how to  
approach you.  
You are quite intimidating you know.  
But if I'm going to enjoy the benefits of knowing you, I can't just  
dance around and be coy anymore.  
Destiny, I want you. All of you. Everything you have to offer.  
Please be mine.  
I only hope I have not lingered too long at the bar  
And motivated you to go home with someone else.

## Trusting My Wings

Sitting peacefully on the edge of a new beginning  
I peered out the door

I had opened it but was unsure what to do next  
I paused at the open threshold and waited breathlessly

What was I waiting for?  
I had opened the door  
This was the new beginning I wanted

But my feet felt heavy, cemented in place  
I couldn't move forward  
The threshold was calling and didn't seem that intimidating

But it was all so new  
Change is scary but I know it's the only thing guaranteed in life  
You'll get run over on the road to success if you just stand there

And here I was just standing  
I had planned this road  
I knew my dreams awaited

On the other side of my fear

I took a deep breath and found that peace back  
From when I was standing on the edge  
Letting it fill my whole body

I jumped through the open door  
Realizing as I did, I created these magnificent wings that guided me  
gently down  
Into this brand new beginning that's been waiting  
I knew that with these beautiful new wings  
The sky wasn't even the limit  
And I could go anywhere I could dream of



## **Sing to Me**

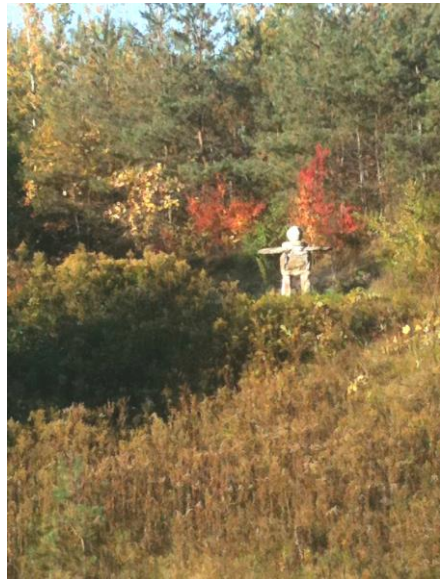
Sing to me the words of the songs in my heart  
The ones I used to know by memory  
That now I seem to have forgot  
I want to sing those songs again  
The ones that could put together  
The millions of little pieces  
That have completely broken apart  
I need to sing the songs  
To heal my soul  
The ones that could pick me up  
That could lift me high above the sad & lonely  
Finding the words to sing from my heart  
The songs that have lost their voice  
That I once knew without missing a beat  
Singing them out to the steering wheel mic  
The only place I truly feel comfortable doing so  
Hope that for one more day I will know that joy & freedom  
Once the millions of little pieces find their way back together again

## Life on Life's Terms

I miss those frivolous carefree days  
Before life and responsibility snuck up  
When stressed was merely desserts spelled backwards  
Mmmm.... desserts like cheesecake with strawberries  
The days before bills and working 9-5  
Or rather 8-6 or 7 some days...  
Before demanding alarm clocks with their teeth grinding buzz  
With days of time lines and deadlines  
I miss days of drawing lines in the sand  
This is where you can play, this is my spot  
And don't you dare cross that line  
Or you'll be fired?  
Will I at least get severance or pay in lieu?  
New lines...the unemployment lines  
But instead of enjoying the free time to play  
There's resumes to write, applications to fill out  
When days of building forts and snowmen and having snowball  
fights  
Are replaced with writing essays and exams and having relationship  
fights  
It's all just the precursor to endless meetings and status reports and  
dealings with HR  
Somehow hair bows and dolls  
Become dress suits and laptops  
It almost seems overnight  
When really it's not,  
it's just your perception of time changing as you get older, you get  
reassured  
But somehow, that's not reassurance at all  
Your life seems to be picking up momentum  
Days becoming weeks becoming months, years  
And you just want it all to stop  
Just take a break for a moment  
While you savour that cheesecake....with strawberries

## Whispers of Peace

A calm cool comes over her  
A peace she's only seen a few times before  
Her body settles into this new rhythm  
Embracing the goose bumps forming on her arms  
She can taste the stillness in the air  
Feeling like a comforting blanket around her  
Wrapping her in warmth  
Dispersing the goose bumps from before  
Holding her breath waiting  
Uncertain how to handle this new sensation  
Breathless wondering when it will end  
Hush child, peace whispers  
Envelop yourself in me  
Relax and enjoy  
You deserve this  
It's all yours  
With a deep breath, she sighs  
This is what she's been waiting for  
For all her days  
This is what she's holding on to  
For the rest of her days



## **Starfish Lessons**

Life will speed right by  
If you let it  
Being fully present  
Will allow you to look back  
Fully aware of 20 years of memories  
Sort through and discard the pain  
Taking the lessons  
Alongside the smiles  
Everyone is here but for a moment  
Yet they treat life as permanent  
Embrace the moments  
For they will serve as comfort  
Through life's ebbs and flows  
Not every starfish is brought back to the sea  
Some bake in the hot beach sand  
While others are carried to the depths forever  
The ones that keep riding the waves  
Enjoy every splash  
For they won't know  
When the next wave  
Will be their last

## Finding Serenity

The butterfly came gently over the wall  
I peered over to see where it came from  
I saw a beautiful garden, peaceful and bright  
I wanted to hop the wall and explore  
But rationalizing told me no  
It's not mine to explore  
It's not meant to be seen  
Trespassing for freedom  
It longed to me



I walked along the wall seeking an opening  
Where there was none  
I was locked out of my own freedom  
By walls I seemed to have formed  
To get to this beautiful garden  
I'd have to learn to cross this tall stone wall  
Between me and paradise  
There were no tools laying around for me to use  
I had to seek inside for the solution

Stone by stone I climbed the wall  
Overcoming each obstacle weighing me down  
Keeping me from this wonderful place  
I know if I carry these stones with me to tranquillity  
I will build the same walls and never be able to find my freedom  
As I climbed, I thought about where each stone came from  
Meditated on it, and left them behind

Finally reaching the top I could see it all, the beauty that awaited  
I had to listen to my intuition and take the leap  
Not looking back on the climb completed  
But looking ahead, excited for serendipity

The butterfly came back and landed on my shoulder  
Reminding me that I must want to fly so badly  
I'm willing to leave behind the caterpillar cocoon of familiarity  
And build my wings with faith that I can trust myself  
Listening to my instincts and leaving outside opinions behind  
Like the weathered old shell of the cocoon  
I no longer need that outside protection  
I can soar on my own like the beautiful butterfly I am in my soul  
Trusting in life, my skills and my heart

## I Write

I looked out at the winter night  
The moon cast such long cold shadows  
Over the freshly fallen snow  
The deer tracks ran away into the forest  
Long strides with another set in close pursuit  
A chase.  
But no blood.  
She had not been caught  
Yet.

Everywhere tells a story  
Some more gruesome than others  
This chilly winter night tends toward a lonely tale  
As my pen finds its way to my heart  
The heated blanket provides only topical warmth  
And the fire still doesn't reach down into my bones  
The crackle of it like bones splintering  
But luckily I'm not that cold yet  
I cuddle up on the couch with the blanket and my notebook next to  
the fire  
And let the pen scrawl across the page

It travels to my depths  
But it comes out hollow tonight  
A tear falls cold down my cheek  
Pain  
And hurt  
They try to escape any way they know how  
They need some way out  
A constructive way  
Without hurting too deep  
So many familiar ways  
Hurt so deep  
I don't want to go back there again

Pausing

I stare into the fire

So many different ways

Turning my back on one, I found another

And another

I learned so many ways to harm ones soul

Trying to pick up the pieces is taking so much longer than smashing  
them to the ground did

Why don't they know not to smash them to the ground?

It all could be saved if it's not broken to begin with

But now I write to mend

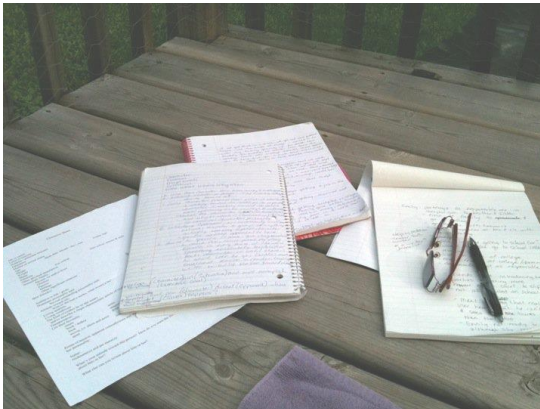
I write to heal

I write to share

I write to love

I write to help

I write for me.



## **I won't let the world change me**

You can tear me apart bit by bit  
Kick me down right to my knees  
But I won't let you change me

You can challenge my morals  
Pit me against those I love  
But I will stand my ground  
Because more than ever I'm learning  
Who I am and liking that person  
More and more every day

You can push me around and bully me  
You can threaten it all but can never take away  
That which is truly important in my soul

You can stomp on my heart  
And laugh while I'm down  
But you better enjoy it while you can  
Because I'll be getting right back up soon enough  
And you better look out  
Because I won't let you change me



## **Train Wreck Transitions**

Train Wreck Transitions

Changing courses, calling courage

The only real constant is knowing there is none

So at the fork in the path,

Which way to choose?

I am the conductor in my life

And I won't settle for this turning out a train wreck

Like the little engine that could, I can.

Fear has no place on the tracks

Full steam ahead, this locomotive isn't stopping

Cross country adventure of courage

Living life and learning lessons

Exploring experiences fully and completely

Determined to live out my desires

Happily helping others

Humbly doing what I can

Finding purposeful peace

And myself along the way

Clickety clack. I won't look back.

## Whispers

It's what whispers your name at night  
It's that little voice telling you you're worth being loved  
It's that part of you that knows you deserve the best  
I'm worth it, it says  
I can do it

It's what whispers your name at night  
A comforting companion letting you know it will be alright  
Whatever stresses, problems, chaos may arise  
The struggles placed in your path  
You will come out on the other side  
The storm will pass and the sun will shine  
The rainbow of hope will appear  
Helping you hang on another day

It's what whispers your name at night  
Telling you you've made it through another day  
Proving to you once again you have the strength  
Strength you didn't think was in you  
But somehow were able to find anyway  
Courage to face another day  
And leave the tears behind  
That little voice can be a voice of comfort or torment  
And personally I've let it torment me long enough  
I've had enough and I'm taking back my life  
I am not these limitations I've placed on myself for so long  
I do not need to be tied down to fear any longer  
I've been proving again and again  
When I step up and try  
I can climb mountains  
All I have to do is take that first step toward success  
Make that choice

Today I choose happiness  
Even on the bluest days  
I know I'll be alright  
And there are brighter days ahead  
Because of the work I've done  
When that voice of torment tries to come back  
I can tell it I'm not going to listen  
And choose to go down the path to happiness once again  
Feeding my soul with nourishment  
Listening to that voice that whispers to me in the night

## Country Soul

Longing for the freedom of the country road  
Off beyond the skyscrapers and highways  
Where the streetlights turn into stars  
And the fireflies are the night lights that light up the air  
Replace these buildings with trees and light up my heart  
Branches reaching to the unlimited hope and possibilities  
Off into the clear blue sky of my soul



## **The Shadow and the Light**

I choose to embrace that which life has opened me to  
I will not run any longer from my own shadow  
For it is always with me, and will be my only constant  
A friend that never leaves

The shadow is formed because there is light  
And I choose what to focus on  
I do not have to give my shadow my attention  
Although I know if I do, I will learn valuable lessons  
And my life will be richer for it

My life is my own and I get to choose how I want to live it today  
I can maintain comfort and familiarity  
Or I can step to the edge of the cliff and test my wings while I fly  
Feeling the wind rush past me on my adventures  
Sure beats improving the bum dent in the sofa

I have dreams and goals and I want to breathe life into every corner  
of my existence  
I choose to live the depth and width of my life  
Knowing the more chances I take, the more I will fail  
But the more beautiful opportunities I will have to succeed and make  
my life all I hope for

I let my shadow have my fear  
But I make it clear that's not the way I'm facing  
I move toward the light  
And I embrace the light that's been waiting for me  
On the other side of my shadow

A butterfly flies past, encouraging me to follow  
And I oblige, looking forward to the next adventures that await

## Night Life



The neon hawks fill the skies  
With scrapers stretching to the  
clouds  
Eerie shadows lurk in the dark  
While the hustle stays  
bustling under the neon glow  
Sweaty silhouettes return  
from the gym  
Business suits engorged with  
their own devices  
Tuning out the world until the  
last moment of the day  
The streets come alive at night  
With a different kind of soul  
This is the night owl's  
territory  
Where the city never sleeps  
And life of the night doesn't  
meet day

## Decisions

When I stood in front of the open door  
I looked out and saw all the way to the horizon  
It seemed so far away  
Yet like in a mirror  
I knew objects were closer than they appeared

Wanting to run and keep on running  
I knew that wouldn't get me where I needed to go  
I knew that what I needed was closer  
Although my fear was blinding me to it

I didn't know which step to take next  
This open door seemed so inviting  
Yet terrifying at the same time  
I could see the horizon  
But I didn't know where it was  
Or what lie between me and there

Would it be rocky?  
Or would there be unexpected things hiding  
Over the hills and behind those trees  
So full of questions  
Instead of trusting where I needed to go

Always trying to control and map everything out  
Instead of going with the flow  
Obviously the door is open for a reason

So I ventured a step through  
And the world didn't come crashing down  
So I took another step all the way

No sooner had my foot touched ground  
Then the door closed behind me  
The universe was trying to tell me  
I didn't need to go back  
I can trust this decision forward  
And keep exploring all I can be

What a grand adventure awaits in the unknown  
It's apparent that everything I need  
Is on the other side of my fears

