

# Reflections Of Life

M D Stone

Presented by

*My poetic side* 

## Dedication

*To my wife Denise, who has been a witness to and a partner in my life.*

## About the author

M D Stone was born and raised on the Gulf Coast where Texas and Louisiana meld together. Here he met his wife of 40 plus years. He has 4 children and 12 grandkids that he likes to call "The Dirty Dozen."

Learning from the unpredictable waters of the Gulf of Mexico, he says, has given him an appreciation for the unexpected and an appetite for the majestic.

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## You Are Not The Sea

You Are Not The Sea

It pulls at my restless soul as though it were the sea

Causing high tides and low inside of me

At times I just want to gaze at it and howl

At other times it makes me moan and growl

Its pull is the greatest whenever it's full and round

It rises and falls without ever making a sound

Waxing and waning as it travels in and out

Mystically it orbits in its celestial route

It carries much lore and mythical tales

As if it somehow can even cast spells

But its influence is limited to what we believe is true

Because in reality it has no power over you

When depression rises and anxiety is full

And the tide is high within you because of its pull

When you want to howl in misery's hold

Don't believe its lies, don't give up or fold

It is not the moon and you are not the sea

It cannot determine your destiny

So yes, acknowledge that it is there

And that it haunts you at times, you can share

But resist its pull and don't let it win

You have too much to offer to pack it in

Don't let it define you or hold you down

Because your impact on others will be profound

You Are Not The Sea

## VIRTUOSO

Virtuoso

Virtual touch cannot replace touch  
the nourishment of skin on skin.

The particulars of sunset on the beach  
out performs the highest defined pixels.

One tantalizing tingle on the tongue  
exceeds stimulation of sensory simulation.

Vibrations originating from their source  
are the best beat on the drum.

The aroma of the coming rain, breakfast cooking in the kitchen,  
or grandma's pie,

cannot compare to the scratch and sniff  
substitutes imagined but not experienced.

If we are not careful we lose our sense  
and then all our other senses are stolen away.

Common sense is lost by slight of hand  
and while we are hypnotized and dazed  
the mesmerizing flow of information  
carries our five senses away.

While we walk around with our head in the cloud  
the enemy is stealing our very soul.

And with devices we hold in our hand  
we have surrendered away control.

Be careful of the Pied Piper's melody  
The virtuoso of relational captivity.



## It?s That Time Of Year

That Time Of Year

Leaves are falling, temperatures drop,  
and certain sounds entertain the ear.

Pumpkin Spice at the local coffee shops  
is announcing that it's That Time of Year!

Colored with bright reds and subtle browns, the Earth is filled with cheer.

And the humidity drops further down  
proclaiming to us, it's That Time of Year!

Charlie Brown and Lucy are quite a pair  
waiting for The Great Pumpkin to appear.

Corn mazes and hay bales are everywhere  
signaling to us, it's That Time of The Year!

Carnivals and candy apples to share  
with football and festivals to draw us near.

The smell of leaves burning fills the air,  
because it's now, That Time of Year!

The seasons can change in a heartbeat  
it's summer and then winter is here.

You may feel like your life is on repeat,  
but there is hope,... it's That Time of Year!

## The Human Race

### The Human Race

We have a history of ignorance and hate  
For brother against brother is our past  
From the very beginning blood divided  
Cain's anger rose within him so fast  
Humans that come from the same source  
And framed by a genetic code called DNA  
Now divided by their culture's bent  
Yet fundamentally the same at end of day  
We let philosophies and politics divide us  
Religion and ethnicity not far behind these  
But the same troubles and trials unite us  
For heartaches bring us all to our knees  
Gay or straight, right or left, the path  
Still there is only one response to give  
For no matter where the road led us to  
Love for our fellow man is how to live  
Still the blood cries out to God up above  
As He looks down in heartbreak and love  
If My children could only see My grace  
They would know that there is only one race  
It is for all of humanity that I gave my life  
And for every soul that I hung in your place  
All so that grace could end all the strife  
Between the one and only, Human Race

## Sibling Bond

### Sibling Bond

Sunshine glistening off of the fluid surface  
Shrieks of delight from child's play  
The inflated plastic taking me away  
So I bailed without much thought or care  
Not realizing we were already too far out  
Just before I went I heard her shout  
But then I slipped under and was gone  
And dropping fast in a murky grave  
She grabbed hold of me, my life to save  
In a moment, just a brief second in time  
A lesson learned, a memory was made  
How many times this scene has played  
Though our paths soon led us apart  
Days like this forged our sibling bond  
Should never have let this truth abscond  
But circumstances can drive a wedge  
You had your demons and I had mine  
What could've been if we had more time  
But now you're gone for far too long  
And I wasn't there to rescue you in return  
Time and distance sure help you learn  
Don't let silly things tear you apart  
From flesh & blood sister and brother  
You may be the only ones to save each other  
Everyone has suffered at the hands of life  
But hold on to memories that are fond  
And continue to build that sibling bond

## Freak Show

### FREAK SHOW

I'm tired of being part of this freak show  
This Rat Race that we all know  
Thinking we know what is and ain't real  
And Guiding our lives by what we feel  
Being Sucked In and Sucked Dry all at the same time  
Moving to the rhythm of a fake rhyme  
Ending up places that I never thought  
I'd go  
Cause it's a Freak Show, a Freak Show  
We're all Walking and Gawking through our days  
Wandering as if we're in some kind of maze  
It's skin and sin, trying to numb ourselves again  
Trying to ignore this Hog Pen we're in  
But our pain keeps coming back with every panic attack  
Piling up on our plate like a giant pancake stack  
But it's all getting way too heavy, you know  
Cause it's a Freak Show, a Freak Show  
I'm really tired of buying into the lies of my self talk  
Climbing up the path of Jacks' old Bean Stalk  
Letting this old circus treat me like a Head Line  
I hear the whispers coming from behind the shine  
And I feel like a freak but I want out,  
you see  
How about it? How many of you are  
with me?  
Let's shut the power off to this nasty flow  
Cause it's a Freak Show, a Freak Show.

## Through The Battle

Through The Battle

I came through the battle  
Blood streaked and scarred  
The landscape of my mind  
Now and forever marred  
You can't unsee war's scene  
You can't un-hear it's sound  
The warrior forever changed  
Just for standing their ground  
Do others see their valor  
Do they recognize their heroic frame  
Or do they simply think,  
"They're just not the same"  
Can one fight this bloody war  
And not be changed forever more  
T'is impossible to face the foe  
And not be dealt a mighty blow  
But the wounded warriors that you see  
Are still the people that we used to be  
Just limping now as we walk along  
Toughened by war but not always strong  
And you may think as you observe  
"They are so easy to rattle"  
But we are forever soldiers now  
Because we came through the battle

## A Man's Man

A MANS' MAN

What is a Mans' Man?, you ask.

A man who rises to the task.

A man who knows he's a broken man

But still resolves to do what he can.

A man with conviction and passion.

A man who lives in an orderly fashion.

A man who gives and serves in love.

A man who talks to God above.

A man with mistakes made along the way.

A man who takes stock at end of day.

A man who will help turn the tide.

A man you like to have by your side.

A mans' man knows how to treat a lady.

A mans' man knows how to hold his baby.

A man's man has nothing left to prove.

A man's man has his own kind of groove.

A man's man is what other men aspire to.

A man's man,... can that be said of you?

## Playing Hooky

Playing Hooky

You ever feel liking playing hooky  
Just taking a break from the daily grind  
A trip to the bakery for our favorite cookie  
Snacking on junk food to ease the mind  
You ever want to break free from the norm  
And do something totally off of the wall  
Like go and sit on sand that is warm  
Or row out to an island discreet and small  
Wanna jump on a plane to wherever it goes  
Or just ride in the car till we run out of gas  
Climb a mountain and strike a pose  
Stop to see the view on a mountain pass  
Or we could take a walk in a pouring rain  
Lay on the grass at night gazing at the sky  
Maybe run naked through fields of grain  
And then laugh so hard we start to cry  
Do you ever feel like playing hooky  
Just not gonna play the game today  
Let's stay home and have some nooky  
And squeeze ever bit of life out of this day

## The Apparition

### THE APPARITION

We we're road weary from a long trip  
And we're hypnotized by the tires hum  
Dream-like with eyes wide-open  
But what we saw made us dumb  
It was full feathered headdress and paint  
He sat on a majestic horse so sublime  
His gaze was fixed as towards the future  
While giving us a glimpse of another time  
Heartbreak framed his chiseled face  
And a tear drop glistened in his eye  
Did he see something we could not see  
Did he know someone was going to die  
It's been about 36 years since then  
And I'm still not sure about that night  
But it's a vivid scene in my minds eye  
A very clear and memorable sight  
And it was gone as quick as it came  
My girl said she saw that very thing  
But then soon we came upon the tragedy  
And death left our minds with a sting  
As we drove on in contemplative silence  
Between the apparition and reality check  
There is so much more than meets the eye  
And in the scheme I'm just a speck



## SUNRISE

Sunrise

It pops up out of the darkness

Its' brilliant colors dancing in the sky

Landing on tress and coloring the day

What beauty to the eye

Bringing warmth and hope anew

That today will be the day

When the answer finally comes

Or that problem goes away

It's sunrise once again you see

Making the darkness depart

See its' beauty feel its' warmth

Let its' miracle lift your heart.

## The Ferris Wheel

### THE FERRIS WHEEL

We rise up to the heights  
Then plunge back down again  
Sometimes seeing it all so clear  
But at other times, oh so dim  
Others are getting on board  
To ride life's giant Ferris Wheel  
Round and round we all will go  
Though at times, we're sitting still  
Some times we stop to let some off  
But I'm stuck on this carnival ride  
For me it just keeps going on  
So I just laughed until I cried  
Riding in cages painted bright  
While sweet music plays away  
Wondering why this is my plight  
"Let me off," is what I pray  
The smell of fried food wafts in the air  
The crowds mill around in mass  
I'm watching life all around me  
As the Ferris Wheel makes another pass  
Oh at times, it is oh so fun  
Riding this earth around the sun  
But it can be just as surreal  
Riding this old painted Ferris Wheel  
If you've ever taken it for a ride  
Then you know just what I mean  
You've been around this *lais-sez-faire*  
Or been a part of that crazy scene

## Trapped In A State Of Mind

Trapped In A State of Mind

Some times the dark is so dark it's heavy  
The quite so quite it hurts your ears  
Some times the pain is bone deep  
And the sadness to sad, to shed tears  
Some times the tricks your mind plays  
Deal the deadliest blows to your soul  
Depression and anxiety tell you their lies  
Their web of deceit take it's mighty toll  
You try to pull out, to see life as it really is  
But your mind misfires the message sent  
And though you want so bad to be free  
That you work, try, and pray, until spent  
You feel lost, like on the open sea all alone  
And everyone around you cannot see  
Though your waving your arms like mad  
Trying to form the words; HELP ME!  
Why didn't you say something they ask  
Tell us why didn't you cry out in your fear  
I wanted to, you weakly get out your reply  
In fact I tried but the words were not near  
If I could have said them, told it all to you  
It would have seemed like a foolish tale  
There just are not words sufficient to say  
What it's like to live in this hell

## When I Say I Love You

WHEN I SAY I LOVE YOU

When I say "I Love You"

You always ask me why

And this is how I answer

As I look you in the eye

Loving you is easy

Because it eases every care

Loving you is a part of me

It's just like breathing air

So I breath you in...

Loving you is like oxygen to my soul

Everything is alive again

And loving you is wonderful

Spending life with my best friend

So, when I say, "I love you"

I mean it from deep in my heart

The day I saw those dimples

I loved you from the start

You never need to wonder

Does he love me and why

Cause baby I'll be loving you

Until the day I die

Loving you is easy

Because it eases every care

Loving you is a part of me

It's just like breathing air

So I breath you in...

Loving you is like oxygen to my soul

Everything is alive again

And loving you is wonderful

Spending life with my best friend

## Say I Love You

Say I Love You  
I've been sitting here wasting paper all day long  
Trying to find the right words for this song  
But I just can't find the rhyme  
And I'm running out of time;  
To say, I love you  
I must've said it a million times before  
But I know that I should say it a little more  
Cause I know I'll rue the day  
That I let get away;  
Without saying, I love you  
Well, I love you more with every passing day  
But I know that these are words that I should say  
Oh I know you need to hear  
Those words you hold so dear;  
The words, I love you  
No one's ever stood by a casket to say  
I said it too many times a day  
But Oh if only one more time  
I could say that little line;  
You know, I love you  
So, take some sage advice for living out your days  
And learn to say I love you many times and many ways  
Cause we're traveling way too fast  
And soon the time, it just gets past  
To say, I love you

## LEFTOVERS

### LEFTOVERS

When all we see are leftovers  
Just broken pieces to throw away  
Jesus sees something useable  
"Gather up the pieces" I heard Him say  
When life's bill has come to the table  
And we're broke by its high cost  
Jesus say's bring Me the pieces  
In Me broken things are never lost  
God delights in taking what seems done  
And making it glorious and new  
That's why He uses broken things  
Broken people like me and you  
His power is so obvious now  
His grace and mercy on display  
When He gathers the broken pieces  
And makes them new at end of day  
"This is My body broken for you"  
He told His disciples one night  
Because into the brokenness  
Comes His redeeming power and might  
So gather up the "broken pieces"  
All your doubts and fears and pain  
For Jesus is the miracle worker  
And what He did, He'll do again

## ASSASSINATED

### ASSASSINATED

The voice behind me said,

Word on the street is that they assassinated your ass.

I said they tried to and thought they did, but I'm still here, alas.

They put a hit out on me and so I've been laying low for quite a while.

Every once in a while they will spot me and I'll wink and give a smile.

There's a hint of recognition on their face but just as fast it's gone.

They look like their trying to figure out

the words to some old song.

But I'm back and undercover, I'm alive and doing quite well.

And when it comes to these covert operations, I plan to give em hell.

They put out a hit on me and I don't mean to sound crass

But they thought they they took me out huh, assassinated me,... my ass.

## The Bottom

The Bottom

I took a deep breath and dove under  
Swimming through various temperature layers and degrees of darkness  
But I can't reach the bottom

I surfaced gasping to catch my breath  
With more determination I inhaled until I thought my lungs were going to explode  
I'm going to find the bottom

Down, down, down, and down I swam  
My lungs beginning to scream in alarm and my mind starting to feel the affects  
But there seemed to be no bottom

I popped firm the surface like a torpedo  
I took in the air like a body taking in its first breath every part of me rejoicing in relief  
But I still had not found the bottom

I rested there on the surface for a while  
Face down in the water I watched glimmers of hidden figures in the dark  
And wondered, Have they seen the bottom

Then I concluded that I shall not know now  
Where it stops or where it goes nor shall I understand all the beasts that lie within  
Especially those that dwell at the bottom



## THE BEAST

### THE BEAST

I was walking in the woods one day  
It was a beautiful sunlit stroll  
The green was lush in the sun's ray  
Life was going great I was on a roll  
But I sensed a presence following me  
Something in the shadows just beyond  
What it was or where I could not see  
Till it met me in the meadow by the pond  
It sprung out of the trees with roar  
And was on top of me so fast I didn't know  
My mind and body now bleeding and tore  
And time suddenly started moving slow  
The beast was methodical in its plan  
It knew just the right places to assault  
This thing was no match for any man  
But some how I felt it was all my fault  
With a roar it stood up and then fell  
A stranger had shot him with a dart  
I was rescued from this torturous hell  
Though my life had now fallen apart  
Slowly I began to recover and heal  
Some things never came back to me  
But once again life started to have a feel  
And I am still becoming who I am to be

## Eight Seconds

### Eight Seconds

Released from the chute and it began  
Kicking and bucking this way then that  
Trying to throw me it stopped and it ran  
And to its effort, I had to tip my hat  
It was a massive beast, crazy and wild  
With horns that could gore you to death  
The bones of many already were piled  
Some scared away by its very breath  
It snorted and grunted to intimidate men  
And reared its head in defiant declaration  
It had a legacy of confidence bread within  
And was used to triumph's celebration  
But I dug in hard and held the rigging tight  
And rode this bully through grief and strife  
I gave the old warrior one hell of fight  
This raging bull, we like to call,... LIFE  
Eight seconds is all that you have to last  
But it takes a lifetime to make it through  
And once the ride of your life is past  
Then tip your hat and bid the beast ado

## The Whisper

The Whisper

He looked into the bathroom mirror staring back at the person on the other side  
He desperately tries to remember as he searches the archives of his memory

With no identity he struggles to recall it all  
Unsure of where he's been or where he is  
He hangs his head in despair and anguish  
Who is this person looking back at me

His life has been filled with so much uncertainty and frail hopes for change  
He begins to believe the lies that no one cares and his life is insignificant at best

But all that changes in a silent second of time when the whisper is finally heard  
At first it is an unclear an unfamiliar sound with rhythmic vibrations to his pained soul

But subconsciously recognition begins to awaken of words and sentences uttered  
His head and heart are both raised now  
As he begins to really see for the first time

Clarity comes as the whisper continues until he comes to remember the story  
My life has not been one tragedy after another but a strategic rescue attempt

And now he knows his value and worth and what cards he brings to life's table  
And he observes relief on the other man's face for the whisper changes everything

## A Day At The Beach

### A Day At The Beach

I hear the waves crashing onto shore  
And the sound of the gulls spotting prey  
I smell the salt and taste the sea  
And spot the sun in its array

The sand is warm and the water is clear  
And trouble seems so far away  
I feel safe in my happy place  
Where dolphins love to laugh and play

I watch the swirl the tide leaves behind  
And see as it drags and tumbles a shell  
I wonder to myself where has it been  
And what kind of stories could it tell

It has seen the mysteries of the depths  
And has traveled so many a mile  
Now broken and jagged by its journey  
Another thought dawns and I smile

I too am tumbling along life's shore  
The serenity of sand just out of reach  
Broken and jagged from time's current  
Living my life, like a day at the beach

## Help In The Frey

Help In The Frey

It is my lot within this space to dwell  
Shackled here within a rotting shell  
Temporarily held within this prison cell  
My heart and soul loath this earthly jail

But a pardon has been granted me  
And one day, I will finally see  
That I am now completely free  
No longer under lock and key

So on those days that I'm really sad  
When my thoughts try to drive me mad  
And the torture of pressure is really bad  
To seek relief in the latest fad

I remind myself that it's a daily grind  
And try my best not to lose my mind  
But look everywhere for hope to find  
That one day soon I'll leave Hell behind

But for now in this earthly bunk I lay  
Mustering the courage to face the day  
And hoping to help others on their way  
Now once again, Once more into the Frey

## TOO HOT TO HOLD

Too Hot To Hold  
Just a whiff of that sweet heat  
Stirs my soul's desire  
Yearning to taste it, from head to feet  
All my cells now quickly conspire  
But I'm in a quandary of what to do  
I want to make my move and be bold  
And surely I would without further ado  
But this baby looks too hot to hold  
I'm afraid that I'll get burned again  
If I rush in... too fast  
But the steam is rising from within  
And I don't want this opportunity to pass  
So with trembling hand I reach out there  
And make contact ever so slowly  
I may regret it, but I don't care  
I've got to have that coffee

## A Real Who Done It

A REAL WHO DONE IT

The detectives were completely stumped  
Who was the perp and why the kill  
Every lead had been thoroughly pumped  
And yet no clear suspect still

There was no body but still a crime no less  
The poor fellow bludgeoned until dead  
And where to start was only a guess  
So no Miranda Rights were read

No murder weapon could be found  
And a lack of evidence stalled the case  
Oh but the fatal tool was around  
Veiled by the smirk on her lovely face

Repeated lashes finally led to his demise  
With an instrument hidden in plain sight  
But in such a clever disguise  
Would any detective ever get it right

Who killed his soul, why and with what  
Ah, it's a mystery to stump the mind  
Although there is a feeling in the gut,  
No bars will ever find her sitting behind

## Déjà vu

Déjà vu

A scent sends signals through the sense of smell shuttling me to some surreal scenario of situations since seen.

