



Listening To The Silent Cry Of A Broken Soul

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To Aiden & Oliver

A DAYDREAM MAY BECKON

Floating away
On the back of a daydream

Drifting towards
The arms
Of a forgotten lover
The adoration
Of people everywhere
An expedition
In a far off land

Oblivious to the world
Around me
My mind is elsewhere

My seat may be a throne
A cockpit
A beach chair
The basket
Of a hot air balloon
Sailing far overhead

At any place
At any time
A daydream may beckon
Stealing me away
From the daily grind
Kidnapping me
Demanding a ransom
Of time
And fantasy

Often a welcome distraction
That reminds me
Life is an adventure
As much an inner journey
As an outer one
As much imagination
As routine
Often traveling as far
As my daydreams can take me

A DAY OF LIVING

Fear not the eternal darkness
Fore we close our eyes but once
Falling into a dreamless sleep
Protected from the endless storms
We endure with each labored breath
During our living hours

Yet the struggle to live
is worth the fight
As each day that arrives
Brings with it a chance for joy
A chance for redemption
A chance to see yet
Another mystery

Life
Fragile and small
Holds just enough
To sustain even the weakest hopes

Death
Holds no hope

Fear exists only in the living
The greatest of which
Is the fear of wasting life
Instead of seizing it
Before we close our eyes
Forever

A day of living
Is worth so much more
Than an eternity of slumber

Live

A FINE LINE

When there is no mountain
High enough
The summit of our obsession
Remains just out of reach

When risk
Becomes its own reward
We gamble on the rush
Or the Reaper

Betting it all on the rush
We walk a fine line
Between life
And death

With no room for error
A fine line
Between the bad ass
And the dumb ass

Settling for either
Another chance
Or an early
Exit

ACCEPTANCE

When is enough
Enough
How far
Is too far
How many times
Is too many
How old
Is too old

Questions can lead us
To answers
Questions can lead us
Astray
Questions can lead us
Home
Questions can lead us
Away

When will the mirror
Reflect the true self
The singular beauty
Within
Not the flaws
Without

The questions need to change
Moving away from
Want
Moving away from
Fear
Moving away from
Doubt
Moving towards
Acceptance

ALONG THE WAY

The road we travel
Is surrounded by joy
It hides in the bushes
Waiting to be found

Distracted by potholes
Confused by the many intersections
Sometimes losing our way
We pass more joys unnoticed
Than we find

Yet joy is patient
In no hurry to come out of hiding
Knowing the road is difficult
It often sings encouragement
To keep going
To keep searching

A glimpse here
A glimpse there
Is all it takes
To keep believing
To keep looking
Even when we forget
Exactly what we are looking for

The secret
To finding more joy
Is how we travel

Lighthearted and humble
Listening more
To the music in our heart
Then the voices in our head

Paying attention
To the journey
Instead of looking forward
To the destination

Realizing that the greatest joys
Are often found
When we leave the road
And make our own path
Along the way

AN UNEXPECTED JOY

Sitting in the sun
Surrounded by shade painted hills
Watching the feral cats play
Among the desert flowers
Is an unexpected joy
A surprise visitor
That snuck up on me
Unseen but always welcome

When I try to invite her in
She ignores my plea
Choosing instead times of silence
At places of her choosing
Locations of quiet reflection
When the moment is all there is
Time stands still
The monkey mind naps

Never knowing when she appears
I can only guess
Set the table for her visit
Find the right seat
Away from the distractions of the world
Immersed in its subtle beauty
Sit quietly and wait
For an unexpected joy

BATHE IN TIMELESSNESS

Contemplating time
Always unstoppable
Always Onward
Never resting
To savor a moment

With practice
Our embrace of the moment
Widens
Our gratitude for the present
Grows

Dressed for battle
Fierce and unrelenting
Time marches on
Enemies none
Victorious over all

Whether in the arms
Of our love
Or in the glow of a sunset
We can call up the magic
And bathe in timelessness

Every being
Every thing
Of this world
Eventually will crumble
Beneath it

Unable to be mastered
It can only be distracted
By the force of intention
Causing it to stumble
If only briefly

To slow time
To embrace the present
To soak in the now
Is the greatest of all
Human tricks

Breathing deeply
With eyes closed
Calming the mind
Opens a crack in the armor
Of timelessness

Sitting silently
With attention
Focused within
Calms the beast
That pursues us all

BEING HUMAN

I wake up
Each morning
Not knowing
What is to come
Will it be a good day
Or will this be the day
My life changes forever
And not how I want

Still
I get out of bed
Thankful for another chance
To spin the wheel
To gamble it all
On happiness
On peace
On love

My moods
Are often kidnapped
By events
Around me
When my mind is weak
When I ride my thoughts
Like a horse
With no reins
Unable to control them

Best to remember
My worries
Are phantoms
That I never see
But seem to feel
All around me
If I pay attention to them
So I try to push them away
Sometimes it works

Some days
I dance through time
Some days
I stumble
Either way I know
If I am true to my heart
Everything will work out
As it should
Even if it's not how I want

This thing called life
Is a carousel
Always spinning
Always giving me a chance
To ride a different beast
Always giving me a chance
To do my best
Being human

BEING IN THE ROOM

Being in the room
Watching the faces
Display the emotions
Of conversation

Listening to the outcome
Of thoughtless indulgences
Noting their impotence
Upon those around them

Waiting for a spark
A sentence
A gesture
Anything to ignite the moment

Something to wake awareness
Shift attention
Put a halt
To all this empty thinking

Looking around
No one is dancing
There is no music
To shake the soul awake

While the room is full
It is empty of living
Relying instead
On well rehearsed being

Each second passes
Like the last
Unnoticed
And ignored

The actors are playing
Perfect parts
Waiting for the applause
Or the hook

Being in the room
Can drive you mad
Or it can drive you
To dance

BELIEVE

Are you willing to have your heart broken again
Are you willing to embrace disappearance
Until there is nothing left
But memories

Will you let the wave that is your life
Wash over you
Or will you ride it into the white water
Where it dies slowly upon the shore
Exhausted but fulfilled

Can you share your hopes and beliefs with the world
Can you confess your mistakes
While celebrating your victories

Your soul is always whispering
Encouragement and comfort
Even when you refuse to listen
Or are too afraid to hear

The door to your new life
Passes through your own reluctance
Passes through everything that scares you
You have to let go of who you are
In order to embrace who you will be

Don't be caught in a world
That wants to make you smaller
You are enough
You have always been enough

Believe

BLIND TO WHO I AM

Standing in the center
Of my life
On a clear day
I can see in all directions

The four compass points
That guide my character
Call my name
Pull me towards them

To the North
Honesty

To the East
Integrity

To the South
Virtue

To the West
Compassion

On a foggy day
When my view is poor
When I can't even see myself
I struggle to find even one

Yet I know
That if I just keep moving forward
Listening for their call
Trust in who I want to be
I will get closer
No matter how lost I seem

When the fog clears
And I find myself
Back in the center of my life
I realize I was never lost at all
Just blind
To who I am

CHANGE

There are times
In this life
Great change occurs
Nothing remains the same

Of the great constant
One can be certain
It will happen around
And within

No anchor
No peace
The mind reels
There is no safety

Still we must look ahead
Eagerly
For what is to come
So be it

Hold tight
What is now
Love what was
Love what is

This moment
Hides us from change
Within its power
We are safe

In this moment
The world stops spinning
The mind pauses
Peace

COMFORT

Life is hard
Whenever we are alone
Whenever we feel
isolated from the world
Whenever we are kept away
From those we love

We all need comfort
Now more than ever
How we treat others
The stranger waiting in line with you
The neighbor scared to go out
The cashier worried about her safety
Often reflects how we treat ourselves
When we are afraid
And no one is around

Being kind to others
Opens the heart
Wide enough to embrace
Our greatest fears
Opens the heart
Wide enough to embrace
Our inner child
Who is lost in today's world
Opens the heart
Wide enough to remind us
That we are never truly alone

A smile
A kind word
A wave
A patient attitude
May be all we can do
But it can be more than enough
Right now

Sometimes
The greatest comfort
You can give to yourself
Is to provide comfort
To someone else

CONTENTMENT

Some say
Happiness is
Wanting what you have
Not wanting what you don't have

I say
Striving to have something
Worthy of wanting
Is a game for the young

To be content
Should be the refuge of the old
To be striving
The playground of youth

The reward of a long life
May not be many years
Or many things
But contentment

Along the youthful path
Towards happiness
Embrace the discontent
Strive onward

Settle for nothing less
Than moving forward
Growing with change
Being risky

When the journey
Nears its end
Then look back
Content

DANCING ON TOP THE BOULDER OF PAIN

Losses
Gain momentum
With each passing year
Like a boulder of pain
Rolling over me
Again
And again
And again

So as the years pass
As the losses mount
I can choose
I can live
Either under the boulder
Or on top of it
Dancing

The halcyon days
Of my youth
Blissfully ignorant
Of the road ahead
But wallowing in the present
Are a blessing
And live still
Inside
Reminding me
Happiness is a choice

The curse of age
Lies not
Under that boulder
But in the surrender
To life
To the world outside of me
To all I cannot control
To Everything
Distracted
I forget
Choice is the master