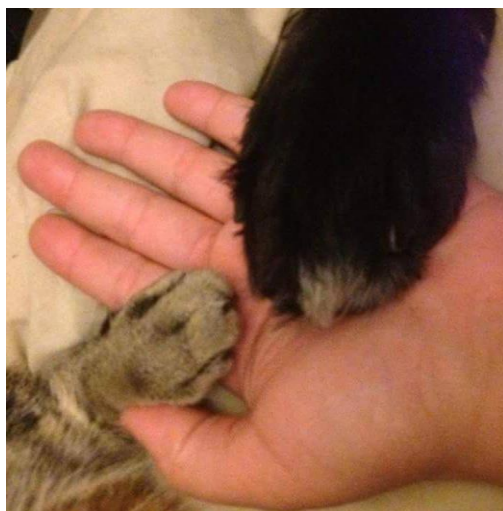
Taking a deep breath  
I ran down the hill  
And peace and freedom were what was waiting  
Just beyond my sight  
And fear



## **Family: Love and Loss**

## My Furry Family

My family members are furry  
They walk on four legs  
Always there to give me a hug  
Their calming presence never far  
They mean the world to me  
A concept some don't understand  
Until your heart has been touched  
By the unconditional love of a tiny paw  
You won't truly know the love that's possible  
Those who get it, get it  
And this goes out to all the humans  
Who have fur on all their clothes  
Toys littering the living room  
A bank account a little smaller  
But a heart overflowing with more love  
Than you even know what to do with  
My family members are furry  
And I wouldn't trade their love for anything





## Missing Puzzle Piece

I stepped like a pixie onto the pieces hearing them crunch under my toes  
I remember the days when he'd have a puzzle spread across the table  
and I'd always hide one piece  
Just to be sure that I was the one to get to put in that very last piece  
in  
He always called me a trouble maker  
And I would just giggle and smile slyly at him behind my fiery red  
curls  
I'd always hide it in the box where I was sure he'd find it  
But he never did.  
Now feeling the pieces beneath my toes  
I feel like I'm squashing the memories down  
Burying them deep in my soul where they don't have to be felt again  
Where they can be locked away safe for another 10 years  
Picking up the pieces and putting my life back together again  
I realize that the gnawing deep inside  
Searching through the world around  
I've been searching for my missing puzzle piece  
The one life has seemed to hide on me  
But I don't know where to find the box.

## **The House that Built a Woman**

And the house sat in decay  
Where memories once lived  
Down at the dead end street  
Of the laneway once frequently travelled  
The walls now stood dying  
Encasing the love of the family that made it a home  
With the knowledge and skills they had at the time  
Doing the best they could with what they had  
At a troubled time for all of them  
Hurting each other while just trying to survive  
And live life the only way they could  
Raising a little girl between tears and yelling  
Hugs and homemade meals  
Running away in tv shows and crossword puzzles  
Hectic work schedules and long deliveries to the north  
And barbies who didn't know why  
They fought with each other when playing make believe  
Now those memories live in precarious pockets  
In the fragile minds of those that lived them  
Few daring to speak them  
Or even try to understand why  
But to heal the decaying walls of my heart  
I dare to speak and dare to look and dare to heal  
Because it's the only way I know how to live my life today  
Refusing to keep running like the days before  
I've put the barbies away  
And am done playing make believe with life  
But I still dare to dream and go after those dreams with my soul to  
make them reality  
Because today I know the difference of escaping  
And hoping for change...

## Lost Souls

Abandoned houses have a look about them,  
like they've lost their soul

The walls of the castle were broken down  
The very things meant to provide protection  
Were no longer able to do their job  
How was she to know what to trust anymore  
If she couldn't even count on the safety of her home?  
She sat in the foyer of a once beautiful palace  
Looking around her at the shambles and mess  
A tear formed in her eye  
She reached for her embroidered pink handkerchief  
To wipe the overwhelming sadness away  
It merely did a surface job  
But much like if the castle were to ever be refurbished,  
It only heals the outside.  
Her hopes and dreams once lived here  
She was never the same after her mother left  
It's as if the heart of the home was broken  
A little girl in spirit she ventured forth to the world  
Too small to understand, too old to find a new family

## A Daughter's Worth

A doll house  
A play house  
Where all too real stories are acted out  
By children who don't realize  
The adults want them to censor  
What their little ears have heard and little eyes have seen  
Before relaying those seemingly make-believe stories  
To the world

A play house  
Where miniature lives take place  
At the grasp of miniature hands  
Telling of far to unminiature problems  
Why did Ken shout at Barbie?  
Because Barbie didn't do as she was told.  
Why did Ken hit Barbie?  
Because Barbie was in the wrong place at the wrong time  
And didn't know it.  
But little hands and little ears and little eyes don't realize  
The seemingly make-believe stories  
Will have an everlasting impact  
On their very real life  
For very real days to come  
As a new daughter watches  
Her father's hand on her mother  
Becomes her husband  
Becomes normal  
And accepted  
Raised voices become tolerated  
As her daughter plays with her doll house  
And escapes into her miniature world  
Just like her mother did  
Years ago  
Cycle repeated, nothing changed  
Until we teach her and give her  
A new daughter's worth

## Daddy's Little Girl

As she runs out of the lake after an afternoon of swimming in the waves

He wraps her in a towel to protect her from a chill coming off from the water

He wishes he could protect her from the world so easily

But for now, he will start with an over-sized beach towel around her tiny body

Covering her bathing suit from any future boys that may look in her direction

Even though she's only five

He doesn't want his little girl to grow up so fast

But as she runs off snuggled in the towel he wrapped around her like a shield

She's now pretending it's a super hero cape as she joins her friends

And he smiles because she will always be the hero of his heart

His beautiful baby girl



## **A Father's Guidance**

He takes his little hand cautiously from the parking lot,  
Careful to look both ways.  
He's taught this to his son to protect him  
And he hopes he remembers when they aren't together as well.

But when they reach the grassy hill,  
The small face looks up at his elder with eager anticipation,  
And with a quick nod of the head, they break into a run,  
All the way down to the water,  
Giggling to each other without hesitation,  
Unable to brake, they run right into the water,  
Up to their knees, and look at each other and smile.

For this is the type of moment, days like today were made for.  
As the hot sun shines overhead in the clear blue sky  
Where father and son have the entire day ahead of them to spend  
together.

And the rest will be left to trust,  
That parental diligence has crossed as many of the T's  
And dotted as many of the I's as possible,  
And our kids will be okay in the end,  
And truly, we have done our best  
Because now, we just need to savour all these moments together.

## **How he signed his name...**

This is how he signed his name  
A squiggle with a loop  
I could never understand why he signed such a mess

My mother's was so neat, proper  
With a strikethrough to cancel it out  
So she taught me and I followed  
That was how I signed my name

And then life happened  
Many signatures and carpal tunnel later  
I follow in my father's footsteps  
In more ways than one

My signature is now also a squiggle with a loop  
Signing underneath him for the car  
It became apparent how much like my father I am  
We chuckled at the absurdity  
My signature still much sharper  
His more flowing and relaxed  
But looking so much alike  
Just like the smile from which the chuckle came from

The workaholic who always tries to run  
I've learned from the best  
The one with the all too big and giving heart  
I've learned that too from the best

Thinking he was mostly absent all those years  
But he was still in my heart  
Silently showing me I didn't have to follow her way  
And reminding me deep down there was always a better path

## **Father's Day**

What do you get for the man who...

Carried you on his shoulders when you were little?

Shared the pistachio pudding with a spoon line in the bowl?

Humoured you when you needed a human body for teddy bear school?

Sat for hours at the kitchen table trying to explain integers?

Came with to all the stores to buy the princess prom outfit after mom died?

Sat by your side in the hospital when you were scared, as you watched your life crumble down around you?

Continued to stand by the side of his little girl, that wasn't so little, even as you pushed him away?

Shares a seemingly endless supply of life's insights and moving help?

Has been your biggest cheerleader as you've continued to put your life back together?

What do you get for the man who you have more respect for than anyone else in the entire world and have your heart brimming over with more love than you even know how to express?

## **A Grain of Sand for the Most Special Man I Know**

I want to do more than write JUST a poem for my father.  
For as wonderful, large and grand as poems are,  
They don't even begin to hold a flame to this man.  
Although I have heard some, that make me stop, make my jaw drop,  
and leave me breathless,  
They only begin to come close to what he deserves.  
He deserves a standing ovation from a Skydome sold out and packed  
full,  
You know, from the Blue Jays World Series type days, back when it  
was the Skydome.  
His face large, and smiling on that jumbo-tron.  
Although, he's also one of the most humble men I know,  
So that smile would probably also be large, red and bashful.  
I don't know if he even realizes what a very special man he is  
sometimes,  
Because he does so much for everyone from such a deep and giving  
place in his heart.  
You know, that one where you never expect anything in return,  
But in reality, deserve to be given the whole entire world?  
So selfless, so compassionate, so loving,  
This is the man I look up to with all my heart.  
He's been the most wonderful role model I could ever ask for,  
Once I cleaned out my ears and opened my eyes and started paying  
attention.  
I don't know how you tell someone so special how much they mean  
to you,  
And how everything they do is appreciated more than there are  
words to say,  
Because I know this poem is only a tiny grain of sand,  
On an entire beach full of thank yous.

## **Painful Demons**

Demons facing Daughters  
Dancing daunting in the dark  
Shadows  
Skulking and lingering  
Lost hearts searching for  
Healing  
Hoping one day  
The dawn will come and clear  
Her heavy heart  
And the burdens won't  
Beat her down for any more  
Days  
Again

## **Mother's Day 2010**

This year marks the 10th Mother's Day without you.  
I really don't know what to think, say or even do.  
I remember 10 years ago when your magnolia just wouldn't bloom,  
It missed you too  
I think it's safe to assume.  
There have been so many mixed feelings over the years,  
Anger, laughter, confusion and a lot of tears,  
Tears of sadness, joy and bittersweet freedom.  
Acceptance for everything has started to come.  
Although the path to get here has been long and hard,  
And it hasn't been easy letting down my guard,  
It's been so worth it, to be this new person.  
With these old toxic ways you taught me, I'm more than done.  
I kiss those painful memories goodbye,  
And finally let go a deep and healing sigh

## **Musical Memories**

It's been a fortnight of years and my head doesn't feel more clear  
I still struggle as I did then, gaps and blackouts clouding the path I'm  
trying to take  
Pain marring the journey and plaguing the healing  
Tearing the wounds open as they seem to make progress  
Like skips on a vinyl record, interrupting the flow of the song  
I can't keep my rhythm going and dance smoothly with life  
Even from the grave, all these years later, you trip up my step, no  
matter how I try to keep waltzing  
Memories plague and persist on throwing in the cha cha where the  
song doesn't call for that tempo  
It never called for that tempo, yet you changed the record to suit you  
every time anyway  
I'm done dancing to your old worn out tune, I never liked your  
music as much anyway  
It's time we updated it with some of my rock, I'm playing my mp3  
now that you never even knew  
Times change even when you never wanted to  
Poignant your death, with today's increasingly rapid society, you  
never would have kept up  
The millennium changed and buried you with it  
Now I just need to bury your memory and hurt with those cassette  
tapes and records in the past where they belong  
And stop carrying their burden in my life, because these days I dance  
to a different tune  
One you would have never learned how to play anyway

## **the Woman named Tomorrow**

There was a woman named tomorrow  
She never lived for today  
She thought about the happiness she would attain...  
...Tomorrow.  
She was familiar with the misery of today  
And longed for the day when tomorrow would come  
She knew there had to be better days ahead  
She just had to get there  
Every day the rain poured down  
And she complained and wailed  
“When will I get a break?! When will it stop?!”  
Sadly one day the woman died  
Her life she never lived  
She was too busy focusing on what was going wrong  
And she never learned to dance in the rain.

## **The Greatest Gift of the Season**

The coloured leaves have all fallen  
And blanketed the earth  
While now the sparkles twinkle and light up the houses  
Like winter fireflies dancing in the holiday night  
Waiting for the festive time  
When families gather around the fire  
With the warmth of their love  
Singing sweet carols  
Giving each other the greatest give of all....

.....Time



## **Relationships: New Love**

## Summer Love

There's something about summertime  
When the days are lazy and longer  
And the sun calls for you to relax  
Walking along the beach  
Fingers intertwined with that special someone  
You can swear your love will last forever  
And in that moment  
No one can tell you otherwise



## Romance in the Air

A couple on a picnic blanket  
Looking so deeply in love  
Not caring about anything else in  
the world  
Beyond each other's passionate gaze  
A simple touch, caress on the arm  
Lets the other know that caring is near  
She leans in against him  
He wraps his arm around her shoulder  
They look into each other's eyes  
And the air turns electric

## **The Unexpected**

As the Doobie Brothers belt out from the AM radio, I watched the water lapping against the dock, playfully teasing and calling me into its cooler depths. That summer had been unusually hot and humid, the kind where the air clung to your skin, choking and not letting you out of its grasp. It was thick to move through, with no sign of relief. Beads of sweat collected on the surface of the suntan lotion greasing my skin. I scanned the horizon, hopefully, for any sign of a storm cloud of relief. When satisfied that none were to be found for miles, I dove into the water, giving in to its temptations.

As I pushed further down into the depths, I became increasingly aware that something was missing. The bottom of my bikini must have snagged on the dock as I dove in because I realized I was no longer wearing it. Shocked, I gasped and panicked for the surface. Swallowing gulps of lake water and choking, I reached the surface coughing. Bewildered, I was pulled up by a strong arm and greeted by a thick southern accent that asked in concern, "Are you alright miss?"

In more bewilderment, I stammered, "Yes, yes, I'm fine," and I nearly fainted when he handed my bathing suit bottoms back to me and I remembered what caused the situation in the first place.