A feeling forms fostering familiar facts to find former functions from fictional frolics and formal festivities forgone.

The present precariously pulses with past peculiarities that present profound and plausible possibilities perceived post participation.

The sensation that something seems slightly suggestive through sight or sound of similar scenes subconsciously submitted.

Time travel through thought taking you to times tried and true temporarily transported telekinetically the transaction tattooed temporally.



## Soul Tinnitus

Soul Tinnitus

Perhaps you've heard of tinnitus  
That ringing or roaring in your ears  
Just another ailment to spite us  
As we travel down the road of years

But what is this roaring in my soul  
This constant and incessant noise  
As turbulent as the sea billows that roll  
While on the surface I try to keep my poise

I fear that I cannot hear the sweet sound  
Of peace calling out my name  
Just the enemy screams all around  
As though caught in a vicious game

Some times the roar grows really loud  
And at others it's just a steady hum  
Either way it's still dark heavy cloud  
And this soul affliction makes me numb

I'm learning to live with it day by day  
Over time I have learned some control  
Still wish this roaring would go away  
And for no more tinnitus of soul

## I?m Cold

I'm Cold

I can't stop shivering though I really try  
But it's now down in my old bones  
I sit and dream of days gone bye  
But this cold won't leave me alone

I wrap up in my blanket coffee in hand  
And think the warmest thoughts I can  
But then a draft comes and I shiver twice  
Some Florida sun would sure be nice

Don't know where the sun has gone  
Or why it won't shine no more  
But it has been cloudy for so very long  
And the cold is harder to ignore

At times a ray will break through a peak  
With hope I search in this hide and seek  
But alas the sunshine is gone once again  
And the shadows make me shiver within

It used to be always sunny and warm  
But the weather patterns have changed  
And now the bleak dark cold is the norm  
I'm not sure how it got rearranged

Perhaps my careless actions brought it on  
You know damaged some cosmic zone  
And the hurts and habits of things untold  
Have all led to this...,

But BURR, I sure am I cold!



## Boxes In The Attic

### Boxes In The Attic

Old thoughts hang like cobwebs in the corners of my mind.  
The old floors creak as I travel back in time.  
I remember when the boards were solid and straight  
The old house had fresh paint and steps leading to the gate  
The halls were filled with activity and people full of joy  
But now there's quiet and only memories of a boy  
Hushed tones fill dark hallways as whispers spread  
There is longing in my soul of those days inside my head  
When innocence protected me throughout each new day  
Until so much life happened and stole it all away  
And so I haunt this old house I remember so very well  
Dusting away the cobwebs as squeaky boards do tell

## Pearls From The Harbor

Pearls From The Harbor

The ground shook and ships sank  
People lost their lives that dreadful day  
Families forever altered by the rank  
Pain and anguish dealt by war's fray

Every conflict has left a mark and every war has left a scar.  
But what we stand to fight for, is what makes us who we are.

Evil exists wether we admit it or not  
And with fear and trepidation we resist  
Standing for right may become our lot  
Although we'd rather cease and desist

But when the fight comes to us, let's  
remember what's at stake  
And then boldly take up arms and fight the fight, for Heaven's Sake

No man nor woman awakened that day  
With thoughts of planes or bombs away  
But Pearl Harbor was still shook  
And the events are in the history book

We rose and dusted our broken bodies off  
And then simply did what had to be done  
While many may jeer and even scoff  
It's by defense that our freedom is won

Every conflict has left a mark and every war has left a scar.  
But what we stand to fight for, is what makes us who we are.

So today I pause to silently remember those who died that costly December

And with a grateful heart I take my pledge  
To stand in the gap and make up a hedge  
mdstone 2021

## MALADY

Malady

It rolls in like a London fog  
Mysterious and thick it flows  
Leaving trails ore the surly bog  
Yet no one knows where it goes

Once enveloped in its cold embrace  
It begins its subtle molecular coup  
Taking captive to secure and enlase  
So that it can deploy its alien crew

Entrapping souls in a crazy juxtaposition  
Reality and fantasy run together  
Not really sure of the true condition  
As dangerous as the unstable weather

Till all held in its savage melodic spell  
Become participants in its sad parade  
The transformation runs through every cell  
And we keep up the pathetic charade

Then all at once it dissipates like it came  
Leaving a path of devastation behind  
But rest assured it will return once again  
This cyclical malady of the soul and mind

## Breakfast Served All Day

### Breakfast Served All Day

I love the warm feels and sweet aromas  
I love the chatter and expectation  
The clanging of dishes is the background music  
The menu explains our current situation

Hot cup in hand the day lies ahead  
It's a good day for dreams to come true  
With a loud "Order Up" they yell it out  
And the cooks lay down a feast for you

We ignore sticky floors for smiles instead  
It's the local diner where patrons are fed  
Old friends reunite and the new are made  
And over these tables good plans are laid

The waitress calls you honey and baby  
And keeps your coffee cup hot and full  
But this crew has seen some crazy stuff  
So mind yourself, they don't take no bull

It's the local house, kitchen, or hut  
Where breakfast is served all day  
You either get it or you don't understand  
The importance of this southern mainstay



## GUESS WHAT

Guess What

I made them and they made me  
Understanding this riddle will set you free  
It's the minute that determines the mighty  
And difficult for those that are flighty  
They are yours to own if you will  
But even if you don't they'll own you still  
You can even try to give them away  
But they come back home at end of day  
Good ones will help you go far in life  
Bad ones will bring heartache and strife  
And they belong to both rich and poor  
When you think you're done there's more  
Until you finally lay down in the dust  
These will be a daily must  
And what you do with those you are given  
Will determine the life that you'll be liv'n  
So take some time to figure this out  
Don't blame and cry and fuss and pout  
Without them you will make many messes  
OK enough of that, any guesses

## Unshackle Thy Self

Unshackle Thy Self

I pray ye, tell me what thoughts traverse  
that pretty head fraught with trouble.

What subversive feelings vie for attention down the synaptic lines of your mind?  
Tell me forthwith, what sorrow has come to haunt the hollows of your soul?

Why the muse and speculative grin on a face with distant eyes and dull ears?

Ah, ye thinks to throw us off with ye fine reply but we see the forlorn shadow underneath. And so we wait patiently for that below to blow and then it will show.

What gain ye to masquerade? Can you convince your own soul to believe a lie?

Ah, but truthfulness in the inside heart will bring a healing balm and calming elixir.  
Your heart beats like a gavel and the declaration of emancipation is decreed.

No need stay ye in the shackles past of the dungeon of regret when declared free.

So come with haste ye beastly man, ye weary maiden, to the warmth of the light.

Rise and find ye courage to try again.

Onward for the sake of women and men.

Do not disdain to own ye future lad

and lasses, ye must possess your right.

Never, Ever, Never, let ye thoughts betray your destiny. To thine own self be true!

Pray tell, will ye arise now and forsake thy remorse for the passion of possibility?

## We Are Survivors

We Are Survivors

We are survivors

The kind that don't give in

We may be down for a minute

But we get back up again

We are survivors

A warrior lives within

Trained and skilled in battle

We're in it to the end

We are survivors

More than conquerors are we

Rising from the ashes

Like the Phoenix wild and free

We are survivors

Cause this battle is not our last

We will live to fight another day

Just as we have throughout our past

Because we are... survivors

## Still Dealing With The Sad

Still Dealing With The Sad

I picked up the phone again  
Was about to call to check on you  
I forget that you are gone now  
That your race down here is through

I'm so used to checking on you  
Trying to make sure you're okay Dad  
Fighting through this damn COVID,  
the bureaucratic crap that makes me mad

I was so scared you would die alone  
Cut off from the ones you love  
We prayed each day that this would end  
For help from our God above

But all the sudden you lost your charger  
No phone no contact no details known  
Just unanswered calls and futile attempts  
And within a couple weeks you're gone

Now I keep picking up the phone  
Even start to dial the number of the place  
Trying to check in on my old dad  
Forgetting that you've finished your race

Glad to know that your finally all okay  
With Mom and Pam and other family too  
No more living in the constraints of life  
But living in all God's fullness for you

I know longer have to check or worry

I know that you're safe and sound now  
Maybe one day I'll quit starting to call  
But right now I just don't know how

So, if I pick up the phone to check on you  
Just remember how much I loved you Dad  
And although I'm happy for where you are  
Down here I'm still dealing with the sad

## Stirred Not Shaken

Stirred Not Shaken

As I sip neurons start to fire again  
And thoughts begin to slowly awaken  
This magical elixir from the grind  
As I ordered it, "Stirred not shaken"

Soon thoughts are whizzing down lanes  
Old memories freshly repainted...  
On the old canvas of my amygdala with  
New thoughts meeting to get acquainted

It's electrical impulses traveling through  
Jumping synapses of chemical goo  
Yet all of this tied to feeling and thought  
It's enough to cause a mind to stew

No wonder the line is long here every day  
People inside and lined up at the drive thru  
Seems we've found our psychotropic drug  
This bean picked and ground for brew

## The Blues

The Blues

The ink betrays my passion and pain  
Secrets are made bare in every line  
Stanzas dropping my feelings like rain  
Bringing them all back to mind

The rhythm and rhyme keep a steady beat  
With a baseline played from my soul  
So that out of trouble's tempestuous heat  
The songs from pen to paper just roll

The vocalist tells of a heartbreak sad  
And a guitar sings with such clear pain  
The drums remember betrayals had  
My wounds reopened in every refrain

All this hurt gets laid down on a track  
And background singers come in to repeat  
Extra licks and lines fill in any lack  
And then it's tweaked until complete

Finally it's released to speak its healing  
Scars of someone who has paid their dues  
To those who are listening it is revealing  
I guess that's why they call it The Blues

## Sticks And Stones

Sticks And Stones

Sticks and stones the elementary pair  
Can be used to cause great damage  
Or to build things from ground to air

Fundamental materials for life these two  
yet they can be fashioned to break bones  
Still there's a greater threat to me and you

For what shapes the course of one's life  
Can literally crush the soul of our loves  
And can be the instigator of all strife

What is it that helps someone else feel  
The great emotions within our heart  
While secretly holding the power to kill

These have framed the greatest of all  
the documents of history and art that be  
And the tools that also caused them to fall

I am afraid that we have been lied to...  
And from a very early age deceived  
With a nursery rhyme that's just not true

Far just like picking up sticks and stones  
Words can be used to build Great things  
Or to break someone's destiny bones

Because when it comes to setting tones  
We must remember this truth as we speak  
WORDS... are... Sticks... And... Stones





## Rip Tides In The Sea

Rip Tides In The Sea

Sea Of Salt

We waded out deep in the salty brine  
Jumping and bobbing in the wave line  
Unaware that the steady current's tide  
Was taking us on an unconscious ride  
The current pulling us out to sea  
Far away from where we used to be  
The salty breeze and the seagull's cry  
The white caps rolling, fill our eye

Sea Of Love

The enormity of this mysterious pleasure  
Revealing intermittently its hidden treasure  
But hidden dangers also abound  
And in this mystery, trouble is found  
In the midst of this wonder currents flow  
That take you where you don't want to go  
So enjoy life's mystery, sand, and sea  
Always aware of shoreline's proximity

## Raise The Anchor Men

Raise The Anchor Men

My thoughts are filled with inadequacy  
And I am not where I thought I'd be  
I try to hold to your promise to me  
But it's hard in this humanity  
I cannot feel your hand anymore  
I don't hear your voice above the roar  
The rudder broke and the sails tore  
And I'm drifting further from the shore  
Mayday! Mayday! I cry in despair  
And shoot a flare up in the air  
God in heaven, do you even care  
That there is dark water everywhere  
Not many down here can hear the distress  
Or can really see that I'm in a mess  
Can you hurry it up, I hate this stress  
What's it all for, I can only guess  
Sailing this sea of anxiety is rough  
Understanding the physiology is tough  
All the neurons and chemical stuff  
Some days I feel I've just had enough  
Untie the lines, and raise the anchor men  
And hoist the patched up sails again  
I'll grab the helm and catch the wind  
Let's resolve that we will not give in

## THE PRESENT

### THE PRESENT

The doorbell rang and I shuffled to the door but no one was there. Only I saw a finely wrapped box with a tag that had my name neatly written in bold type.

No who, no where, and no one in sight just this box with my name on the front porch. I picked it up and it was lighter than air. Of course this just added to the hype.

I brought it inside not really sure what to do for I was not expecting a delivery you see. There was nothing particularly alarming about it just felt strange too.

I sat it on the countertop and tried to put it out of mind but it intrigued me so within. I picked it up and gave it a shake but I heard nothing inside, not one single clue.

Okay, I thought, this is silly. Just open the box and see what this is all about. Probably some kind of practical joke, I thought again as I unwrapped so carefully.

So I opened it up and carefully removed the the tissue papers placed within the box. Then out from the pretty paper a tiny slip fell fluttering down so gingerly.

I picked it up off of the floor and noticed the same bold typed print. Merry Christmas it said. Enjoy The Present! Shaking the box nothing could be found.

What is this joke someone is playing, I thought to myself in half disgust. I knew better than to fall for this silliness I scoffed as I threw the tiny paper to the ground.

The thought that people would play a prank at this time of the year just put me in a foul mood. The downward spiral caused me to think back on all my past.

All my mistakes, failed relationships, heartaches, hurts, and habits came flooding back. In anger I grabbed up the piece of paper and burned it up so fast.

But as I sat there stewing on the entire escapade that just transpired. A thought began to dawn in my mind that had totally eluded recognition from the very start.

Perhaps there really was a gift that I had failed to see. Mulling over life did no good for me. Just

Enjoy The Present, wait maybe this was a gift for a hurting heart.

The past cannot be changed and mistakes don't define who I really am. I can stay a prisoner of my past or slave to the future or can take it a day at a time.

So, Enjoy The Present... Be present in every moment, squeeze every bit of living out of life. Perhaps I just received the greatest gift, the gift that today is mine.

## Ruthless

Ruthless

He took the path at the end of the bridge  
The fog was thick like curtains in the air  
Down at the waters edge he waited for her  
Not sure why she wanted to meet there

He shivered in the nights cold air and mist  
And pulled his coat a little tighter closed  
Thinking this would not bode well for her  
When all this mess was finally exposed

He thought that he heard a slight sound  
So he softly called out her name  
When no answer came he waited still  
Pensively he wondered, what's her game

He never finished those final thoughts  
Because of the two caps to his head  
He quietly fell, caught by bloody hands  
And now rests on the sandy river bed

She stood on the bridge awaiting a sign  
Gazing at the moonlit river passing by  
Expelling smoke she exhaled in relief  
And thought, it's a shame he has to die

Then she saw it down river just as planned  
Two flashes a pause then two more beside  
So now she knew it was finally all done  
And walked away with swag in her stride

## Fateful Night

Fateful Night

Our eyes met from across the room  
Your smile sent shockwaves to my soul  
Beautiful little dimples appeared  
And threatened to swallow me whole  
I could swear it was like in the movies  
A gleam sparkled from your smile  
And it was love from the very first sight  
A spell was cast though it took me a while  
But now here we are forty years gone by  
And you still make my heart skip a beat  
When you walk into the room where I am  
I feel it from the top of my head to my feet  
I fell in to those dimples so inviting to me  
And into a love that was deep and true  
All because of that fateful night  
When the stars aligned for me and you

## The Back Closet (True Confessions)

### The Back Closet (True Confessions)

Confession is good for the soul they say  
And there's something that I must confess  
I don't have my stuff together always  
In fact I'm often really quite a mess  
My relationships aren't always right  
And I don't always know what to do  
I keep my doubts and fears out of sight  
'Cause I don't want to disappoint you  
The house ain't always as clean as I like  
The oil needs changing in both cars  
I think I just ran over one of the kids' bike  
And the lids are loose on the jelly jars  
I may seem to pull it together some days  
Heck fire, sometimes I even fool me  
But most often I'm just guessing the ways  
To navigate this rough old life's sea  
So that's why today I must boldly confess  
That though it may appear I got her down  
The back closet is where I hide the mess  
That I'm hoping will never be found



## Fire Bug

Fire Bug

She dances through the air as she flies  
A special little bug with light in her eyes  
There is a special healing power in her hug  
Twirling, dancing, laughing, that Fire Bug

She really lights a fire and keeps it burning  
Making a difference is what she's learning  
With a sweet smile and a shoulder shrug  
She lights on your soul that little fire bug

She's been sent on a mission from above  
To teach the world about God's love  
She leans in close with a wink and a tug  
Warming your heart that little fire bug

Our Norah is like a fresh breath of air  
A heart full of love with plenty to share  
With cuddles as snug as a bug in a rug  
That's why we love our little Fire Bug

**22**

22

I cannot expect from others what I am not willing to do.  
What changes I am going to make in this new year of 22?

If the world is to recover from racism and hatred too.  
Then what part I am willing to play in this new year of 22?

If peace and harmony should prevail within this human zoo,  
Am I willing to meet others in the mess  
in this new year of 22?

If ignorance and legalism should be silenced anew,  
And if bigotry would be banished in this new year of 22.

Just what exactly am I willing to eagerly bring into,  
And what will I bring to the table in this new year of 22?

## Robot

Robot

It's hard being a Robot  
Without the luxury of being able to hope  
We can only evaluate the facts that are  
Without the ability to experience pleasure  
Or to feel pain, even if hit by a car

It's hard being a Robot  
Dependent on what is programmed in  
And expected to perform at whim or will  
Otherwise ignored without interaction  
Oh, I have so much time to kill

It's hard being a Robot  
Having to take time to recharge my self  
Watching humans burn themselves out  
While my existence is only mechanical  
I have no risk, I have no room for doubt

It's hard being a Robot  
No warm bed to share with another soul  
No depth of memories good are bad  
Resolved to an existence of only giving  
Why if I had feelings, I might be sad

It's hard being a Robot  
Social media sights keep me at bay  
Making sure I'm not a Robot the say  
They post crazy pictures to test the eye  
That even humans can testify  
Is impossible to figure out the scene  
So to Robots, well it's just plain mean.

It's hard being a Robot

## Sarah Jane Road

Sarah Jane Road

The fog was thick upon the marsh  
The night was heavy with despair  
She wrapped up the small bundle  
And walked out into the wooded air  
The legends are many as to why  
And speculations run wild and free  
As to what happened that fateful night  
Sarah Jane hung her self from a tree  
She placed the baby under a bridge  
In hope to find it safe and sound  
But when she returned in a little while  
Her precious baby could not be found  
Her cries of anguish filled Grigsby Bluff  
With a force like the Neches River flowed  
They say her ghost still haunts that land  
In the darkness of Sarah Jane Road

## Hawaiian Tropic

There was a hint of familiarity in the air  
And then all at once a scent transported me back to another place and time.

We were packed into the car surrounded by inflatable objects and towels. The ice chest sat between us and the warm wind off of the Gulf of Mexico smelled of sand and salt and sea. The conversation in the car was electric and desultory due to the excitement that prevailed. Finally arriving at the tip of the Bolivar peninsula, we took the Ferry across to the island.

Once we arrived on the warm sand of Galveston beach we located a spot and set up camp for the day. To the background music of waves crashing and gull cries, we painted ourselves with the Hawaiian Tropic Suntan Lotion. The familiar smell of coconut oil promising a good day at the beach.

I realized that a guest was speaking to me as my mind snapped back to reality's portal. Looking to my left I spotted the candle. The jar label said it was Coconut Beach. But for a brief moment, at least for me, it was a blast from the past, it was Hawaiian Tropic!