Everything I am
Everything I will be
Is a choice
Happiness
Sadness
Love
Regret
Guilt
Shame
Loneliness
Are all paths
I can choose to tread

DEMENTIA

Where do we go
When we forget
Where we are
Who we are
Why we are

To be lost
Within oneself
Muffles the screams
The panic
Is silent

Unaware
Every step is new
Leading further away
From the known
The familiar

Constantly reborn
Into a world
Unknown
Stumbling
Into mystery

The body
Fails
As the mind struggles
To understand
Anything

From child
To child
The clarity
Of a new womb
Awaits

DYING ALONGSIDE MY CAT

I hold her outside
On the patio
Looking out
Over the Indio Hills
My dying cat
And I

Or is she just feeling
Heavy and tired
Thankful for the lap
The petting
The kind words
From her usually stoic
Human

I want this moment
To last
Longer than it does

I stroke her neck
Desperately wanting her
To know how much
She is loved

Telling her how lucky
I am
To have had her
As my cat

Telling her she is
The best kitty
I have ever known
Or will ever know

Trying to thank her
For all the love
She couldn't help
But give
Always

Struggling to keep
My connection with her
I try to watch the clouds
Dance in the sky
Through her eyes

Does she know
She is leaving the world
These hills
This sky
Those clouds
Forever

ENDLESS CIRCLES

The leaves turn to gold
Just before falling to the ground
The tree stands bare
Waiting for the return of spring
Waiting to be full again

The sun sets
Bidding farewell to the day
Welcoming the darkness of night
Until it reappears
In all its splendor
The next morning

A baby cries
A precious birth
Beginning a journey
That always leads back
To an eternal womb
Waiting to be reborn

Every beginning has an end
Every end a new beginning
Saying goodbye
Will always lead to a new hello
Letting go
Will always lead to a new embrace

Life is a series of endless circles
Always coming back
To a different version of itself
To dance in the middle
Observing it all unfold as it should
Without judgment or haste
Will turn your soul to gold
Long before the fall

ENOUGH

I woke this morning
Thinking
I already have
More than I should

I've tried to sabotage
My every happiness
By believing my life
Was never enough
That everything that happened to me
Was somebody else's fault

However
When I least expect it
My happiness always returns
Dressed in different clothes
A little worse for wear
But my every happiness
Nonetheless

Playing the role of the victim
Keeps me shackled to loss
By hiding
My sense of power
Behind the actions of others

I am enough
My life is enough
I will no longer surrender
My power
To the judgment
Of anyone

My riches may be tarnished
But they are well earned
Despite my best efforts
To throw them away

I may not have more
Than I should
But my happiness tells me
What I do have
Is enough

EVERY DAY IS A LIFETIME

When struggling
With challenges
That demand constant
Attention
Every day is a lifetime

Each hour
Tests the resolve
To keep going
Focusing
Without getting lost

Time moves at a pace
Equal to the challenge
Being faced
Patience
A hard won prize

Every day is a lifetime
When a goal
Is within reach
Gratitude
Awaits in the night

EVERY PRECIOUS DAY

Looking back
It's easy to see
What was missed
How I became lost

A choice to find happiness
Where we are
Not where
We want to be

Each step along the way
Was unique
Leading me either home
Or astray

A choice to make the most
Of what we have
Standing in awe of everything
That surrounds us

When every moment mattered
I forgot to care enough
To notice
Where I was

A choice to savor
Every precious moment
To embrace
Every precious Day

Always looking ahead
Blinded me
Shifting my gaze
Away from now

Away from
The only truth
There is
That I can control

When the sun rises
Glorious in the eastern sky
We can choose to look
Rest in its beauty

Or we can choose
To keep our head down
Waiting for a sunset
That never comes

We have the power
To accomplish many things
The greatest is to realize
That everything is a choice

A choice to look around
Instead of ahead
A choice to pause
Instead of walking on

EVERYTHING

Resting
In a sense of knowing
Aware
Like a child safe
In the arms
Of the mother

Alive
Yet fully asleep
And dreaming
This life
With eyes
Shut open

In love
Like a drunken priest
Lost
In a story
That makes no sense
Confused

Hopeful
That the rising sun
Will set
Always
And forever

Witnessing oneself
In the mirror
Of emotion
Seeing nothing
But false promises
And lies

Being human
Is everything
That scares us
Is everything
That hurts us
Is everything
That heals us
Being human
Is everything

FALLING THROUGH TIME

The thinnest of veils
Separates one moment
From the next

The lightness of our being
Rides atop
Each passing second

Unable to stop time's march
Into the future
We hold tight the reins of our life
Becoming heavier
And heavier

With eyes closed
And fists clenched
We ride
Struggling to maintain control

Determined to master our steed
Ignorant
To the illusion of it all

Once we realize
We are but a feather
Falling through time
We can let go

We can stop
Spending what few moments
We have left
Trying to harness a phantom

We may begin to master
The only thing we can
We may begin to master
Ourselves

FINALLY FREE

The old man was finally free
Life had destroyed all of his bad habits
One by one

All of his many loves had disappeared
Escaped his grasping embrace
By choice
Or neglect
Or death

All that remained of his life
Were questions
That he knew he could never answer
But kept asking anyway

Why me?
Why them?
Why this?

And always the one question
That seemed like an answer
The world kept whispering in his ear

Why not?

The last piece to the puzzle
That had been his life
Was missing
Not even freedom was enough
To find it

He had no more angels
Left to bribe
To help him
He was on his own
At last

The great mystery
That awaited him
Made his soul shudder
Because he knew deep inside
His last breath
Would complete the puzzle
And send him on his way

So he kept breathing
Hoping he could find one last love
One small bad habit
One simple question
To keep him tethered to the world

All of his life
He strived to be free
The seduction had been complete
Yet this was not the promised land
He had hoped to find
The pot at the end of the rainbow
Sat empty
He had been conned

Freedom was too lonely to bear
So he wept
The tears completing his life

And he was on his way

FINDING BALANCE

Finding balance
In our life
May be the greatest pursuit

Understanding the law
Of opposites
Our deepest knowing

When we choose to ride it
The pendulum of joy and sadness
Always swings in extremes

We spend our time
In laughter
Or tears

Yet deep happiness
May only be found
In the middle

Opposites attract us
Due to the strength
Of their passion

Emotions of love
Or hate
More fiercely felt

Black or white
The definitions are clear
Requiring little thought

Unable to exist without the other
Opposites create the boundaries
Of our world

It is up to us
To find our place between them
And fill up our life

GROUNDING BY WANT

Grounded
In this life
Unable to rise
Above the clouds

A different life
will always call
And the eyes will fail
To see
Clearly

Want
Keeps us tethered
To illusion
Burdening the soul
With lies
While blinding the heart
With false visions
Eventually
Turning the caress
of desire
cold

HELLO WORRY

Hello worry
My old friend
I welcome you like a lover
Returning after a long day at work

Your favorite chair is ready
Waiting for you
Sink in and relax
Let's spend the evening together

I'll tell you my troubles
You'll tell me mine too
We'll discuss the family
And the people I call friends

Who needs sleep
If all goes as planned
You'll spend the night
Seducing me with my fears

Although the time will come
When we part ways
It is only temporary
I need you like I need air to breathe

Without you to chide me
I would not know what to do
Happiness is such a scary thought
And so far away when you are near

So we settle in for the long haul
Knowing you will never leave me
Worry
My old friend

HOPE IS THE DAWN OF A NEW DAY

At this very moment
Somewhere
A daughter
Is holding her mother
For the very last time
While a mother
Is holding her daughter
For the first

New life
Hope for tomorrow
Sustains us
When the grief of loss
Threatens everything

At night
The sun sets
Ending the day
With a promise
Of rest
A chance to reflect
To try and understand
A chance to let go
A chance to put pain
Behind us

Each morning
The sun rises
With the promise
Of a new day
A chance to take a step forward
A chance to see something
We missed yesterday
A chance at new life

Night and day
Death and birth
Without one
There is not the other
Knowing that
Is the Hope we must have
To make it through
The darkest of nights
To make it through
The most numbing
Of losses

Hope is the dawn
Of a new day
It rests at the center
Of all things
It is the hub
That everything revolves around
It is the Alpha
And Omega
It is the seed
Of which happiness grows
It is the fertile ground
For new life

Without Hope
There is nothing

I AM NOTHING

Disturbed
By what I see around me
Disturbed
By what I feel within me
Disturbed
By how I react
To things I cannot control
Disturbed by
Everything

It's so much easier
To hide
It's so much easier
To live in fantasy
It's so much easier
To play a role
It's so much easier
To avoid dealing with
Everything

Telling others how to live
I shine my light outward
Telling others how to live
I avoid looking in the mirror
Telling others how to live
I escape myself
Telling others how to live
I feel better about
Everything

Avoiding self reflection
Self absorption is my shield
Protecting me from you
Protecting me from myself
When it's always about me
Conflict is always all about you
Without you to validate me
I am
Nothing

ILLUSION

Our eyes fall victim
To what we see
To what we believe
Few things exist
Beyond our thoughts

The world around us
Only makes sense
If it is within us

Vision reflects perception
Perception reflects understanding
Understanding reflects experience
Experience reflects choices
Choices reflect desires
Desires reflect ego
Ego is illusion

