

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

Through the light, through the trees,
There is hope...there is promise,
The view is clear...
Freedom's near.

If you hold too many beliefs,
You'll never be free...
Let your mind roam and wonder...
Be at peace...just believe...

Because I am who I am,
I twist and turn in the wind...
Dark and light, joy and pain...
Forever in flight...I'm alive.

The tension amidst crazy and calm...
releases my mind,
Moderate...don't tip the scale...
Be the bright star in blackness...
Shine, feel the spark...

Because I am who I am,
I swirl and soar in the wind...
Dark and light, joy and pain...
Forever in flight...I'm alive.

Unique by my own right,
With all of my gifts...
The perfect mix...
My life, my happiness...

Forever in flight...I'm alive.

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.