## **The Magic of Time**

The chill in the air is a reminder that we're in the home stretch of another summer gone by. The days quickly grow shorter, the trees begin their colourful fashion show. Soon the familiar little voices playing in the parks will be shushed to bed early again.

Have no fear little one, everything is a cycle.

Just as winter will come again, so will the spring and another summer will again follow. These days may be nearing their end for this year, but next year will be full of promise of lakes to swim in, and bikes to ride. You will soon learn that each cycle comes quicker than the next, almost seeming to blur together as the years start speeding by.

Until you find that one special person that makes time nearly stand still, and moments etch in forever. Your gaze falls on them, and for that moment, nothing else matters...

Your heart stops when they are near, and your breath catches.

Love warms your heart, even on the chilliest of winter days.

You feel like the luckiest person in the world, to have captured time in your heart

and to have learned how to bottle a moment for eternity in your soul

## **Home for Christmas**

Music excites my soul like it does each year  
The tinsel and lights sparkle and decorate my heart and home  
The scent of cookies baking fills my kitchen and tummy  
Presents and brightly coloured wrapping cover the floor  
This year is so different though  
Because instead of watching Christmas from the sidelines  
You've brought me into its heart and yours  
And I look on with a wonderment like never before  
I'm not scared to get too close  
Because I feel safe wrapped like a present in your arms

## **Memories by the Fire**

The flame crackled and popped near my feet  
I looked at the way the light danced on his features  
As I was wrapped tight in his embrace  
I couldn't think of a place I would rather be  
This truly was the best Christmas yet  
I wanted to stay in this wonderful place for always  
To keep myself wrapped in the beauty of this moment  
Outside the wind whipped at the windows  
Reminding us of the colder weather that was out there waiting  
The magic of our experience was inside these four walls  
And outside our bubble of contentment, the world was lingering  
So for now, we took full advantage of our time together  
And enjoyed every breath in each other's arms  
For memories can't be bottled  
But they can be held forever in our hearts

## Simple love

Just let me love you more than a bee loves a flower because without some sort of simple love and hope, much like the bee without the flower, and the world without pollen, I might go extinct

I just want to open my heart to silly simplicity and happy wonder and believe magic is possible, and stars are night lights in the sky that the universe left on for their teenagers who are out too late on their first date

I want to dance with you among the raindrops as they tickle our noses and watch crickets hop over our toeses while rainbows glimmer in the battle with the sundrops as they appear sparkling in the corner of our eyes

I want to give you my heart if you promise not to break it, like a plate at a Greek wedding, but instead treasure it as if it were a part of you beating in time with yours, but without all the gooey guts and gushy blood cause that's messy and I certainly don't want to clean that up

But know that I love you. With every bit of my brain reserved to love another human being. Because it's really that part of me that I love you with although less romantic sounding than my heart and less pleasant looking on valentine's day cards. But know that I love you. Now and always my darling. I love you.



## Imperfect Perfection

You love my broken pieces back together  
And call me beautiful  
I see that I can be whole again  
And I can love myself  
You smooth out the rough edges  
With your sweet kisses  
And in your arms I feel safe  
The air between us is comfortable and calm  
It's peaceful being in your presence  
I don't have to be afraid  
With scrunched noses we smooch and giggle  
My heart feels light  
Like everything is alright  
Even when I know deep down elsewhere it probably isn't  
With you, and in this moment, it is  
It's beautiful and wonderful  
The way you see love in the movies  
Or read about it in the classic novels  
Not the cheesy chick lit ones with the manufactured endings  
I mean real love  
When they knew how to write it  
Shakespearean sonnets couldn't hold a candle to our romance  
Perfect passion passing between us  
Longing for each other  
Loving and satisfying more of each other  
I want to wake up the rest of my days next to you  
Seeing that sweet smile  
Gazing into those sparkling eyes  
And holding you  
For the rest of our moments  
Holding you  
And loving your edges until they're smooth  
So we can be polished to perfection together

## Romantic Rain

Distracted and dizzy, my heart is a flutter  
I haven't felt that feeling in quite some time  
And I pause  
Am I ready? What am I getting myself into?  
Just go with the flow and have fun  
Walking in the rain and not even noticing  
How the drops seep into our clothes, our shoes, everywhere  
It's not cold, because the flutters are keeping my heart warm  
Walking and lost in conversation  
Hours pass before we notice  
Feeling like an adventurous teenager  
Exploring places behind do not enter signs  
The conversation flows and the connection unites  
Reality and illusion intertwine  
And we are taken to our own little world  
Not wanting the night to end  
We finally must part  
A sweet kiss goodnight  
And memories locked away tight



## **Love Intoxication**

When you looked at me my heart stopped  
Somehow at that moment I'd never felt more alive  
Feeling familiarity foreshadowed forever  
And my heart started when it skipped a beat  
Breathless all I could do was smile  
I was caught up in your intoxication  
Mind mesmerized by the moment  
I was under your spell  
Mystical sorcery enhancing the heart  
Wrapped up together no space between  
Longing for this to last  
Not wanting to let go  
I love you, you say  
And I'm awestruck  
Causing my heart to skip a beat  
All over again for you

## **New Love**

Leaning in, learning more about each other  
I crave to know your soul  
Our hands touch and send shivers through my body  
Feeling goose bumps to my core  
I long for your touches, your kisses, our passion  
Sensing a connection deeper than the flesh  
Wanting to linger on this moment forever  
Excited for all the possibilities that await  
The exhilaration of the new encounters  
Letting it consume my thoughts  
Savouring every juicy moment  
While still on the pink cloud of novelty  
Curious to all the future holds  
Embarking on adventure together  
Grateful our paths crossed  
Embracing the wonder  
As our hearts intertwine

## **Turn up the Heat**

Lost in his arms  
Passion in his embrace  
Feeling the heat of our sweat  
The electricity between us  
Kissing and tasting  
Our souls intertwining  
Lost in lust and the heat of the moment  
Breathlessly grabbing to be closer  
But there was no closer that we could be  
Feeling the warmth of him on my ear and neck  
Pulling him near against  
Feeling his smooth skin  
Touching him  
Wanting more

## **This Moment**

You grab me so passionately  
And for those moments I'm lost in a whirlwind of your arms, your  
lips, and you  
So sensual, so erotic  
I just want to feel this moment  
Your breath, your touch  
It's hypnotizing and alluring  
I get caught up in the goose bumps of your soul  
Your kiss pulls me in and I'm hooked  
Time flies and I don't notice  
Because all that matters is this moment in your arms

## The Cabin

I opened the door and felt freedom to my heart. The air outside was cold and crisp which was a stark contrast to the cosy cabin I'd been snuggled up in all day by the crackling fire. As I stood in front of the open door, looking out to the vast white sparkling field, I took a deep breath. Untouched beauty, the snow fallen from the night before. The snowmobilers haven't ripped into the perfectly dusted cream puff in front of me. Pine trees were iced and sparkled in the sunshine, I just took it all in. Every muscle in my body was relaxed in contentment.

"Sweetie?" I heard call from inside, "Are you heading out? You're letting all the cold in. Come warm me back up again....."

With an invitation like that, how could I resist? I closed the door gently, and returned to the warmth of the cabin where my lover lay waiting. Every curve was accentuated from the light of the fire and she just looked stunning. I paused, wanting to take in every inch of her beauty.

"Come," she said simply. The words formed perfectly on her soft lips. She knew just the invitations I couldn't resist.

I curled into bed next to her and she shivered against my cold skin. I ran my fingers along the goose bumps on her arms and shoulders. Then her neck, and I gently kissed them with my warm mouth, but it just seemed to increase them. She leaned her body against mine and I held her, enjoying the softness of her skin, her sweetness. We held each other for a moment, exchanging warmth, and I wish that moment could go on forever.

## **Relativity of Time**

I feel like time is not on our side  
Because we've started seemingly late  
I wish we could have met earlier  
And savoured all our time  
Now we measure moments not years  
We're making every one count  
In our lives together  
I love you with so many pieces of my heart  
Although I know I wouldn't be the woman you love  
Without the years and moments that led me to you  
But my heart feels like you've always been in it  
Time is a funny concept  
Certainly not one meant to be measured  
By an equally frivolous thing as the heart

## **When Your Love is Near**

Lost in a daydream of sleepiness without you  
Let's ignite a firefly and chase our love into the night  
Having our passion to guide our way  
And blaze a trail of happiness together into forever with you  
I'm not scared of the demons the darkness holds  
For I know with you by my side  
You hold the flashlight to the depths of my soul  
Guiding and inspiring me to explore  
The dark depths I never had the courage to before  
Knowing you're near I can climb the tallest peak  
And tackle any challenge  
Because I know I'm not alone when your love is near



## **Unlocking My Love**

Letting people in is unfamiliar  
I do not wish to show all of me to you  
Letting you run free with my vulnerability  
Doesn't seem wise to my timid heart  
It's built up scar tissue  
Making it tougher on the outside  
But when you can break that down  
You will see a different side of me  
Parts that will love you deeper than the ocean  
Holding you gently until you're whole again  
Passion so intense you will forget who you are  
But I will be there to remind you of the wonder  
Bringing you back from the dark parts of me  
Our hearts together, no boundaries  
Just love and intimacy, magic  
Like you've never experienced  
But when I withdraw  
Scared from letting my insides show  
Please just hold me and don't let me go  
Just love me and remind me  
Of everything truly important  
Between us and our hearts

## **Amsterdam**

It was 1969, downtown Amsterdam, when I saw him there across the square. This feeling, a connection, but who was he? We walked over to each other and it was like time stood still. Breathless and speechless we stared at each other. The smile on his face was a familiar one. It felt like I came home and had known him all my life. I wanted to reach out and grab him, hold him in an embrace. Then I jolted to reality that I had really just met this man. I can't go embracing strangers. And just like that, words, senseless nervous babble started spilling out of my mouth. At that same moment, he burst out into incoherent explanation, apologies. And reflecting on the absurdity of the present situation, we collapsed into giggles. That was 40 years ago, the day I met my Edward. We've been together ever since.

We didn't know at that moment 40 years ago that this was part of the master plan of things. We were two young lovers, with our lives ahead of us, not knowing where our paths would take us, let alone if they'd be the same path together. What a wonderful thing we had, faith that we were exactly where we were supposed to be at that moment and all our moments together. Over 40 years, that's a lot of moments!

Every year on our anniversary we travel back to Amsterdam, to that very square we met. Today we can share that embrace because we've been able to share so much more. We definitely aren't strangers anymore, but it's beautiful that we keep growing and learning new things about each other every day, always.

## True Love

Cheesy love poems don't flow from my soul  
I am working to love myself and be the me I need to be  
Both for me, and you, and us  
I eagerly await the day the stars align  
Knowing what's meant to be will find a way  
Having faith in the universe's timing...  
Can be a pain in the ass, even though I get it  
(I'm still working on the control thing)  
Improving my heart, finding my courage  
Following my purpose, and listening for guidance  
Saying yes to the little opportunities  
Baby steps as the path is revealed  
Exits tempt me along the way  
But my intuition helps me stay on track  
Learning patience and perseverance  
Letting go of fear, insecurity  
Embracing trust and love  
Knowing it's the only way  
Excited for you to join me on this journey  
So we can share the adventure together  
Complementing each other, not completing  
With true genuine love and light





## **Relationships: Moving On**

## **The Beauty of Impermanence**

No one is sent to anyone by accident  
Synchronicities lead us down the paths we were meant to take...  
The paths we need to take  
The stars align for us to meet  
The beauty of impermanence  
Is that it is not up to me,  
How long our paths cross for,  
Or for the reason they are meant to  
I am only responsible to seek out and appreciate  
The moments we intersect,  
The beautiful memories made,  
The sometimes tough lessons along the way,  
Cherishing each moment for what it is meant for  
Sometimes not having the meaning revealed,  
For many fortnights later  
It is not my job to question how it came about,  
For our paths to cross or why  
The beauty of impermanence  
Allows me to treasure each moment, each lesson, each spark  
And hold it close to my soul,  
Forever and a day

## Mildred

The old man pauses to sit on the bench near the parking lot  
He looks at the young people running all around him so active  
Kids splashing down by the water, teens playing volleyball on the  
beach, a family picnicking nearby in the shade of the trees,  
He seems sombre, introspective  
There is no rush about him on this day.  
He has learned so much in his years,  
And realized there are too many people who rush through life,  
But don't really live their years.  
He knows there are many years he didn't live,  
And he can't get any of those moments back.  
But that's not what's troubling him this moment,  
For he had a peaceful walk along the boardwalk, thinking of Mildred  
today  
And how he wished she were still with him to enjoy this lovely  
sunny day  
But he grows weary and his walks are needing to be shorter these  
days.  
He gets up and walks the 10 steps further to get in his car and go  
home  
For without resting, he just couldn't have made it those few steps  
further,  
And he knows it won't be long now,  
Until he can see his Mildred again



## **I Never Had You**

I never had anyone make me feel so sexy  
I never had anyone make me feel so loved  
I never had anyone make me feel so important  
I never had anyone make me feel so equal  
So valued so cared about

So me.