Illusion informs everything

IMAGINATION

When the way
Is unknown
Hidden behind puzzles
Mysteries and enigmas
Shrouded by doubt
Teasingly beckoning us
To come find it
Look within

Life gifts us
All things taught
All things learned
The Gods gift us
An ability beyond reason
Beyond common sense
Even beyond wisdom
To solve the puzzle
To find the way

Within the mind's eye
Shines a light
Illuminating all
Following it
Leads us to palaces
Of insight
Destinations
Beyond seeing
Birth places
Of the Divine

More important
Than knowledge
More useful
Than intelligence
It creates worlds
Discovers cures
Shows us the way
Lifts us into the heavens

Imagination

INTO NOW

Worries usually knock
At my door
The moment I sit still

Plans and schemes
Quickly join the party
Competing for attention

Regrets and fears
Usually the last to arrive
Always overstay their welcome

No matter where I go
Trying to escape
I am bound and held hostage

Captured by phantoms
That can only exist
In realms beyond this moment

Forced to endure
The worst suffering imaginable
Thoughts

With only one way out
I persist to search for an escape
A backdoor into the present

Away from the future
Beyond the past
Underneath my thinking mind

Following my breath
Leads me to its threshold
Yet I struggle to open it

With eyes closed
Gazing upward
Again and again I try

Only when I surrender
To this moment
Acknowledge its power
Fall at its feet and swear my devotion
Will I be able to pass through
Into Now

IT'S ALL I KNOW

I can't count the days
I lounged under sunlit skies
Free from threat or pain
Yet I manufactured endless clouds
To cover my gratitude
To hide my joy

Everything good always ends
So I saw only bad
In everything
In everyone
No end in sight

One day
Upon a bench I sat
Drenched under my sadness
Overlooking my gloom
When a maiden appeared
Bathed in sunlight
Her face radiant and soft

Where is your cloud
I asked
Where is your rain

I set them free
She sang
I know that what seems so bad now
Can easily change for the better
So instead of holding onto my pains
I let them go their own way
I choose to be grateful for what I have
Not angry for what I don't

But what will you do when your joy ends
When the clouds reappear
When the rains drench your happiness

I will float up to meet my clouds
Embrace how they make me feel
Have a conversation with them
To discover their secrets
Then I will set them free again
She replied
While looking up at my gloom

You must love misery
To sit under such a dark cloud
And get drenched by your pain

It is familiar
It is constant
I can count on it
I cried
It's all I know

She began to walk away
But turned around and whispered

Nothing is as it seems
We only make it so by believing it
Embrace change
Believe in your power
Believe in yourself

JOY AWAITS

There is light
Around you
Within you
Even if unseen

When the veil of tears
Covers your heart
Darkness surrounds
Everything

Another test
Challenges your existence
Throws your joy
Beyond the horizon

Like your breath
Your blessings
Go unnoticed
Hidden

Stay strong
Like your breath
Your blessings sustain you
Always

The pendulum of pain
Swings close
The pendulum of joy
Swings far

Know that
This pendulum that is life
Is always shifting
Always changing

This day's pain
Tomorrow's happiness
Are always connected
Always changing places

The dramas will pass
The traumas will pass
The pendulum moves
Joy awaits

JUST AROUND THE CORNER

There are times
When you can relax
When the mind is quiet long enough
To hear the world around you

There are times
When nothing is hurting
When the pain eases long enough
To feel just a little joy

There are times
When others make you smile
When the fears pause long enough
To let someone in

There are times
When everything is as it should be
When your need to control lets go long enough
To live in the moment

Those times are all fleeting
Coming and going
Without fanfare or applause
Hidden treasures waiting to be found
Often just around the corner
From where you are right now

JUST THE WEATHER

The true nature of the sky
Remains unchanged
Whether clear and sunny
Or buffeted by wind
full of storm clouds
And lightning

Sharing its space
With the tempests
As they come and go
Silently observing
Refusing to identify its magnificence
With what obscures its sun

During those times
When it exists cloudless and serene
Free of distractions
It rests in gratitude
Yet knowing
This too will pass

You are the sky
Everything else
The clouds
The wind
The sunny days
Is just the weather

LAKSHMI

Throughout her life
Lakshmi's greatest joy
Was to wrap her little paws
Around my neck
Nuzzle and lick my ear
Biting it softly
Purring

I took the love
She needed to give
For granted
Began to think it
A nuisance
Putting her down
Asking her
To stop
More often than not

Now weak and dying
She has finally stopped
While I realize what it all meant
For her
And for me

A lesson in love
Giving and receiving
With no strings attached
Always there for the giving
Whether taken or not
Her life was that lesson

Today
Through tears
Of sadness and regret
As she fades away
I pray she finds the strength
To wrap her little paws
Around my neck
Nuzzle and lick my ear
Biting it softly
Purring
Just one last time

LET FALL THE REIGN OF OPINION

Lacking understanding
Accountable to none
We hold them close
Protected

Our words
Our actions
Our choices
Are ruled by them

Formed by prejudices
Guided by ego
The lowest form
Of our knowing

Aimed at others
But missing the mark
Painting our entire kingdom
A shade of ignorance

Unable to step outside of
Who we are
They shape us
In their form

Rise up
Suspend ego
See with the eyes
Of another

Let fall the cloak
Of foolishness
Let fall the reign
Of opinion

LIFE BREAKS US ALL

Life breaks us all
Eventually
Hold tight the day
Within it is everything
We are ever promised

Now
Is all that matters
Tomorrow's illusion
An imagined conversation
An excuse to avoid what is
A distraction to being
Truly alive

Waiting to live
Is the same as dying
Nothing comes from what if
Or what might be
We live now
Outside the illusion

Life breaks us all
Eventually
Hold tight the day
Within it is everything
We are ever promised

LIFE WILL SOFTEN YOU

From beginning to end
The road you travel
Will be hard

The passing of years
Will expand your vision
As you learn to see with your heart

Losing your way
More times
Than you will admit

Through it all
It is love
That will matter most

Many will be your helpers
Lifting you up
Showing you the way

Always
In the end
Life will soften you

Many will be your detractors
Trying to keep you down
Stepping over you on their way

You will see birth
And death
And life in all its forms

Your dreams will shift
Like the winds of change
As your soul grows and evolves

Pain and suffering
Will give way to joy and happiness
And visa versa

Mistakes made
Promises broken
You will do it all

You will give
More than you have
Take more than you need

No matter how hard
You think you have become
Struggle will give way to understanding

Gratitude will replace disappointment
Resentments will transform
Into a knowing acceptance of your chosen fate

LISTEN TO THE WIND

Wisdom whistles through the trees
Rustling the leaves
Speaking softly
To anyone who would listen

Sitting alone
A cup of tea
Steaming beside me
Is sometimes all it takes

So little time
Left to dream
When all of our days
Are numbered

So little time
Left to love
When there are so many
Things to love

These moments
Of silence
Heal the bruises
I usually give myself

When I am never enough
I seldom stop
To question my life
To question my thoughts

When my mind is racing
So am I
Moving at a speed
Faster than peace

Only when I pause
Long enough
To let the world
Settle in around me
Only when I pause
Long enough
To catch a glimpse of my soul
Do I listen to the wind

LISTENING TO THE SILENT CRY OF A BROKEN SOUL

She is all women
She is everyone
She is no one
She is gone

Hardened
By a life
Forged in the fire
Of pain
And loss
Her soul
Stood strong

Hit after hit
It took
Without whimper
Or Complaint

Lost and forgotten
Her soul
Reminded her
That she mattered
Despite it all

Unprotected
And always attacked
Her fierce soul
remained
Intact

Only in the end
When she dissolved
Into the abyss
Was her soul
Broken
And began to cry

Listen

LYING HERE AWAKE

As soon as the memory
Of the dream
Begins to fade
The mind engages
Starting slowly at first
Gradually gaining momentum
Until it is at full speed

Its invitation
To hop onboard
Is never refused
As if there was really
A choice

Reminding me
Of my hopes
My fears
The anxious situations
That are waiting for me
Today and everyday

Playing back the scenes
Of my regrets
Showing me
The what ifs
And I told you sos
Of all my poor choices

Faces of those
I have loved
And lost
Float by
Whispering reminders
Of the pain
I feel
Without them

It's always best
To get out of bed
To open my eyes
And see the day as it is
Instead of lying here
Awake

