

Wanted & Needed

To be wanted and needed,
Comes deep from inside,
A yearning from the core,
That cannot be tossed aside.
We are meant to connect,
To communicate and share,
It's part of human nature,
To show compassion and care.
For those who endure trauma,
Knowing they matter is key,
The deep desire to belong,
Helping them to simply be.
Taking time to genuinely listen,
To gain new perspective,
Honoring the troubled past
Yet still being protective.
The desire of being enough
Can haunt the soul,
Providing a nurturing touch,
Should be the ultimate goal.
To be wanted and needed
Is not a sign of being weak,
It's being raw and real,
And a love we all seek.

“Pieces”

Sometimes being an empath,
Means you give so much,
Whether it's your time; energy,
Or just a gentle and loving touch.

Over time the realization emerges,
That tiny fragments of you,
Have been selflessly shared,
In every single action you do.

From as early as you remember,
You thought of others first,
It was something you considered
To be both blessed and cursed,

Viewed by others as too sensitive,
And even caring more than you should,
It mattered to you enough,
To keep doing all that you could.

Believing that spreading kindness,
Was important to share,
Hoping in some small manner,
Revealing how much you care.

Taking time to feel deeply,
And absorbing others' pain,
Offering some type of escape,
From tears that become rain.

In a world where an empath,
Can be difficult to do,
Keep embracing the feelings,
And giving pieces of you.

“No One Ever Told Me”

No one ever told me,
that there would be days that are more difficult than others;
That like the changing of the tide, so too, is the changing of emotions.
No one ever told me
that I might not ever feel enough;
That one choice, one decision would shape my existence.
No one ever told me
that love is complex and perplexing;
That it can be beautiful in one moment, and bitter the next.
No one ever told me
that nature would become my canvas;
That the simplicity of the seasons would soothe and comfort.
No one ever told me
that the simple act of sharing would become so arduous;
That the back and forth and revolving door would take such a toll.
No one ever told me
that the heart of a mother is fragile; yet strong;
That it can be broken in half and continue to beat with steady rhythms.
No one ever told me
that you can do everything right and it can still be wrong;
That sometimes, imperfection becomes perfection.
No one ever told me
That not having my children all the time would cause physical pain,
That a part of me would forever be incomplete in their absence.
No one ever told me
that my kindness would be taken for granted;
That sometimes what you give, you never receive in return.
No one ever told me
that life is simply a yin-yang,
That finding balance becomes key to one's sense of self.
No one ever told me
that I would feel so much as an empath;
That I would care so much about those around me.
No one ever told me
that doors would become so symbolic;
That when one door closes, another door opens.
No one ever told me
that I would eventually learn to adapt;
That to be like a butterfly; change must be embraced.
No one ever told me...

“For You... I Weep”

For you... I weep.
For the lost opportunities,
For the shattered dreams,
For the unspoken words,
For the senseless horror,
For you...I weep.

For you... I cringe
For the continued debates,
For the finger pointing,
For the talk but no action,
For the deafening silence,
For you...I cringe.

For you...I struggle.
For the fear of the unknown,
For the media mayhem,
For the endless cycle,
For the innocence lost,
For you...I struggle.

For you...I hope.
For supportive systems,
For values redefined,
For safety and comfort,
For love to win,
For you...I hope.

“The Journey”

Traveling along an uncharted path,
Obstacles around each bend,
Trudging along,
Second guessing moments,
Questioning decisions,
Always progressing forward,
Despite heartache,
Seeking out change.

Disappointment overshadows,
Moments of triumph,
Still maintaining focus,
On the destination ahead,
The pace slows,
Taking in the beauty,
Marveling at the simplicity,
Embracing the failures.

Each step unsteady,
Reaching for support,
Realizing life’s irony,
Stopping to take a breath,
Adjusting to the surroundings,
New paths explored,
Inhaling,
Accepting the journey.