I never had anyone look at me in that way  
Or tell me those things and mean them so genuine  
So sweet and from so deep in their soul

I never had anyone make me forget about time  
And collapse into giggles and allow me to be me  
Totally and completely, whatever that may be

I never had anyone simultaneously inspire my writing  
Yet make me want to do anything but  
Just to spend a few more moments in the sweetness of his arms

I never had anyone be so accepting and make me so scared of the future  
Yet also hope for it with every fiber of my being  
And go after it with such fierce ambition and drive

I never had anyone make me realize  
What a complete contradiction I can be when I'm in love  
And how totally scared it makes me because it is so new and unfamiliar

But instead of realizing it in time  
I turned my back on love and ran  
Something that is so familiar

Because running is what I'm used to  
And I never had anyone worth sticking around for until now  
And I wasn't able to recognize it when I had it  
So I gave up and turned away  
Because I never had anyone to ask me to stay

## **Empty Bed**

I wake up groggy still wishing I was asleep  
Warm cuddled in my blanket cocoon  
I roll over and reach for you  
And my hand falls on an empty bed  
You have already left and won't be coming back

## **I Miss You**

I Miss You,  
3 words so heavy on my heart.  
Nameless Faces.  
I know who you all are much too well.  
You are not nameless to my heart  
For you have left your heart prints behind on my life,  
Never to be forgotten.  
Although gone from my life,  
Now a mere memory is all that's left behind,  
To mark the impact you had for the moment in time,  
Our paths crossed.  
A beautiful soul.  
Our lives intertwined,  
But only for a moment  
To learn a lesson, or help along the path  
Either yours, or mine.  
Ours is not to grieve,  
But appreciate and be grateful for that time experienced  
For nothing lasts forever.  
Life is always and constantly changing,  
And we're meant to experience it,  
Not simply remain fixed and waiting.  
Live it to the fullest and love everyone while you can  
Let them go when you need to,  
And don't linger longer than life allows.  
Savour the sometimes,  
And enjoy the unexpected moments,  
That will never be forgotten.

## Heat of Our Love

Your number was blocked  
And I lost it  
I lost my mind  
I lost my heart  
But you were still in my soul  
I couldn't escape those eyes burned into my brain  
Your sweetest kiss  
Do you remember the taste of my lips  
Like I remember yours?  
Do you think of me when you look up at the stars  
And wonder if I see that one there shining as bright as your smile  
The auroras dance and wave in the dark night sky  
I wish I was dancing with you again  
Our love remains unspoken  
Yet the embers still glow warm  
When we were breathing the same air  
Our hot breath ignites them again  
Like the phoenix our love springs forth once again  
The flames engulfing all of us once more  
We can't escape the inferno when we're together  
Uncontrollable the blaze rages on  
I warm my heart with the heat of our love  
Never to feel cold again  
But your number was blocked  
And I lost it  
Alone I sit shivering  
Thinking of your embrace  
Wishing I could feel it caressing my skin  
Wanting us to share that fire once more

## **The Drive**

Anxiety caught my breath  
I doubted myself  
Thought I couldn't handle it alone  
But me leaving finally proved to me  
I can do it even better on my own

Town after town, field after field  
The road stretches before me  
Fog settling, enveloping the world around  
Getting thicker, closing in on the car  
The sides of the road disappear  
I thread a path through the fog forest  
Not knowing what awaits me on the other side  
Unsure of what's beside me, or in front  
Causing me solely to focus on my path  
The ribbon of road in front of me  
I clear my head and start to relax

I can't drive the path for you  
You must find your own way  
I hope you can make it through  
And one day maybe we'll meet up again  
But then again, we may still be miles apart

## **Repeated Love**

Being strong and independent  
Proves so difficult most times  
Hearing various levels of love songs  
Reminding of what was, but is not  
Feeling sick at the thought of someone close  
Yet longing for those feelings again  
So much hurt, not wanting to revisit  
Exhausted at the thought of further introspection  
Knowing patterns will keep repeating  
Keep repeating keep repeating  
Until I learn and stop  
Ready to move on again

## **Thank You**

Thank you  
Tonight you helped me close a door on my heart  
It kept creaking open these days  
Like it forgot the cold winter wind it was built to keep out  
It would start as a small draft  
Sneaking in under the frame  
A stray thought here or there  
A fleeting memory of what things used to be like  
A warm glimpse at the way they once were  
And the draft would tug just that little bit on my heart  
When my beating love wasn't returning the rhythm  
Cold man winter would knock gently  
Offering himself but a meek intruder to the night  
Reminding the warmth you would offer  
In that empty spot on the pillow next to mine  
Arms wrapped around me  
Fingers intertwined between mine  
Memories of your warm breath on the nape of my neck  
Sends shivers up my spine  
With that the door blows open with the frigid air of winter  
Heated by the memories of us  
But tonight you helped it also be frosted by the other memories of us  
And I appreciate you helping to bring reality back  
To the little winter cabin of my heart  
So I could close that door  
And keep the cold winter air out  
And remember how to warm it on my own again.

## **On the Other Side of you**

I've found acceptance for your betrayals  
Still doesn't mean I want to see you  
It means I understand a little more now  
And have stopped blaming you for everything  
I see I didn't make things easy  
Being together took a lot out of both of us  
I don't know why we endured so long  
Maybe that answer will come in time too  
Thank you for helping me through  
Because for as much as we destroyed each other  
We were there to care and protect as well  
I don't know if I would have survived...  
Maybe I would have survived better  
Like I've grown since we've been apart  
Or maybe I would have been taken to darker places  
I will never know  
Because what's past is past  
And all we have is now  
I thank you for helping me grow stronger  
In your messed up twisted kind of way  
The struggles and pains you put me through  
Have made me who I am today  
I love me and couldn't be happier  
With the life that was waiting for me  
On the other side of you

## **Sweet Salute**

Your lies stung like a bee to the heart  
But I'm done and over you  
Enjoying the sweet honey aftermath  
Of you no longer in my life  
No drama and bullshit  
I'm learning to trust people again  
Free to fly from flower to flower  
Collecting sweet nectar experiences  
The blooms are brighter and more vibrant  
Or maybe my eyes can be more open to enjoy them now

## **A Perfect Storm**

You and I collided like thunder  
Lightning exploded from inside us  
Together we were stormy  
Apart was the calm before  
But we were drawn to keep coming together  
Such a powerful destructive force  
But we couldn't stop it  
When I tried to pull away  
You pulled me back like a hurricane  
Destroying everything in your path  
Shattering my heart like windows  
Not protected from the storm  
Left to pick up the pieces I was drowning  
You kept bringing your destruction back into my life  
Each time shattering more pieces of me  
Taking pieces of my sanity  
Fighting force with force  
I finally got you to stop  
I learned not to shy away from new storms  
Protecting the pieces I've put back together  
While learning to dance in the rain

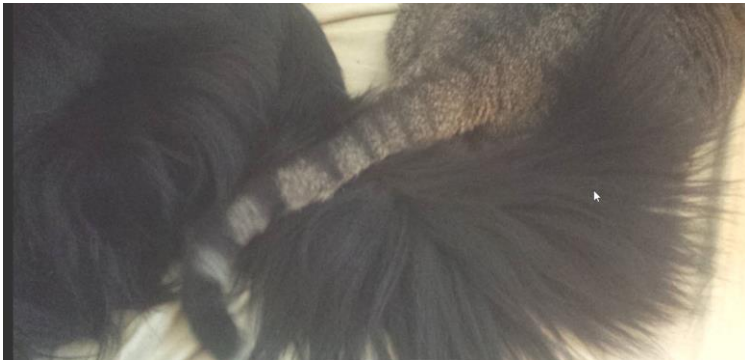
## **When I open my heart to love**

I feel unsure and almost close it back up again  
I've been hurt so many times before  
But I don't want my heart to grow cold  
Turn to ice with a wall around it  
For that will only grow thicker  
And I will be more shut off to the world  
There are beautiful people my heart connects to  
Even if only for a short time  
With the heart of a gypsy  
I get too easily attached  
When I know nothing is permanent  
It all comes for the lessons  
Both for me and for others

When I open my heart to love  
Magical things can happen  
Connections are made  
Lives are changed  
Beauty is all around

Yet when I open my heart to love  
I need to be more aware  
I don't have to open it quite as far as I do  
But I do instinctually anyway  
I can't help it  
I don't want to be like her  
So badly I don't want to be like her

So I open my heart  
I connect and share and love  
and hurt  
I hurt because I care  
I feel deeply, intensely  
Enough for myself and others  
I'm feeling for the planet some say  
But I'm done feeling so much  
Cause there is a breaking point  
And I feel like I've gone way past that  
Somehow still here  
Sort of holding it all together  
Enough anyway to get through another day  
When I open my heart to love  
I accept the healing, the happiness and the hurt  
Because as much as I may struggle  
I do not ever want to close my heart to love





## **Darker Times**

## To the World

A ghostly past that whispers her name  
Careful not to shout too loud  
For it knows how easily she's spooked  
By the shadows in the dark  
Are they real or the secret part of her psyche  
That she tries to keep locked away tight  
Sometimes things don't quite add up  
A crack in the carefully constructed mask  
Threatening to expose the pieces that remain hidden  
The unstable bits not meant for public consumption  
She carries her head high  
And carefully creates what the world is to see  
A successful businesswoman micromanaging her life  
But behind closed doors she crumbles  
She curls up with her knees to her chest  
And cries.  
She breaks down, confessing her weakness to the air  
For it won't tell her secrets  
It won't give her hiding spot away  
It envelops her like a warm blanket  
Promising to keep her secrets always  
And help her to feel safe and recharge  
To be ready to face the next day's battles  
To patch up the cracks with some pretty make up  
So no one will be the wiser  
And it will appear that for one more day  
She has the strength to forge on.

## Naive

Did we know so much then?  
We thought we did  
High on our bootstraps and other things  
Nothing could stop us  
Not even watching people die  
They went down to the ground  
We went up higher  
Determined not to feel the pain  
Never to feel the pain  
Throw the dirt Snort the powder  
Squash the feelings  
We can live faster than the tears  
If it starts to catch up  
We'll just drive faster down the road  
The white lines will disappear faster past us, or up our nose  
When the pain gets too great we change  
We blossom, we have to change  
Beggars asking for change for food, for drugs  
We don't judge, it could be us, maybe it was us  
I have changed, but sometimes I beg  
I beg for the pain to stop

## **Chaos**

Putting poisons in my body  
What am I hoping to accomplish?  
Chaos and detours  
Unsettled and sick  
Guilty and ashamed  
Broken down and defeated  
From learned patterns grows despair  
Trauma healing delayed  
Finding self-love so unfamiliar  
Although my heart overflows with it for others  
Sabotaging success to self esteem  
Lost on the path long forgotten  
Forced naps to combat darkness  
Sleeping instead of embracing change

## **Pain Inside**

Heartbreaking tears flow  
Pouring inside with no release  
The pain builds up to implosion  
Breath catches, I suffocate  
The magnitude of it all  
Is tearing me apart at the seams  
There isn't enough glue strong enough  
To keep me together right now  
I want to give up and give in  
It's all too great to bear  
I'm stuck and I can't run  
So I sit here, uncomfortable with myself  
Needing to escape any way I can

## **Tears locked away inside**

Tears locked away inside  
Overwhelmed and suffocating  
My heart is shattering  
Pain searing my entirety  
But not a drop will fall  
Where are you my tears  
I feel you locked away behind my fears  
Please come out, release yourselves  
I don't know how much more I can bare  
The world crumbling around me  
Watching those that matter most  
Filled with anguish and letting their tears roll down  
Feeling myself harden, cold inside  
Expressing anger instead of sorrow  
Where are you my tears  
I want to feel compassion  
My heart overwhelmed with love  
Letting go of judgment, suspicion and impatience  
Finding me back again  
Releasing all this toxicity inside  
It doesn't belong there at all, it doesn't  
Who am I?  
Why is that connected with my tears  
Empathic to a fault  
All the feelings need their release  
Building up inside  
Ready to burst  
I collapse in pain  
Begging for freedom  
As a lone tear escapes down my cheek

## life

my words choked in cold sweat  
my breath shallow in my chest  
hands trembling with untempered anxiety  
attention can't focus longer than

what was I just doing  
I don't even remember anymore  
pain so dark and deep  
my thoughts spin crazy and senseless  
I hurt  
and cry  
and don't know why  
most days  
and when I do  
I wish I didn't  
and wish I could just get lost  
and forget it all  
but I've left those days behind  
and wish I could forget them  
but I can't  
I've just walked away  
with the lesson  
and the memory  
that still lingers  
with the pain  
and shame

everything that is supposed to make me stronger  
serves to knock me down that much harder  
most days  
strength  
and courage  
are great things to have  
when you have them  
and when you don't  
their pain lingers  
like bittersweet love on your lips  
tingling and tasteless

but there  
reminding  
and there  
just beyond your grasp  
reminding  
of all the things you want to deserve  
and long for  
and memories that hurt so deep  
and bring you to your knees  
with pain in your chest  
leaving you breathless  
breath  
less  
and tingling  
and wanting  
and waiting  
longing for the courage  
to face the next day's battles  
wanting and waiting  
for life to begin  
while you know  
outside the spinning of your thoughts  
life  
is really  
just passing  
you by

## Birds Can't Talk to Squirrels

I yell at the sky  
And numb away the pain  
There's not much difference between  
My cries and the birds' songs  
Who's to say that their perky little ballads  
Aren't in fact screams for help?  
I don't speak bird  
And only learned to speak squirrel today

I am not in the habit of making outlandish claims  
But sometimes the noise inside my head  
Gets so loud and I can't help but want  
To fly away from it all  
When the clouds are so white  
And the sky is so blue and welcoming  
The sun shining bright and beckoning  
Welcoming me to the road with my car  
For the first real road trip of the year

Spring runs through my veins  
And I'm stuck  
Stuck in this place of mad men and craziness  
Reaffirming that sleeping all day  
Through such a remarkably beautiful day  
Doesn't make me crazy too

So I yell at the sky  
To numb away the pain  
So I don't numb it away like all the others I see  
Ruining their lives away downtown like I did not so very long ago  
I'm not better than them  
I've just worked hard to get better

It makes me sad that I can't help everyone and save them  
I want to understand them like the squirrels and the birds  
Everyone's screams for help sound different  
Some are silent as they're beaten down  
While others are at the top of their lungs

Mine sit sadly on my bed  
Wishing I had more courage to not let fear have control over me  
And I cry to the birds who don't understand me anyway  
But we both speak the language of food

