

EMERGING FEELINGS FROM THE SOUL – POETRY COLLECTION

CONNECTION

Standing on the earth with toes squishing in the sand.
Hiking through the forest with a loved one in hand.
Calm thoughts gliding gently through your mind.
A stranger paying it forward just to be kind.
Moving forward through the darkness and coming out the other side.
Your child full of compassion gives you such pride.
Loving another being with all of your heart.
Sadness may linger when death do us part.
Snowflakes melting on your tongue.
The talented gift of music being sung.
Holding a new baby and looking into its eyes.
The joy coming from a person that gives you a surprise.
Our hearts must remain open to connect here on earth.
Our minds will remain grounded as each day gives new birth.

HOPE

Each one of us has a life we are given.
Within everyone is a force that is driven.
Circumstances can bring us to a block in the road.
Sometimes a burden with a heavy load.
Words cannot express how we feel.
Somehow, it doesn't feel real.
We look for some kind of relief.
We may even challenge our own belief.
At these times we feel damaged and broken.

We look to others for a kind word spoken.
Don't forget to reach out instead of retreat.
This small action can save you from defeat.
The gift of hope is all that you need.
Harness this discovery...plant that seed.

LIGHT OUT OF THE DARKNESS

Blinded by the beautiful light.
The sun can shine brilliant and bright.
Darkness awakens with the vibrant sun.
Hello day..night is done.
In the dark we can feel alone.
Frozen with fear, cold to the bone.
We need to remind ourselves that light will come.
In the darkness our hearts pound and drum.
Breathing in the warmth of day.
Letting light find our way.
Knowing when to rest and enjoy the peace.
Letting your mind go and your thoughts release.
Close your eyes and the light shines through.
Exploring the sounds that welcome you.
Bringing calm to your very core.
Then opening your eyes to what's in store.

INNER PEACE

Energies flow through our body and feed.

Give them time to flourish and plant their seed.

Gentle movement brings relaxation and calm.

Outstretch from your toes and upwards through your palms.

A deep breath brings mind and body to peace.

In through your nose and out your mouth to release.

Continue this rhythm until your thoughts remain still.

Through each and every moment at your own will.

Our bodies deserve time to rest in the glory.

Don't let struggle become your story.

Being grounded in nature is the perfect place.

Let this environment set the pace.

Take time to reflect each day and take note.

This pause, this place, take time to devote.

COURAGE

The gift of courage is what we need.

When life gives us challenges, it allows us to succeed.

Bring hope to the surface and calm to your soul.

Healing and joy is our ultimate goal.

Life sometimes gives us mountains to climb.

This is when we must commit and take the time.

Think of butterflies and flowers to greet each new day.

Move out of the struggle and find your way.

Take strength from those around you to bring you relief.

Be open to your journey and let healing be your belief.

You've got what it takes to move mountains and bring blue skies.

Let the sun warm your heart and bring joy and surprise.

Take a deep breath now and slowly let it out.

Your healing is coming soon. I have no doubt.