MORNING PRAYER

Heavenly Father

Divine Mother

Lord Jesus

Master

My Guardian Angels

My Helpers

Teachers

And Guides

Thank you for my life

Thank you for this day

Help me to use it wisely

Please forgive my sins

And weaknesses

Help me to overcome them

Please forgive the hurt

I've caused others

Send them many blessings

On my behalf

Help me to avoid hurting

Anyone today

In either thought or deed

Thank you for the help

People have given me

Throughout my life

Send them many blessings

On my behalf

Permit me to continue

To receive help

Show me how to help

Someone today

Thank you for sending

Your Light

And Love

And Healing Energy

To my family

And friends

Especially those who

Have left this earth plane

And are continuing on

Their spiritual journey

And to those who are

Sick

Suffering

Or in pain

Thank you for sending

Your Light

And Love

And healing energy

To all the beings

In all the universes

Who are Sick

Suffering

Or in pain

Thank you for my life

Thank you for your protection

Guidance

Blessings

And forgiveness

Thank you for the abundance

You have provided me

Throughout my life

Thank you for helping me

Become the person

I was meant to be

Thank you for replacing

My will with Yours

Thank you for sending

Your light

And Love

And healing energy

To me

As I meditate

This morning

And throughout

The day

In your Holy names

I pray

Amen

MOVING

Moving
Rarely standing still
Always on the run
Busy busy busy

Got to keep
Busy busy busy
Got to keep
Moving moving moving

Nothing too see
Here
No time to think
Here

Staying too long
In one place
Would mean
Paying attention

Taking a moment
To rest
Always creates
Thoughts

Thoughts create
Emotions
Feelings I can't
Control

So I keep moving
Busy busy busy
Always on the run
Where thoughts can't find me

Never slowing down
To let feelings
Block the escape
From myself

To give what is inside of me
A chance to get out
To get in the way
Of my moving

To get in the way
Of my loneliness
To get in the way
Of my pain

NOTHING AT ALL

When you only view the world
Through the lens of what you see
Or you understand your life
Only through the thoughts in your head
Where do you find your magic

When everything that happens
Is happening to you
Or you understand your life
As a constant struggle to survive
Where do you find your peace

When you blame everyone else
For your troubles
Or you understand your life
By always feeling the victim
Where do you find your hope

When all you feel is anger
And everyone is wrong
Or you understand your life
As a battle against fools
Where do you find your joy

Our visit on this earth
Is but a blink of an eye
To always look for what weakens you
Is to spend your life
Blindly searching
For darkness
And in the end
Seeing nothing at all
Being nothing at all

OLD FRIENDS

Old friends
Wrap around us
Like a favorite blanket
Helping to keep us warm
On a cold winter's day

Their gaze
Reflects our face
As we always want to be seen
In the honest light
Of an unconditional embrace

When we stumble
Their arms reach out
To hold us
During those empty times
When we struggle to stand

When we fall behind
They come back for us
Take our burdens
Share the load
Help us to catch up with ourselves

Their greatest gift
Comes when we are alone
With only the reminder of their friendship
To keep us company
And we rest in happiness

ON THE WINGS OF DESIRE

On the wings of desire
I believe my spirit soars
Rising higher and higher
With every new realization
That I must have more
More things
More people
More love
More hate
More distractions
More lies to tell myself

Attached to attachment
I can't let go of anything
My being grasps
At everything
Like a person
Afraid of drowning
In a stormy sea
I hold on tight
To the wreckage
Of my sinking ship
Slowly going down

Chained to my possessions
Unable to let go
Of anything
Feeling entitled to everything
I drown in my stubbornness
Burn at the stake of my ego
Constantly losing my way
While I stumble
Disappearing
Into the dark forest
Of all my many desires

There is no joy
In collecting darkness
There is no light
Surrounded by fear
There is no hope
Buried in want
There is no soaring spirit
Grounded by desire
Only lies
And slavery
And foolishness

ONE MORE DAY

Although the future
Will always remain a mystery
One thing is certain
Our time on this earth
Our time in this life
Will come to an end
One day

The morning song of the wren
The warmth of the sun
On my face
The spark of love
In my heart
Encourages me to hope
Today is not that day

Tomorrow is not so certain
As my vision falters
Beyond this present moment
Yet the uncertainty
Of what awaits me
Does not dilute the hope
That embraces me now

My ability to squeeze
As much life out of the present
Is not hampered
Or obstructed
By the shadow of tomorrow
Or even the clouds on the horizon
Of today

So I vow to hold this day close
And to shed a tear of joy
When it is over
Knowing I am blessed
By being given the chance
For one more day
Tomorrow

ONENESS

Slow down
Don't rush
Listen
Nature calls you
Pay attention
Miss nothing

Be still
By quieting the mind
You can hear
Things
You can hear
Yourself

Feel one
With all
Welling up inside you
This moment
Is all there is
All that will ever be

Memories fall short
To experience
While the future can only be
A guess
A hope
A dream

Embrace everything
From this Great moment
Where there are no questions
No troubles
No other
Just Oneness

OUR GREATEST FEAR

Our greatest fear
Is not wrapped around
The failure to grasp
Any of the things of this world

It flirts with our goals
And teases us
About how successful
We think we should be

It wears the clothing of loss
That covers the nakedness
We feel when empty
And cold inside

It looks into the eyes of our soul
Darkening our heart
Clouding our vision
Blinding us

It motivates every move
Guides our steps
Leads us away
From its impossibility

Surrounded always
In an embrace of belonging
At times we can only try to feel
We are never truly apart

Connected to every thing
Connected to every one
By the energetic force
Of life itself

Our greatest fear
Is a phantom
That cannot exist
Outside of ourself

Our greatest fear
Denies our spirit
Our greatest fear
Is the fear of being alone

PATIENCE

Losing something
Losing someone
Can tear your heart out

The ground beneath your feet
Suddenly gives way
And you fall into a void

A seemingly endless pit of sorrow
Loneliness
Regret

You wear your what ifs
Like a burial shroud
Waiting for the first shovel of dirt

Time
The destroyer of all
Becomes a reluctant friend

Taking you by the hand
Chipping away at your loss
Day after day

Until finally
A morning comes
Cloudless and sunny

Until finally
When you look in the mirror
You see yourself again

Patience serves us well
At the bottom of the pit
It grows in the garden of pain
It blooms with flowers of wisdom
Its fruit is a mirror
That reflects your soul
So you can know your strength

Trust in your life
Trust in your Self
Wait for it

PERFECTION

Perfection is all around us
Embracing everything
Waiting
To be embraced

Perfection is all around us
Embracing everything
Waiting
To be embraced

Open mind
Open heart
Open eyes
Open life

When we remain closed
We remain lost
Beyond the embrace
Beyond the perfection

Our destiny
Is a conversation
Between our beliefs
Between our visions

How we see the world
How we see ourselves
How we see others
How we see this moment

When we see imperfection
We are imperfect
Lost in illusion
Falling into despair

Knowing perfection
Demands a power
Beyond this world
Beyond our thoughts

Knowing perfection
Demands a power
Seen in the eyes
Of infants all

Simplicity
Faith
Hope
Love

PILGRIMAGE

The journey
To our most sacred place
Always begins inside
With a knowing

A conversation
With our highest Self
Unexpected and urgent
Showing us the way

The listening
To our most powerful voice
Whispering its hunger to be fed
Is the first step we take

The destination
An ever changing reminder
Of an inner need
To reconnect with our Soul

The goal
Is not to escape our troubles
But to remind us
That we are much more than them

The Pilgrimage is an attitude
That lifts us above the madness

The Pilgrimage is not always a physical journey
It is an intimate embrace of spirit

The Pilgrimage is always waiting for us
To take that first step
To our most sacred of places
The heart of our most high Self

PILLOW OF DREAMS

Each night
Long after the sun sets
And the stars make themselves known
In the dark night sky
I lay my head down
On a pillow of dreams

The day's events forgotten
Or so it seems
As my mind looks ahead
To all the joys
Struggles and challenges
That the morrow will bring

Suddenly In the midst
Of all my planning
Anticipating and scheming
Without a sign or a warning
I find myself far away
In an oddly familiar place

Beyond the boundary of time
This is a realm of infinite possibilities
Where the past dances with the present
While the present feels like a future
That I might be able to glimpse
If I just don't try so hard

Friends and family
Lost in the outer world
Take turns
Keeping me company
Hinting at some secret message
I always struggle to decipher

Running away
From demons and monsters
Escaping situations
That are bound to enslave me
Searching for answers to the questions
I just can't remember when awake

The adventures are as endless
As my imagination can conjure
And my emotions can endure
Teasing me to go deeper
To face the fears
That keep me stuck on the other side

Lessons within lessons
Each drama
Unfolds before me
Like an invisible gift
That I cannot open
Until I am ready

Flying or falling
Swimming or sinking
Each visit to this inner realm
Seems as fresh and alive
As everyday seems
In my other life

Often struggling to tell the difference
Between worlds
Unaware of my slumbering
My reality shifts
My vision clears
The real becomes the dream

And when my demise is imminent
I always escape
The moment I realize
My head stills rests
On that pillow beneath the stars
And death is just an illusion

PRECIOUS IS THE DAY

Shadows dance
Among the hillsides
The play
Of light
And dark
Fades as the sun
Rises

The way out
of confusion
Into light
Is awareness
Of the journey
Knowing deeply how
Precious is the day

Illuminating all with
Its penetrating light
The orb of life
Sails slowly
Upward
Over
Beyond

The day begins
As it did
Yesterday
As it will
Tomorrow
Traveling through time
As always

Light
Embraces all
Showing the way
Inviting
Our inner eyes
To look up
And see

Yet
The distracted mind
Ignores the journey
Of each day
Waiting
For something else

Looking
For an answer
To a question
They haven't asked
Lost in time
Stumbling
Through darkness

SACRED SPACE

Looking around
The pace of life
Is dizzying

With too much to do
And not enough time
So much gets left undone

The waiting list
Of obligations
Grows and grows

With the passing of each year
Everything around and within
Gets more and more complicated