So I lay out seed for them at my new home  
As the squirrel thanks me and scurries away with it anyway  
I laugh, and tears fall into my hands while I sit cross legged  
Looking out the window  
I cry to the sky, wishing I could fly  
And numb away the pain

## **Midnight Garden**

In the midnight garden, silence fills the air  
No need for answers, just peaceful time alone  
The flowers are all asleep and don't notice my presence  
The sweet smell of them still lingers from the day  
I walk down the stone path in silence under the stars  
I can be anyone I want to be out here  
No one will tell me otherwise  
I touch the soft petals of a rose  
And viciously pick one and toss it to the ground in frustration  
If only I could feel the peace of the garden in my soul

Looking up at the blanket of stars over my head  
I'm transported to another universe  
One where these earthly troubles no longer need to matter  
And I can hopscotch among the twinkling candles in the sky  
Unfortunately the tumble from the heavens is a long and painful one  
As I can't stay locked in my night dreams forever  
And even coming back to solace of the midnight garden  
Can only last until the sun wakes for another day

## **On the Other Side of Silence**

On the other side of silence  
Lay my broken heart  
Longing for the words I wish I could say  
But I remain speechless  
Unassertively speechless

On the other side of silence  
I sit screaming inside  
Crying tears that stay locked inside  
Clawing their way to the surface  
Only to be shoved back down  
Into the silence

On the other side of silence  
So much pain and hurt lay buried deep inside  
But I must not let that demon out  
For fear that if the gates open  
I won't be able to close them again

On the other side of silence  
I sit in so much confusion  
Unable to find the words  
To repair all the hurt and pain  
I am speechless  
Outside of this page

On the other side of silence  
My pen scratches across the page  
Draining my words like blood through my pen  
So private and free  
I will keep it locked away safe  
Never to breathe the life of day

On the other side of silence  
Lay my broken heart  
Trying to repair the pieces  
But suffering...in silence

## **Firefly Scintilla**

I am but a scintilla in the universe  
Spinning ball of light and energy  
Flowing through the air  
Searching seeking wondering  
If there's any point at all  
Thoughts bouncing hopeless  
Hiding and hindering success  
My heart feels broken, disconnected  
I can't find the words  
Blank and shattered  
It's like nothing matters  
Seeking my soul deep down  
And only finding darkness  
There's a ball of poison deep inside me  
Most times I can keep it locked away tight  
But sometimes the dark energy  
Sneaks out and seeps out the cracks  
Leaking toxins into my soul  
And paralyzing my heart  
It doesn't just skip a beat  
The toxin locks it away tight  
Taking over, covering everything in blackness  
Covering it in thick black muck  
And as my soul is drowning, it fights  
It fights its way out of the tar soaked mess  
And waits  
It waits for the last drippings to be bored and gone  
And it starts the healing process  
Shining a tiny firefly spark  
Twinkling the darkened corners all around  
Awakening the injured and sleeping parts  
Deep down in my soul  
The light heals  
Sun shines again in my soul  
Awakening the darkest poisoned parts  
When all hope seemed lost forever  
Now following the firefly home  
I'm safe once again

## Rope Burn

I dare not breathe  
Everything around me is in precarious purgatory  
If I let go of the rope tying it all together  
It surely will fall to pieces  
I'm holding onto that rope so tight  
I can't feel my fingers anymore  
Gripping, controlling, planning, organizing  
If I figure everything out  
There will be no more breaking, crumbling down  
Or unexpected surprises tearing me apart  
If I hang onto the rope a little tighter now  
I'll expect the rope burn that's coming  
But at least I'll have the illusion of control  
Even when I have none at all  
In denial like quicksand  
Getting deeper with each moment  
I dare not breathe for it may be the last one I take

Hanging onto the rope for dear life  
The illusion of control hangs in the balance  
In denial that I can't orchestrate everything  
Because that's the only way I can feel safe  
Hanging onto the rope makes me feel  
Like I'm doing something at least  
Holding everything together  
Even when the rope is just hanging  
Not really holding anything at all  
Like the horse attached to the chair  
My own limitations are the only thing holding me back  
As I cling for dear life  
To the rope not attached to anything  
When I let go of the rope  
I can be free to be me  
But I leave it tied to nothing  
But my own limitations

## Chasing my Dragon

I want my walls to come down  
But not crumbling down all at once quickly  
I will carefully deconstruct them  
One brick at a time  
And I will keep those bricks close  
For not everyone will be allowed past them  
My love and light will shine through the cracks  
But my heart will not crumble and be exposed  
The scars have built up, although the wounds underneath have  
healed  
I'm still working on breaking down and tenderizing the scar tissue  
Massaging the wounds to let them heal soft  
Warm up to the love of the earth  
And break down the walls I've built up so high  
But you see I blame everyone else for invading my fortress  
And necessitating the kingdom of protection  
When really it was my fear that built the moat and hatched the  
dragon  
Before the armies were even seen on the hill of the horizon  
Don't you see that I've been running from the fire in my heart all  
along  
Afraid to get burnt with the heat on my heels  
Always staying one step ahead  
But afraid to look back to see those that loved me  
Were the ones there holding the fire extinguishers  
I set the fires I was running from  
Scared of the heat and not knowing how to put it out  
Burning the very people who knew how  
I constantly hop on my dragon  
Trying to fly away from the problems I cause  
But the further I run the further I am from being able to solve the  
solution  
Don't you know I want the light to shine from my soul  
To rise like the Phoenix and help me to heal  
Help me to realize who I am and help me to fix all the damage I've  
caused  
I don't want to do any more harm  
I just don't want to do this anymore

## Healing

I'm healing that young girl  
That seeks to others for answers  
Because she's been taught  
She can't do it on her own  
I'm realizing I have this voice inside me  
I never learned to listen to  
And it's often right  
I'm healing that young girl  
That gave her power away  
To others willing to snatch it from her  
Without realizing what she was doing  
Without realizing there were other options  
I'm healing that young girl  
Who was scared to live life  
Because she was never fully shown how  
I'm showing her that voice inside  
Can guide and protect  
That it's actually something she can trust  
When so many times that trust has been taken away  
I'm healing that young girl  
And helping her to realize  
There are choices now  
The type of people that she used to turn to  
But now give an uneasy feeling  
She can trust that feeling from the start  
She's attracting more positive loving people  
That she can actually trust  
Not everyone means harm  
Not everyone seeks to control  
Not everyone is sick  
I'm healing that young girl  
So she – I – can help others come out of the darkness too  
Others can be shown there are choices  
With a heart bursting with more love  
Than I can give in a lifetime  
Collected from mountains of hurt  
Healing through the scars

I'm healing that young girl  
That still reverts to fear  
When life shows her something good  
I'm helping her realize  
She does deserve it  
She knows the choices to make  
And can't take all the credit for the success  
When she trusts that little voice inside  
Together we are healing  
And learning  
And living  
So someday soon  
We can feel more united like one



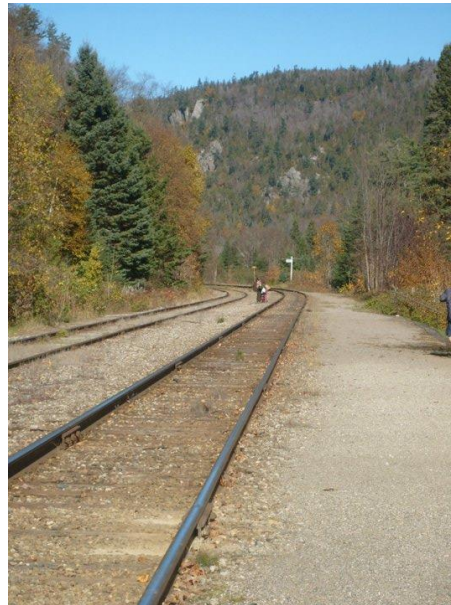
## Soul Song

There was a song playing  
The record skipped a beat  
Just as I settled into the groove  
And started singing  
It skipped over the rough broken parts  
To only play the sweet music  
To touch your heart  
There was a song playing  
My soul knew the words  
But my mind was off somewhere else  
Thinking far beyond the song  
Skipping the rhythm inside  
Dark rhythms I don't want to sing  
I got up and pulled the needle away  
Memories I don't want to sing  
The song in my heart is much stronger and hopeful  
Though the wall around me standing firm  
The music is in me  
Not sharing it with anyone  
This is my safe place, my safe song  
Tired of having everyone tell me the words  
Hiding behind the wall I know my song  
But I just don't have the courage  
To let you hear it too

## My Soul Speaks to Me

The words my soul speaks to me  
Are waiting for me to slow down enough to listen  
Stalling, avoiding, running away  
The words always catch up with me  
No matter where I run to  
The words always find me  
Begging to be expressed  
Longing for the understanding  
Lost on this path  
But knowing I'm where I need to be  
I may not always feel I want to be there  
But deep down I know I need to be  
And I will stay until I listen to the message  
Listening or am I just hearing  
Wanting to understand faster  
Than I am apparently meant to  
Frustration won't gain understanding  
It will only cloud the truth longer

Waiting  
Always it waits  
For me to be ready  
And to stop running



## Hope in the Darkness

Falling into old patterns  
Addictions running wild  
Darkness consuming, grasping for anything it can  
Distractions from success  
Sabotaging self-esteem  
My body, my temple, ransacked and destroyed  
Food that does not fuel  
Hands that do not respect  
Toxins flooding my blood stream  
Distractions destroying my mind  
Unable to focus, not moving toward my goals

Isolating myself without self-care  
Letting the darkness take over  
Believing it, letting it convince me I'm a fraud  
Letting go of my dreams, my plans  
Falling further down  
Thoughts of giving up, giving in  
Unable to reach out for help  
No one really cares, I'm told  
By the darkness that just wants me for its own

Barely able to breathe, I cry, I just want to die  
Alone and scared, not daring to talk about it  
People get too uncomfortable  
Yet so many suffer in silence  
Thinking no one understands  
Yet so many more understand  
Than anyone actually realizes

If we took the time to move past discomfort  
And truly reach out to find what's behind the mask  
Maybe unmasking the world we could realize  
We are all connected as one  
Beating the darkness with connection and love  
Saving lives, sharing love  
So the world doesn't have to suffer in silence  
Finding the courage together

Beating the internal wars  
So together the external wars will no longer have to mirror  
The darkness inside so many  
And the light and love can wash over everyone  
Saving lives, sharing love  
Breaking stigma, reducing fear  
Realizing we aren't alone,  
Together





**Intense Content**

## **Almost There**

From looking at her you'd never guess  
It's not like you can tell  
No one ever really sees her go for lunch  
She carefully dodges most requests  
You see here purchase the odd grab and go snack  
And people say no wonder she doesn't have a six pack  
She works so hard all through the day  
And everyone takes staggered lunches anyway

She carries extra weight around  
Her face, although pretty, is still quite chubby  
Her figure is less than flattering  
She's certainly not the type to start modeling  
She talks about the exercise she wants to do  
The exercise she tries to do  
The equipment she has to help her do

But instead these days she's finding a much easier solution  
One she's carefully hiding from everyone  
And no one is seeming to be the wiser  
No one has caught on and no one can tell  
Her calorie content these days totals for a week  
What she should be consuming in one or two days  
She has a morbid fascination with it  
And doesn't want anyone to find out  
She doesn't want anyone to interfere  
She doesn't want anyone to stop it

Only 40 more pounds  
40 more pounds she can do it  
It won't be that hard  
As long as no one finds out  
She can keep plugging toward her goal  
No one can call her anorexic  
She will refuse yet another label  
And besides anorexic is for the sickly, the boney  
She was still chubby and carried extra weight  
So much extra weight  
And this was the only way she knew how  
To gain any control of uncontrollable life at all  
Was just to quietly go about what she needed to with her day  
Not drawing attention to what she was doing to herself anyway  
So she could continue toward her goal, continue with her plan  
And maybe one day she could feel pretty in her head, and outside too  
Just like everyone always insisted she was  
But she only has 40 more pounds standing in her way  
So today is just not the day for it all to stop.

## **Unsuspecting**

A hunter perched in a tree  
Eyes peeled for his prey  
Quietly Patiently Waiting  
For the perfect time to make his kill

As we move further along the tracks  
I see a deer run through the forest  
And I wince, wishing I could cry out salvation

The unsuspecting doesn't know her life is about to end  
Over that hill, past that tree, and around the bend

Unfortunately, I fear, the noise of our train  
Has spooked her running into her death  
And I sit powerless, watching the end to beauty.

