## In your head

Do you live inside, like you cannot hide

Yet you want to stay, be outside the fray

There are so many things that make us say

Life happens beyond you, no matter, anyway

Once, twice, thrice, oh my
I know you cannot ever feel dry
Because what's in your mind is your best enemy
You can write, you can grind- a true frenemy

Once inside just be at peace

Don't worry about others, a real release

Some day you will know that true formula

Is inside by day, ready by nostalgia

No one can play your personal game

The writing you make, is only your name

You can lift people's spirits and next level real

Once you do it, it's truly surreal

# Teetering

You know the feeling, when you are rocking
Back and forth, someone is knocking
Long and short, big and tall,
Wondering is there something outside of it all

To give you hope, to give you strength
A sense of purpose, to make the length
You know there is, just not sure where
Your inner fire can take you anywhere

It's time to push, to make a splash

Just make sure, to clear the cache

Fresh words and notes flow through your head

Perfectly made, like your daytime bed

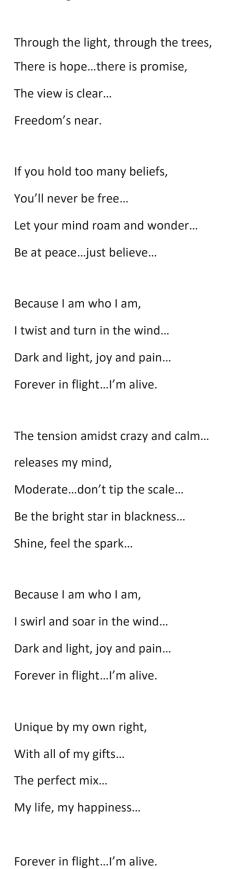
It's a new year, it's time to shine!

Yet remember, it is always your time

The only thing is, it's hard to get past

The things in our head are the former forecast

# There is light



#### Balance

Stay focused, or you'll lose it all Work hard, stand very tall Be steady, win that race Otherwise, lose your place

Be brave, you can do it Do the work, make the puzzle fit Life is tricky, even harsh Feeling like you're in a marsh

The world today is upside down You're not alone, many feel down Find the things that make you ignite Feeling you've hit a lucky strike

And when you do, you'll feel alive You will climb right out of your hive This is your year, a new beginning A life so free, with a healthy underpinning

Just be aware of those who scare
The ones who truly do not give a care
Ignore those people your whole life long
Seek peace and joy to feel strong

Dark and light achieves lightness
This balance is the key to happiness
Peace and joy and all that surround
Love for yourself and others, harmony abound.

## Dance

Dance all night Just release You will feel like you're in one piece Each of us is one of a kind That is why the rhyme is blind Up, down, high, low Jumping and swaying, go with the flow Sunshine so bright Feels just right Feel the beat Get out of your seat Whatever you do, is meant for you You'll say to yourself, if I only knew That I'd be this high Happy and neat You are you, exquisitely complete.

By: Real. Life. Stuff.