My life screams to slow down
To retreat to a place
Where I can catch my breath

A place where time stands still
Where I can direct my energy
Back into myself

Where my thoughts
Call a truce with my spirit
Giving it a chance to heal

Surrounded on all sides
By worries and fears
My escape seems blocked

Yet when I close my eyes
Breathe deeply
My thoughts begin to slow

My spirit wakes
And begins to remind me
That I am not all this doing

Reminding me the path I am on
Will teach me everything
If I am just willing to pause

If I am willing to go inside
Listen to my soul
And rest within my sacred space

SEARCHING FOR SOMETHING

Happiness will have to wait
It seems all the ingredients
Have not been gathered
Looking around
I'm not sure what else I need
Having spent most of my days
Collecting everything
I thought I should have
Why then
Am I still left wanting
Waiting for happiness

With the passing of time
The list of things I need
Grows and grows
Until I begin to wonder
How many arms it will take
To hold everything
How many goals
Will I have to reach
To earn everything
How many things
Will I need to buy
To have it all

Chasing happiness
Is a full time job
Searching
For what I lack
Leaving no time
For appreciation
For reflection
For gratitude
For joy
Only enough time
To keep searching
For something

SEDONA
February 10, 2019

Sitting by the fire
She sings
While playing the guitar
The moment perfect
In all its illusory
Guises

Another year has passed
Yet the world still turns
Incomplete in its understanding
Throwing the occasional bone at us
To pique our interest
But not enough to solve
The mystery

Before the song ends
I will mark this moment
And hold it close
Grateful for the fire
The melody
The woman
Grateful for the life
That holds it all
In its often forgetful hands

I pray for memory
Just this one
It is enough to hold me
And sustain me
Now and tomorrow
For just as long
As the fire continues to burn

SELF

Our heart
Beats to the rhythm
Of all life
Beats to a rhythm
Beyond the world

When we know deeply
That everything we do
Contributes something
To the whole
We do better

The heartbeat
Of the world
Beats as one

When we know deeply
Everything is family
We become more
We are better

Listen
It can only be heard
In silence

There is no self

We are connected
To everything
Everything is connected to us

We are not an island
Adrift in a sea
Of isolation

Thoughts of separateness
Are born of dreams
Illusions of the mind
To teach us
We exist
To teach us
To survive

The greater teaching
Comes when we realize
There is more
When we realize
We are more
When we begin to understand
Everything is more
Than it appears

We all swim
In a sea of togetherness
Our gift
Is being able to experience it
Individually

SHE SPOKE OF ANGELS

She spoke of Angels
As if everyone could see them
Dancing with our troubles
Jumping with our joys
Lying down with our pains

She spoke of angels
As if they never left our side
Holding us fiercely
As a lover
In an embrace of compassion

She spoke of angels
As if everyone could hear them
Whispering comfort when down
Guidance when lost
Encouragement when stumbling

She spoke of angels
As if they were everywhere
Hands in ours
Arm in arm
Touching our hearts

When she left
She spoke of angels
As if they would lead her home
Through the forest of darkness
Into the peace of eternity

When she was gone
I spoke of angels
As if everyone could see them
As if they never left our side
As if they were everywhere

SILENCE ALLOWS

How many wrongs
Have I been
Complicit in
Just by doing nothing

Turning my back
On what is right
Or true
Or needed
Because I didn't want
To get involved

Because I didn't think
I had time
Because I didn't care
Enough
Because My own comfort
Came first

Failing to put myself
In another's shoes
To take action
Instead of remaining quiet
Haunts me
Knowing I could have done
Something
Knowing I could have led
With my heart
Instead of my head

Every day
There is a wrong
Waiting to be righted
Waiting for someone
To speak up
On another's behalf

Just a word
May be all it takes
To help
To show someone
You care
To show someone
They matter

Doing nothing
Gives permission
To hurt
To steal
To slight

Sometimes
Silence allows

SING YOUR SONG

In this world
It's easy to want
More than you have
Easy to be envious
Of those around you

Sing your song
Every day of your life
Dance to the rhythms
Of your soul
Always

Wishing for something different
Imagining another existence
Than the one you are living
Traveling down a road
That follows someone else's life

Don't throw yourself away
Chasing after the illusions of others
Know your own truth
It will take you where you need to be
It will take you home

Some of the most challenging lessons
To learn in this world
Are to love yourself
Embrace your life
Follow your path

It is impossible to imitate
The happiness of another
You cannot dress up their joys
To look like yours
You must find your own

Instead of looking outward
Look inward towards yourself
Discover your own unique heart
Develop your own unique gifts
Follow your own unique passions

In the infinity of space
At this crossroads in time
There is only one you
No one else is more or less
No one else holds your place

The conversation
You have with the world
Can only be heard
When spoken
With your own voice

SITTING IN A HOLE

This morning I woke up
Sitting in a hole
Again
It was a bit cramped
I couldn't move my feet
The rain had formed a puddle
My ass was wet

This morning I woke up
Sitting in a hole
Again
The walls made slick by my lies
Guilty pleasures
Stubborn grudges
Foolish choices

This morning I woke up
Sitting in a hole
Again
My special place
Where I go
When the world collapses
Around me

This morning I woke up
Sitting in a hole
Again
Started to think
Maybe it isn't the world
collapsing
Maybe it is me

This morning I woke up
Sitting in a hole
Again
Wondering how hard it would be
To find
A more honest place
To sit

This morning I woke up
Sitting in a hole
Again
Feeling optimistic
Looking around me
At all the others
Sitting in their holes

This morning I woke up
Sitting in a hole
Again
Stood up
Climbed out
Walked forward

SO I WAIT

How many tests
Must one endure
To learn all the lessons
Life teaches us

So I wait
Doing my best every day
Embracing my joys
Learning from my pains

Without much
Or many
What I do possess
Are my treasures

Ashes or dust
Neglect or thievery
Must I lose everything
To learn detachment

Must my life
Be turned upside down
In order to live
Upright

How many times
Must my heart be broken
To understand
Compassion

Do I keep falling
Until I realize
I need others
To stand

There must be a time
Waiting for me
When all the tests
Have been passed

A time when
All my loss and suffering
Make sense
And I can smile again

A time when
My soul can stand strong
Weather any storm
Climb any mountain

SOMETIMES

Sometimes
It is easier to be lost
The sense of hopelessness
More familiar
Than it is to find a new way

Sometimes
Everything happens so fast
That life becomes a blur
And I can't see
Where I want to go

Sometimes
The moment
Can be too big
Too overwhelming
To understand completely

Sometimes
It is more comfortable
To lose
Than to take on
The expectations of winning

Sometimes
I wake with a smile
Not knowing why
I search for an answer
Until it is gone

Sometimes
Nothing makes sense
Up becomes down
Light become dark
Love becomes hate

Sometimes
What seems so right
Turns out so wrong
It makes me question
Everything

Sometimes
I realize
The issues I struggle with
Don't exist at all
Except in my head

Sometimes

SONG OF LIFE

I sing
My song of life
At night
Below
A rising moon
Alone
On a branch
In a tree
Surrounded
By everything
I believe
To be true

In the distance
My fears
Sing back
A taunting melody
To remind me
I don't have
To be alone
I can join them
And be
Afraid
Like all
The others

Under a blood
Moon
I can dance
With my demons
And make love
To my shame
Embraced
By everything
I choose
To forget
That causes me
Pain

Come home
My fears sing
We await
Your return
The banquet
Of tears
Grows cold
Without you
All of the others
Need you
Need your pain
To exist

One doubt
One moment
Of weakness
Signals
My surrender
To all of my fears
Who will steal
My song
While plucking
My feathers
To keep me
Grounded

So, I sing louder
My fierce song of life
At night
Alone
On a branch
Below
A rising moon
Unbowed
Surrounded
By everything
I believe
To be true

SPENDING TIME LIKE IT IS MONEY

Given only so much time
To live our life
One would think
It would have more value

Yet we flitter it away
Every chance we have
Blind to the true cost
Of wasting so much of it

We seldom pause
long enough
To realize
How much we squander

When our pockets
Are full of change
We can count it
Knowing how much we have to spend

We can decide
What we can afford
How to spend it wisely
Whether we do or not

We rejoice knowing we can
Buy something tomorrow
If we don't spend it
All today

Yet we never know
How much time
Is left
In our pockets

But we spend it
Like our pockets
Are always full
Never going to empty

Perhaps it is wise
To reconsider what we are doing
And start thinking about
Spending time like it is money

STILLNESS

The stillness
Of a moonless night
Leaves no shadows

Calmness
Amidst life
Ignores drama

STRUGGLING TO STAND

When the weight of my world
Seems too much to bear
I find myself retreating
Back into the darkness
Where the light is too dim
To find my way out
And I become lost
Within a vicious cycle of self-made pain

Falling down again and again
My strength wanes
Until I see no other choice
But to stay down

Yet before I surrender completely
A voice deep inside stirs me
Urging me to keep going
Crying for me to get up

As long as we are willing to listen
There is always hope
There is always light
There is always a tomorrow

Hold tight to that inner voice
It is there to lift you up
No matter how dark your world is
Or how hard you are struggling to stand

