

## Tea Party with My Demons

I've run from my problems my entire life

I'm done; I pulled out that serrated knife

I let the toxic blood bleed out of me

I let my demons go, they are free

They never were meant to be locked away

I swept them under the rug, so inside they stayed

Poisoned my blood stream with vile and hate

Rented out all my headspace but never paid a rate

On a wild rampage they would all run together

It only takes confrontation for them to be severed

I open the door to let my fears in

They break down front of me, confessing their sins

Depression sobbed, "We can't leave this place"

Anxiety screamed, "It's a wicked game of chase"

Anger yelled, "Just hear out our fears"

Trust issues whispered, "We've been trapped in here for years"

Please hear out our cries and don't bury us down

We want to show you how to smile in life, not how to frown

Invite us in for tea and we can all gather around the table

Don't judge us for what we are, don't give us a label

Without us the good in life does not exist

You must face us now, please do not resist

Learn from us the lessons that we are

We aren't here to hurt you or to leave a scar

You'll find when you honor our roles we play

You'll see were here to help but not here to stay

## Love Is

When you commit to love you give it your all

On the way, you could trip, slip, or even fall

You must not be afraid for fear is an illusion

Be in it for the right reasons, don't cause any confusion

You are whole and happy within your being

You put them first, do you see what I am seeing

Love is not a game of give and take

Love is constantly giving, there is no stake

Give your love freely, expect nothing back

You'll be sorry if its self-love that you lack

True love is pouring from your already full glass

True love is forgiving and letting things pass

Let go of yesterday for it is long gone

It's a new day to love, to correct your right from wrong