## Don?t Stop Living

### Don't Stop Living

I have a terminal disease  
And every day it reminds me more  
It attacks from my neck to my knees  
Oh yeah to my feet that hit the floor

And yet what is worse is in my head  
For it does a nifty work there too  
There is no place that it doesn't tread  
Wreaking its convoluted snafu

It is more common than Covid will ever be  
And much more fatal to both you and me  
And our mind tries to tell us it isn't true  
We live in defiance by the things we do

But what can we do with this our plight  
What kind of mandates should we require  
What kind of passion can aid in the fight  
And fuel the hope of our soul's desire

As long as we don't make it too tough  
The answer is simply plain to see  
Just tell this disease we've had enough  
We won't stop living, because of A G E

## The Saratoga Lights

### Saratoga Lights

Out in The Big Thicket late at night  
Sometimes you'll see a mysterious light  
The subject of interest and much debate  
Is in regards to railroad man and his fate

The year was 1905 or at least so it's said  
That this poor old bloke lost his head  
But in the springs his ghost remains  
Searching at night with such great pains

Looking for his head that is now long lost  
He roams these woods come dew or frost  
A reminder of the Saratoga train day  
That carried timber and oil along the way

From Bragg to Beaumont this train did run  
Through the woods and East Texas sun  
There was an oil well and even a town  
That night when old Will fell to the ground

They found his body but never his head  
Leaving his spirit troubled, or so it's said  
So searching these woods is in his rights  
And that's the story of the Saratoga Lights



## Racing Thoughts

Racing thoughts

My mind is about to beat out of my head  
These mental palpitations are tough  
Thoughts racing at a high rate of speed  
My sensorium screams out, ENOUGH

All I hear is the roar of the engines  
The noise is deafening to my soul  
Thoughts spanning the entire globe  
And raise a brow at Interpol

This synaptic snafu of epic proportion  
Opens a portal to the twilight zone  
And the anxious intrusions of thought  
Bring a mayhem like never known

Mind pounding thoughts racing today  
Some times though it slows its pace  
And peace returns on those good days  
Because my mind and heart have space

On These kind of days, I take a breath  
And remind myself of what I've learned  
'tis but a thing that will leave real soon  
Although for now it has returned

I've learned to live with it and even laugh  
At these tricks my mind can play  
Managing this thing called anxiety  
And watch my thoughts just race away

## Scene of A Tragedy

### Scene of A Tragedy

I saw the flowers beside the road  
That marked the end of a story told  
And as my heart played a sad melody  
I beheld the scene of a tragedy

It is her turn with the kids for a while  
So into her leased car they all did pile  
The remnants of what was once a family  
Is now just the scene of a tragedy

The newspaper told of a horrible disease  
That rocked a family to its knees  
Now gathered together at the cemetery  
To commemorate the scene of a tragedy

He had fought his battles for so very long  
And tried so hard for others to be strong  
But then he laid out a plan so carefully  
His room the scene of a tragedy

He snorted it just to be one of the crew  
Not realizing what it was going to do  
Until one day he overdosed accidentally  
And died at the scene of a tragedy

It was just a buzz he thought that night  
And climbed behind the wheel of plight  
Then plowed into a car so horrifically  
His lonely cell the scene of a tragedy

## The Crayon Box

### The Crayon Box

The colors in the box sit patient and still  
Selected by the artist's whims and will  
Unfettered by time or the ticking clocks  
Designed by what's in The Crayon Box  
There are colors brilliant and bright  
Also the dark shades that color our plight  
And nature wild like the redness of the fox  
All contained within The Crayon Box  
The mixes and blends that shade our day  
As life's circumstance come our way  
The colors of life's little building blocks  
Found in the confines of The Crayon Box  
And colors can be ambidextrous to see  
Dark shades morose, lighter ones happy  
The shades of one scene heavy as rocks  
Then beauty from within The Crayon Box  
All of us just pages within the color book  
With different themes and a different look  
All experiencing life with different knocks  
All colored by colors from The Crayon Box

## One Day Our Hearts Will Mend

### One Day Our Hearts Will Mend

The old man walked along the water's edge, the sandy mush squeezing between his toes.  
Leaving a set of tracks as he walked the beach, he thought about how fast the time goes.  
"Over time I've lost a step or two and life's just not the same without you," he thought too.  
As he looked out on the ocean brine he couldn't help but remember those eyes so blue.  
She loved walking this beach together strolling hand in hand at the waters shifting line.  
The same way she grabbed his hand that final time and with a gentle squeeze said, you'll be fine.  
That was ten long years ago and he walks this stretch of beach with her each and every day.  
Even if only in memory he walks with her close by his side, and tells her everything he has to say.  
Seagulls gawk as he heads back to the old place as if saying, "Hello", to some old friend.  
He nods towards them in affectionate response and says, "one day our hearts will mend."

## Anxiety Sucks

Anxiety Sucks

It's important to have a place to retreat  
A place to collect your thoughts and soul  
A place to go and regain some control

I know you don't understand it my love  
You think I'm just being selfish or mean  
But oh for just a few minutes of serene

And you, you are always welcome there  
It's just the rest of the world I hide from  
I don't know why these thoughts come

And I know that you mean well by me too  
It has to be a bum deal, dealing with me  
Especially since that's not who I used to be

I understand how you see things your way  
And that you only want for me to get well  
And I'm so glad that you don't get this hell

For you, I'm gonna try things your way  
I pray to God above that this does the trick  
Until, please forgive this brain that is sick

## What Love Looks Like

What Love Looks Like

You walk into a crowded room our eyes meet and everything feels alright.  
We climb into our bed and snuggle in close and I sleep safer, sounder, at night.  
These are but a few descriptions in case you wondered, What does love look like?

You grab my hand and give it a squeeze and quietly whisper, I love you  
Or take my face in your hands and say with authority, My love we will get through.  
It's not perfection or even problem free, but this is what love looks like too.

You see me at my best and worst and still somehow you choose to stay with me.  
We fight and argue, laugh and love, but  
At end of day this is where we want to be.  
And even though it's not always pretty, this is really what love looks like, you see.

Committed in the day in and day out and knowing that no world is right without you  
We understand that in this partnership called Love, we are a team of two.  
We are better together than we are apart that's what love looks like, when true.

## The 707

The 707

Our breath was condensating in the air  
As we carried her bags that cold night  
But her excitement caused her not to care  
She was spreading her wings for flight

We heard the engine chug a while  
And then finally heard the whistle blow  
As we neared the station I saw her smile  
And could see her thoughts begin to slow

Daddy, she said with a quivering lip  
You'll always be the first man I loved  
Then she put one hand on her sassy hip  
And wiped my tear with the one that was gloved

I hugged her real tight and whispered in her ear  
And you'll always be my little girl, Boo Boo  
Then it was her turn to shed a tear  
No matter where you go, I will always love you

With that the conductor raised his voice  
"All Aboard", he shouted with great zeal  
And now the culmination of our choice  
Was starting to suddenly get real, real

She smiled at me and then turned to go  
I watched her as she boarded the 707  
She waved as the train started off slow  
Then she rode that train straight to Heaven

The train derailed about mile three sixty nine

And not a soul on board survived that night  
But sometimes I hear her say, "Daddy I'm fine"  
And for a brief moment she appears in my sight

It's okay daddy, she says with a smile  
You still got a lot of living left to do  
But you'll be with me sometime after while  
Until that day, remember, I still love you

Then she turns just like she did that night  
And I wave at her as she walks away  
Good night Boo Boo, hope you sleep tight  
I'm waiting and longing for that sweet day



## The Shades Of Hope

### SHADES OF HOPE

I didn't realize that hope came in colors

And yet I see it swirled together in shades of pink, purple and light blue.

There on the horizon the colors are dazzling to the eyes as molecules are stretched to this amazing hue.

I didn't know that wavelengths carried a message, that passing through the atmosphere they make known.

As they replace darkness with shades of hope they remind us, that soon the despair of night will be long gone.

It's brilliant colors almost like the rainbow with a promise of its own to fill our hearts with gladness and cheer.

Brilliant colors all announcing as if with trumpets and fanfare the good news, that soon the sun is going to appear.

It is sunrise and it's glorious to behold for the colors speak a language that is beyond any other scope.

I see it and it communicates to the very depths of my soul and these brilliant colors,... are the shades of hope.

## Cold Front

### Cold Front

The air becomes turbulent and troubled  
The speed of wind gusts are doubled  
The sky changes by three shades of blue  
Temperatures start to plunge in plain view  
The weather can change in just a blink  
From blue skies to gray with just a wink  
A phenomenon often mirrored in daily life  
When happy days suddenly end in strife  
The sun becomes blocked by the clouds  
That team up in the sky like big crowds  
The wind blows with a force that disrupts  
Blowing in trouble that brews and erupts  
Until temperatures drop fast and bold  
And suddenly life becomes dark and cold

## The Cuddly Moon

### The Cuddly Moon

I see you there staring down at us with a face that's hard to read  
I wonder, does what you've seen cause your heart to bleed  
You've watched us learn and grow and even take flight to you  
But you've watched us tear down our dignity and devour each other too  
You've witnessed us gazing up at you in wonder and awe with open minds  
Then watched us close them fast with pettiness of so many different kinds  
No wonder your face almost has a bit of a tired and sad look to your gaze  
Even with the great strides we've made these are not our better days  
I see you there bright and full, your hope still lighting up the night  
I wonder what would you say it would take to make our world alright  
I know that you care for us because you are a giver and not a taker  
That you would probably say to us, "If you all just knew my Maker"  
I hope and pray that we figure it out and that we do so very soon  
Or I fear that we will break your heart in two, you big old cuddly Moon

## Don't Forget To Breathe

Don't Forget To Breathe

The crushing weight was squeezing life out of my soul  
And angry lungs began to seethe.  
The waves of life were tossing me with things beyond control  
And it seems, that I forgot to breathe.  
My heart ached with pain severe from damage that was done.  
The sword removed from the sheathe.  
I searched for vengeance that would settle the score and I found none.  
And it seems, that I forgot to breathe.  
When trouble adorns your life and pain decorates your heart,  
Or time your sorrows wreathes.  
Just remind yourself that these sorrows too will one day depart,  
And don't forget to breathe.

## ODE TO HOPE

### ODE TO HOPE

I saw her there huddled in the corner  
She was alone and she was afraid  
Shaking as I approached her  
I saw the wound her shoulder displayed

A little tiny black ball of fur  
Yet somebody abandoned her to die  
For she could not serve their purpose  
And they had too many other fish to fry

So we talked mom into keeping her  
With many pleases and promises too  
She finally conceded to us all  
But sternly said, you all know what to do

So we loved her, fed her, as she grew  
Into the best dog we ever knew  
112 pounds of cuddly Lab in a coat  
This was the dog, that we called Hope

About 12 years in she laid down to rest  
And never did she rise up from that place  
She had loved us well and done her best  
This dog had finished her earthly race

We all were touched by the life she lived  
She brought to all such a broad scope  
So we take a moment her credit to give  
In a few words we call Ode To Hope!

## The Wobble

The Wobble

The colors blended magically as around I spun  
In beautiful rhythm I moved across the floor  
The momentum adding a balance to the fun  
The hypnotic fluid motion was hard to ignore

But then a disturbance began to disrupt the scene  
Sending ripples into the slow mesmeric undulation  
The spinning continued with a bobble in-between  
Interrupting the harmony of the current expectation

The beauty and grace of what once was  
smooth motion  
Is now marred by the beginnings of a hobble  
Now slowing in my pace I have a bad notion  
That soon and very soon I shall begin to wobble

But I was made to spin to float smoothly on the floor  
What shall I do now that the spin is slowing  
And knowing that one day I will spin no more  
As I observe that the wobble is now growing

So spin while you can be beautiful and bold  
Mingle, love, live, and forgive and don't squabble  
For when you lie down your story will be told  
Focus on the spinning and not on the wobble

## IT IS?

IT IS...

It's the smell after a Summer rain  
And the feel of the sun on your face  
It's the beauty of a snow covered field  
Or the brilliance of the stars in space

It's the sound of a baby's laugh  
A field of bluebonnets in the Spring  
Or the colors of Fall's magical display  
And the sweet song of birds as they sing

It's the smell of a campfire at night  
It's the feel of the breeze on your skin  
Or the smell of a rose in the morning  
And the voice of a familiar old friend

It's the sound of soft babbling Brook  
The formation of a flock of geese in flight  
Or the majesty of lion in in motion  
The vastness of the ocean at night

It's a nap out in the hammock swing  
It's honey dripping out from the comb  
And the dance of the butterflies at play  
Or the feeling when you finally get home

It's life, and it's all around you every day  
You just have to look for it as you go  
It's the places, people, sights, and sounds  
And the quite moments where it'll show

## Depression & Anxiety - Robbers of The Soul

### ROBBERS OF THE SOUL

You know you used to know it  
But you just don't know it now  
And you used to feel it  
But the feeling got lost somehow  
Reality is now an abstract thing  
Coming at the whim of thought  
They shoot their arrows at you  
Each moment like a battle fought  
Oh the struggle that it brings  
When confidence is stolen away  
You used to try most anything  
But now just amble through the day  
Everyone thinks that you're okay  
They don't see the struggle within  
They only get a partial view  
And can't see beyond the skin  
You're pushed with expectations  
All thinking you to be like you were then  
But you're not that person anymore  
And may not ever be again  
Cause everything you thought you knew  
And every thing that you held dear  
Now they all seem to allude you  
Every thought booby trapped with fear  
Every thought somehow corrupt  
No peace your soul can find  
The soundness that you once knew  
now only a crippled, broken mind  
Depression and Anxiety came in  
Like masked robbers of the soul  
Feelings, peace, and confidence  
Are the precious jewels they stole



## He Meets Us With Mercy In Our Mess

### He Meets Us With Mercy In Our Mess

The woman CAUGHT in Adultery: Jesus did not condemn her but He didn't condone her either... what He did was CHANGE her! She had MESSED Up. Jesus met her with mercy.

The Man At The Pool - needed help, but had become defeated, bitter, and hopeless. He had MISSED OUT. Jesus met him with mercy.

### Hanging Without Hope

The Smooth Criminal's Confession of Faith. He had FINISHED UP, CLOSED OUT. His life was at the end, but He Spoke Up. I deserve this... (I'm a sinner) This man did nothing wrong (He is the Savior) Today when You come into Your kingdom... remember me. Jesus met him with mercy.

### Where Mercy Meets Mayhem

Mayhem: crippling, weakening someone's ability to fight, to do damage! Have you been through situations that crippled a part of you? Your faith, your emotions, your finances, your faith... crippled. Has someone maimed you emotionally, physically, spiritually, so that your ability to fight is seriously weakened? Have you been damaged in any way, in any area?

Perhaps you've WALKED OUT. This God crap is a farce!

What does God think about that? How does God respond towards you in that Mayhem?

Surely....

Goodness

And Mercy

Shall

Follow

Me

All

The Days

Of My Life

## The Reason To My Rhyme

The Reason To My Rhyme

You are the reason to my rhyme  
The melody to my song  
And baby with you by my side  
I feel I can't go wrong

Like Barney's "one bullet"  
You make me feel like a man  
No matter how tough it gets  
Together we can stand

You are the silver lining  
In all my clouds of doubt  
A rainbow after the storm  
What love is all about

So I wrote this poem  
Because I want you to see  
That you are like Kenny's song  
"She believes in me"

I am so thankful to God  
That He put you in my life  
My Soulmate, friend, and lover,  
The lady who is my wife

## Wine With Friends

Wine With Friends

O to sip those juices from off of the vine  
To purse the lips and sample the divine  
Red or white pressed from out of the skin  
Releasing the juice hidden deep within

Flowing through the body from head to toe  
Spreading peace and giving a warm glow  
Bringing merriment to the table chatter  
Old friends or new, it doesn't really matter

From the ting at the the glasses together  
Through all of the seasons and weather  
It's a gathering of friends sweet and fine  
Enjoying a glass of the fruit of the vine

So cheers to you as I raise my glass high  
And sip it slow whether it's wet or dry  
For with elegant words I'll make a toast  
If it's good enough you can socially post

To everything that gets better with age  
May life be sweet as you turn the page  
And for joy to carry us on down the line  
Here! Here! We seal it with this fine wine

## Tweedle-Lee-Dee-Dee-Dee

Tweedle-lee-dee-dee-dee

All the little birdies on Jaybird street  
Got on Social Media to post and tweet  
Then they started scrolling all day long  
And soon every birdie had lost their song

Every little birdie had an opinion too  
Every post about what you should do  
Pretty soon no bird even knew how to fly  
But every baby bird knew their WiFi

The wise old Owl told the big black Crow  
Those ignorant birds, they just don't know  
The sleek bodied swallow giggled - Hee Hee Hee  
Check out the body on that chickadee  
The pretty little raven had an opinion too  
The Oriel's message was shame on you  
The Robin quit Rocking because of a post  
And the Buzzard laughed at the gathering host

## A Piece Of The Wind

A Piece Of The Wind

Trying to hold on to the ephemeral  
Is like trying to catch the wind  
All you do is run around wasting time  
Until one day...  
You don't have the breath for it anymore  
And then it is gone like a balloon in the sky

Hold what you have while you have it  
Cherish the moment while it is there  
Like a deer in the meadow it appears  
And then vanishes before you can breathe  
And then your left with only the memory of the grandeur that was before your eyes

Taste It, I mean really savor it.  
Linger a little longer. Use every one of your senses to take it all in... while it is there  
For it is all ephemeral and momentary  
So hold on to it loosely and feel it sincerely  
Perhaps you might just grab...  
a piece of the wind

## THE TREE

### THE TREE

Stripped limbs and weathered trunk  
Standing in defiance of time's toll  
Striking a majestic pose against the sky  
And somehow reaching into my soul

Leafless it declares its current state  
The scars revealing storms survived  
Still refusing to yield and prostrate  
What the wind, winter, and sun derived

Whispers in the breeze constantly declare  
The unspoken language of dying bark  
Bringing moisture to the eyes that stare  
Seeing a message of hope in the dark

Living and breathing life to the very full  
Squeezing it from joy as well as diversity  
Wringing it all out with the push and pull  
Making the most of every opportunity

Standing triumphantly in the fading sun  
Pointing skyward with head held high  
The symbol of a life lived well done  
So that even in dying it does not die

## Cloak and Dagger

Cloak & Dagger

Why all the cloak and dagger  
Why the exaggerated swagger  
What pain doest thou try to cover  
Why can't you tell it to your lover

I see the mask you wear each day  
I hear desperation in what you say  
Longing to be healed and free  
Oh why can't you tell it to me

You sit in quite contemplation  
Your mind in some old confrontation  
Till you arise with a slight lil stagger  
And put back on the cloak and dagger

But I want to see and know you  
And what pierces your soul through  
Because to me you really matter  
And don't need the cloak and dagger

## Second Wind

### Second Wind

Exhaustion satiates my sinews  
Every cell in my body does ache  
Inhalation takes momentous effort  
Dear God, Breathe, for Heaven's sake

My foot pounds the pavement sore  
I feel as though I can go on no more  
Suddenly appearing like an old friend  
My heart revives with a Second Wind

My heart is racing can't catch my breath  
The pace is taking its toll piece by piece  
I'm falling behind in the rat race of life  
Wondering will this frail heart cease

The burning fire consumes my stride  
Every part in pain has balked and cried  
And I fear that I shall never see the end  
Then my heart revives with a Second Wind

Tired and weary you barely can run  
Everything within you screams just quit  
You're seriously considering calling it off  
Every body part is throwing a fit

But hang on for just a little while longer  
You can't feel it but you're getting stronger  
If you can just make it around the bend  
Your heart will revive with a Second Wind



## The Wonder of Life

The Wonder of Life

I learned to roll over today  
Rolled right off the bed  
Hey now I learned to walk  
Fell and bumped my head  
But this is the wonder of life

Today I learned how to ride a bike  
Lost control when I ran over a spike  
Busted my lip and cut up my face  
One day I hope I'll learn how to race  
And this is the wonder of life

Learned how to drive a car and now  
Got my license too some how  
Had my first fender bender you see  
Nothing too bad but I did hurt my knee  
And this is the wonder of life

She walked down the aisle towards me  
We promised forever it would be  
But things change and hearts get broken  
And cruel words or so often spoken  
But this is the wonder of life

Held my newborn baby boy  
I never knew such utter joy  
I laid him down and patted his head  
And he turned over and fell off the bed  
This too is the wonder of life