SURRENDERING TO THE MOMENT

I stand
With my hands raised
Above my head
No sudden moves

Everything I ever wanted
Is waiting for me
Right here
Right now

Looking around
The quiet is comforting
The world
Is standing still

Surrendering to the moment
The only option left
To find my life
To find myself

While on the run
I thought I was in charge
My escapes
Undetected

I use to think
I knew what I was doing
That I had it all
Under control

Avoiding
Each passing second
By dreaming
Of the next

Never realizing
How much time I ignored
Trying to keep one step
Ahead of today

I can't count
The number of years I wasted
Spent as a fugitive
Of the present

I see it now
My foolish choices
Chasing a future
That didn't exist

Giving myself up
My only hope
To start over
To find some peace

TALKING IN SILENCE

Our conversation
With the world
Is often loud

A one-sided narrative
To explain
To justify

We seldom learn anything
When our ears are full
Of our own voice

How much fuller
Would our lives be
If we listened more

If we stopped talking
Just long enough
To hear

Just long enough
To stop thinking
About ourselves

Just long enough
To hear the world
Tell its story

When we speak
The world is silent
When we are silent
The world speaks

THE BEST WITHIN US

Who holds you close
When you keep the world
A heart beat away
From love

There are times
When you catch your heart
Just before falling
into the embrace of another

The conversation
You have with yourself
Reminds you to hold onto the pain
Because it is something you know

You don't know
How to hold onto love
But you know how to hold onto hurt
It is more familiar

Sometimes life
Gets the best
Of the best
Within us

Trust your heart
Let go of your pain
Be your best
Even when you can't

THE COLLECTOR

Sitting alone
Surrounded
By the possessions
In his mind
The Collector dreams
Of what he doesn't have
Instead of treasuring
What he does

When he sees something he wants
He falls all over himself
To add it to his collection
At the expense
Of everyone
At the expense
Of everything
Around him

For nothing
Is beyond his reach
Beyond his desire
Beyond his need
To possess
It's all fair game
When he makes the rules

His path
Is littered
With broken hearts
Broken promises
Broken reflections
Of who he seems to be
Only illusion
Is real

The Collector
Sees everything
As something to own
As something to hold
But only briefly
Until he discards it
Out of sight
Just another notch

The Collector
Sits alone

THE DAY AFTER A SADNESS

Waking up
The day after a sadness
The world is dull
Everything is heavy

The morning songbirds
Are silent

The sun
That shone so brightly
Only a few days ago
Is hidden
Behind darkness

Weepy and sad
Sitting in quiet bewilderment
Wondering
If anything will ever
Be the same

What day will it be
When I see the sun
Once more

What morning
Will I finally wake
Listening
To the songbirds
Again

Everything is hard
Only the tears
Come easily

My only friend
Is time
Taking me by the hand
Leading me away
From the sadness
Slowly
One second at a time

This is life

THE EDGE OF WHO I AM BECOMING

I woke up
In the middle of my life
After a lifelong daze
Realizing
That there is more
To each day
Than just meeting my responsibilities

I'm tired of wearing my weakness
Like a favorite coat
Wherever I go

The conversation I am having
With the world
The conversation I am having
With myself
Is old and stale
Worn out themes
Based on failed schemes
Worthless pipe dreams
Over and over and over
I am so bored
Of it all

The truth is
We all limp through life
To survive

We must turn towards the limping
And connect to it
Find that place within
That allows us to go out into the world
Despite all of our flaws

The trap is
Believing the world
Can make us smaller
That the world can make you feel
Like you belong
Or that you are abandoned

The reality is
The only power that controls us
Is the conversation we have with ourselves

The reality is
That God is a reflection
Not a traffic cop

The reality is
The less we believe in
The less we belong

The reality is
Everyone you meet
Comes with a lesson

The reality is
The secret to a good life
Is generosity

I am at the edge
Of who I am becoming
Just waiting for a push
Or a pull
From within

THE END OF THE ROAD

The horizon nears
Even as we take the first step
Not knowing where to go
Struggling forward

The time it takes to reach our destination
Flashes past
Quicker than a bolt of lightning
In the sky of existence

Without awareness of the journey
Nothing matters
Like a dog chasing its tail
We surrender to folly
Going nowhere

With eyes wide open
We see
With mind wide open
We understand
With heart wide open
We live

We mustn't forget
Who we are
And why we travel
This hard road
Often alone
Often on the backs of others
Often carrying all of the world
In our head

Each step takes patience
Each step takes mindfulness
Each step takes effort
While each effort moves us closer
To ourselves
To others
To the end of the road

THE FAIRY TALE CONTINUES

The flowers
On the kitchen counter
Speak of a woman's presence
The ripened fruit in the bowl
More than I could have imagined

Ginger tea
On the stove
Whistles an introduction
To a waiting cup

In the parlor
Her guitar patiently waits
To be held
Strummed
Sung to

Cats
More than a couple
Lounge playfully around
Eyeing each other
Like suspicious lovers

The gardens
Something always in bloom
Home to gnomes
Buddhas
Krishnas

Tucked in
Slumbering peacefully
My love dreams
Halfway in another world
Halfway in ours

Grateful
All of my world is here
Embracing me
Reminding me
The fairy tale continues

THE GODS OF PLAY

The laughter remained
Long after
The children had gone

Taking no prisoners
They captured each moment
Like it was their last
Escaping the boundaries
Of time
Covered in glee
Radiating bliss

Their play
Was sacred
Yet there were no rules
To restrain their souls
Spontaneous and free
They danced

Eventually
They merged into one
Sharing the same spirit
Their only desire
To embrace the others' joy

Unattached
To the world around them
They created their own universe
Nothing existed
Outside of each other

Watching from afar
I searched for their secret
Looking for clues
That might teach me
To let go of myself
To merge my spirit
With others
To learn
How to play
Like a god

THE LIGHT COME TO END A DARK NIGHT

Every storm
That passes over us
And drenches our lives
Runs out of rain

Every dark night
That never seems to end
Eventually gives in
To the light of a new day

Our most difficult times
Are not the injuries we incur
It is the waiting we must endure
For them to heal

Often a time of silent suffering
We keep the pain close
Hidden from the world around us
Unable to share our grief

Unwilling to seem weak
Or broken
We end up weaker
We end up broken

Putting ourselves back together
Often takes more hands than we have
To pick up the pieces
To heal

Sharing our pain
Is the best medicine
Asking for help
the best expression of our strength

Knowing we are not alone
That someone is out there
To help lead us back to ourselves
Is the light come to end a dark night

THE PROMISE OF THE UNEXPECTED

Today might be the day
Your world changes
Today might be the day
Your dreams come true
Today might be the day
Your heart shatters
Into a million pieces

Change is the one great constant
We can never escape
It hovers over life
Like a vulture
Waiting to devour
What is

Whether turning our life
Upside down
Or right side up
Nothing is ever the same
Once it lands

Hold close all that is dear
You never know
when they will leave you

Keep your embrace
Wide enough for more
You never know how much
You will be given

Cherish every moment
That is filled with joy
It will pass quickly

Let go of your suffering
It is also
Just a brief shadow

Good or bad
Pain or pleasure
Today holds the promise
Of the unexpected

THE QUESTION

When we first step out in the world
To find our self
To discover our passions
To seek our own unique voice
Among many others
We are often lost
With more questions
Than answers
To show us the way

Through trial and error
Mistakes and missteps
Victories and loses
The answers slowly show themselves
Often at the expense of our plans
What we never thought we'd become
We suddenly are
Where we never thought we'd go
Here we stand

Everything in life is changeable
Everything in life changes
We may not ride the first wave we catch
But we will always ride the last
Staying upright is what matters
Moving onward is what counts
Asking the right questions
Is what will keep us going
Even when the answers are never quite clear

Of all life's questions
One is the Holy Grail
That you should ask yourself every day
One will keep you young
No matter how old you become
One will never settle
Or have an answer
Yet it will inspire you
To always strive to become your best

What am I going to do with my life?

