

You are light...

Hope:

I turn my depression to might  
My lonely to love  
My bruised heart to beams of light  
It shines radiantly and brightly  
Illuminates the world around me  
I no longer look behind  
I see the path in front of me  
change and growth before me  
Not many can understand it  
But I remember  
in the back of my mind  
there are some things  
others don't have to understand  
I try not to overthink this  
Turn my worry into wonder  
Imagine my thoughts into butterflies  
Let them fly high above the ground  
Over the tops of trees  
I see strength in what I've overcome  
Fearlessness in my fight  
And hope for my future

Beautiful seasons:

Eyes like starlights dancing  
A smile like rays of sun  
I close my eyes  
I pretend I am a sunset  
Gold, pink and indigo  
Longing to be a breathtaking view  
I drift into thoughts recollecting  
Nights not so long ago  
where I've seen dark shadows  
And what becomes of me  
in the depths of darkness  
But what a beauty to behold  
when I am in the light  
A magnificent shimmering

glistening thing  
These are peaceful moments in time  
Reminders to bask in this feeling  
These are beautiful seasons

Luminous:

I write this because  
someone needs to hear it  
Maybe my childhood self  
who comes out to play  
now and then  
I think about screaming  
at the top of my lungs  
I need to say stop  
take a second look at yourself  
You are worthy  
You are so beautiful  
You the luminaries held up by the night sky  
Please remember  
You can't please everyone  
so stop trying to  
Especially people who take all you give  
and leave you with nothing in return  
There is a level of respect  
and of human decency you deserve  
don't sell yourself short  
Don't let their actions be your downfall  
Or their words be your fate  
Don't you know that everyday you wake up  
You are a force of nature  
And every morning you rise  
from the ground  
Your glow  
Makes the earth quake

Thankful:

And when I woke up this morning  
And the daylight peeked through  
the window shades  
I wasn't angry or tired  
or sad anymore

I was thankful  
I was grateful to be the woman who stands  
looking into the mirror before me  
greatly flawed but resilient  
Clouds overhead  
But still brightly lit  
Thankful for the aches and pains  
And frown lines that turned into smile lines  
And shaped me into who I've become today  
Thankful for the struggle and the fight  
that brought out the warrior in me  
Thankful that I am still here to hopefully  
be a blessing to someone else  
and myself  
Today

There is light

And I hope this hits you like sunlight  
Hope it feels like a warm blanket  
holding you tight while you're drinking  
a hot caramel macchiato  
And dreaming of your mother's homemade  
butter biscuits or your sister's golden  
brown beignets  
Hope it washes over you like water  
and refreshes you  
Hope it smells like rain or that fine man candle  
You know the one  
Hope it motivates you to walk with your shoulders back and your head held up high  
And when you step out into the world today  
I hope it moves you  
Hope it sounds like the words  
to your favorite song  
Makes you sing and dance without remorse  
Down every street  
Feeling the melody in every beat  
I Hope it makes you think  
Helps you relax  
Makes you feel safe  
Like your in your father's arms  
Makes you feel wanted  
Reminds you your worth it

Makes you smile  
But most of all  
I hope that for a little bit  
it makes you forget about about the pain  
I hope it uplifts you  
And sits with you and radiates around you  
Like a universe full of stars shining  
And I hope it makes you feel loved  
You are brilliant  
With a glow so magnificent  
So always remember  
You are light