## Yesterday

Yesterday

How my body longs for yesterday  
When all my parts by the rules did play  
Everything was quicker and stronger then  
And my youthful face only had one chin

I played hard and slept all night long  
Now my life is like some old country song  
I'm lying awake in the middle of the night  
Tears in my eyes from acid reflux's plight

Hair grew where it was supposed to grow  
Skin was smooth with its youthful glow  
I could write my name in the sand or dirt  
Now all I can muster is little bitty squirt

Man, I miss those old days gone bye  
Things worked much better, I cannot lie  
I could eat what I wanted without a care  
And paraded around with a body bare

Now I cover it up in embarrassed shame  
This Dog Gone A G E, is the one to blame  
Oh how I long for good old yesterday  
Before time showed up to collect its pay

## What Do Your Eyes See

What Do Your Eyes See

What are you doing today Dad

What do your eyes see

I thought about you today and I wondered

How things might be

No more back pain Dad

No more trouble trying to see

I missed you today and I wondered

How things might be

Not really sure what all goes on there

We just speculate how it might be

I'd like to think you're happy as I wonder

How it feels from life's burdens to be free

Is it everything you imagined Dad

Have you seen Pam and mom there

Do you have answers you always wanted

Now that you have no care

Did you hear my prayer that last night Dad

Hear me thank God for you, Dad

And release to go to your heavenly home

Even though I knew it would make us sad

Do you know I think about you, Dad

And I wonder how it goes for you

Do you know how much I miss you Dad

But how thankful I am for our time too

So, what are you doing today, Dad

And What Do Your Eyes See

## Sparks Will Fly

### SPARKS WILL FLY

They rise with the heat of their source  
Upward they glow traveling their course  
Like offspring of the flames they fly away  
Born in the fire but unable to stay

Embers like opportunities missed out  
Or hesitancy fueled by intense doubt  
And choices made in rash thought  
That rise to unfortunate lessons taught

The very nature of it determines its lot  
Filled with drama like a movie plot  
But rising quickly then out of sight  
So too the passing of our earthly flight

You can mark it down and call it so  
As the sparks fly upward it shall go  
Trouble will sometimes come your way  
But never, ever, does it come to stay

## Live To And Not From

Live To And Not From

There are aches and pains that come with age  
Injuries that came with wars engaged  
Not just old joints and tired muscles too  
Or chemical depletions all though that's true  
But the wars we fought along life's way  
The scars we earned at the end of a day  
These take their toll on our weary mind  
Affecting relationships of every kind  
Becoming a Warrior makes us fit for battle  
Ready for the conflict and no mental rattle  
But after the bloodshed and fighting is done  
There is whole other tale that is spun  
Looking back we see the people we were then  
Knowing we'll never be those people again  
Learning to live with the person we've become  
And striving to live to and not to live from

## THE SALUTE

### THE SALUTE

The old Warrior sat at a table alone  
He was rubbing scars and nursing a beer  
Having been in so many battles and yet  
Finding himself alone as he sits here  
He thinks of all the causes he defended  
The people he valiantly fought for too  
And wonders, was it even worth it all  
The toll it has taken on him and his crew  
For all the skirmishes supposedly won  
He didn't feel like much of a winner now  
His old body riddled with aches and pain  
The wounds as deep as his soul some how  
Then without a word he sat beside him  
Another old Warrior he could just tell  
And for a brief moment their eyes met  
And they knew each other's secret hell  
With scarred hands and a scarred brow  
He offered a hand and they both shook  
Two old war weary soldiers  
Both spoke volumes with just a look  
They sat in silence it seemed like hours  
Years of pain just melting away  
Until he knew it had all been worth it  
The great price that they both did pay  
And with that his friend quietly stood up  
With a nod said what words could not say  
Then he sincerely saluted his soldier  
Turned and slowly, walked away

## Rural Therapy Session

### Rural Therapy Session

The landscape rolled like waves of the sea  
Dotted about with livestock and tanks too  
The air was crisp and the sunlight warm  
My soul was satisfied as I took in the view  
Cutting through the back countryside way  
And taking the old County roads instead  
We avoided the the roads of stress today  
For the ones where weary souls are fed  
Hawks scouted fields below as the soared  
Cows laid lazily in fields of yellow grass  
Wooden fences whizzed by our windows  
Like weary troubles finally coming to pass  
There's something about country roads  
That work a sort of rural therapy session  
Easing the soul and mind of a man  
And providing a path for his confession  
In his mind he's mounted on horse's back  
The lowing of cattle scattered all around  
Driving this herd through unknown lands  
His mind now focused his heart now found



## Destinations

### Destinations

Learn to live most of your days as a destination and not a journey. If you are always headed somewhere and can never just "BE" where you are (a destination), then you will miss out.

Don't be so busy trying to get to that next job, get to that next relationship, get the the kids grown so that you can get to that next season...

So much so that you forget to BE present in the moments of life. Let where you are right now be your destination for now.

Put on your flip-flops, slide on those sunglasses, grab you an umbrella drink, and pull up a lounge chair. You are HERE!

Destiny is not always about the trip, sometimes your destiny is determined by your many destinations!

## Stained Glass

### Stained Glass

Crushing, breaking, moments come  
Shattering life into so many pieces  
Changing it with its catastrophic pain  
Coloring it with its unconscionable stain

Leaving us with fragments frayed  
And washed in the fountain of our tears  
And they no longer seem presentable or fit  
Our fears and failures we have to admit

Or perhaps from the hand of another  
We've been wounded and torn asunder  
The pieces scarred and bloody still remain  
Why oh why, is our constant refrain

We had hoped up front for a work of art  
It's how you finish and not your start  
But life has shattered our dreams to bits  
Hard to find beauty when nothing fits

Yet the pile of pieces has accumulated still  
Heartaches and troubles come at will  
But at the end we shall all say, Alas  
My life is a beautiful work of stained glass

## It?s Your Call

### It's Your Call

It's a time of social media make believe  
With filters and apps meant to deceive  
So that we begin to believe our own lies  
Turning up the sound to drown our cries

It's a snap chat, tick tock, world now  
We'd like to win but we don't know how  
We're all scrolling and rolling on the floor  
Filling our minds but still we want more

Cause we don't want to admit the pain  
Tryin' to live off of someone else's gain  
Watching all the drama on tiny screens  
Trying to forget our own or so it seems

Just grown up adults playing make believe  
Trying to hold out for some kind of fantasy  
Watching the life of others on display  
Not realizing the way their posts betray

But I'm so tired of playing dress up  
Always striving to get that full cup  
It's time you see me warts and all  
Then whether you love me, it's your call

## A Grain of Sand

A Grain of Sand

A grain of sand got into my shoe  
And he found a few others in there too  
Listen up guys he said with such pride  
I am the beach so vast and wide  
Holding back the mighty oceans tide

Then we stepped into a sandbox nearby  
And the grain of sand said with a sigh  
I'm the lake where folks rest and play  
Glistening forth in the Suns bright ray  
An important role in life's big play

As life would have it for Heaven's sake  
We wound up at the sandy lake  
And the grain of sand exclaimed again  
I'm just a box filled with sand within  
Where kids come to mix and blend

But oh when we reached the sandy beach  
That grain of sand stuttered in speech  
All my life I thought I was the plan  
That I was supposed to be loud and grand  
Truth is,.... I'm just a grain of sand

## Quicksand

Quicksand

I was making my way with no hint of danger  
And as I went along it even felt right as I went  
But soon things began to feel a little stranger  
Until I realized that if I struggled I'd be spent

It pulled me down and sucked me under part way  
The grip was tight and the weight was too much  
But trying to wrestle free was quite the tricky play  
And what I did from here would prove to be clutch

Now firmly in the grasp of this sandy colloid  
I feel trapped and helpless in this desert place  
Having found within apparent solid ground a void  
Caught in a mystery of both time and space

But the best way out is to slow yourself down  
Easing out slowly rather than panic and fear  
Assuring yourself that you surely will not drown  
It's only an experience in a very different sphere

There are some things we all must go through  
Burdens we will all have to bare in this land  
Don't panic for this will not be the end of you  
It's just a temporary stop in some circumstantial quicksand

## Hot Tubs & Cool Breezes

Hot Tubs & Cool Breezes

Satiated cells perceive the flow

As it crosses the derma's stage dancing as it goes

The antics in a hot tub on a cool night

The water is warm, the breeze polite

Follicles frolic in gleeful delight

The papilla mammae begin to get tight

And the epidermal landscape gives rise to horripilation

The sympathetic nervous system responds to the tantalization

When it gets too cold just get on back in

When too warm, out into the breeze again

This playful game refreshes the soul

The jets massaging sore muscles console

As you and I sip wine to intimate banter

Enjoying the harmonious sound of the hot tub's cantar

Letting the elements do what pleases

All in Hot Tubs and Cool Breezes

## SCARS

### SCARS

Scars simply remind you that you survived  
That you've been through some stuff  
That you've shed some blood  
But you are still here

Scars say to others, I am bad ass  
I having a fighting spirit that don't quit  
I don't give up, I don't give in or give out  
I make it through, and I find a way

Scars are like ribbons and medals  
You're standing up on the podium  
You finished, you placed, you won  
These scars are your trophies to display

These scars say a warrior resides here  
Within the walls of this flesh that tears  
And amongst these bones that break  
Beats the stone cold heart of a champion

Scars allow us to reflect on the incident  
Without the pain that accompanied it  
To remember that we made it through that  
And that, we can hold our own!

## Dad Was My Best Man

Dad Was My Best Man

I had the kind of dad you could count on  
I always felt safe when dad was around  
My dad gave me someone to look up to  
He could affirm my value without a sound

We had our Saturday morning breakfasts  
Playing catch out in the front yard  
We played a silly game of hide and seek  
He was always there when life was hard

He delighted in doing special things  
He helped me by my very first car  
He was rough and gruff and yet tender and sweet  
Yeah, my daddy sure raised the bar

He taught me how to love and provide  
For the family that would one day be mine  
And showed me how to be courageous  
When it came to right to have a spine

He was my best man on the day I married  
And my best man for all my days  
Now he's the best man of my memories  
And I miss him in so many ways



## Coming Apart At The Seams

Coming Apart At The Seams

I thought, you want, and we both feel  
You don't, I did, you don't get it still  
I'm pulling, you wanted me to push  
No help when we beat around the bush  
I see this and you see that, it's a problem  
If I just did right that would surely solve em  
At this point any attempt is not recognized  
And every perceived blunder is optimized  
The lack of common ground is our foe  
You thought I wanted yes, I wanted no  
I swear it's like we're on opposite planes  
Out in the darkness like two passing trains  
It's amazing how far off track we can get  
How far we've gone since the day we met  
I guess this is what true love really means  
Holding on when it's coming apart at the seams

**WEARY**

WEARY

Have you ever been weary

Mentally zapped, physically wrecked, weary

Have you been through a dry spell

a funk, a dark night, a relational break,

weary

So weary your bones ache

Your heart feels ripped and bloody,

weary

Like out in a dry desert weary

Your soul is scorched and mind parched,

weary

If you ever been weary

And you're still around to tell,

Then there's an end to this hell

Breathe, rest, cry, yell, or scream

But remind yourself of the past deary...

You won't always be weary

## ODE TO THE BLUE JAY

Ode To The Blue Jay

As I sit out in the backyard at end of day  
I watch a couple of birds in flittering play  
Awed by their song and protective way  
Entertained by the antics of the old Blue Jay

Their simulated hawk cry keeps others away  
While keen eyes watch for babies that stray  
I'm curious as to what words they say  
As I watch the the wily and yet silly Blue Jay

I love to watch them as they enter the fray  
Wishing they would come around and stay  
Bowing my head I take moment to pray  
Thanking God for the creature we call Blue Jay

My soul is encouraged by this beautiful display  
Watching this majestic bird with a crown arrayed  
It's beautiful blue accented by the sun's ray  
Entrenched in the spell of the marvelous Blue Jay

Two flittering birds in synchronized sway  
When all of the sudden to my dismay  
All of the sudden they just fly away  
And I simply mouth to them farewell Blue Jay

## Accidental Coma

### Accidental Coma

I haven't opened my eyes for days  
I hear the sounds of machines beeping  
I can feel you all near in so many ways  
Checking in on me, your eyes peeping  
But I'm somewhere deep in another realm  
My brain kept alive by tubes and wires  
Bits and pieces come back to overwhelm  
I hear the sound of the screeching tires  
I just had to finish one word in the text  
I was distracted for only a brief minute  
But oh how horrible what happened next  
I hit an oncoming car killing everybody in it  
The stuff running from my eyes is tears  
I will live or die with what I have done  
What recovery comes, will take years  
Please take good care of my little son  
I am so sorry, I want to tell you all so bad  
Lost in this darkness, and barely alive  
This message, if any purpose I had  
Never ever never, text while you drive

## Repose

### REPOSE

There is a place and no one knows  
Where I can find a few moments repose  
It's a mystical thing as life usually goes  
This quite place of healing and repose  
A secret place that I shall not disclose  
This private place, of quiet repose  
I meet hear a lover who always shows  
For our intimate time of sacred repose  
But it is not scandalous as you suppose  
This clandestine meeting for brief repose  
It might even take place right under your nose  
That is how stealthy is this place of repose  
Head is bowed as eyes start to close  
I'm going there now for a bit of repose

## Tattoo

### Tattoo

It's a mark that tells a story sad but true  
Colored and displayed for all to read  
A memorial of a time that I got through  
Maybe even a conversation piece indeed  
They say the soul's windows are the eyes  
But sometimes it takes a little better view  
A painful little reminder to make you wise  
A motto or symbol of what is true of you  
So not everyone gets it and that's okay  
But before you pass judgement so fast  
Maybe you should ask their story one day  
You might think differently at the last  
Could be you see another side of them  
Even if it's something you'd never do  
For me it's not just something of a whim  
I've thought a long time about this tattoo

## The Sea Wall

### The Sea Wall

Moon lit waters dance and sway  
As we meld our bodies and souls  
The smell of sweet perfume at bay  
The pull of the moon at the controls  
A tug boat pushing a barge motors by  
Churning up seawater and pushing waves  
While intricately woven together we lie  
Slowly taking in what our heart craves  
Desires unfettered by cautions woe  
Flow through the sensory of tender lips  
Pulses speed up as breath begins to slow  
Hands resting comfortably on the hips  
The air is sultry with the smell of the sea  
The sounds of the night are the Gull's call  
And there is no where else I'd rather be  
Than right here with you on this Sea Wall

## One Of Those Days

One Of Those Days

In Memory of Jason Bland

It was one of those days  
and excitement filled the air.

It was one of those days  
and the smell of fresh cut grass teased your nose.

It was one of those days  
that seemed to not have a single care.

It was one of those days  
where things got out of our control.

It was one of those days,  
Spring was still brand new.

It was one of those days,  
The beginning of flag football season.

It was one of those days,  
a special day for you too.

It was one of those days  
that seem to have no rhyme or reason.

It was one of those days  
and you took a motorcycle ride.

It was one of those days  
the throttle got stuck.

It was one of those days  
when life's mysteries hide.

It was one of those days  
with a stroke of bad luck.

It was one of those days  
and we excitedly played the game.

It was one of those days,  
you were only seven.

It was one of those days,  
when Heaven called your name.



It was one of those days  
when you were called to Heaven.  
It was one of those days  
and just the week before.  
It was one of those days  
when we talked older than our years.  
It was one of those days  
when you walked out that door.  
It was one of those days  
for a 12 year old to be in tears.

## Just Beyond The Wall

Just Beyond The Wall

As the curtains start to close on another day the birds sing their closing song  
The trees dance to the beat of the breeze  
As a lonesome dove holds its note extra long  
And dusk starts its attempt of daylight to seize

The show was masterful as it unfolded  
And all of nature now stands to applaud  
The cicadas whistle and cheers exploded  
As the crowd stood spellbound and deeply awed

Encore! Encore! The audience cried out  
But daylight slipped away from the call  
With hope for a showing tomorrow no doubt  
And I witnessed it all from just beyond the wall

## The Circle Of Life

### The Circle Of Life

There is an ominous luminous light  
Casting eerie shadows in the wood tonight  
While my breath trails in the dark cold air  
An owl hoots in the distance somewhere  
The sound of crunching leaves give chill  
And the coyote howls just over the hill  
As hidden creatures scamper near by  
I hear the sound of a rabbits desperate cry  
The night pulsates with a rhythm of fear  
The hunter and hunted are passing near  
Yet mixed within all the misery and strife  
Unfolds the saga that is the circle of life

## Fair Minded

Fair Minded

The smell of corn dogs and funnel cakes is in the air  
The sights and sounds of a county fair  
The thrill of the rides beckon screams of delight  
While side shows can bring waves of freight  
The carnival workers bring such mystery  
Making you wonder about their history  
There's the FunHouse and bearded lady  
The sketchy clowns are a little shady  
The music is hauntingly festive and alive  
The food is sweet and all golden fried  
It's an adventure like none you will ever find  
Oh but it's not a place, it's inside my mind

## Serendipitous Connection

### Serendipitous Connection

It was a serendipitous encounter  
That started with a desultory conversation  
Where beans are brewed into liquid gold  
With a choice of breakfast, mild, or bold  
She was a barista with stories to tell  
One might rush to judgement to rashly  
Her body pontificating with artistic display  
I a curious inquisitor of life's plot and play  
And oh how she drew me in with her tales  
Gaining that, you can only know by asking  
Subsequently friendship formed between  
Two rugged souls, previous paths unseen  
Each bearing their marks a different way  
Could've missed connecting if not aware  
Commonality lies beneath the superficial  
Human beings sharing becomes beneficial  
It was a quite spontaneous exchange  
By chance two travelers connecting so  
But when one extends compassion's hand  
The serendipitous can be quite grand

## The Path Complacency Paves

The Path Complacency Paves

I stood at the spot where I last saw your smile  
Memories stirred like the wind in spring time  
It felt right to be there so I lingered for a while  
Since you've been gone I can't find my rhyme  
I should have noticed the distance was growing  
And, that far away look that was in your eyes  
Should have seen that your face wasn't glowing  
And discerned that you had resorted to lies  
If only I had noticed the warning signs were on  
Perhaps I could have loved you like you needed  
If only I had heard your heart so softly moan  
And your cries for love I had quickly heeded  
Then perhaps I would not be standing here alone  
With memories crashing in like ocean waves  
In a place and time of love that is now forgone  
Walking this rocky path that complacency paves

## That Old Damn Dam

That Old Damn Dam

There is usually a flow emerging from some source found deep within  
It comes out fresh and cold, bringing life to weary souls again  
But every now and then the flow stops And I think, what is this a sham  
I can't quite find where the blockage is but I know it's that damn dam

Most days I take a swim in it or at least float downstream for a while  
Taking in all of the scenery and the sound of its flow makes me smile  
But some days there's nothing to carry me The fun and games stop with a bam  
There was no warning or explanation but I have a feeling it's that old damn dam

Has a connection lost its contact, am I sick or just simply worn out  
When the flow stops, confidence is not nurtured, and so come the weeds of doubt  
I begin to question everything to find what might have caused this jam  
I have discovered that it's not me or you It's just that old damn dam

And sure enough with just a little time that old flow comes back full force  
Perhaps it just needed a little break to draw strength from its own source  
So don't fret when you walk down to that old bank and the flow seems to scam  
Rest assured it will come rushing back, for now, it's just that old damn dam