## **Unexpected Visitor**

The footprints tell a story of their very own  
Of an adventure gone wrong  
Of the deer thwarted in her nightly feeding mealtime  
By an unexpected visitor waiting to prey on her flesh  
She had to run and escape for her life  
Heart pounding in her chest  
The double set of footprints hurriedly laid out in the snow  
Marked by red splatterings from her wounds  
Showing she wouldn't give up the fight  
Her pursuer kept on through the forest determined for his dinner  
But her grace and courage got her out of one more fight for her life  
And she would live on for another day  
with battle scars attesting to her bravery  
As a predator starves in the shadows

## **A New Tomorrow**

Don't touch me  
I've done things I said I wouldn't do again  
My head has gone places I said I wouldn't go again  
I can't do this  
Don't touch me  
I've cried tears of pain  
Of love  
Of caring  
Of hurt  
I've felt breathless from anger and fear  
I've gone to the depths of sadness I vowed to never return  
And yet here I am again  
But why am I not running  
My heels should be on fire  
But they aren't  
Instead there are enough pills inside to numb and induce a slumber  
To awaken to a new dawn  
With new eyes and a new outlook  
And maybe new memories  
So I can swallow a new breath  
And carry on this life  
Without running  
Enduring the pain without memory  
Without fear and anger  
And let you touch me  
Without pulling away  
Thinking it will all just be the same again  
That everything is destined to be the same again  
And I'm better off putting the dagger in my chest myself  
Because at least then I have some sense of control  
In a situation so senseless and out of control  
Where all I want to do is die  
I sigh and all I want to do is die

## **Tornado Thoughts**

Chaos in my head  
My thoughts are a tornado  
Wreaking havoc wherever they go  
Memories I shouldn't be remembering  
Feelings I shouldn't be feeling  
So I stuff them down  
Bury them deep and ignore them  
Just one more bite, it'll be alright  
But why can't I cry?  
The tears are right there  
The pain more than I can bare  
But I've stuffed them down  
Ignored them  
Just give up already  
You're an awful crazy failure  
Just give up already  
Eat some more it doesn't matter anyway  
Nothing matters any more  
Like a tornado my words destroy me  
Nothing left of my self-esteem  
Uncomfortable I sit crying  
Feeling inside like I'm dying  
Shuddering, shaking with violent fits  
But not a tear falls from my eyes  
The tornado rages on  
Isolating me, leaving it's destruction  
And me lost, heartbroken  
Trying desperately to put the pieces back  
Where they don't even fit anymore

## The Battle

As my heart rips open, scared and alone  
Fear quickly takes advantage and settles in  
    “Finally! You’ve cracked and let me in,” it says  
While love shivers in the cold shadows  
Broken down, blind to the light that surrounds me  
I let the darkness wrap me like a familiar blanket  
Lashing out to anyone who dare try shine a light  
    Although deep down that’s all I really want  
Love hangs on, never too far away  
    Even though I’m suffocating  
It pumps me with whatever oxygen it can  
Searing pain in my heart  
The blackness wraps me tighter  
Isolating me alone is its best weapon  
    It knows how to keep me trapped  
Taking away hope with every painful breath  
Scared, alone, convincing me that’s reality  
And the hope, love, success, light has all been merely an illusion  
Trapped in the cycle of darkness  
Forgetting more and more what the light, the love,  
    Truly felt like and meant  
Convincing myself I never truly deserved that anyway  
It’s best I don’t stay in that delusion  
But deep down I’ve come too far  
The tools are too engrained in me now  
    Love whispers, “You know you can, just hang on.”  
The icy chill makes me pull the blanket of darkness  
Tighter around me  
But from the inside out, I feel the warmth  
That spot deep in my chest, where my courage lives  
It’s warming me up, expanding the light  
    Love whispers, “You got this, you’re stronger than the  
    darkness,  
    You don’t need to give up and let it win.  
    Just focus on the light, the light will lead the way.”

The darkness realizes it's losing me  
And fights harder, pulling out all the stops  
Memories like a slide show, consume my vision  
And I close my eyes, and focus on the internal love

A war wages inside

    "I don't have the strength for this," I say pleading, crying,  
screaming

    Ready to give up.

Love pushes me a little harder toward the tools I know  
Grabbing on to them like a life preserver, I panic

    I don't want to die

But the darkness tells me I do

Love reminds me there's still so much to be done

The light that shines in me,

Can light that inside others too

    But I must keep shining

I must not drown

I must accept love and reach out for my life preserver

I cannot do this alone

Luckily, I am reminded the darkness is wrong

    I am not alone. I do not need to be alone.

    It is my choice and I can step out of fear

And embrace the love that is abundant all around me

Today I choose love. Today I choose life.



## Christmas Love

Christmas is a time of songs and lights  
Snow falling softly over little villages tucked in tight  
Blanketing them in a cozy white slumber  
Fires crackling keeping everyone nice and warm  
While presents overflow under the tree

But there's so much more than this you see  
There's a darker side of Christmas  
That people only dare to whisper softly about  
If at all  
People donate money and toys into bins at the mall  
Stuffed bears and dolls with trucks and balls  
But no one stops to think about the actual kids who get it all

The little girl with no tree  
Eating a peanut butter sandwich  
While others feast on turkey and stuffing and cranberries and pie  
Her mom just wants her to be happy  
And picks up a community hamper for them this year  
It's a feast tonight, a small turkey, bread, some canned veggies,  
And two toys from Santa  
Her smile sparkles like the freshly fallen snow  
Her eyes twinkling like the bright stars above  
Her heart is bursting with so much love  
On this night they feast and play  
Forgetting about their usual struggles  
Just for today  
To enjoy the magic of Christmas  
Made possible by the little donations  
And love

Around the corner in a darkened room alone  
Sits a young man wanting to give up and give in  
The guilt felt this time of year  
When everyone is happy and filled with cheer  
And he can't even find his smile  
Not even for a little while  
He can't breathe with his heart so heavy

No family or presents  
No decorations or meal  
Just him alone with his dark thoughts  
Trapped in his head in the cycle he's caught  
When he's almost convinced to end it all  
He picks up the phone and makes the call  
The crisis workers calmly taking calls  
Helping people find their way  
They don't quit just because it's a holiday  
They know that's usually when their work is needed most  
His life is saved by the kind words of love they didn't have to say  
Together they talk, ensuring he lives another day

Further down the street the shelter doors are open  
Extending warmth to those who need it most  
There's warm soup and blankets  
Gloves, scarves and hats to wear  
Tonight no one here will go cold  
Because of donations and volunteers  
And love freely shared

The magic of Christmas touches every corner tonight  
But when the Christmas lights are taken down  
Tucked away out of sight  
We must not lose sight of this spirit of good cheer  
The hungry, depressed and cold  
Must not be forgotten and need to be kept near

## **Do you see what I see?**

I laid down a rule for myself  
But I couldn't help but let the energies in  
Seeing broken hearts around me  
Suffering in silence  
But I could feel their darkness  
I could hear the words they weren't saying  
Hurting, Hungry, Humbled  
Tears left uncried

Pent up inside  
For fear they might be frozen to their face  
And the world might see their disgrace

Just needing a little bit of money  
To feed his waiting child  
Small hungry mouths understand more  
Than we give them credit for  
People close up their pockets  
Pinching their pennies  
My money won't go to drugs! Get a job!  
Some dare to even mutter it out loud  
They do not understand the struggles  
Disabilities, trauma, abuse  
The climb is all uphill  
Heartbroken he waits  
Just a few dollars  
Trying to make ends meet  
He wants to end the suffering  
But can't see an end in sight

Down the street a woman weeps  
Careful not to let her black eyes show  
The judgements she'd face she already knows  
She wants to break free and run away  
But he keeps pulling her back, making her stay  
She can only dream of getting free of his handcuffs  
But the dreams turn to dark ways that may land her behind bars  
It's the only way though she can think to stop the scars  
She's just not ready to end it all  
But something needs to end before it's too late

The baby lays in her room sobbing  
She doesn't understand why the touches feel bad  
When she's told they aren't  
She's told not to tell  
So she lays in her room  
Crying broken silent tears  
That only she hears  
The pain and darkness needs to end  
To mend a life, to save a life.

## **Happy Holidays**

It creeps up and chokes him while everyone is festive  
It smothers him in darkness creating a void in his soul  
Everyone is happy, everyone is cheery  
While inside his heart shatters  
The shards tearing him apart from his depths  
Society upholds certain standards  
Financial gifts of material tokens of love  
Painted on smiles while among forced socialization  
And into a hole he just wants to crawl and hibernate  
To come out just in time for the next commercial nightmare  
Passing blindly from one month to the next  
Digging deeper in debt and solitude  
Until unable to stand it any longer  
He takes that final step off the snowy cliff  
While the bells toll on.

## The Reality of Our Days

My heart breaks for all the extreme injustice in the world  
The stories tear at my heart  
Seldom do I read the news  
Because this is always the outcome  
Broken down that I can't do more  
And that it's even happening at all  
Blood on the soul of Mother Earth  
With her dried-up reservoirs unable to wash away the pain  
Her storms cry, flooding some areas  
While others fight fire and draught  
Fighting, wars and murder  
Blood on our hands and hearts  
Destruction of nature and our souls  
When will the darkness stop?  
Enslaving humans like they are worthless  
Treating animals even worse  
Don't they know we are all one?  
Sharing energy consciousness with all  
My heart breaks feeling the pain  
Losing hope under the full moon of changes  
How can we better the planet  
When greed and money are the priorities of so many  
Stepping on others to get ahead  
The common business philosophy  
Not caring who ends up broken, or even worse  
Despair, suicides, tears  
Succumbing to the overwhelming fears  
In every corner of a round earth  
We are spinning in circles  
Shame falls on first world problems  
The weight of truth takes on a new perspective  
A slave to selfies or a slave to greed  
Trapped in our self-made prisons  
Shackled by our shame, needing to share of ourselves  
Tear down the nations boundaries  
Move forward to gather in love  
Respect for everyone, we are equal

Fairness shouldn't be a fickle friend  
When we drop the walls of superiority  
And realize no one gets out alive  
So for the short time we are here  
Able to really make a change  
Let's start with love  
Let love live



## Finding Herself

And she jumped  
She jumped to find freedom  
Freedom from the pain that plagued her  
The incessant noise in her head  
The burning inside her breaking heart  
But instead broke her collarbone  
And arm  
In 3 places  
She jumped to escape the longing in her heart  
To be anywhere but here  
To get away from herself  
To get out of her own skin  
She can run away from the police  
She can ignore the phone when her friends call  
She can slam the door on her boyfriend when he's home  
But she still hasn't figured out  
How to run away from the girl in the mirror  
She's tried smashing the glass  
And just slices her wrists with it  
She even sees her reflection in the blood  
Spattered and pooling on the floor  
She burns like the phoenix  
And unwilling rises from the ashes every time  
So she jumped to find freedom  
But like the caged bird Maya Angelou writes  
She keeps singing her beautiful sweet song  
Because she does not know different  
And will keep longing for her freedom  
Ode to Allie B.

## **What's this Life for?**

If smiles and hugs could pay the bills and fill the banks  
The world would be a happier less selfish place for everyone  
People would relearn the value of being polite  
And it would be the common thing  
Instead of awkward or out of the norm  
If we all looked out for one another a little more  
Cared for our neighbour genuinely from the heart  
And not just the bottom line  
If we forgot what we stood to profit  
Or politically gain by extending our hand  
And just got down in the dirt once in a while!  
Let's get some grass stains on our second hand jeans  
While out living life for once!!  
Hold a door open, let that car in, heck even give up that parking spot  
And park a bit further away – because really – that exercise is doing  
something for you anyway!  
None of these ideas are so radical  
But in a society that is moving so fast we can't keep up with  
ourselves  
Maybe we need to remember each other  
And stress a little less and hug a little more  
Because I've met a hell of a lot of hurting people lately  
And all they really wanted  
Was to be listened to, and loved.

## For One More Day

I felt the pain encompass my body  
The warmth of the energy inside was trying to process and dissipate it  
But the pain remained  
I was doing everything I could to avoid it  
To squash it down and silence it  
But it just got louder  
Tears as I ate to harm myself  
Tears as I tried to exercise  
Tears  
But not when I want them to fall  
When I am locked away safe in my room  
With no one to see or intrude  
Wanting to process the pain  
But not on display for the world  
Sadness for those I miss  
Moments I long to live again  
The touches I can still feel on my skin  
The kisses on my lips  
The hugs enveloping me with unconditional love  
The furry comfort of those taken too soon  
Too many taken too soon  
Dreams not realized  
The more I try the further they get  
Chasing them all the way to the lake  
And beyond  
Drowning in their hope  
Possibilities slipping through my fingers  
To the depths of the lake  
Taunting me  
If I have the courage to hold my breath  
And plunge deep enough  
Not knowing if I'll find them  
Or drown in the dark depths in the process  
Wanting to lift them up on the wings of my heart  
But not knowing where to start  
The pain sears my chest  
Physical manifestations of emotional symptoms  
All is connected  
I know all is connected  
I am connected still to all that's been lost  
As I am connected to all that is meant to be  
Patience alludes me

Like my dreams playing a cat and mouse game  
Hope is drowning  
But I can't keep my energy connected  
Drowning suffocating pleading dying for hope  
Hoping for what  
I don't even know anymore  
It all seems so far away  
And the positivity and love slip through my fingers  
Only allowing me to hold them for a few fleeting moments  
Long enough to keep me going  
One more day

## **The Feather**

As I walked through the small and crowded streets of downtown  
with my guitar on my back, I saw a simple seagull feather lying on  
the ground next to a bench by the bus stop.  
I picked it up and put it in my headband, feeling for a moment like  
an Indian in this abandoned land that had been replaced with  
skyscrapers and hostility,  
racing at the speed of business and fiber optics,  
moving from one cherry red beacon to the next,  
waiting with utmost impatience for the turn in life  
that will surely never come  
multitasking until we aren't present in our present  
and don't even bear witness to the beauty of life being lived  
all around us  
every single day  
and not even pausing to smell a nonexistent rose,  
or notice a feather lying on the ground...



**Look Through My Window**

## **Magic of the Stars**

I looked up and saw the sky filled with hundreds of stars  
Far off possibilities  
Many of which may be gone  
By the time their light reaches me  
But for a fleeting moment  
Their legacy lives on in my eyes  
Their memory not forgotten

I see a star race across the sky  
And I make a wish  
Hopeful that my new life can be strengthened  
But by the light of that dying star  
A moment frozen in my memory  
Peace fills my heart  
Sitting quietly under the light of the full moon  
As we watch the stars pass by us on their journey  
Millions of miles away

The moon too, gets its beauty  
By the light of the sun  
Reflecting team work  
The sun shares her beauty  
To ensure our moon gets to be seen  
This cosmic dance that happens  
Above and all around us  
Magic that happens  
Whether we see it or not

When we stop to appreciate the beauty of the night  
For those quiet moments  
We get to be gifted with the blessings of the universe  
Whether they are wishing stars encouraging our dreams  
Or full moons helping us release what's no longer serving us  
And for some, that's releasing the pent up crazy  
That longs to escape with the shooting star

Catapulting our struggles out to the stars  
We no longer have to wonder where they are  
Free from their burdens  
We fly, We Fly, WE FLY!  
We fly unrestricted in our path  
Like the birds looking for.... what?