THE SPACES BETWEEN LIVING

The collected moments of time
Gathered by a soul
Strung all together
Make up a life

At times
The series of events
Fit together
Perfectly

A jigsaw puzzle of experiences
Displaying a landscape
Of sublime intention
For all to see

Other times
The meanings and purposes
Are hidden
Even from ourselves

The puzzle seems incomplete
The string broken
The ends frayed
Seemingly impossible to reconnect

Yet they do
Somehow
Given enough time
And trust in ourself

Patiently waiting
In those times of disconnection
In those times when life seems to stop
Can lead to the greatest of gifts

The spaces between living
Are full of insight
When we allow life to pause
Long enough to take a breath

When we allow life to pause
Long enough to embrace the silence
That our soul
Speaks to us in

THE STORIES WE TELL

We are all
Actors
Playing our roles
To a script
That we write
And rewrite
After every scene

Unwilling
To accept the critics
We color the narrative
To suit our needs
To put us
In the best
Or the worst light

The villain today
Becomes a hero tomorrow
As we fill in the blanks
With misdirected facts
Imaginative backstories
Hidden motivations
Unknown pursuits

Heroic deeds
Often do not survive
The insecurities
That steal our spotlight
Giving way
To the victim role
We think we deserve

At the final curtain call
We are
Who we think we are
The stories we tell
Ourselves and others
Will ultimately create
The life we live

THE OLD STORIES

When I was young
The old ones' tales
Taught me of the past

Introduced me to family
Long gone
But not yet forgotten

Still a child
They were just stories
The meanings lost to a child's mind

As time and family have passed
I have become the old one
Telling stories

Will anyone listen to mine
Carry the memories forward
Give life to those long gone

We are all the sum of our parts
Those who came before us
Gave their life to ours

We were their purpose
For living
Just as our children ours

To value the past
Is to hold tight the memories
Of our tribe

To value the stories
Is to know
Who we truly are

THE TRAIL YOU LEAVE BEHIND

Will you be content
With the trail
You leave behind
When you are gone

Will you have journeyed
To your dreams
Walked far enough
To see yourself

Will your past
Be the future
You see for yourself
Right now

When those around you fall
Do you pause to question
Your own path
Your own choices

Loss is a reminder
Of what has been gained
A reminder that time
Is precious

Reflection does not come easy
Cutting our world in half
Opening up your vision
To see inside

Beyond your control
Your exit is a mystery
So do the work each day
Persist

The Trail you leave behind
Is being made today
Pay attention
To the steps you take

THE WAY WE TRAVEL

We all travel a path
That leads to our destiny
Seen and unseen
A hidden route

The path
The river
The ocean
Will always be a mystery
Until you accomplish one thing

The river of experience
Runs alongside
Where we dip our cup
To quench our thirst for life

Let go of yourself

The way we travel
Is just as important as how we travel
Or the unknown destination we are traveling towards

The ocean of our disappearance
Lies always ahead
Drawing us nearer
To drown into the infinite

You already know where you need to go
But you haven't yet let yourself fall into that place
Head first and totally submerged into your life

Let go of everything
That holds you back

Let go of everything
That keeps you from becoming
Everything you have always wanted to be

Let go of everything
That restricts you
From traveling everywhere
You have always wanted to go

Let go of that reflection of yourself
That you see in the eyes of others

Let go of what you think you must be
And embrace the possibility of dreams

THERE IT IS

There is nothing you lack
Everything you need
Is only a thought away
A choice
Just waiting
Pregnant with opportunity
A choice
To be made
Each and every day

Choosing happiness
Empowers
Choosing happiness
Lightens your load
Choosing happiness
Fills your cup
So it can be shared
With those around you

Shift your energy
Away from negative thoughts
Trust in yourself
If your happiness is hard to find
Don't look for it in things
Or people
Or places
Look inside

There it is

THERE WILL COME A DAY

There will come a day
When you step
Over everything
You've been told
When you question
Everything you thought
You believed
When you start
To think for yourself

Your world will shift
Slowly at first
Gaining momentum
As the confidence you have
In who you are becoming
Begins to grow
As your vision expands
As you begin to find
Your place among all things

Strangers
Will begin to look
Like friends
Your sense of family
Will expand
To include even those
You have never met
Or those who don't recognize
Your light

You will realize
The most important gift
You can share
Is your truth
And the fire shining in your eyes
While you embrace
Each moment
Knowing
How precious it is

You will realize
The most important choices
You can make
Are those that help you grow
By helping others

That the best mirror you can have
Is the face of a friend

That the most important things in life
Can be neither bought or sold

Life will teach you
Many things
Some lessons come easily
Some are never learned
Maybe the most important lessons
Teach you to let go
Of illusion
In order to become
Yourself

THEY WILL MAKE THE WORLD PAY

Ignorant and pale
Society looks down upon them
Blaming them
For everything they despise
They have felt the scorn
Been judged by the glances

They know the bottom well
It is their curse
It is their fate
It is their home
Prejudice feeds prejudice
So they look around
For someone else
To blame
To scorn
To judge

Some people
Try to become tall
By cutting off the heads
Of others
Their sword is always at the ready
By their side

They cultivate their prejudices
Paint their hatred with a broad brush
Embrace their role
Wronged and victimized
Believing everything they are entitled to
Is being stolen
By immigrants
By minorities
By those who don't recognize
Their God
By anyone different
Or foreign
Or threatening

They vow to show the world
They are not at the bottom
They will make those
Different than them
Pay dearly
With their scorn
With their glances
With their hatred
With their choices

They will make the world pay

TIMELESS

Time is an illusion
A series of separate moments
Strung together
To make an hour
A day
A year
A life

Created to give us the illusion
Of knowing
Time is a false god
Tricking us to believe it exists
So we can worship it
On the altar
Of control

The eternal present moment
Falls back into itself
Over and over and over
Always changing
Disguising itself as itself
Existing solely in relation
To itself

When we stop moving
Up the stairway
Resting on each step
Paying attention
To where we are now
Not where we are going
We escape time

Rarely understood
We try to make sense
Of each moment
By measuring it in increments
Large and small
Confusing the steps
For the stairway

This moment
Is all there really is
Within it rests eternity
An awareness
Of infinity
That makes living
More precious

Rarely captured
A separate moment
Is life's most precious gift
Allowing us to escape
The bonds of time
The shackles used
To measure our lives

When we live within
This moment
Our world changes
Everything matters
We see life
As it truly is
Timeless

In reality
Time exists
Only in our mind
As a goal
Something to reach
Something to master
Something to enslave us

TOO MANY ROADS

Too many roads
To travel
In my search
Which ones
Will I choose
To walk

Too many words
To guide me
When I've lost my way
Which ones
Will I listen to
To lead me

Too many hearts
To break mine
When I give it away
Which ones
Will I love
To heal me

Too many arms
To hold me
In my darkest hour
Which ones
Will I embrace
To comfort me

To many choices
To make
Along the way
Which ones
Will I know
To save me

WAITING FOR A SIGN

The first step
Is always the hardest
When we want to
Change our life

Fear of the unknown
Clouds our vision
Of who we think
We can become

Will we lose
More than we gain
If our choices
Are wrong

Or will our world
Open up
Helping our life
Become bigger

There's only one way to go
Change is inevitable
It will strike whether you are ready or not
Take that first step on your own

Waiting for a sign
Will leave you powerless
Waiting for a sign
Will leave you stuck

WAITING FOR THE MORNING

Waiting for the morning
Can seem like forever
Darkness all around
Cold biting at your soul

Only a faint glimpse
Of the rising sun
Is all I need
To warm me

Knowing the light will come
Soothes my fears
Knowing that day follows night
Gives me hope

Nothing lasts
Forever
Only love
Endures

Even the beast of change
That threatens everything
Can be tamed
With love

Only when the light of a new day
Chases away the night
Am I able to see more clearly
Am I able to continue my journey

With hope in my head
I continue on
With love in my heart
I survive

WALKING FORWARD INTO THE PAST

Looking behind
The dramas seemed too immense
To deal with
Much less survive
But we did

Everything always
Worked itself out
Not always how we wanted
But always
For the best

The imagined demise
Of our happiness
Hung over each crisis
Sure to strike
But we always escaped

Tomorrow's troubles
Are best survived
Remembering yesterday's
Walking forward
Into the past

WE ARE ENOUGH

When is enough
Enough
How much
Must we have
To be satisfied

How many
Of whatever we desire
Will make us happy

Can satisfaction
Or happiness
Be bought
Collected
Stored away
For when we need it

Must we go through this life
Believing we always need
Something
Someplace
Someone
Different

Must we always
Ask more of this world
Until there is nothing left
To want
Until there is nothing left
At all

We may already be complete
The treasures we search for
Already possessed
Hidden just below
Everything we've been taught
To be true

Do not our greatest joys
Show themselves
Without adornment
Naked in their simplicity
Surrounded not by things
But by love

Consider this
Our search for more
May ultimately lead us
To a search for less

A journey
Away from what we have
Towards who we are
A conversation
With the world
That tells us
We are enough

WE LOSE OUR SELF IN THE DARKNESS

The blue road fades off
Into the distance
As the sun sets
Against an azure sky

Embracing the world
Like a forgotten lover
Darkness falls
Reminding us

The day is gone
Disappearing
With our fears
In its jagged arms

Night falls
Settling into a comfort
That holds our life
In an embrace of knowing

The shadows
Disguise themselves
As friends
Beckoning us closer

Opening our hearts
To an ancient mystery
That remains unseen
We become one

Blinded by passion
We stumble
Seduced by the darkness
We lose our self

WHAT MAKES YOU OLD

No matter your age
Growing old is a choice

How you see yourself
In the world
Guides your vision

How you experience the world
In yourself
Shapes your destiny

What you look forward to
Keeps your life moving ahead
Because your future is alive
Taking you beyond the past

Keeping track of your losses
Adds years to how you see yourself
Because your past becomes heavy
Smothering your future

What makes you old
Is choosing to replace hope
With regret

WHAT WE DON'T FEED

We rarely realize
How many gifts
In our life
We ignore

How many things
We overlook
In our daily quest
To get what we want

We are often blind
To those blessings
That matter most
But fail to see

How many friendships
Have shriveled
Because we were too busy
To feed them

How many loves
Were lost
Because we were too selfish
To give our own love away

How many days
Have we squandered
Sacrificing our health
In pursuit of our pleasure

How many dreams
Have we failed to grasp
Because we were too absorbed
To see a helping hand