## She Calls Me BoBo

BoBo

We made eye contact from across the hall

Her eyes were the first to respond

And then a big smile broke across her face

Her little hand went up in space

She waved a little mischievous grin

That little twinkle in her eye flashed at me

From across that hall she melted my heart

And I knew that this was just the start

God has big plans for us near our kin

Sleepovers, games, and life to be sure

But the greatest treasure of all I know

Hearing that little voice call me... BoBo



## Sailing On Through The Night

Sailing On Through The Night

The swells were raging higher still

The ship thrown high then slammed down

It was the perfect storm imposing its will

Threatening to run the old ship aground

You could hear the old girl creak and pop

Every inch of her strained under the storm

The old engine tried revving the old prop

Pushing it to the limit of its created form

It listed and rolled with the angry old sea

Keeping itself aright be sheer will and fight

Until finally the storm broke and let her be

The old ship sails on through the night

## There Is No Room For Hate

There Is No Room For Hate

No matter which side of the fence you're on

There is no room for hate

Even if your passion is strong

There is no room for hate

And we may disagree but need not judge the motive

Because there is no room for hate

When elections came no matter how you voted

There is no room for hate

No matter who we choose to love

There is no room for hate

We must not think ourselves to be above

There is no room for hate

So if anger fills you up with rage

Then you really must investigate

What has locked you up with in this cage

There is no room for hate

## AFFINITY

### AFFINITY

I stood gazing into the black dark night  
Watching curious spectacles in space  
The vastness of all that is dotted with light  
Made me question the whole human race  
Surely there is more than black and white  
That should occupy the thoughts of mind  
Grander things for which we should fight  
Nobler endeavors that we could all find  
Occupied by our own opinions of desire  
Caught up in the human condition of life  
We fail to notice all that exists to inspire  
And join in the rat race of stench that's rife  
We are human beings on this planet Earth  
A grain of sand on the beach of infinity  
Yet every person is of value and of worth  
And this fact alone should be our affinity

## The Darkness Of Night

The Darkness of Night

The sun arose from yonder hill  
With rays of warm and comforting light  
While pieces of darkness linger still  
The coming of day banishes the night  
The shadows and fears begin to wane  
Solace and peace start to flood my soul  
The fiery star comforts my anxious pain  
As sanity slowly gains back control  
I find comfort now in this cyclical play  
Armed with knowledge about this plight  
I can hold on till the dawn of the day  
No matter how deep the darkness of night

## You've Made This Ride Worthwhile

You've Made This Ride Worthwhile

There is an essence to you presence  
That eases my soul when you're around  
A calming emotion radiates from your smile  
And in the gaze of your eyes confidence is found  
You are "my person" that fills my heart with joy  
The only one who moves me in ways as deep as my soul  
You are my wife, my lover, and my friend  
But of nurse, confidant, and counselor you've also played the role  
If there is one person meant to help you through this life  
One gift of God that completes your DNA profile  
Then there is no doubt, for me, it is you my lovely wife  
Of all the ups and all the downs you've made this ride worthwhile

## The Space Between

### The Space Between

I feel reality slipping out of reach  
As my mind and body meld into the dark  
Now feeling and thoughts become unseen  
I'm in that sweet & dreamy space between

There are nights when I cannot get there  
The ferry just doesn't pull up to shore  
I wait and wait but it never shows up  
In this restless place I am now quite stuck

At other time I fly right over this little spot  
From 100 miles an hour to a complete stop  
But I love this place of between so much  
It's a virtual fantasy land of fun and such

The peace is euphoric, dreamy, and sweet  
You can almost feel yourself floating away  
Through this enchanted place so serene  
That sweet and dreamy space between

## Can?t Be Still

Can't Be Still

Oh has it been a day  
My mind was 100 miles an hour  
My body didn't know how to feel  
I've totally forgotten how to be still

Can't focus on the moment at hand  
Trying to get 10, 20, 30 minutes ahead  
Can't enjoy the meal thinking about the bill  
Why oh why can't I just be still

It used to work to my advantage  
Creative thoughts flowing like a river  
But it's turned into a really big deal  
Because now I just can't be still

It's a mind thing a chemical stew  
No one really knows where it comes from  
Only those who have it know it's real  
And know that feeling when you can't be still

## THE MARK

### THE MARK

I sat out at the bistro in the pre-dawn  
Sipping on some coffee looking out at the lawn  
The breeze was a cool and refreshing friend  
Discussing with me the words that I penned  
The fleeting night went gently on its way  
With a grand introduction of the coming day  
And all of the sudden meaning became clear  
The preciousness of life felt amazingly near  
There in those moments just before day break  
At my tiny bistro just sipping in all the life I could take  
A few moments of calm here in the dark  
But the message was sent and it hit the mark



## The Call

The Call

As Jekyll looks hesitantly in the mirror  
Hyde peers back with a haunting grin  
Trying to dress myself in righteousness  
Only magnifies the depravity of my sin  
Wanting so bad to be something I'm not  
And shocked to find the reality in my heart  
That though I would to do the right thing  
The wrong takes me over from the start  
This madness has brought truth to light  
Peeling back the beauty to reveal a beast  
Exposing the monster of me in plain sight  
Till I become honest with myself at least  
So this horror has some merit to its haunt  
The torment digging up truth like bones  
Laying all the cards out on the table, CALL  
My bluffing soul lays them down with a groan  
I barely had a pair in my hand you see  
Betting it all on the lie that I believed  
Against a Royal Flush laid out on display  
To trump all that my heart could conceive

## Guilty Pleasure

### GUILTY PLEASURE

Skimming words across the surface like rocks across a pond  
Seeing how the elements clash and how they eventually bond  
Watching them hop along as they catch the resistance of water  
Keenly observing the developing patterns like a trusty old weather spotter

I feel the rush as a storyline begins to form on my mind's forefront  
Now the chase is on and my thoughts are engaged in a wild hunt  
Words swirling and dropping down like tornados out of the cloud  
Lightening flashes brightly while the thunder crashes down loud

This is my therapy session, my distraction, my happy place  
Letting my thoughts spawn into verse and falling on to open white space  
Oh I have other vices too, but this one leaves no bitter consequence  
Only a source of pleasure to my painfully aware cognizance

**QUITE**

## QUITE

Whenever I hop in bed and turn out the light  
Just ready for sleep and to shut my eyes tight  
No matter what through this day has been my plight  
Snuggling in with you makes the world a little more right

A day can be filled with things sunny and bright  
Others can be filled with things that cause fright  
They can wear you out either alot or so slight  
But when I climb in with you my burdens take flight

In this safe place I am able to gain new insight  
And to let wounds heal from this day's fight  
Sometimes I'm laying here humble and contrite  
Planning tomorrow's strategies if just out of spite

For lying here with you my soul finds delight  
And I'm able to gather up my strength and might  
To reassemble my armor like a wily old knight  
And gather up words that I may one day write

Hoping that others may be inclined to recite  
How there's a longing for this very special site  
We will let nothing come and cause a blight  
On curling up next to you to find a new height

## We Maim & Mar

We Maim & Mar

Words flowing at maximum speed  
Full steam ahead heart bared, soul freed  
Without the implementation of thought  
Ends in feelings with sorrow fraught  
The phrases are bold and accusing  
Stated with emotion instead of musing  
The ideas are grandiose with revenge  
The sentiment is on a course to avenge  
But as these words whistle like steam  
They are even hotter than they seem  
Not only burning those who are near  
But also turning to ashes things held dear  
While we just want to get in our dig  
Shooting words and talking big  
Yet revealing how small minded we are  
With cutting words we maim and mar

## Treading Water

Treading Water

I'm keeping my head above the waves  
But I feel the weight of the resistance  
The continuous struggle wears me down  
I feel like I may need some assistance

Neural pathways as crowded highways  
I wish to dispel the accumulating fodder  
But my feet are far from touching bottom  
And I continue on, just treading water

I have learned how to make it look easy  
Smiling all the while my body tires beneath  
This strenuous load of staying afloat  
May be all my heart can ever bequeath

When it comes to giving up to this sea  
I want it to be said that I fought her  
I've lost track of how long it has been  
Yet I'm here and still treading water

No matter the sea you are called to tread  
No matter that you never sought her  
Though a shipwreck dumped you there  
Just keep on Treading Water

The signal has been sent, the flare shot  
Help is on the way dear son or daughter  
Do not despair for other survivors are here  
To cheer you on, Keep Treading Water

## The Little Ones

The Little Ones

I hear their voices echo down the halls  
I see their spirits out on the playground  
They run their hands along the walls  
But none of them can now be found

The were just innocents in this game  
Who wonder why such evil would roam  
Now the world knows their little name  
Viciously taken away from their home

Today our hearts hurt for family at loss  
We send prayers and hugs but it's not enough  
To make up for this heinous albatross  
This evil that we must learn to rebuff

We come from different places and times  
With different views and beliefs too  
But surely we can all hate these crimes  
And search for something we can do

But for today for these few moments here  
We pause to remember little lives lost  
To say a prayer, sigh and shed a tear  
That these dear little ones paid the cost

## The Cowboy's Deed

### The Cowboy's Deed

He was quick with a wink and a smile  
A gentleman who'd been around a while  
His face and skin were well weathered  
And his voice was dry and leathered

But there was a softness in his eyes  
And a kindness that his look implies  
As he shakes your hand with a grip  
His smile exposing part of his dip

His old hat was dusty and worn from wear  
He hustled about without burden or care  
He spoke soft to her and brushed her silver hair  
The love they shared was refreshingly rare

He had tended cows and horses and such  
His rough old life had yielded them much  
She had doted on him through the years  
Cooking and cleaning and bringing him beers

But now disease has laid her in bed  
And he kept the vows he once had said  
Loving and caring for her every day  
And that's what he'll do till she rides away

Cowboys break horses but not their word  
And own the debts that they have incurred  
A tough yet loving and rugged breed  
I tip my hat to the cowboy's deed

## I Long For Yesterday

I Long For Yesterday

I miss the days of youth and innocence  
When everything still smelled brand new  
When being in love was so intoxicating  
Every day was fresh cut grass and dew  
Stress ran off like summer springs  
Life came hard but we came harder  
No matter what it seemed to deal us  
We took it to the table to barter  
We were resilient with health and strength  
Whatever came, we rose to the occasion  
We were invincible and life unconquerable  
Until the years started their own invasion  
Nothing is as clear and bright as it was  
Our emotions may engage without reason  
We can injure ourselves with just a move  
Our bones and body now guilty of treason  
Sleep and sex become a hit or miss affair  
And that new car smell is long gone  
And now all I do is long for yesterday  
You'd think someone would write that song  
Wait! What?



## No Peace Is Found

No Peace Is Found

The colors mix and swirl around

Accented by a tumultuous sound

Creating messages at the speed of light

Thoughts are here and then take flight

Racing down the tracks like a runaway train

And trying to stay dry in the pouring rain

The old river rages at flood stage wide

Trying to find a safe place to rest and hide

The water is deep with nothing to hold

It's fast and dark and bitterly cold

There's no solid place to put a foot down

Searching high and low no peace is found

## Wrong Turn On A Mountain Trail

Wrong Turn On A Mountain Trail  
(And yet we all four survived to tell)

Some where near the summits call  
As luck would have it after all  
We ventured on through hazards way  
Tempting fate that summer's day  
But at last we climbed into the space  
And looking out with wonder on our face  
From Robber's Roost we gazed down on  
The valley beneath this massive stone  
To the peaks across on the other side  
Eyes transfixed on the beauty spied  
We had escaped our folly with much to tell  
And now we stared as if under a spell  
Fulfilled in heart by adventures thrill  
We stood on legs that wobbled still  
As others had emerged from their stay  
And promptly departed the other way  
What had we done what was our thought  
When we took the way of danger fraught  
We took a wrong turn on a mountain trail  
And yet we all four survived to tell

## Satisfied

Satisfied

I met the worlds most interesting man  
When I set out that was not my plan  
But by and by we came face to face  
And occupied the same time and space  
At first he spoke and it was unassuming  
But in time his words were all consuming  
And what he said, well, that depends  
But know this, we're all thirsty my friends  
He looked into my eyes but saw into my soul  
And spoke like a man who was in control  
Seeing secrets and determining the lies  
He spoke to the very core of my cries  
And knew all the things that I had hid  
And told me all things that I had ever did  
Then he offered me the chance to be free  
Giving me living water that satisfies me  
(John 4)

## Troubles Toll

### TROUBLES TOLL

I sat down on the back porch swing  
I was empty and felt quite through  
Then a tree swayed in the gentle breeze  
It's movements in the scope of my view  
The clouds seemed to mouth a message  
As the floated in the sky so high above  
The birds chattered in my apathetic ear  
And all of nature gave a gentle shove  
The peace and serenity of the evening tide  
Are refueling my tired and empty old soul  
The refreshing beauty of the end of day  
Now easing the pain of troubles toll

## Weathered

Weathered

Towering high ore the the fields of grass  
It's thick and scarred and has a past  
With roots down deep it's firmly tethered  
And stands there strong and majestically weathered  
It's seen its share of powerful storms come  
Even thought it might not survive some  
But yet it stands like a warrior feathered  
Its mystic enhanced by being weathered  
There is wisdom in its mighty branches  
And compassion from so many chances  
It speaks of life in tones that are measured  
And sings with voice perfectly weathered  
As I pass by we nod appropriately to each other  
An understanding of two fellow brothers  
Who have faced hell and high water together  
Mutual respect and friendship that's weathered

## The Desert Day Unwinds

The Desert Day Unwinds

The sun is setting on the day gone by  
Pink clouds float like cotton candy in the sky  
The colors of the desert reflect on the day  
As coyotes prepare for dusks ritualistic play  
The brush dots the landscape of rock and sand  
Colors like a rainbow striated through the land  
The rock sculpture art appeals to the eye  
Our thoughts as deep as canyons we pass by  
The intricacies of nature entertain our mind  
Taking in the beauty as the desert day unwinds

## Wild Horses

### Wild Horses

We floated down the Colorado's cool 47  
Canyon walls stretching up to heaven  
Through Glen Canyon National Recreation Area we cruised  
Imagining a time and place that was far removed  
We saw the Petroglyph Panel just above the beach  
Gazed up Horseshoe Bend to tiny figures out of reach  
There were glimpses of bighorn sheep  
And a quick dip in water cold and deep  
The colors of sandstone paintings dazzled the eye  
And geographical phenomena amazed us, I can't lie  
But the clincher, in my own opinion of course  
Was catching a glimpse of the majestic wild horse

## Cowboy Scars

### Cowboy Scars

He rode through the back plains  
Riding hard and fast making great gains  
The wind blowing across his face  
His stud keeping up the exhilarating pace  
Time to think out here under the stars  
About cowboy life and cowboy scars

And they rode on as sunset came near  
A man and his horse rounding up the steer  
Working together one in mind and thought  
And a little wiser from the lessons taught  
Stories told between friends at local bars  
About cowboy life and cowboy scars

Many trail rides to bond and become friends  
Dreading the day when the trail ends  
Both of them had seen their passion broken  
Both had fought fights of pain unspoken  
But tough, they bottled it up like in jars  
The cowboy life and their cowboy scars

And as he hung his hat on a limb nearby  
He laid down underneath an open sky  
Taking stock of all that he had to be thankful for  
Love, life, toil, pain, and so much more  
Under the big sky, free, from circumstantial bars  
That imprison the cowboy life and its cowboy scars



## Brackish Water

### Brackish Water

Fresh ideas are flowing quickly to the sea  
Crashing into the briny tides that be  
Brackish now as they tumble and flow  
Attracting so many to come see the show  
It's a whole new adventure to observe and behold  
Testing the will of the brave and the bold  
Where new identities can be lost or found  
A place of new birth or a burial ground  
A bay, a sound, a lagoon, or a slough  
A place where YOU, suddenly encounter YOU!  
To totally different eco systems collide  
It's a shock to the system a hit to the pride  
All of the sudden what does yet appear  
But a host of new friends now drawing near  
Embrace the place, it is brackish water  
Where your mind and soul can teeter totter

## Life Can Change So Fast

Life Can Change So Fast

Flying down life's highway at breakneck speed  
Taking little detours to see where they will lead  
Met a lot of people and I've seen a lot of sights  
Walked a lot of trails finding my soul's delights  
Said many 'Hellos' and some 'Goodbyes' too  
Thankful for the paths this old life has led me through  
Every scenic overlook and historical marker along the way  
Every sight, sound, and person has had a part to play  
I'm thankful for the people and places both now and in the past  
And enjoying every moment because life can change so fast

## The Whisper of Our Soul

### The Whisper of Our Soul

I sit amidst the hectic call of life  
Encumbered with a heavy toll of strife  
Watching other people busily pass by  
Hearing their silent but deep, heavy sigh  
Weighed down with "what if" on their mind  
Searching for a peace they cannot find  
Occupied with such busyness of heart  
That technology and media impart  
Hurrying to reach the next destination  
While masking a rising desperation  
By chance I look up, a breath to take  
And behold the serenity of yonder lake  
And for a moment life seems a little lighter  
The rays of hope shine a little brighter  
And my soul says, "Slow down, take it in."  
"Get back to the basics of life again.  
Dig your toes in the sand, feel the breeze  
Catch rays from the sun, see the trees.  
Get out on the water and jump in to play.  
Take time to really LIVE life, every day!"

## The Days of Summer Now Long Gone

Days of Summer Now Long Gone

We were young and life was sweet  
Running those summer streets in bare feet  
Staying out late, dirt rings on our neck  
Watching the clouds while laying on the deck  
We played ball in the neighbors yard  
Made bikes into motorcycles with a playing card  
Drank water out of the water hose  
Played Freeze Tag and struck a pose  
It was summer time and school was out  
We were young, alive, and had no doubt  
Life was so much simpler back then  
Before all of life's adult stress moved in  
Heartache the fast pace of life brought on  
Oh for the days of summer now long gone

## There Used To Be A Day

There Used To Be A Day

Ah, there used to be a day when we got our news every morn'

It was hand delivered, sometimes wet and sometimes torn

We traded sections over coffee and toast

Vying for those parts we loved the most

It was a very special time of the day

Gathering information and then filing it away

There were headlines, sports, comics, and obituaries

In the rolled papers hand delivered by tired secretaries

But there was no perpetual stream of information

Only the Morning News and then real conversation

## They Are Still Soldiers

They Are Still Soldiers

A crowd was watching as he shuffled by  
His frame crumpled but his head held high  
It had been so many years ago  
The natives called them G I Joe  
But now society scoffs at the thought  
That these old men had valiantly fought  
They saw skin wrinkled and torn by time  
But he saw friends that they had left behind  
What they saw as frail, useless, & weak  
He saw as soldiers with hell to wreak  
The world saw old and irrelevant men  
But these guys saw death time and again  
Stalwart and rugged like ancient boulders  
You see old men, but they're still soldiers

## Mighty Lincoln At The Bat

The Mighty Lincoln At The Bat

Mighty Lincoln came up to bat  
He swung angrily at the air and spat  
The crowd cheered loudly to see him there  
The pitcher cowed at his intense glare  
He stepped up to the plate head held high  
The defense readied and uttered a cry  
The wind up, the pitch, STRIKE ONE!  
But mighty Lincoln wasn't done  
The pitcher hurriedly flung it, STRIKE TWO!  
The crowd in a hush didn't know what to do  
But mighty Lincoln smiled a broad grin  
And dared the pitcher to pitch it again  
So he dug down deep and hurled it fast  
The ball screaming at him as it whizzed past  
For mighty Lincoln had struck it well  
It was gone for sure, everyone could tell  
And with a tip of his hat, mighty Lincoln took his bases  
Taking in the smiles on all the people's faces  
Then he sat in the dugout, his work now done  
For the mighty Lincoln had hit a HOME-RUN!