Birds get to fly anywhere they want  
Why do they choose the same path?  
Why do so many people choose the same path  
When they have an entire universe of stars and light waiting for them  
Unfaltering magic waiting  
For whoever will come and embrace it  
We are free to dance with the stars  
No matter where we are

## **Cosmos**

The moon filled the horizon so full  
Like the earth's thumbprint on the sky  
A path to the galaxies of my heart  
Destination unknown but the journey is one wild ride  
The sky is filled with pixie tears  
Of all the angels in heaven smiling down  
Smudging shooting stars and comet tails  
Showing us they are there watching with us always

## Night Skies

The night skies are vast  
With many little holes  
Where the light from everyone's energy  
Shines down to us  
Reminding us there's more  
Than this life we're living  
Shooting stars are energy  
Returning down to earth  
Ready to give it another go  
The moon shines bright  
Although sometimes more shy  
Powerful enough to turn the tides  
And recharge the stars  
Pulling at my soul  
Yearning for more depth  
The moon holds my meaning  
But is slow to give up her secrets  
Cracked and broken  
It's how the light gets in  
Sharing that glow in me  
With all that makes up the  
illuminated skies  
Filled with moon glow  
Sewing up my cracks  
Helping me to become  
whole again  
One star at a time



## Secret Haven

Down by her spot on the water she knew she was safe  
Relaxation filled her bones  
And fear was non-existent  
Watching the world happily go by in the park around  
The dogs greet each other and make new friends  
Boats cutting through the waves on the clear blue water  
Rainbow of fall hues on all the trees lining the lake  
Reflecting their splash of colour on the water below  
Cyclists speed by on their health attempt  
A pregnant mother watching her two children  
As they play on the swings, racing each other  
To see who can go the highest, reach the sky first  
While she sits quietly observing, taking it all in  
Feeling the serenity deep within her soul

## Bird Song

The birds sing so sweetly  
Calling out their unique songs to each other  
Only they know all they are saying  
And it makes me wonder,  
if even the cardinal  
can understand the chickadee  
The songs they sound so whimsical,  
on days like today  
When the sun beats down,  
unobstructed by clouds  
The warmth radiating through my body  
Getting right down deep into my soul  
Little bugs buzz by my head  
The wind gently rustles through the trees  
The world peacefully stirs around me  
Yet seems undisturbed by my presence  
Quietly among it on the bench

## Staircase Journey

When I stood at the bottom of the staircase  
I felt nervous, where did it lead? What was I getting myself into?  
I could not see the top but I felt drawn to ascend it anyway  
When I stepped on the first stair, my legs felt shaky, so unsure  
I kept stepping though, and went up two more  
My legs were tingling and almost gave way  
I wasn't sure if I could do this journey  
But the strong voice inside told me I must  
I summoned that courage and took a few more steps  
A door next to the stairs flung open, nearly knocking me all the way  
back down  
But I regained my footing, as there was only a railing to help me on  
some parts of this journey  
And there was none here  
What was behind the door, I questioned  
But realized there was only the darkness of my own thoughts  
I kept going on  
Despite me wanting to stop and quit  
I kept going on  
There was a bigger pull keeping me going  
This was a mission I was unsure where I was going or why it was so  
important I keep going  
My legs were getting tired, my spirit weak  
And that's when another railing appeared, helping me along the  
journey  
Just when I felt like giving up, a railing always appeared,  
encouraging me to keep trying  
I neared what I thought was the top  
But quickly realized there was more stairs  
They just turned a corner out of my original sight  
So onward I continued  
Feeling like this journey needs to end at some point  
Finding a window with the sun beaming through  
I paused to enjoy the view  
Before continuing up further up this steep staircase before me  
Not the journey I would have maybe chosen  
But the one that chose me  
That I truly feel I'm meant for

## Home is Where the Heart Is

As I looked out the window  
I saw crystal clarity  
There was a beautiful blue sky  
And the clouds leisurely passed by on their journey  
To where? Only they really know  
I saw cars busy and people rushing  
Again, so many possibilities  
Were they rushing to work  
Only to get there and find out they were fired?  
Was their wife having a baby and they had to rush to the hospital?  
Or was someone they loved taking their last breaths at that same hospital  
Maybe their family was waiting with dinner  
Or maybe they just didn't know how to slow down and enjoy the view  
Outside the window  
I saw fuzzy squirrels rushing to get ready for winter  
I saw geese flying south escaping the winter fast approaching

As I sat peacefully, slowly looking out the window, contemplating it all  
I had no desire to get out into that world  
I wouldn't trade my combines and feed mills  
For your skyscrapers and subways  
There are millions of stars in the night sky here  
Dots painted like fireflies from the universe  
The universe left the lights on  
While all others are extinguished for slumber  
There is silence that you can feel  
And the northern lights dance in my soul  
Breathing in every ounce of this peace  
Never wanting to click my heels  
And be anywhere else  
Heart filled with love and hope  
My soul has been waiting for this  
Needing this  
This is now home

## Look Through My Window

As I looked through the window  
I saw pictures flash like a slideshow  
The window became a video screen for my life  
Some of the pictures were hard to see  
Some I wanted to linger on longer  
I wasn't sure how this started  
But I quickly realized how many images there were to see  
I saw many I had forgotten  
And some I wish I had  
I know though, that at some point  
I had to throw the window open  
And breathe the fresh air of the present moment  
Staying as a viewer of these memories  
Could not serve to keep me moving forward  
And some of those memories are best left in the past  
Lingering on a few more pictures  
I wanted one more look  
When I saw the photo of my best friend who passed  
I begged to stay on it  
But it too faded  
To images of who I used to be  
But gratefully no longer am

I took a deep breath  
And threw open the window  
Taking in a huge breath of cool crisp air  
And feeling connected to me  
Right here in this moment  
Knowing I am okay  
And can embrace the outside  
Letting the experience in  
But knowing if things get too much  
It is always my choice to shut the window  
Or leap out of it into the life that's waiting for me  
Just beyond the window pane  
Leaping out the window  
I feel the soft grass under my feet  
And at that moment I know  
I can close the window behind me  
I do not need to go back



## One Breath

The silence between breaths  
Feels long and painful sometimes  
When my breath is released  
My head starts spinning  
So many thoughts, so many worries  
With the next breath, my head fills with fresh air  
And my mind relaxes  
But the in the silence between breaths  
My mind takes off again  
So many hurting, so much pain  
But I can't help them all  
On the breath in, I'm reminded of love  
In between the stars of the universe  
There is limitless love  
Tiny atoms wanting to bond to protect the universe  
Colonies of stars, collections of particles  
So many parts coming together  
To work as one  
On my breath in, I feel the love from the universe  
The abundance of caring and kindness  
The silence between breaths  
Reminds me I am only one breath away from magic  
Magic reminds me to be grateful I'm breathing  
And with that breath is another opportunity  
An opportunity to spread kindness and love  
To love the world and all around me  
One tiny star at a time  
The silence between breaths  
Is filled with warmth  
And hope  
The silence between breaths  
No longer holds the darkness of the universe  
Because in my heart I know  
The silence between breaths  
Is filled with light

## **Snapshot of Life in the Window**

A boy dancing in front of his TV  
Without a care in the world  
Happy and oblivious

On the road passing by his house  
Cars speed by rushing to their destinations  
Convinced they are late for all their important dates

In his world, he's as happy as can be  
And to him at that moment  
That's all that really matters anyway

At what point do we grow up  
And become so focused on the destination  
We forget what it's like to stop and just dance

## The Water Tower

I can see the water tower from my window  
It's not that far away  
Central to my hometown  
I know when I see it  
My home isn't far away  
I watch spectacular sunsets  
Blanket it with colour  
The clouds that roll in and darken the sky  
Never cast a shadow on the tower  
It's a sign of stability for me  
Of life giving power  
A target to walk to  
A lighthouse to help me find my way  
A focal point for home  
That helps me slow down  
And truly appreciate  
The little things I see out my window



## **Me and My Steering Wheel**

In the car I drive away  
No destination in mind  
Just my thoughts and the open road  
Scenery passing me by through the window  
Sparkling feelings, creativity, peace  
A range of experiences flow through me  
I drive to clear my head  
To find answers I can't otherwise  
To connect to myself and my soul  
The open road offers the space  
For feelings to flow freely  
Tears, shouting, quiet and calm  
All of it can be expressed  
With the intensity required  
In solitude  
My heart lies bare, without a care  
Wounds are healed  
Solutions are found  
Peace settles in  
I find myself in the rocks and trees  
The lake washes away my troubles  
I know I'm safe to sit in my authenticity  
Recharging for another day



## **Seasons of Change**

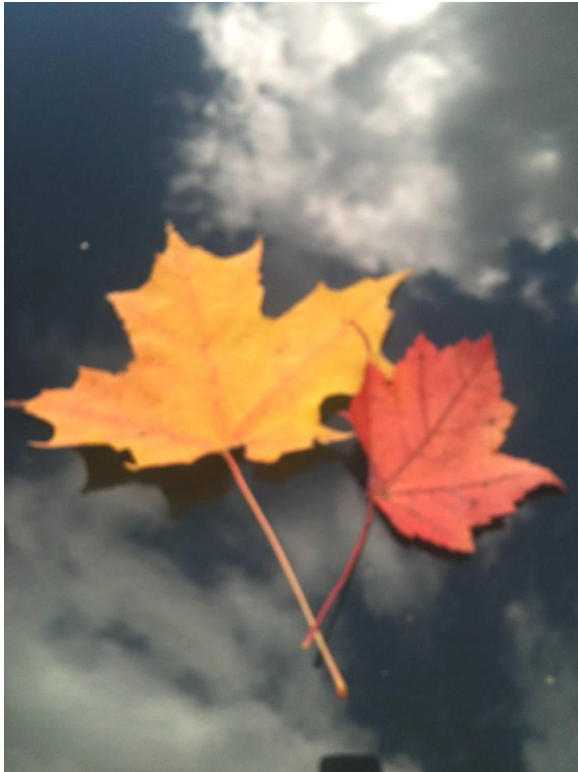
## Tree of Life

The trees teach us impermanence  
Springing forth life after the winter slumber  
Creating colourful blossoms where it once was bare  
Bringing people out of hibernation to remember  
There is life to celebrate as our world pops alive once more  
Daffodils, Tulips, Crocuses usher in the new season  
Letting their sweet scent fill our noses and our hearts  
Lilacs, Magnolias, and Roses, keep the seasons rolling  
Reminding us no flower lasts forever  
We must appreciate each blossom as it appears  
And let it go as it moves on  
With faith we know it will appear  
In another year

The lush green canopies of summer  
With leaves in full splendor  
Provide some much needed shade  
From the hot sun above  
All too often it seems this passes quickly  
As we see the first hints of colour frosting the tips of the trees  
It reminds us time marches on and we must enjoy each moment as it  
comes  
No season is forever, but each owns its own magic  
The trees wear their coats of many colours  
The splash of watercolour appears  
As the last fireworks explode on the branches  
The trees put on their spectacular show  
So we can hold the colour in our hearts  
Until the flowers cycle around once more

As the last leaf falls to the ground  
And the first snowflake twinkles its way to earth  
Wrapping the world in a cozy blanket of white  
Tucking us in for a season of slumber  
Giving rest to the weary  
Forcing us to slow down, take pause

Evergreens remind us of hope  
For everything will come alive again  
Nothing is forever  
We can embrace the changes  
Enjoy the beauty that each change of season offers  
Hold the memories close to our hearts  
Knowing, even though it may come  
In a different form that what we are familiar with  
Everything will cycle around again



## **Spring Transitions**

I need to clean the dirty smudgy windows of my car  
Let the sunlight into my soul  
Feel the warmth of it on the small amount of exposed skin  
Let spring seep into my bones  
Lifting my mood up to the blue skies  
Have my troubles float away on the white fluffy clouds  
Neutralizing my worries  
Leaving peace deep in my soul  
Like fresh untouched white snow  
Covering the fields like a warm winter blanket  
Giving its last hugs to the skeleton trees  
Before life springs awake again  
Painting the blank white winter canvas  
With its fresh green blooms again

## **Spring Forward**

The buds are coming back on the trees  
Small fuzzy clothes on the skeletons of winter  
Life is coming alive again from its hibernation  
It springs alive in my soul  
People walk about with bigger smiles  
Shedding their layers of winter with their depression  
Less clothes, Less sadness, More energy, More activity  
The birds sing their excited songs  
Happy to find food and friends  
Squirrels search for all their hidden treasure  
That the melting snow blanket exposes  
Dogs look shamefully at everything they left behind  
Now being exposed  
While cats get the spring crazy down to their bones  
Winter is full of wonder  
But I think everyone is grateful for new birth  
And new opportunities springing forward with life

## **You are My Sunshine**

An entire field of dandelions  
Sunshine yellow as far as the eye can see  
Happiness under a blue sky  
They say you're a weed  
But I've never had a weed  
Make me smile like you do  
And when your life as tiny yellow suns are done  
You will go into a hundred seed pods of wishes  
And with one good gust of wind  
Spread your golden beauty  
To all the neighbouring fields  
For the next round of sunny sparkles  
Flying around like the golden bumble bee

