

Poetry of Expression

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Presented by

My poetic Side 

Dedication

To those that are struggling to let you know that you are not alone. Things will get better.

The cover of this book is butterflies to represent transformation.

Acknowledgement

Thank you everyone that supports my writing and to my daughter Breanna that inspires me everyday to be better.

About the author

I use writing to have a voice. I do not always know what to say, but through writing I always find the right words. I have a six year old that is my world and a husband I love dearly. My writing is about passion. My poetry is how I am i am feeling in the moment. I do not usually edit my work, because I want that passion shine through. I feel like the edits would get in the way.

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No One Hears Me...

Do you ever feel alone even though you are surrounded by people?
Like you say something but no one hears you or listens to you
Always feeling like you are being ignored or feel less important than everyone else
Feeling like you don't matter in this big world
Because someone else can deliver your message and be listened to
That the only ones listening and knows the true you is the lamb
You start to think you are the problem
You can't change people, but maybe you can change the way you react so that you don't go insane
And that you could be more confident
Through writing your voice can be heard
Because you do have an important message to be said that people are waiting to hear
So next time you feel alone in a room full of people you want to come across and find a way to be heard because you are never truly alone.

Stars

Stars are bright and bouyant
I strive to be like them
Looking positive in the dark sky
High above the world looking over us
Oh what i would do to become a star
Twinkle twinkle in the dark night
Never stop shining
Reach for the stars in everything you do

I AM...

I am caring and understanding
I wonder if I am good enough
I hear my voice telling me "I am no good"
I see the future that I want
I want my daughter to be proud of me
I am caring and understanding

I pretend that I am in a different reality
I feel the love from our savior
I touch out to his loving hands
I worry about making a mistake
I cry when I feel the spirit
I am caring and understanding

I understand the gospel of Jesus Christ
I say Heavenly father and Jesus loves us
I dream that one day I will be a poet
I try to optimistic day by day
I hope that people will do the right thing
I am caring and understanding.

Testimony

T is for talk between Heavenly Father, the savior and I.

e is for the encouragement I get everyday from the Gospel and enduring.

s is for strength and spirit with in that my Heavenly Father gives me.

t is for taking the Sacrament

i is for intellect I get from scripture

m is for making lifelong friends in this church and gospel.

o is for the openness of this church that lets us become who we are destined to be through conference, scripture, magazines.

n is for new we get from the prophet and his apposle.

Y is for you all that are part of my testimony.

My Baby girl

Started out so tiny
Hearing your first cries to hearing your first word
Seeing you crawl to taking your first step.
Starting preschool to kindergarten and now to first grade.
Getting so big so fast
But my baby girl you will always be.

Life

What is Life?

Life is special

Life is a rollercoaster

Life is what you make it

Life is with all the connections you make

Life is better with you

Hug and say I love you to all your loved ones because they are life.

Clouds

What am I going to see today

I look up at the sky what do I see

I see a swan, no a house, or look a Dragon

Use your imagination and those clouds become anything and everything

To have fun all you need is clouds in the sky and your eyes

Fluffy clouds are the best

It is best to watch them with a buddy.

Soul Sister

There is not a lot of people that understand the true me and the struggles and aspirations that I have, but since the first day of our friendship there has been a deeper connection.

A deeper connection where we think or say the same thing or being daily klutz. It is a connection like we are soul sisters.

I look up to you and hope to be like you. As I am writing this I know what you would say "You don't need to be like me, stay being you." You are awesome sauce and empathetic.

Friends come and go, but once you are my family you are stuck with me. People cross paths for a reason. Thanks for crossing mine.

Let us conquer day to day and try to be better each day. I thank you.

Finding Their Way Back.

How does one find themselves once they are lost like they don't know their own identity?

One needs to do some healing deep down

One needs to do what is right for them and not try to please others

One needs to talk and journal about their feeling. Bottling them up will not help one find themselves.

One need to notice what brings them true happiness and what doesn't.

One needs to speak up for the things they believe in.

One needs support from at least one person who knows who that person truly is

One needs to do something for themselves when possible if the problem is that they are people pleaser. If the problem is they are too much about themselves then one needs to do service

Everyone is different and has their own identity and everyone deserves to be the best true version of themselves.

Find yourself

I am working on finding my way back from being lost if I can you can.

Flowers

Flowers start as seeds and with the necessities of life transform to the roots which then go to the stems and leaves which the pedal finally develop.

Flower change depending on the season but always return to fully glory when fully taken care of.

We are like flowers and can truly blossom when we have the necessities of life

Be the flower you are set out to be. Let be your water to let you grow.

Animal Connection

looking at the birds makes me want to be free like them

Seeing them fly and socialize makes me want to be them

The humming bird is so random and high energized like me.

The humming bird likes sweets just like me.

Dolphins love to be in packs and to smile and are bouyant just like me.

I understand myself better once i found my spirit animals.

Us humans all have connections to certain animals that we are gravitate towards. There are some that match our energy and movement.

Find your animal connection It will help you understand yourself better and to be your true self.

Tis the Season

Tis the season to light the world
Tis the season to show your true self
Tis the season to be positive
Tis the season to be happy
Tis the season to be around others
Tis the season to spread Joy
Tis the season to uplift
Tis the season to be anything you want it to be.
Tis the season ...

Transformation of Life

Life is about transformation

We start out as a cell in the womb which grows into a fetus.

Once we are born we are infants, then children, preteen, teenage, young adults, adults, middle age, and elderly

During these transformations there is growth and insights.

We need each phase in order to be our true self. We can skip a stage or we would not hit full potential.

Enjoy each phase. Life goes by fast.

The Most Famous Transition

The transformation of the butterfly is the most famous of all.

It starts as the beautiful egg then changes to the caterpillar

The caterpillar eats and eats and gets bigger and bigger until it is not enough to build a cocoon

WHAT comes out of that beautiful cocoon a beautiful transformed butterfly.

Embrace your transforming self be the butterfly