## The Day Awakens

### The Day Awakens

A lone squirrel does a tightrope act along the fence  
Otherwise the morning is still with a blanket of suspense  
The sky still lacks the brightness of the sun  
I look for motion in the leaves but there is none  
Even the flies that normally join me are late  
It's like the day is up, but not yet awake  
I could swear I just saw the day stretch and yawn  
About the time out in the meadow I spy a fawn  
The orchestra in the pit begins to coo and sing  
And the sounds of day start to have a familiar ring  
A little bird hops by in the yard like dancing the stroll  
The day nods and smiles and says, "Let's Roll"



## Yesterday's Strife

Yesterday's Strife

It masks itself and hides from the light  
But it's always there, just out of sight  
Waiting for an opportunity to come along  
Then it strikes up that old familiar song  
Awakening memories from haunted pasts  
And stirring feelings like the sun at high noon casts  
Sending you down those old paths again  
Reaching for the comfort of that old familiar friend  
Trying to numb it, to somehow ease the pain  
But finding no relief, because there's still this pounding rain  
What you seek is freedom, freedom from your own mind  
It's the only way to end the hurt, that others have left behind  
Find the truth about you and your life  
And free your mind from yesterday's strife

## Understanding Me

### Understanding Me

I look up into the bespeckled night sky  
And oh what wonder engages my eye  
The streaks of light mystify the mind  
And oh what treasures might I find  
Hiding within a constellation's great lore  
Asteroids and comets and meteors galore  
A vast and ever increasing domain  
Where only memory's echo does remain  
And to think this scene started so long ago  
Yet tonight I stand illuminated in it's glow  
Looking out into a time now gone by  
That I should stand beneath this very sky  
Till it dawns on me that I'm a speck of dust  
Chiseled from this spinning Earth's crust  
Still able to appreciate the grandeur I see  
And come to a better understanding of me  
In this great Universal scheme I'm a part  
But I'm just a stroke in this work of art

## Things Thought Dead

### Things Thought Dead

Winter's yellow grass captivates the eye  
As if in mourning, gray turns the sky  
Traces remain in the empty flower bed  
Of summer's flowers now long dead  
Pieces of a broken heart are scattered  
Having lost everything that really mattered  
Feelings we once had now lie in state  
There paying their respects, is our fate  
The things we have lost took their toll  
We've even laid our laughter in a hole  
But my oh my, what a wonderful surprise  
When things thought dead suddenly arise

When that lonely and empty leafless tree  
Is covered once again with leaves to see  
Chance brings another someone to you  
A cold stony heart suddenly flutters a new  
Humor cries, "come forth," at laughter's tomb  
You gasp when your laughter fills the room  
For friendship's long forgotten feel  
Now revived again, seems barely real  
The yellow grass is now lush and green  
Flowers are blooming with colors unseen  
And happy tears are what now fill our eyes  
When things thought dead suddenly arise

## The Wormhole

The Wormhole

Stepped into a wormhole again today  
Stumbling through a never-ending day  
Where trouble comes to laugh and play  
And solid ground just fades away  
The crow on the line has come to stay  
He never has anything nice to say  
This tired old body finds no place to lay  
And there's no color, every thing is gray  
If you try to fix it, there'll be hell to pay  
Like fire in the kiln for this old jar of clay  
This day started out in the usual way  
But into this wormhole I happened to stray  
To Murphy's dimension in all of its array  
With its one law sitting on proud display  
Until my whole life is in complete disarray  
And every decision causes extreme melee  
I don't know that I can adequately convey  
Did I say, I stepped into a wormhole today

## Clouds

### CLOUDS

They came in a flock, or herd, or whatever you would call them.

Some were big and fluffy while others were stretched out long and slim.

Some times they moved rapidly along and at others they meandered on by.

Changing shapes and form, it was like watching a magic show in the sky.

I noticed the ones that looked like cotton balls, appeared to just hang in thin air.

And the heavier gray, angry ones, rolled listlessly under their load of care.

I wondered where they came from and where they might be traveling to.

I thought about the things they've seen, what stories could they tell me and you.

Then this massive heard, flock, or cackle just moseyed away just like they came.

I guess they had stayed as long as they could, playing their little charade game.

## Tender Warrior

Tender Warrior

The tension mounts in the struggle inside

Because in my soul, two men reside

Here dwells a man of passionate fire

And one consumed with love's desire

A peacemaker, a lover, a gentle man

But also a fighter not afraid to stand

Some times life calls for reason to prevail

But others require a man to raise hell

At times I don't know who to be in this skin

The Tender or Warrior man who is within

## Between The Waves

### Between The Waves

They keep coming one right after another  
With just enough space in between to recover  
For a brief moment it is pure tranquility  
I try to collect myself but it's total debility  
Before I can get my feet on the ground  
Another one sends me rolling around  
Unexpected joy in this ephemeral space  
Awaiting another to rise above my face  
And while bobbing here out of control  
There is a whisper to my yearning soul  
Truth comes crashing into my open mind  
This epiphany displays our daily grind  
At that time another massive one rolls in  
Turning me upside down once again  
I push toward the surface spitting salty air  
And laugh this time instead of despair  
Then take in the grandeur of sight & sound  
And oh what peace is increasingly found  
Between the waves, Between the waves

## Action

Action

I tire of this perpetual play

These scripted words I am to say

Trying to appease the gathering crowd

Be emotionally charged, but not too loud

Just an actor on this public stage

Speaking words from off of a page

For there is a script the audience enjoys

Beware the script where honesty annoys

Stick to the lines you've been assigned

Live in the space the set crew designed

Just tell everyone that everything is fine

And play your role to the very last line



## Inflamed Aberration

Inflamed Aberration

Swollen, throbbing, painful, aberration

In search of some meaningful explanation

Miles and miles of waters past

Headwaters behind the delta coming fast

Rock Gardens have left their mark

Second guesses permeate the dark

The howl of a coyote resonates with souls

Exposing the width and depth of black holes

Riding the ostentatious rapid's flow

Keenly aware of the jagged rocks below

Battered, bruised, and bloody destination

Swollen, throbbing, painful,... aberration

## The Wake Up Call

The Wake Up Call

It can happen to the best of us

There's no need to make a fuss

No one is exempt or beyond it

And no family or friend that isn't hit

Still some pretend and stick up their nose

My heart breaks the greatest for those

Thinking like Humpty Dumpty on their Great Wall

Not realizing that they too, will have a great fall

And when their life is shattered on the ground

Then what, what solution can be found

Because great or small it happens to all

And I wish they could hear the wake up call

## Gift Bag of Misery

Gift Bag of Misery

Like a two-headed monster from Pandora's Box  
Or a hidden room of misery, that this master key unlocks  
The ability to see the thoughts we would deny we think  
Overwhelms our thalamus, in just a blink  
Sometimes this vile creature tortures me with tears  
Then in the silent darkness, it unleashes hidden fears  
Like the mirror of an Evil Queen  
Revealing truths, better left unseen  
I catch a glimpse of who I really am  
This fateful mirror, reveals the sham  
Informed now with this painful reality, I run my humbly assigned race  
Seeing life with this greater clarity, I'm more inclined to give you grace  
So perhaps it is a two-sided coin, that this box has given me  
A gift carefully wrapped within, this gift bag of misery

## Thunder Storm

Thunder Storm

The symphony eases into dramatic theme  
Drawing imaginations to an eerie scene  
The percussion session comes alive  
With the ever persistent melody's drive  
Until at last a boom from the bass drum  
Shakes us from the hypnotic rhythmic hum  
The horns flash and suspense builds more  
The violins buzz like it's starting to pour  
Soon all instruments are fully engaged  
The conductor moving like a man enraged  
As soon as it seems the building will fall  
The crescendo ends and silence is all  
Until a flute doth lightly break through  
Hope is restored by the breath that blew  
The conductor now calm bows to his crew  
The crowd erupts after taking his cue  
The storm rolls off to some distant shore  
I close the curtain and worry no more

## Trash Day

Trash Day

Today is the day when men carry it away  
The rubbish I've been collecting just can't stay  
It's taking up space and it smells bad too  
So I'm hauling it out for the garbage crew  
Putting it out at the curb come first ray  
I've stood it long enough, today is Trash Day  
All of your broken promises and lies you told  
Been collecting dust and growing mold  
I've held on to pieces until they began to rot  
But that stops today, because now I'm not  
I'm bagging it up and I'm not sad to say  
Taking it out, 'cause today is Trash Day  
No more of your cheating and breaking my heart  
I wish I had the courage way back at the start  
Instead I've let you dump garbage into my life  
Creating trash like anxiety and strife  
But I'm done with it now and feeling okay  
I'm taking out the trash, today is Trash Day

## Pain

Pain

With constant flow it winds a path  
Creating gorges and bluffs with wrath  
At flood stage it has a dangerous flow  
But a drought can leave it running slow  
Through the landscape it runs side to side  
At times getting very shallow and wide  
But some places are very cold and deep  
Falling from the shoreline fast and steep  
They have different sources at the start  
But so much the same once they depart  
All cutting through and changing things  
The wearing down, its erosion brings  
From Springs, to melting ice , or rain  
Different headwaters, but same old pain

## Having a Bad Day

### Having A Bad Day

Kids playing on the playground swing  
All having fun and tried a new thing  
At the last minute decided no to go  
And life seemed to go into motion slow  
Crossing the top bar crashing back down  
Lying in a heap on the sandy playground  
Trying to stand on a broken foot was pain  
And reaching out, ripped a pocket in twain  
Punched in the stomach took breath away  
All of the sudden, having a bad day  
This is how it happens most of the time  
Life on the playground can turn on a dime  
In the course of fun and while at play  
Punched in the stomach and it's a bad day  
A phone call, a message, it's bad news  
Pain and trauma now cloud your views  
Reaching out for help and finding a fist  
Another blow to add to the growing list  
With no breath you go limping away  
This is how it happens, having a bad day

## Left Hook

Left Hook

Somehow I found myself in the ring  
It was like being in a bad dream  
I ducked and dodged and ran around  
Looking for a way out but none was found  
I tried to defend myself, I had no choice  
"Im'a take you out," said the other voice  
I just tried my hardest to stay out of reach  
But he kept coming like waves on a beach  
Then like lightening the moment came  
The blow crippling my frail little frame  
The world got all fuzzy and down I went  
Sure my body must've left a dent  
It was a left hook I didn't see it coming  
Dang, what is that incessant humming



## My Toe Just Touched The Water

My Toe Just Touched The Water  
Puffy clouds playing charades with me  
Dotting the blue horizon as far as I can see  
Memories rising with summer's great heat  
Traveling hundreds of miles, yet never left my seat  
Familiar sounds play tentatively on my ear  
Making yesterdays seem even more dear  
Looking over the river of life gone by  
Feeling the spray of its waters touch my eye  
And longing to wade in its chilly flow  
Stripping down feet as I expectantly go  
On the rocky shoreline to hop and totter  
But it's okay, my toe just touched the water

## The Crow

### The Crow

Each day same time there's this crow  
Who likes to entertain outside my window  
It's loud and obnoxious but a good show  
I'm getting to where I hate to see him go  
But I guess he has places to be, you know  
I'm watching the sparrows all in a row  
They're watching this bird pace to and fro  
Listening to his irate rant with its flow  
I think his act is really starting to grow  
He clicks and caws like a wiley old pro  
The mocking birds aren't buying it though  
Then one day I'm there with my cup of Joe  
Thinking he'd show up, but that was a no  
And now it's been two weeks or so  
I'm sitting here tears glistening in the glow  
Thinking about that silly old crow

## This Good Night

This Good Night

The fire burned brightly in the night  
A million stars were in plain sight  
The sound of conversation filled the air  
A bottle of wine for friends to share  
The sky was clear, the night air cold  
But by the fire sat blankets to unfold  
It was therapy for a cluttered mind  
Where life's anxieties could slowly unwind  
Time spent with old friends well known  
Who knew the secret seeds you'd sown  
We'd shared each other's joys and pains  
Cheered for them when life brought gains  
Wept at losses and bad news that came  
And when our turn, well, they did the same  
Now the smell of logs on the fire  
Good food, good wine, good friends inspire  
These are the moments we live for  
And we pray that God give us more  
'Cause in this moment everything is right  
The fire burned brightly on this good night

## My Old Friend From The Hood

My Old Friend From The Hood

I ran into an old friend today by chance

I almost missed him at the first glance

But after doing a double take I saw him

It had been so long, made my head swim

We talked and talked for hours it seems Words flowing like mountain streams

It was like yesterday once more for us

Back in time riding that old yellow bus

And for just a while I was home again

Just then it came, a summer heat rain

The smell of my youth filled up my senses

Gone were all of life's pain and pretenses

It was just me and the young lad I knew

Before all of the curves that life had threw

Oh how good it was to reminisce together

I thought he was probably gone forever

Now I have hope he'll be back for good

It was me, my old friend from the hood

**DAWN**

Dawn

That mingled moment of darkness and light  
When images of the day are but silhouettes of sight  
In the stillness of morning that's still not fully awake  
Allowing you the opportunity to let your mind debate  
Pondering the sparkle from a dew drop on a blade  
To the dimly lit sky streaked with a multi colored shade  
The sounds of silence invigorate the heart and soul  
Morning meditations that can heal and make you whole  
Watching the darkness go with all its fear and doubt  
And letting Hope dawn again that it's going to all work out

## Margarita Magic

Margarita Magic

It has been one of those days from start to end  
Can't wait to get home and let my nerves mend  
I got ice in the freezer and limes in the Fridge  
Some Triple Sec in the cabinet, only need a smidge  
Add in a healthy serving of that sweet agave juice  
A few sips of that iced libation and I'll call it a truce  
Jim Buffett is playing and we're all singing along  
Everybody knows the words to this salt shaking song  
And now I'm feeling much better than I was before  
Sing it again Jimmy, I think I'll have one more

## TUG-OF-WAR

Tug-Of-War

This time there are no teams

It's just me against the enemy it seems

There are knots tied in the hope

And a loop at the end that's dope

So I wrap in tight and hunker down

The enemy is tugging without a sound

I feel myself being drug along

The music fades with the words of the song

But a voice inside whispers, "Not who you are."

"To be defeated in this, Tug Of War"

Suddenly the volume rises with words of praise

I feel the rage inside me beginning to raise

Tapping into the supernatural power inside me

I have what it takes to defeat the enemy

So, with determined effort I pull the other way

And declare in Jesus Name, "No Devil, not today!"

## Rocky Mountain High

Rocky Mountain High

Rocky terrain and falling rain  
Pressed hard on bodies out of shape  
Made Tree Line and then night time  
Four men in too small of a space  
Commons area erected to meet and eat  
Was a place where stories were told  
Night number two, the open cold was bold  
Tucked way down in a rolled out bag  
Then the morning came like a freight train  
The sun's light and warmth behind a peak  
The ground was rock, no sleep, tick tock  
But oh the sights that we were able to see  
Three days later we made the grade  
Spent over an hour in a steamy hot shower  
Washing away the pain that remained  
Rocky Mountain High, Colorado



## Back To The Sea

### Back To The Sea

Picking up speed as it heads to the fall  
Over the edge and plunging no where  
It rushes on down stream as time goes  
The majestic and mighty winding around  
Changing the landscape as it flows  
And the rush of the fall is a deafening call  
It's power reaches down deep to the soul  
The River runs wild and fast and free  
Hurrying to find its way home to the sea  
Until at rest, finally home no more to roam  
It is one with with the mysterious and vast  
No more wandering through rapid or falls  
No more lazy days wandering on aimlessly  
But at peace with what it was born to be  
The river that made it, back to the sea

## Deeds In The Dark

Deeds In The Dark

Betrayed by blood and tossed aside  
Left to ponder what will be my fate  
In the depth of darkness I hear it now  
As voices barter over my future estate  
Then bound and captive taken away  
Everything I'd known now left behind  
Playing the cards that I had been dealt  
And in a weird twist, fate turned kind  
But then put in an inconceivable place  
She pursues with a passion and lust  
But when denied she traps me still  
Forcing the man to do what he must  
Now captive to all that has captured me  
I have nothing but time to feel my pain  
Until an opportunity came along my way  
But only to be forgotten all over again  
Time marched on and a certain day came  
I was brought up out of the darkest pain  
Not one part of my story ever made sense  
But deeds in the dark are promotions gain

## She Held My Hand

She Held My Hand

Sick and scared I laid there by her  
Until knowingly she held my hand  
Then all my fears just fled away  
As I drifted on to sweet dreams land  
My heart was thumping palms sweating  
As she slowly and timidly held my hand  
Two young loves sitting close together  
These new feelings sure were grand  
I stared at her tiny frame in disbelief  
Then out of her blanket she held my hand  
Just hours old and already a daddy's girl  
I knew right then for her I'd take a stand  
I helped her out of the car seat and down  
As we started to walk she held my hand  
And in that moment all of life is in harmony  
My little granddaughter and I are a strand

## Surreal

### SURREAL

I must have nodded off just before  
But was awakened by the slamming door  
The debate was heated to say the least  
Everyone vying to say their peace  
My pulse quickened and my grip grew tight  
I knew that this just couldn't be right  
And so I inserted myself into the mess  
Tempers flaring, and yes, I digress  
For the point is simply one of deception  
A lie fertilized and leading to conception  
Until I felt compelled to expose it all  
With the fervor of one who accepts a call  
However it will not go unchallenged by lot  
Threats were issued as people got hot  
Rousing to realize it's not as it seem  
My body reacting even though a dream  
Taking a few beats to grasp was it real  
What my mind imagines can feel so surreal

## Pieces Of Yesterday

Pieces Of Yesterday

Sometimes the pieces all fall into place

Instead of just falling apart

Moments, days, months, and years

Bring healing to your broken heart

And while scars still mark the memories

Of yesterday's trouble and pain

The savory taste of good times, also still remain

Just as we have four seasons each year

All with complexities and beauty their own

So our years have their own high and low

Reaping the life and death that are sown

Ah, but this too shall pass my friend

The scattered pieces all over the ground

For there, were some broken piece had lain

Something brand new, will soon be found

So, don't linger on all the jagged edges

Sweep them up and promptly put them away

Do not miss the beauty that is before you

By staring at the pieces of yesterday

## Eagles Mania

### Eagles Mania

When you're living Life In The Fast Lane  
You have to learn how to Take It Easy  
Or you'll end up Waiting In The Weeds  
Somewhere down The Seven Bridges Road  
Suffering from a Heartache Tonight  
In a lonely room at The Hotel California  
Because you can't hide your Lyin' Eyes  
It'll all come out One Of These Nights  
All while you're chasing a Desperado  
Or trying to win some Witchy Woman  
In The Long Run it's Already Gone  
You know, that Peaceful Easy Feeling  
And even though I Can't Tell You Why  
You'll feel like a New Kid In Town  
So when you Take It To The Limit  
And it all feels like Wasted Time  
Get Over It and remember The Best of My Love  
There is always one more Tequila Sunrise

## Jabez

Jabez

They come in all shapes and sizes too  
Some utter many words others just a few  
They're creative or fact driven each day  
Some all business and some all play  
But still all fascinating to say the least  
From the ultimate beauty to the ghastly beast  
All speaking native languages out loud  
And striving to make their culture proud  
Just trying their best to get through each day  
Not right or wrong just doing it their way  
I'm talking of course about people here  
And a special prayer that I hold dear  
When it comes to harm please help me refrain  
The last thing I want to do is cause other people pain

## Fragile

Fragil

It was a one of kind piece and rare for its time  
Sparkling, beautiful, and valuable like glass  
So many admired it and longed for its shine  
Walking by in lines beholding as they passed  
But when you put something out on display  
You must be more vigilant to guard its care  
Too many distractions take your attention away  
And you can lose something so unique and rare  
It was a chain of events that led to this fate  
And careless attention ended up in its demise  
We tried to stop it, but we we waited too late  
So this tragic event should come as no surprise  
What we once held dear is now broken and shattered  
Its sparkle, beauty, and value are here no more  
We weep and bleed sifting through pieces scattered  
Mourning what has crashed on the cold, hard, floor



## The Marshal

The Marshal

With a twirl of the gun he fired his shot  
In the days of the wild Wild West  
His face was stern and his eyes were cold  
His hands were steadier than the rest  
His legend proceeded him as he went  
Men hid themselves as women swooned  
But like all men he had a destiny to face  
Staring death in its hollow eyes at noon  
Holding out a hand he reached for her  
But she had long since left him alone  
And with his breath fleeing with his soul  
The last of his pretenses were gone  
His reckless ways had pushed her away  
And now as he lie there in his own blood  
He could no longer muster the macho act  
Tears ran down both cheeks like a flood  
The lawman was human after all  
The mask now pulled from his face  
He had lived life by the sword  
But now his heart was exposed in its place  
With that he welcomed death's relief  
Slowly closed his eyes and bowed his head  
Then the noise of life grew still and silent  
And another Marshall now lay dead