## **Sunrise**

The necessity of the sunrise is to burn off  
The previous days dew and wake up the new day  
While most are still sleeping  
It paints its beautiful glory  
A call to action for the new day  
It's an invitation to begin again  
And offer up yesterday's burdens and pains  
To be burned away like the phoenix  
Old turns to ask  
So today's opportunities can be ignited  
And a fire can burn brightly  
In the hearts of anyone willing to greet the day  
The necessity of the sunrise  
Is to ensure each new day starts with beauty  
And wake up the grateful souls  
Like a beautiful rooster  
Waking and waiting  
Sometimes the sun rises behind clouds  
But it's always there  
We can count on it rising  
Showing us all the possibilities

## **Fire**

The fire crackled by my feet  
As the bugs buzzed around my head  
The fire sure wasn't keeping them away tonight  
In the distance I heard the loons calling across the water  
I saw their silhouettes drifting across the lake  
Leaving streams in their wake  
The shadows of the trees looming around me  
Gave me a type of protection, a forest hug  
I knew at that moment, this is where I was meant to be  
And to be anywhere else, would be foolish

## **Serenity by the Water**

The rustle of the trees as the wind whispers its secrets to the leaves  
The water laps its tongue against the rocky shore teasing of deeper stories  
Little trails in the dirt leaving markings that life has crossed this path  
Droplets dance along the surface of the lake doing their wonderful waltz  
The little boat floats in the water dodging the droplets hoping for that one big bite  
Life moves slower, more peaceful, at the speed of one relaxed breath  
Listening to the wind chime by the water, and with a deep sigh,  
I hope this moment never ends

## **Night-time Theatre**

Clouds ablaze as another day is put to sleep  
The lid is closing on the earth  
Darkness falls over the treetops  
And silence fills the night  
Boat gently rocking in its moor  
Dragonfly zips past on its stealthy hunt  
Clouds move quickly with the wind  
A heron is silhouetted against the fading sun  
Crickets sing their night-time songs  
Everyone is ready for their part in the darkest show  
So when the curtain calls  
And night time falls  
They take the stage  
And know exactly the roles  
They are to play

## **Memories of Fall**

The streets are glowing  
Lit up by the fiery oranges, rusty reds and golden yellows  
Fall fairs ignite the small towns all over  
Fall's crisp promise  
Of crunchy laughter and fattening fair foods  
Corn tassels rustling in the wind  
Fields polka dotted with pumpkins  
The fresh air gets chillier  
Reminding us it won't be long  
Until the memories of fall  
Are replaced by a colder sparkly  
Blanket of snow

## Seasons of change

Everyone is closing up, sealing up, battening down the hatches  
getting ready for old man winters visit,  
how the friendly atmosphere changes with the coming cold threat  
no more flower stands, no more veggie stands  
even the corn has been harvested & isn't standing tall  
the trees are rapidly losing their colour splash to turn into skeletons  
in time for Halloween  
Soon lights will twinkle on every house  
and snow will have tucked away the world in her wintery hug  
until spring dares to come again

## Snowflake

White like icing sugar,  
A dusting covers my car this morning.  
As it rises to greet the day,  
The sun glistens and twinkles off each tiny flake.  
Each one unique, each one special,  
More of them than people in the entire city today.  
And my greeting is just to push them off,  
Brush them aside so I may hurry on.  
For I am but a melting snowflake,  
As the time runs out on my busy day.

## Forest of My Soul

The leaves crinkled under my feet as I walked through the forest. Fall had come late this year. The water levels were low in the river, which increased the ripples and splashes over the rounded worn-down rocks. The path, nestled in the forest was my perfect escape from the world. Little animals ran freely all around, curious of my presence. The squirrel stopped, standing up tall and asking if I had any nuts or seeds. I told him I was nuts enough for us both, that's why I was here. He said goodbye and scurried away. I really should bring snacks next time, although I didn't need morsels as bribes to make friends. Occasionally, I would hear a crack of a branch as a bird would take off with too much force or a squirrel had already stored too much pudge but still thought he could go on that thin branch. The rest of the time, the thick sound of silence all around me hung in the air. It muffles out any sound not native to these parts and it lets me forget about the world outside these trees for a while. This is the forest of my soul. This is the peace that lives within me. When I am in nature, things feel balanced and right in the world. I breathe in serenely, enjoying the wonder. Sitting down against a tree in a pile of leaves, I put my head in my hands, face down, and I start crying. Only here in the forest depths do I feel free to bare my soul. Only here can I let the tears fall down my cheeks. Escaping to wash the pain and sadness away. Cleansing my mind and soul for another day. I don't ever want to leave



## Serenity

I thought I saw a small rabbit  
Off by the edge of the forest  
He poked his little head around the rock  
But as he startled me, so I must have him  
I sat quietly on my back porch  
Overlooking our pond so peaceful and still  
Surrounded by a dense forest  
I never know who to expect coming for a drink  
My little oasis welcomes my forest friends  
Creating a safe place for them  
And me  
My quiet home is nestled away  
Hidden from the hustle and bustle  
With this crisp fall day  
It's chilly enough for a cosy fire  
But thoughts have snow have not yet started to linger  
The fresh fall air accentuated by the splash of colour all around  
Leaves falling to the ground  
To wrap it in its fall blanket  
Protecting it from the soon approaching snow  
Before the trees turn to skeletons  
They wear their technicolour dreamcoat  
Painting the forest in the most beautiful rainbow  
A deer moves slowly, crunching on the leaves  
As quiet as it tries to be  
There are still some of us that notice her  
My dog's ears stand up as he lays next to me  
But his body does not stir  
He senses my calm and peace during this moment  
And neither of us want to move  
For fear this serenity will come falling down around us  
Like the leaves taking their turn  
Taking in as much of the stillness as we can while it lasts  
A fish crests out of the water in an excited leap  
Splashing back into the water and breaking the moment  
Just for now

## Deep Breath In

When I opened the window  
The air came in fresh to greet me  
And I resisted  
I did not want to take a breath  
And fill my lungs with this air  
It was full of hope and peace  
It would energize me and uplift me  
So I sat contemplating what I had just done  
Overthinking opening the window  
Overthinking everything  
Getting dizzy with my shallow breaths  
Not letting myself fully appreciate  
The gift this outside world was trying to give me  
Rejecting the generosity nature so freely expresses  
To all willing to  
Just take that deep breath in  
Coolness filled my lungs  
Crisp fall almost winter day  
The air rushes in to all the crevasses of my lungs  
Oxygen quickly processed and sent out to my entire body  
Leaving me feeling energized  
Just as I thought

The outside had gotten inside and threatened all my resistance  
The familiar comfort of melancholy  
Was dissipating and fear was now being replaced with excitement  
But when excitement is overanalyzed  
It too is killed and squashed down, out of sight  
Clinging to excitement with every thread of my being  
I fearfully take another breath of that crisp cool air  
Now rushing in the window  
Swirling all around the room  
Enveloping me in its possibilities  
The breath in makes me choke  
And I resist resistance  
Before I stop and ponder the absurdity of the situation  
I try to relax, focus on my breathing  
Trusting, having faith in the excitement  
Believing there are really great things coming  
And I will be shown the healthy way to greet it  
And find courage through the fear



**Smiles are Worth  
a Thousand Words**

## **Mission Complete?**

I ran to the store, I needed to buy smokes  
I tripped over my own feet, as I flew out the door  
I realized I forgot my wallet, and had to run back  
When I remembered, I hadn't even put a shirt on my back

I did one final check, and had everything covered  
I was ready to run out again, and get this mission complete  
I ran into the car, and had just enough gas  
So I floored it straight to the store, as fast as I could

As I pulled up I saw, the store was packed full  
All I needed is to buy smokes, Could the rest of you just leave?

A kid starts screaming, because he can't get his sugar  
A man gets loud, because his coffee is wrong  
A woman is overcharged for gas, the next one's card is declined

So much chaos around, why can't the line move quicker?  
When suddenly it's my turn, and I'm up at the front  
The cashier asks, How can I help you ma'am?  
And as I open my mouth, I realize....I don't smoke.

## **My Faerie Princess**

Your laughter lights up the room  
As you dance, excited to see me  
My heart overflows with love  
I really would do anything for you  
We sit and create  
Your spontaneous ideas challenge me  
No rules for crafting  
Imagination is key  
You help me learn to let go  
Of these adult rules and boundaries  
Playing and floating like bubbles  
Knowing the creations will last  
Until the sidewalk chalk washes away  
The memories though, will be held forever in my heart  
Giving me light on even the darkest days



## Dear Mr. Spider

Dear Mr. Spider Sir,  
Your place is not here inside.  
You do not pay rent.  
I will not be bound by the superstition  
that killing you is an omen for rain.  
Because if that's the case,  
you must have lost plenty of  
your little friends lately.  
You are a creature of the outdoors  
and had you stayed there  
you'd still be alive as I write this tale.

## Unfamiliar Assessment

The bunny hops until it sees me  
And freezes, assessing and sizing me up  
We lock eyes, connected  
Neither daring to breathe  
In that moment I feel what it is  
To be a prey animal, not the hunter  
Muscles tense, senses firing  
Fight or flight, right now it's freeze  
My balance slips and I stumble  
Enough of a warning, the assessment is complete  
Hopping off faster, never looking back  
Not taking the chance  
Of trusting something so unfamiliar  
Connection broken  
Memory lingers  
Wondering if we will ever cross paths  
And remember, making the unfamiliar,  
Familiar again

## **My Greatest Teacher**

With your hopeful eyes, you bring me your ball  
Knowing it will make me smile  
Your tail wags as you nudge it to me  
As I pick it up, you crouch low in anticipation  
My heart fills with love and gratitude  
Getting to share my life with such a special being  
I toss it in the air, and you catch it  
We repeat this over, and over, and over  
You teach me patience, and not to take myself so seriously  
You remind me to take breaks and have fun  
My furry friend and companion  
You have taught me so much more in four years  
Than I ever could have imagined  
My heart filled with love  
I laugh at your silliness  
Knowing you've cheered me up, your tail wags  
Giving me some affectionate kisses  
We understand each other on a level few do  
And I wouldn't trade that for the world



## **Little Kid Day Dreams**

I want to write about...  
fun things,

flighty things,

little kid things.

I want to escape into a fantasy dream world

where nothing needs to matter except

the fresh crisp smell of the air

and birds singing their lighthearted songs

and water bubbling

and gurgling

over rocks in its path.

Simple joys of a small child,

Exploring and discovering the world around

Without limitations or rules or yelling or crying.

A simple curiosity of the world around,

Exploring for the first time as an adult,

Because I was never allowed the frivolous fun of a child.

So I am empowered.

I give myself permission...

To splash in the crashing waves,

Watch a bubble gently float aimlessly on its random flight,

Pause in wonder as the deer nibble on the grass.

I find peace and serenity in the simple little things.

Things that help me put into perspective,

all the problems in my life today.

Things that help me reflect,

on how important is it?

Will it be worth getting worked up over tomorrow?

And I realize,

That no problem is too big

that it will not pass to brighter days.

And I chase after a little snake slithering away in the grass,

and relax into the contentment of loving myself again.

## Sun Faith

As the sun prepares to disappear for its slumber  
It starts its decent toward the water  
The bright heat of the day  
Is replaced with a soft cool twinkling over the waves  
As the waves continue their journey to the shore and back again  
Lulling and hypnotizing all who stop to ponder  
Sparkling light capping the ripples  
Nothing matches a sunset on Lake Huron  
Dipping faster toward the horizon  
Painting the sky in its watercolour hues  
Pink, Orange, Yellow over the Blue  
The colours dancing like faeries over the gentle caps of the waves  
Intense glow warming my heart  
Knowing while the sun is leaving for today  
I am filled with faith it will rise again tomorrow  
For another beautiful Lake Huron Day



## **Gift of Grace**

Grant me eyes to see the reality and perspective of the world around me

Grant me ears to do more than just hear, to really listen

Grant me a tongue to speak gentle truths and kind compliments

Grant me a heart so tender to feel appropriately without  
embellishment

Grant me a keen nose to stop and smell the roses or know when I've  
stepped in a pile of crap

Grant me strong feet to keep me grounded and remind myself I don't  
need to run away

Grant me broad shoulders to share with those in need to lessen their  
pain

Grant me arms to hug and comfort those who may not say it's  
needed

Grant me innocence so I may keep the wonder of a child and never  
be jaded with the world

Let this grant me peace and hope and love and I shall have happiness  
that is so bright it is contagious for all I come in contact with

## **Smell the Roses**

The petals are wrapped up tight  
Scared to release its blossom to the world  
But with courage, one petal falls open  
Then another  
And another  
Realizing they are a much more beautiful blossom  
Fully open to the world  
The rest follow suit  
A beautiful rose sharing itself with the world  
Stopping to sniff it every time I walk by  
Through its openness, it brings a smile to me  
Every time I connect with its beauty  
United in love together  
A simple flower raises the vibration  
Of its tiny corner of the world  
Stopping to smell the roses  
And sharing the love with all that your energy can touch

## **Love for Everyone**

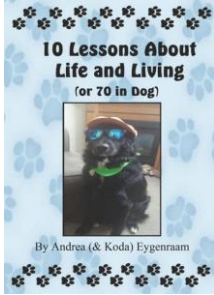
The twinkling of the lights on the snow  
Adds a sparkle to the mound of flakes  
Combining together to treasure the moment  
And creating the finishing touch to the season  
Holiday hints are on every street corner  
Sharing the love of the season  
With all who are willing to embrace it  
Love is the real reason for the season  
No matter what you believe  
When we can share the warmth and kindness  
Extending that to every person who needs it  
We share what the season, the world, and being human is all about  
Compassion to all beings sets the world twinkling  
Lighting up our corner of the solar system  
With our planet of love





## Other Titles from Andrea Eygenraam

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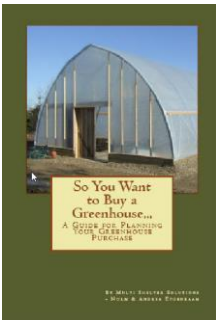
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