

## HEAVY HEART

As I look out my office window  
My heart is heavy as the weight of the early autumn snow  
Clinging to the sagging branches of the trees below

I know it is time to let you go  
I understand there was no hope for this  
But it doesn't make it hurt any less

All I wanted was for you to know me,  
Or at least to try  
To pay attention, to care,  
to genuinely wonder why

Why I am the way I am  
And what makes me tick  
To marvel in my quirkiness and unyielding wit

I wondered how you could be so warm one morning and cold the next day  
I pondered on your tortured heart and what hardships you had faced

I thought, "There has to be more."  
More to you than what others had said.

But the day it all fell apart,  
There really was nothing more  
Just an ego you kept high on a shelf  
And a heart that spared room for no one else.

THANK YOU AND BEST REGARDS

You called. I answered.  
Though many said to let it ring.  
You were lonely.  
I kept you company,  
Though you never did the same for me.

What is it about you  
That makes me forget my worth  
Surrender my thoughts and feelings  
To support your quest for growth

Friendship?  
Is that what this is?  
I don't think so,  
Because it feels like I only give

You come when you want  
And vanish when you choose  
Leaving me feeling lonely and confused

I'm not the first you've done this to  
And likely not the last  
I guess it's hard to see the face under the mask

Charming to start  
Then suddenly aloof  
Sensitive at times  
But then cold and harsh

You are selfish  
But then oh so sweet  
And that what makes this so damn hard  
I have to say goodbye to you....

Thank you, and best regards

## WHEN YOU DREAM

When you close your eyes to sleep, my darling.  
I wonder what your dreams reveal  
What thoughts float through your mind  
Do you recall past regrets or foretell happier times?  
Sometimes, I plan your funeral  
Sometimes, I plan mine

When you are deep in slumber  
And I am alone and awake  
I wonder where fate will lead us  
What paths we are meant to take

You inhale with a subtle roar  
And exhale with a whistle  
I wonder how you rest in peace  
When I can't seem to fall asleep

Will everything be ok, my love?  
In this world that can be so cold and careless  
Will we teach our children to love with an open heart?  
Or will we fail and simply fall apart?

WELCOME

All the feelings  
That I don't like to feel  
That I don't like to show  
Tucked away so no one knows

These feelings I have been denying  
Then wonder why I sit here crying

To bury them makes it worse  
One of life's greatest curse

Pretending that these thoughts are less than human  
So, even the blessed prefer not to show them

Considered ugly,  
We close the door  
Forgetting the truth...  
That everyone's been here before

So, I will honor these not-so-pretty thoughts  
And release them with love, not with fear  
Everything, all things welcome here

## DESERT

I am flat and dry  
Arid, like the desert  
Prickly  
I don't like anyone  
And no one likes me  
I know it will pass  
And I should just be patient  
But it is so hard  
To be restless and tired at the same time  
To be harsh and rigid  
Yet so soft and raw  
I can't wait for my heart to heal  
And my skin to thicken  
So I can breathe once again