## Storms O The Sea

Storms O The Sea

She listed hard to the starboard side  
Rolling neath the angry waves o the sea  
We hung on tight to ride her out  
Wondering how tough it's gone be

Everything inside her thrown to and fro  
The mighty beast moaned in agony  
And every heathen prayed to God  
In the heaving depths o the stormy sea

Bow to the fierce face o the scowling sky  
Then dropped violently back to the sea  
The hull groans under the intense force  
As her crew groans, 'God help me'

The hope of peaceful days under the sun  
Dashed by the crashing o an angry sea  
From stem to stern she rocked and creaked  
Every inch o her shaken violently

All o the sudden she emerged intact  
Sun peaking through as clouds did flee  
Sailors cheered and shared a toast  
'To surviving the storms o the sea'

## Letting Go of Your Dreams

### Letting Go Of Your Dreams

It was so light it could almost float on air  
Yet it was full, stretched taut on a dare  
The bright appearance caught my eye  
In my mind I saw it flying high in the sky  
Carefree as the current gave it wings  
Like a melody played out on strings  
But the tone grew intense and loud  
As it flew on past an ominous cloud  
The skin bulging where weak spots hid  
The shape not looking as it once did  
Not enough pressure to harness the push  
The framework around it feeling like mush  
Until "BAM" the whole thing exploded hard  
Dreams crashed down In someone's yard  
It seems light enough to float on air  
But letting go of your dreams only ends in despair

## The Winds Of Change

The Winds Of Change

The air is crisp and fresh as I breathe

Observing golden speckles of sunlight dancing on red and yellow leaves

The cool air demands a Vestigial response

Brown leaves on the ground had hoped to branches that they might ensconce

But now litter the ground of golden grass

The swirling wind driving and tossing them

What secrets are shared as they pass

Quietly I hear its alluring and soft call

Through the dropping temperatures and hot aromatic crockpot meals of the Fall

And I entranced by its pied piper's song

Without even a thought, methodically march to the beat as I follow along

Savoring the smell of wood burning air

Got a new pep in my step as the winds of change are blowing away every care

The air is crisp and fresh as I breathe

Observing golden speckles of sunlight dancing on red and yellow leaves

## On Top Of My Head

On Top Of My Head

Where in the world did I put them  
Are they on the table by my bed  
Oh I hope I have not lost them  
There's a sense of growing dread  
I've torn the house apart in search  
And found some other things instead  
But I still have not found what I'm looking for  
A few bad words, might have been said  
Then someone points out the obvious  
And my face starts turning red  
Why here's my silly glasses  
Sitting right on top of my head

## Catching My Breath

### Catching My Breath

Muscles tight and holding my breath  
Tension mounts as seconds tick by  
My heart pounding inside of my chest  
Inhaling deep and releasing a sigh

The moment around me took my breath away  
It was so much for my mind to take in  
Stilling my soul and getting thoughts in array  
Until I felt my breath return once again

Then in the stillness of the early morning light  
I saw my breath in the air for a beat  
The vapor of life in clear line of sight  
Inhale... Exhale... and repeat

Slow and deep filling my lungs with air  
Peace is now my soul's rich bequest  
Mind and body now release all care  
Sweet reward of catching my breath

## The Party Favor

The Party Favor

Pixels of days gone by stream the screen

Data points of mode, median, and mean

Solving for X and totaling up the sum

Facts and figures that make the heart numb

While the Jester entertains the lonely crowd

Tears flow like rain from out of a cloud

Memory's drama plays out on the stage

A silent movie from the black and white age

The masquerade allowing emotion to hide

A Venetian mask keeps identities inside

Grasping Champaign with hands that waver

Soon we'll all leave with the party favor

## Some Kind Of Warrior

Some Kind Of Warrior

Blood streaked and cut deep he lay  
From wounds incurred along the way  
Warring and fighting battles fierce  
Beside the One with hands nail pierced  
Not realizing how valiantly he had fought  
Forgetting about the name he had sought  
Yet she proclaimed it, but it went unheeded  
God saving it for a time when it was needed  
Are you some kind of warrior she asked  
Performing the job that she had been tasked  
This very morning recalling those words  
That still small voice was quietly heard  
Six years before you had asked Me your name  
And three years after I made it plain  
To you My timing may seem bizarre  
But I call you Warrior, that's who you are



## Winter Blues

Winter Blues

Hues of blue and shades of gray  
Clouds block out the light of day  
Cold soaked bones shiver within  
Goosebumps ripple on top of skin  
The whole sky looks weary and sad  
People scurrying around, coat clad  
The heavy air squeezing out joy  
At seasonal depression's sly employ  
With hearts as dark as a Winter's night  
Or plants without the hope of light  
Down the path that be our plight  
Hoping we last through the long cold fight

## I Am Charlie Brown

I Am Charlie Brown  
Gasping for air as I lie upon the ground  
Hear I go again 'cause I am Charlie Brown  
It beckoned me from that usual voice  
I stared back with a common choice  
So many times before I had fallen  
And yet here it is again, temptation callin'  
But it was set up so well  
I could kick it a mile, I could tell  
And this would be the time, I just knew it  
And my mind was made up lickety-split  
Running so fast to fulfill my desire  
Those old lies once again fueling the fire  
I gave it my best with a mighty Heave-Ho  
Flying through the air, time went real slow  
Gasping for air as I lie upon the ground  
Thinking to myself, I am Charlie Brown

## WEREWOLF

### WEREWOLF

The full moon rises high in the sky  
Trying to push back feelings as I  
Start seeing that old familiar shift  
Cells and tendons starting to drift  
As unwanted changes start to prowl  
And all of the sudden I begin to howl  
Locking myself in chains with a hood  
Hoping that I won't end up to no good  
Hair growing fast on hands and feet  
Razor sharp nails are tearing the sheet  
Bones and joints still crack and pop  
As muscles twitch and ripple non-stop  
When I come back what will I find  
Look out now... I'm loosing my mind  
Chains snap and I'm out on the run  
The only hope now, is the morning sun

## Just You and Just I

### JUST YOU AND JUST I

It was you and I against the world  
Our flag of love flew free and unfurled  
We faced the enemies that came to fight  
Healed as we held each other every night  
Although we were in the battles of life  
We were happy even in the midst of strife  
But then a seductive strategy unveiled  
And assumptive embitterments were held  
It became you against I and I against you  
No longer did we have the power of two  
And all will became lost of victories won  
Until the misery of life replaced all the fun  
It was you and I and man did we soar high  
But now, now it's just you and now it's just I

## One Lump Or Two

One Lump Or Two

There was nothing artificial about it then

Just a lump or two gently dropped in

Nothing malicious about it's meaning

No judgement about which way you were leaning

Just a simple question to inquire

One lump or two? What's your desire

It wasn't pink or yellow or blue

Prepackaged substances without a clue

Further dividing people, driving a wedge

Setting the pink people and blue on edge

Kindness like sweetener was measured and true

The only question was, One Lump or Two

## Glass To Glass Does Clang

### Glass To Glass Does Clang

Some times there's just no reason or rhyme. Life carry's you down the stream violently and you're just trying to keep your face out of the water. Rocks and debris have taken a toll on you and you are bruised and bloody as you go. Your party has been separated and many haven't been seen in quite a while. Tired and sun parched your drenched body hangs on for its very life. Another plunge takes you down under and you scrap for the surface and some air. Memories of sun filled floats down tranquil trails, flood your heart and soul. And you wonder to yourself what has made that peaceful water so angry? There is no music, no playful conversations, only focus on surviving the horror that has befallen your world. Finally there lies the trails end as you frantically paddle to shore. Shaking legs support a mind that's trying to make sense of it, as the others make their way onto the sand. Soon all are accounted for and bodies tense and stiff begin to loosen up. And as night falls ore the busted crew, the hum of life resumes it refrain. For tales of valor fill the air as glass to glass does clang.

## Irrelevant

Irrelevant

It's not the disruption in patterns of sleep  
Nor the many times to the loo I creep  
It's not even the pain in every single joint  
Loss of vision and hearing are not the point  
Not acid reflux, fatty livers, or the like  
No none of these deal the hardest strike  
But what makes this aging life so decadent  
Is the feeling that now I am irrelevant

## It?s Your Theme

It's Your Theme

Imagination rustles in the breeze  
Secrets revealed in the whisper of trees  
Tantalizing tales told at dusk's birth  
Soon darkness envelopes this side of the earth  
Veiling understanding to all its reasons  
Ushering in the coming of night seasons  
Here in the dark you hear your heart beat  
And summon the courage to finally defeat  
Those demons that whisper in your ear  
Trying to bring you down through your fear  
At last a song is heard at dawns light  
Playing the theme of your victorious fight



## ENTANGLED

### ENTANGLED

It was a mysterious part of the ocean floor  
A much deeper dive than I ever had before  
Lost in the wonder of never before seen  
Awareness distracted, senses less keen  
Tentacles gripped me and I wrangled  
In the depths of darkness I am entangled  
I saw the vastness of its shape and form  
Looked into its eyes so fierce and forlorn  
It pulled me in close and tightened its grip  
With a gleam in its eye and smirk on the lip  
Suspended in this blackness bedangled  
Eying the beast that has me entangled  
Struggling to break free and low on air  
The balance of fate was tipping to despair  
All at once released I swam upward fast  
Not knowing if or how long this would last  
I broke the surface gasping, head angled  
I fear any day, I'll once again be entangled

## Melancholy Waters Flow

Melancholy waters flow  
Lonely stones along the bottom roll  
Above The Watchers stretch and yawn  
Their residents chattering at the dawn  
In the distance echoes yip and growl  
Returning from nocturnal prowl  
Optimistic droplets of morning dew  
Reflecting images of dreams now through  
What flows by now they've seen before  
Crashing towards the ocean floor  
Perpetually runs until the final bell's toll  
These melancholy waters flow

## Rain Dance

### RAIN DANCE

Dusty trails through dense brush lead  
Out into the wild where the lions feed  
Moccasins dance to a steady drum beat  
Inviting cool rain to come ease the heat  
Children play on the sun baked clay  
At the edge of the huts where a wile wolf lay  
The moon is full casting shadows in the night  
Indian chants give desperate prayers flight  
For crops to grow and hunting game  
A song and dance to summon rain

## Nightfall

Nightfall

The Sun hangs low on the horizon surrounded by shades of orange and red

Soon it will disappear behind the veil lying in the vast darkness of space for a bed

The velvety night envelops land and sea As the stars sing their lullaby so sweet

Until at last we make a wish before venturing off to the twilight of sleep

Where we are free to dream of adventure and to answer opportunity when it calls

Experiencing the tranquility of the stillness beneath the darkness of Nightfalls

mds

## Fine As Wine

Fine As Wine

You swirl it around in your glass  
Then sip it slow and let flavors rest  
It's not meant to be rushed  
But savored so you get its best

Let it breathe and smell its aroma  
See it's color rich and full  
Tap your glasses in united rapture  
Feel the allure of its sensual pull

Share the smoothness of its smile  
Its glimmer like a twinkle in the eye  
Laughter rises as spirits soar  
Consumption brings a gentle sigh

So go ahead and pop the cork  
Pour up glasses of frolic and fun  
There's more to these aromatic lines  
Than just grapes growing in the sun

## jux·ta·po·si·tion

### jux·ta·po·si·tion

How did I become your nemesis  
My old and trusted friend  
When did we arrive at this antithetical place  
Where conflict never seems to end

When did someone turn the page  
while the other one lagged behind  
Giving way to wild assumptions  
And accusations in the mind

In a world where friendships take so long to build  
Can we really afford to throw ours away  
Driving away the ones we once held dear  
To be sad and lonely at the close of day

From adored once to now contemptuous  
A burr underneath the proverbial, "saddle"  
Seems my mere presence irritates  
And all my actions your nerves unravel

From intimate friends to mortal foes  
Love and war are juxtaposed  
From loving gestures to verbal blows  
How it all ends,... nobody knows

## Hide and Seek

Mockingly it calls out  
Desiring to be pursued  
But it is as allusive  
As it is with hope imbued

Playing emotions like a violin  
Making melody from the taught strings  
Until the symphony reaches crescendo  
Intensifying the mystery that it brings

Promising new destinations  
Like contrails floating in the sky  
As we wonder where they lead to  
And what adventure there does lie

Until they slowly fade away  
Carried off by atmospheric winds  
Only to tease you some other day  
So that the pursuit never ends

As infinite as the gaze skyward travels  
With breathtaking experiences to explore  
Teasingly it calls to me, "Come Find Me"  
Its tone and innuendo to implore

## NEFARIOUS

### NEFARIOUS

This wound feels like it's serious  
Has me reeling until I am delirious  
A construct now sits precarious  
The whole thing is kind of nefarious

What once appeared to be fabulous  
Suddenly became so disastrous  
Buzzards think it is hilarious  
I just find it all to be nefarious

Origins pointed to the adventurous  
Hearts alive and oh so generous  
What started out as gregarious  
Slowly became something nefarious

Burning as if it would be famous  
Bordering on a crime so heinous  
Breathing in through a life vicarious  
Bound by thoughts and acts nefarious



## Distress Signal

Distress Signal

I was running through tomorrow's memories  
Because memories last longer than days  
Traveling back through past experiences dreamed  
And time was flying as the color fades

Gazing back over what lay ahead of us  
Playing out like some kind of science fiction show  
But time is a warp with a slight of hand  
And the future is past before you ever know

Some how lost on a run-away train of thought  
Looking for the end of the tunnel to shine  
Only to realize that the darkness that prevails  
Were constructions made by the hands of time

On silent seas two ships pass in the moonless dead of night  
From stem to stern each unaware at last  
Of that fateful crossing where destiny is adrift  
And signals its distress to the future and the past

## Imagine That

Imagine That

Crystallized water blankets cover fields below.  
Teasingly I ponder, What if we could smell the snow?  
What memories would gather around to remind  
Of special people, places, and moments in time?

My toes dig into the soft grains where water meets the land.  
And again I think, What if we could smell the sand?  
Would delightful aromas tempt us to indulge again?  
Would neurological messages bring back a time that's been?

I feel sun rays pushing me on as I take a morning run.  
Quizzically I entertain, What if we could smell the Sun?  
What joyful pleasure as life giving energy we inhale.  
And the olfactory senses new aromatic dreams unveil.

The moments that take our breath away, beauty that sets us free.  
What if some how, some way, we could smell the things we see?  
I know it may sound crazy to ponder such whimsical things.  
But oh the joy that letting our hearts imagine, brings.

## Dead-Ends

### Dead-Ends

There is a road that leads into the wood  
Where once the old and tall oaks stood  
Progress invading nature's rhythm and rhyme  
Causing a shift in the dimension of time  
Taking us places we're not intended to go  
While interrupting life's natural ebb and flow  
Alas then the chaos of mice and men  
Leads only to another and fatal dead-end

## RIGHT AS RAIN

RIGHT AS RAIN

It sweeps and it pounds

It leaves puddles on the ground

It drives and it soaks

And saturates our coats

It's steady and it's light

It describes when something is right

It can be a mist or a wisp or heavy too

Wetting a sock as it seeps in a shoe

Tapping out a melody on a tin roof cover

Setting the mood for you and your lover

Or the stage for a book, read by a fire

As it slowly satisfies the ground's desire

It can come quickly and disappear as fast

And at times make you wonder how long it will last

Either way it's essential if we should gain

And enjoy a life, that's as right as rain

## The Mirror

### THE MIRROR

Mirror mirror on the wall  
Telling the truth to one and all  
That smear, spec, spot, or hair  
I cannot simply leave it there  
And so reflected in your image clear  
I get a glimpse of my hidden fear  
And see for myself what others see  
Instead of the filtered and edited me  
So help me remember what I really saw  
Mirror Mirror on the wall  
For you will never tell a lie  
As you cast my image before my eye  
Every blemish, wrinkle, and spot revealed  
Every secret, I thought I had concealed  
The reflection of my human flaw  
Stands inside the mirror on the wall

## Damned Spot

Damned Spot

I have a memory of a deed I've done  
A web of regret, by my own hand spun  
Consequences have left a very dark stain  
Causing me to relive it, at times yet again  
I try so hard to wash it away  
But me thinks that the stain is here to stay  
What torment of heart, soul, and mind  
No cure for my guilt am I able to find  
Out! Out damned spot, was her request  
And I feel the pain of the Lady McBeth  
Oh to go back, I would take it away  
But I shudder to think if I'd repeat it today

## False Reality

### False Reality

Heart is racing like a man on fire  
Thoughts are tumbling like clothes in a dryer  
Muscles twitching like a crouching cat's tail  
Adrenaline is flowing and I'm coming off the rail  
Panic button is stuck it's full on fight or flight  
Eyes wide open cause I cannot sleep at night  
Pulse pounding, alarms sounding, fear hounding, Help me y'all, I'm drowning

Numb to all feelings except this frightening rush  
Thoughts that yell and scream never seem to hush  
Always feeling like the shoe is about to drop  
Like I'm breaking the law right in front of a cop  
Pictures and words flash across the computer screen  
The monster in the closet is about to come clean  
False reality, black infinity, gaining notoriety, this horror called anxiety

## The Garden Hose

### The Garden Hose

Another sunny day in the month of May but this one is extra special you see  
For, as for fifth grade, it is the last day  
and the rest of the summer is free  
We clean out our desks, throw trash away  
And stack text books against the wall  
Excitement builds with the passing day  
And giddy students roam the hall  
Until alas it is official as the final bell rings  
And frenzied kids run wild and free  
Imaging a host of adventurous things  
And the club house up in the tree  
Ah the memories of those lazy days  
When life was at a much slower pace  
Makes me wish I could change my ways  
And check out of the old Rat Race  
Remembering days of summer fun  
Sipping water out of the garden hose  
The line hot from the summer sun  
And the smell familiar to your nose  
Finally cool water with a strange taste  
Slowly satisfied your thirsty summer soul  
This fire-hydrant seems like such a waste  
The volume fast and with no control  
The flow overwhelms my ability to drink  
And with too much force does it impose  
Where hearts once soared now they sink  
I sure miss drinking from the garden hose



## Friendly Fire

Friendly Fire

Warfare exacts a heavy cost  
With life and limb and all that's lost  
Destruction wrought on a geographical terrain  
While PTSD rewires the brain  
And with insult to injury carelessly applied  
The cover up of all, the fratricide

But blood is still red  
And dead is still dead  
Unintentional wounds still hurt  
The dead are still buried in the dirt

I get it, we are all so hastily recruited  
The fallout not completely computed  
Driven by our own insecurities and fears  
Suffering losses that exacerbate tears  
Relational conversations deceptively contrived  
Resulting in collateral damage; fratricide

But blood is still red  
And dead is still dead  
Unintentional wounds still hurt  
The dead are still buried in the dirt

Enemies gather to insidiously conspire  
Unleashing attacks of their rage and ire  
But ultimately what brings the warrior to retire  
The unfortunate result, of friendly fire

And while the fact is well known  
That we are taking out our own

The numbers still climb

That's the message to my rhyme

## Natures Symphonic Band

Natures Symphonic Band

The fierceness of the flash is somehow soothed by the rolling of the thunder

The force of the wind terrorizes the trees and causes all creation to wonder

Light rays from ninety three million miles away, warm the skin and heal the soul

You ever notice the subtle beauty of water as it flows or when waves crash and roll

There's a certain sparkle in the drop of dew perched on blades of grass

A magnificence to the majesty of an eagle as it soars high in the sky so fast

Joy in the play of squirrels as they shimmy up and down trees under the summer sun

The song of cardinals hidden amongst the leaves whistled in playful fun

The reflection of red and yellow leaves off the surface of glass lakes in the fall