All of the things
We take for granted
Come back to haunt us
When they are gone

Reminding us
That we are less
Without them
That we failed ourselves

There are times
During every day
When we can pause
To take our inventory

Who around us
Do we neglect
Who gets lost
In the bustle of our lives

Where does our energy
Really need to go
To ensure real abundance
Not empty fulfillment

How can we treat our bodies
With the same attention
That we lavish
Upon our egos

If we live long enough
The lesson we will learn
Will be a simple one
So pay attention

Be wary
Of what you feed in your life
Some need food to live
Others feed on you

What we don't feed
Will die
What we do
Won't

WHAT YOU MISS

It's impossible
To keep track
Of the number of things
We miss each
And every day

How many times
Has a sunrise inspired you
Or have you searched for a perch
To view the last light
Of a dying day

There is a chorus
Of songbirds
Even in the midst
Of the busiest cities
That sing to us

Too many melodies
Are lost
Searching for rhythms
To match the beat
Of our many moods

We don't see
The kind gesture
Happening right next to us
Because we are distracted
By our technology

Opportunities to help
Or guide
Or just listen
Are forever lost
In self absorption

The laughter that connects
One person to another
Never happens
When we are too busy
To even smile

Maybe the greatest loss
Is being too driven
To recognize
The many times
We are shown love

Yet when we slow down
Not our gait
But our mind
Our vision improves
We are more

Distracted lives
Are always outside the moment
Blinding us to the many things
That could sustain us
If we would only see them

Dim the light
Take a deep breath
Relax where you are
Enhance life by what you see
Not diminish it by what you miss

WHEN I AM GONE

My family's love
The reasons they gave
My heart to beat
While forgiving mine
When it turned cold

The warmth of friendship
The many times
It kept me company
When I was far away
Alone with myself

The beauty of the world
Its wondrous gifts
And the pleasures
My senses enjoyed
Throughout it all

The most insignificant of things
To accomplish life
Done throughout the day
Without thought
Or attention

Other countless joys
That escape my mind
But made me
Who I was
Who I wished to be

All of these things
Great and small
Are the blessings
I will miss
When I am gone

WHEN I WONDER

Most days are a puzzlement
A mysterious collection
Of happenings

Watching it all unfold
Around me
Leaves me perplexed

I can't help but ask myself
Who is in charge
Of this mess

Purposeless and random
I struggle to find order
In it all

Must everything make sense
Have a reason to be
Need understanding

Or is The Grand Design
Meant to unfold
Despite me

Is there a connection
I cannot fathom
Despite my efforts

Is there a light shining
On everything
That I am too blind to see

Must I trust in the unknown
Have faith
It will all work itself out

Should I surrender
My need to control
To a Higher Power

Or should I continue
To search for meaning
To question what I see

Acceptance does not come easy
A difficult lesson
Always needing to be re-taught

Life does not come easy
Sometimes only giving up its secrets
When I wonder

WHEN THE LIGHT BEGINS TO FADE

The shadows grow longer
Against the hillside
Highlighting the crevices
Unnoticed during midday
A gift of character

The air settles
Into a softer silence
Punctuated by the chorus
Of faraway songbirds
A gift of attention

The flowers close
After the day's celebration
Perfuming the world
In joyous blooming
A gift of rest

When the light begins to fade
The pace of everything slows
Becoming more reflective
Soulful in its simplicity
A gift of life

WHEN THE WINGED HORSE KNOCKS

The ego sits alone
On its throne
Of righteousness

Facing a mirror
In a room of mirrors
It sees only itself

Protected
Within a castle of pain
Surrounded by a moat of illusion

Always hungry
It feeds constantly
On the judgment of others

Never wrong
It can afford the luxury
Of foolishness

A master of disguise
It changes shape constantly
To avoid detection

When caught
It always escapes
In a cart pulled by blame

Faultless
It has a thousand fingers
Pointing at others

Its mortal enemy
Is dressed in a white robe
Of humility

She rides
A winged horse
Named Truth

Brandishing a sword
Forged in the fire
Of love

She shatters the mirror
Forcing the ego
To see beyond itself

Their battles are epic
Never ending
Fought over lifetimes

When their combat rages
The earth shakes
Beneath our feet

We often stumble and fall
But getting back up
Makes us stronger

Giving us the ability
To see life clearly
Through the eyes of another

When the winged horse knocks
On the castle door
Let her in

WHEN WE WERE CHILDREN

When we were children
The summer day
passed
But slowly
As it should

Time enough
To do all
The things
Only a child's imagination
Can do

Days lingered
Long and spacious
Free
Undivided
Seamless

Time enough
To explore
To Discover
To Wonder
Always in awe

Time enough
To fight off
Dragons
In far off
Lands

Time enough
To do
Everything
Or
Nothing at all

Or find them
Dancing
In the clouds
With elephants
And unicorns

When every
Moment
Is an adventure
It is all the same
Bliss

Time enough
To sail
The Seven Seas
In cardboard ships
As pirates

When we were children

Time enough
To fly
Spaceships
Of fallen
Twigs

Time enough
To have tea
Parties
With restless
Cats

WHEN WILL I FORGIVE

When the ground beneath my feet
Begins to tremble
And my sense of balance
Is lost and confused
Which way will I fall

When the sky above me
Fills with clouds
And my days
Turn dark
How will I see

When my garden
Stops growing
And my pain
Is a hunger
What will I eat

When my heart
Starts to break
And my aloneness
Consumes me
Who will I love

When my breath
Becomes shallow
And my life
Slips away
When will I forgive

WHERE IS MY CONTROL

I proclaim
Everyday should be sunny
Not too hot
The clouds in the sky
For decorative purposes only

Rainy days spite me
Wind and cold
Make fun of my demands
Taunting me
Egging me on

Still I persist
In trying to make the world
Fall in line
Do my bidding
Comply with my wishes

Is it really that difficult
To listen
To do as I say
To follow my directions
To make me happy

Where is the respect
I deserve
When all I hear and see
Is thunder and lightning
Storms and hurricanes

When I trudge through the snow
My blood boils
My resentments grow
I seethe with contempt
For everything

How loud must I shout out
My desires
My orders
Where is my power
Where is my control

WHERE YOU BELONG

Swallowed up by size
In this pompous age
We drown in the obvious
Our vision scans the far horizon
Or glowing screen
Seeing only the enormity
Of this world

Viewing our life
Through the lens of the masses
Overwhelmed by immensity
Distracted by technology
We are blinded
We forget to notice
The small miracles of life
Intimate details of the world
That combine to make it beautiful
The flowers
The evening light
The song of the wren
The play of clouds in the sky

Step outside
Escape
Get away to the forests
Walk in the meadows
Sit by the streams
Put away the distractions
Be silent and observe
Beauty will surround you
Filling your spirit
Opening your heart
Taking you away
From the needless excesses
Of the soulless world
Bringing you back home
Where you belong

WHO HOLDS YOU CLOSE

Who holds you close
When you keep the world
A heart beat away
From love

There are times
When you catch your heart
Just before falling
into the embrace of another

The conversation
You have with yourself
Reminds you to hold onto the pain
Because it is something you know

You don't know
How to hold onto love
But you know how to hold onto hurt
It is more familiar

Sometimes life
Gets the best
Of the best
Within us

Trust your heart
Let go of your pain
Be your best
Even when you can't

WONDER

In this moment
As I witness
The pure joy
Of birds frolicking
In the sky
It beckons me
To examine my own
Sense of wonder

Somewhere out there
Is an in here
Where the conversation
Begins to turn
Away from want
Towards an inner knowing
Of what is true
And enduring

When I focus my gaze
Deep enough
Within
To find that
Knowing
I, too, will frolic
Above those below
Who look up at me
And wonder

Then
My spirit will soar
Above the din of the world
And embrace
My own joyous
Flight

WOULD YOU RECOGNIZE TRUTH IN A CROWD

Would you recognize truth In a crowd
Surrounded by the distractions
Surrounded by the noise
Of other people's opinions

Would their experiences become yours
Kidnapping your truth
Holding it for a ransom
Of acceptance

Is it better to belong than it is to be true
To yourself
Than it is to be honest
With others

Is it better to join
When your soul wants to lead
When your voice sings a song
Only you can hear

Spirit is always whispering
In your ear
Asking you to sit
When those around you stand

Be alone with your thoughts
Listen to your song
Get away from the crowd
Move closer to yourself

Recognize the truth in you

WRESTLING WITH MYSELF

Everything is a choice
Even choosing to believe that
Or not believe that
Is a choice

When everything is a choice
Learning to choose wisely
Creates a better life
Creates a better world

How I respond
To a crisis
Or a challenge
Is a choice

I can choose to recognize
The power of my choices
Or I can choose not to
Abandoning my life to fate

What I think
And every thought
That controls me
Is a choice

When I grapple
With all the choices before me
I am ultimately just
Wrestling with myself

What I believe
And who I trust
To guide me
Is a choice

Whether I hate
Or choose kindness
To share with the world
Is a choice

How much to take
From others
Or give to others
Is a choice

When to quit
And when to
Keep going
Is a choice

Even accidents
Or dumb luck
Are the consequences
Of a choice

Searching for the answers
To which choices
I should make
Is a constant struggle