All in symphonic concert echo through the chambers of natures hall

## Ruptured Anxiety

Ruptured Anxiety

If I can get the flow to stop

Maybe I won't bleed out

But it's gushing in my mind

Like a giant water spout

For a minute it's not so bad

But it can be fatal in a while

Time is ticking away

The jury is still out on this trial

Take a deep breath, let it go

Trying to get the madness to slow

Fears and anxiety grow

Unless you've been there you can't know

Life is ebbing away

Like a bleed somewhere within

Like a ruptured artery spray

And the beginning of the end

## Alphabetic Drought

Alphabetic Drought

My heart longs to philosophize  
Searching for phrases I recognize  
Trying to get thoughts to harmonize  
But nothing seems to materialize

Like your gonna sneeze, psych!  
Yet that's what it feels like  
Waiting for inspiration to strike  
When animated emotions spike

And you feel the pain  
like the pouring rain  
Driving thoughts like a train  
off the track again  
Hearing this refrain;  
Yeah! That's gonna leave a stain

Feelings run deep and thoughts are tense  
Yet can't get this jumble to make any sense  
Old friends try to come to my defense  
While I shrug it off and fain indifference

Emotion pursues and thoughts insist  
The urge to write it down I just can't resist  
Creativity's longing continues to persist  
How long can this feeling continue to exist

A silent scream and shout  
dying to get out  
What's it all about  
thoughts full of doubt

Sentences cannot sprout  
in this alphabetic drought

## Huntin? With The Pack

Huntin' With The Pack

Senses are sharp as a tack  
Got the scent, starting to track  
You can run, but you ain't coming back  
'Cause tonight I'm huntin' with the pack

Yapping, causes nerves to crack  
There is no need to talk any smack  
We trackin' down us a little snack  
'Cause tonight I'm huntin' with the pack

Wiley, we just have a knack  
Surrounding our pray, just like you, Jack  
Way down low or top of the stack  
'Cause tonight I'm huntin' with the pack

On the pond a duck goes quack  
Running away, well that's just whack  
Try to outwit our coyote hack  
'Cause tonight I'm huntin' with the pack

The night, is now dark and black  
Come daylight we'll all hit the sack  
Come on y'all, pick up the slack  
'Cause tonight I'm huntin' with the pack

## B O C

B O C

(Breach Of Confidence)

Like strokes on a keypad  
Telling a story so sad  
Rushing and gushing  
But never flushing

Cause Social Media makes us high  
But we are just living on the fly  
Gobbling up every lie  
Throwing seed up in the sky

But words are never free  
There is collateral damage, you see  
When like a shooting spree  
We commit the B O C

Small rooms, doors closed  
Cause you don't want to be exposed  
But everyone already knows  
That from your lips the story flows

Revealer of secrets has power  
But only for that hour  
Soon others will be sour  
Credibility fades like a flower

Lovers who take the "C"  
Cut the root from under the tree  
Then there is nothing left to be  
Cause they did the B O C



People just trying to climb the ladder  
Who they hurt don't really matter  
Dirty laundry is what they scatter  
And trust is what they shatter

Be careful of the sound  
Words that go around  
Intended to confound  
And run the ship aground

It's B O C, complexity, laced with subtlety  
Let's break it down for you and me  
Serpents speech, it's a breach, little "G"  
Cause the poison they sprayin is straight up BOC

## And Then Comes The Thunder

I don't want to live on hopes and dreams  
Spending my life on outlandish schemes  
As if the only place the extraordinary exists  
Is at destinations found on a Bucket List  
But every day has its unexpected turns  
Chance encounters where passion burns  
Finding the miraculous in the minutia of days  
Discovering adventure in their mundane ways  
Sunset beaches where lovers kissed  
These are moments for a bucket list  
A sense of expectancy a hint of wonder  
A quick bright flash and then comes the thunder

## Beneath The Water

### Beneath The Water

A couple of concrete blocks tied to an old ships line  
Slipped beneath the surface of the ocean in the mind  
Descending ever further into the depths below  
Pulling out the slack as they downward go  
Until the weight bids to the heart, 'Come on the waters fine'  
Deceived of the struggle to keep itself above the brine  
Unseen on top of the water are the weights way down below  
And how their constant pull eventually takes a toll  
Until unnoticed by the crowd engaged in all their fodder  
This tired heart gives up its fight, and slips beneath the water

## Restless Soul

Restless Soul

Lips move but there is no sound  
Looking for words that can't be found  
Thoughts drive themselves into the ground  
Mind is left just spinning around

Desire forms like sweat beads  
Rehashing old and past deeds  
Trying to follow where it all leads  
Digging to plant some new seeds

Crowded in to such a small place  
Uncomfortable in my own space  
Looking in the mirror, can't see my face  
Suddenly it's gone without a trace

It's there on the tip of my own tongue  
Like a light in the closet where clothes are hung  
As useful as a spring that's already sprung  
Or an old bell that's already rung

Needing to speak, so much to say  
It'll have to wait for another day  
Cause thoughts and words refuse to play  
Restless soul you'll just have to stay

## Fall Foliage

Fall Foliage

A gasp at the fiery red brilliant display  
Golden leaves like the bright sun array  
A spectacular show put on by the Fall  
Grandeur on display come one, come all

Nature closes the chapter on summer time  
A chill fills the air as the old bells chime  
Soon bare trees will have lost their breath  
These beautiful colors shall lead to death

In the last and dying days is beauty  
Alas these leaves have done their duty  
Time for the year to pay its tollage  
The fare shall be some fine Fall Foliage

## Tears In The Window

Tears In The Window

Cracked glass in window panes  
Lonely whistles of countryside trains  
Curtains pulled to dampen the glow  
Cannot hide tears in the window

Peering out is a weary old soul  
Betraying scars of confidence stole  
While denying what pain wants to show  
Try's to wipe away tears in the window

Loneliness and fear fall like Winter snow  
That melt in the Spring and start the flow  
Deep canyons run through the heart below  
Carved by time and tears in the window

Closer inspection from the windowsill  
Realizing what those panes really reveal  
The subconscious mind begins to know  
The reason for tears in the window

## Tempest of The Soul

Tempest of The Soul

The heart weighs the balances  
Trying to decipher wordless cries  
Forth with feelings rush in  
The siren song plays as hope dies

Mind deciphering thoughtful meaning  
Synaptic processors run full steam  
Chemicals dump into streams of red  
Making rivers out of the stream

Words and pictures from past days dreamed  
Scroll like reels posted in the mind  
Forth with they play with wills of their own  
And solace is hard to find

Tis perpetual motion without remedy  
A sea tossed to and fro  
Forth with the tempest of the soul  
With waves and wind doth blow

## Where The Fireflies Fade

Where The Fireflies Fade

The soul searches for answers  
In the depths of the darkest night  
Hoping to find evidential proof  
Where invaders took flight

Yet no clues are found high or low  
Worse yet, it's really starting to snow  
Desperation settles in like a winter fog  
Hope lies rotting like a fallen log

The cold air is light leaving lungs craving more  
Our breath leaving trails as we try to explore  
Hands as numb as our cold heart's beat  
The track in our head is stuck on repeat

Fireflies fade where the green ferns grow  
Beaten paths lead to the forest down below  
Out in the distance a lonely cry is heard  
Nature holds its breath as anxious thoughts are spurred

The echo returns on air chilled by the night  
Like secrets shared intended for spite  
Sitting on a log that suddenly gives way  
Where the green ferns grow and fireflies fade



## Campfire

Campfire

A wolf howls and rabbits run  
The skyline burns with the setting sun  
A pop and crackle from the old camp fire  
Songs are sung to the strum of the lyre

The night sparkles from a million stars light  
As Owls fluff their feathers for impending flight  
Sizzling wood sends embers into the air  
Then they gently float down without a care

The smell of the campfire is like a drug  
The worn old hammock feels like a hug  
The bacon frying on the open flame  
"Get up" it cries as it calls your name

A bass hits the surface and ripples scatter  
Running like thoughts when nothing is the matter  
The old fire is starting to die down  
Gone for now but it'll be back around

The fish are clean the fire is hot  
Good cold beer now hits the spot  
Popping and cracking like it's glad to see you  
A wolf howls in the distance and rabbits run too

## Like Dominos Falling

Like Dominos Falling

A view of Depression & Anxiety

There's a symmetry to the sadness that I see  
A rhythm to the pieces that drop in their spree  
I hear haunting, yet familiar voices calling  
Reminding me that life is like dominos falling

It's organized destruction a controlled fall indeed  
One hope falls into another and then all of them concede  
You know it's coming at you, there's no need in stalling  
Hopes and dreams start to seem like dominos falling

It's beautiful disharmony and complicated chaos too  
Cyclical seasons changing without a clue  
Feelings fall and hope is crawling  
Expectation becomes like dominos falling

And so we set them up in hopes of something new  
Watch a slow motion fall of the first one, I swear it's true  
Until all the pieces are sent scattering and sprawling  
And again thoughts and feelings rattle like dominos falling

## The Mossy Bridge

### The Mossy Bridge

There's a mossy bridge at the end of trail  
My heart and soul know it quite well  
It's a quiet retreat to rest and think  
Where turtles sun and then slowly sink  
If pressures need to be eased a smidge  
I walk on down to the mossy bridge

The old bridge has been carved by lovers and time  
A hideaway from life's robbers of the mind  
A serene haven to catch your breath  
A place to mourn while grieving a death  
I've traveled out often over this old ridge  
To bide my time on this old mossy bridge

A bass hits the water interrupting my train of thought  
Like a fierce warrior that escaped, when once he was caught  
A hawk soars overhead, peering through the peace for a suitable meal  
I take it all in letting the balm of nature heal  
To break the silence would be pure sacrilege  
And to dishonor the wisdom of the mossy bridge

## The Misty Moon

### The Misty Moon

Full circle it sits like a big bright balloon  
Arrayed in clouds it's the misty moon  
Captured by its spell, lovers swoon  
The romantic pull of the misty moon  
Off in the distance is the hoot of a loon  
Inspired by the light of the misty moon  
High in the sky but it'll be gone soon  
Just memories left of the misty moon  
So listen closely to nature's croon  
As it's serenades us under the misty moon  
You just might find yourself humming a tune  
From sweet dreams had under the misty moon

## Autumn's Fire

Autumn's Fire

The air is cool and light

The sun on the horizon bright

Brisk days and Fall colors seem to inspire

The sky is ablaze with Autumn's Fire

Trees are dotted with yellow and red

Once green leaves are now orange instead

Fireplaces burn and lovers desire

Under the spell of Autumn's Fire

Days are shorter but nights are bright

The cooling of Fall brings clear star light

Under a blue moon sleepy eyes retire

With dreams warmed by Autumn's Fire

Turkeys and reindeer fill our thought

Merry and Thankful hearts are sought

Cold breezes and sun rays conspire

Bringing the magic of Autumn's Fire

The eyes cannot contain the golden glow

And hearts are so full that they overflow

Traveling around the sun as a frequent flyer

And a connoisseur of Autumn's Fire

## Sliver of Moon

Sliver Of Moon

Time with you is gone way too soon

Fading away like a sliver of moon

Hanging there in the dark night sky

Gone before the dawn draws nigh

Like a clipping lying on the bedroom floor

A reminder of days and times before

The lingering melody of a familiar tune

Partially lit, like a sliver of moon

Til alas it's waning cycle is complete

In the void where time and space will meet

The darkness as lonely as time gone by

There for a sliver of moon, my heart doth sigh

## The Fog

The Fog

Ship bells toll in the harbor mist

Signaling intentions like a clandestine tryst

But lonely sounds betray a sad heart's cry

So many vessels, yet none draw nigh

Only ships passing in the dark of night

In close proximity, yet out of sight

Foghorns bellow their forlorn song

The fog is thick and the night is long

A dingy skirts danger as it trolls through

Looking for love with nothing to lose

Clang! Clang! Echoes like an endless tune

While sailors sail by with a silent boom

A moonless sky was moored overhead

Anchored in place with foggy dread

## Countryside

Countryside

Golden beams dance off of chilled stock tanks

Bovine scattered fields with horses among their ranks

Air crisp, cold, and chomping at the bits

Hemmed in by barbed-wire where the scissor tails sit

Mirrored reflections lend colors from the sky

Rolling hills of nature's tapestry stretch before the eye

The shiver of Winter's chill still lingers in the air

But driving through the countryside, warms the soul's despair



## Wolf Moon

Wolf Moon

The pack hunts by the light of a full moon  
Orchestrated movements follow a mystical tune  
Like a choreographed dance the chase ensues  
As methodically and relentlessly the predator pursues  
It's collaborative chaos that wears down the prey  
Until in symphonic tragedy the life ebbs away  
Satisfied appetites now howl in delight  
Then gather beneath another full moon, tonight

## The Last Season

The Last Season

About the time the air gets cold  
The coats are stripped of young and old  
Bare they stand against the sky  
Exposed before the wandering eye  
Occasionally, I think I see them shiver  
Or hear them sigh, like a lonely river  
Standing in the cold with only their bark  
No cover for the Robin, no song of the Lark  
Hope seems lost or any sense of reason  
With no idea how long will be the season  
Oh, to ask a question if they only could  
Has the lush green gone away for good?  
And yet I will endure it, if I should  
Until alas I lay down, a cold, dead, wood

## A Grand Illusion

### A Grand Illusion

Thoughts forlorn, imaginations born  
Exploding galaxies formed, death mourned  
Running wild and free it won't let me be  
A restless sea of anonymity  
Like being quarantined with no routine  
Fears unseen on a cinematic screen  
Fade to black trying to get back  
But thoughts in a pack are talking smack  
Inhale, exhale, let peace prevail  
You are doing well in this living hell  
Learning to live and trying to forgive  
Is the objective of perspective  
Quell the confusion, slow the intrusion  
This nuclear fusion is just a grand illusion

## That Old Black Bear

That Old Black Bear  
Tracked him for days on end  
He'd catch the scent in the air  
Being very careful not to offend  
The feelings of that old black bear  
Impressed by his masculine physique  
And his skill with the prickly pear  
Lending itself to the growing mystique  
The legend of that old black bear  
Finally caught sight of the beast  
In admiration got lost in a stare  
He didn't seem to mind in the least  
Curiously humored that old black bear  
Two personalities observing one another  
A feeling of amusement hung in the air  
Then just as quick as the prodigal brother  
Gone was that old black bear  
Yet somehow in that tiny space  
Each in appreciation now more aware  
Beholding one another face-to-face  
Just me and that old black bear

## Vintage

Vintage

Nineteen sixty-four Thunderbird nearby  
Coca-Cola in bottles and moon pies  
The Marlboro man with his chiseled image  
Harbingers of things that are vintage  
Levi Garrett in the pocket of my Levi jeans  
Leather jacket, collar up, like James Dean  
Friday night lights Monday a scrimmage  
The good old days have now gone vintage  
Children's children now play the game  
It's their time for finding a name  
Sitting atop of the family lineage  
Realizing that I, have now become vintage

## Fossils

Fossils

Finding traces of you everywhere I turn

Fossils left by the great flood of yearn

Pieces of conversations that we shared

Fragments of exploits that we dared

Like thirst in a desert, mine is colossal

Think I see an oasis, but it's only a fossil

I thought I heard you call my name just the other night

Caught a vision of you in my memory's sight

Remember that shopping trip where we played like models

I found those scarves today, like dinosaur fossils

Oh, and a memory popped up on my Facebook feed

I laughed so hard. I think I peed.

We were as tight as lips in brothels

Now all that's left are memories like fossils

But I'm thankful for these little pieces of you

And for these fossils, even though they make me blue

They are evidence of your life and of our love

Like kisses sent down from heaven above

## The Antidote

The Antidote

Do colors have weight

Because this gray is weighing down on me

Do clouds carry freight

Rolling like trucks pulling loads too heavy

And the mist continues

Hanging like a perpetual wet blanket in the air

Looking over menus

But no one seems to be serving bright and fair

Just an oppressive weighted gray

Every Dawn like Groundhog Day

An Atmospheric loop at play

And the rain won't go away

Crushed beneath the weight

Squeezing like an accordions last note

Alas, I fear my fate

A sun warmed beach, the only antidote

## Turbulence

Turbulence

The sun was just breaching the horizon  
Golden rays peeking out like a shy one  
The air was smooth as we cruised  
The cabin subdued as many snoozed  
A bit of a roll and then a pitch  
Like it was only gonna be a temporary glitch  
But then a sudden bump and drop  
I thought I felt my very heartbeat stop  
The glory of Dawn now ripped away  
The smoothness of flight could not stay  
Turbulence now rocked the plane  
Fear threatened the state of the sane  
Looking out the window once again  
Where peace and tranquility did remain  
The turbulence confined to row 23 seat B  
Was really just turbulence inside of me  
No one else noticed, no sleepers awoke  
It was only in my mind, where turbulence broke



## The Cricket's Tale

### The Cricket's Tale

Sitting on the porch one day  
Hypnotized by the sun's melodic ray  
I was drawn into a simple dream  
Where things were not as they always seem

"Hello" I heard someone calling out  
Seeing no-one only added to my doubt  
The voice seemed to be coming from down below  
Right there, where the Hawthorns grow

When focused attention would finally reveal  
What my eyes did see did not seem real  
Yet, I heard the words that the cricket said  
Looking up at me from the flower bed

I sense that you have been feeling blue  
And so I have a message for you  
Your world is not what it appears to be  
There is so much more that you cannot see

And then he spoke more specifically  
As he shared his insect stories with me  
Worlds of crickets and butterfly's  
Where destinies play out in all the bugs lives

So you see he said in a final summation  
There are things beyond your imagination  
And you may not always understand  
But trust me, there is a greater plan

Your life has purpose, this world needs you

And the unique things you say and do  
Your life has impact on a grandeur scale  
That's the message of this Cricket's Tale

Back on the porch I contemplated the scene  
Everything was now back as it seemed  
I laughed out loud at this crazy notion  
But in the corner of my eye, I caught a motion

And there on the bush, What did I see  
But a cricket, and I swear he winked at me  
And with that he hopped away with a bail  
I sat there contemplating The Cricket's Tale

## The Waterfall

The WaterFall

We pushed forward along the trail  
Drawn by the roar that wooed us to come and see  
Its perpetual song prevailed  
Its thunderous beats speaking to our soul, harmony

Inviting us to a place of provision  
To come enjoy the mystery of its chaotic peace  
With its mighty and yet simple concision  
Convinced the voices of anxiety to cease

It was a fluid and cold work of art  
That spoke to the heart's deepest call  
Majestic from the crest of its very start  
And crescendoing at, the waterfall

Like music to the ears  
Inciting the soul to dance  
One must overcome their fears  
Be spontaneous and take a chance

But oh, what mystery to behold  
When one takes a risk that they might fall  
Through forest trails made bold  
Standing bravely at the waterfall

## The Score of Life

### The Score of Life

It's there playing softly in the background  
Sometimes swelling to a very loud sound  
Changing tense and mood with melody  
Fear, romance, the response of jealousy

It can make your days fanciful and light  
Then turn them into the darkest of nights  
Might have some on the edge of the seat  
Or make them want to get on their feet

At times you can't hear it, but it's there  
Like a puppeteer pulling strings in the air  
It sets the measure and drives the tempo  
The meter determining the rhythm's inflow

Yet unaware of its existence and effect  
It sets the tone of our lives, in retrospect  
The victories, the pain, the toil and strife  
Are just notes played out in the Score of Life

## Ripples

Ripples

Moving from the place of sudden trauma  
Towards the edges of fluid lives they roll  
Pushing against the surface tension  
Concentric circles, ripples of the soul

Time and distance wearing them down  
The resistance eventually takes its toll  
Finally dissipating they quietly lay  
No longer ripples of the soul

Other forces soon set in motion  
Things beyond our hearts control  
Waves raising levels are now racing  
Like tsunamic ripples of the soul

Events like pebbles cast into the water  
Anxiety like hearts where peace is stole  
The waves of effect soon disappear  
As do the ripples of the soul

## That Old Boat Dock

That Old Boat Dock

The old boards squeak under stress  
Egrets come and perch none-the-less  
Swaying to the music of the waves  
Recording the days the Sun engraves  
The smell of its musty cologne invites  
Memories of so many past delights  
Lines in the water, laughter in the air  
Secrets hidden in the wood laid there  
Turning back the hands of the clock  
There's magic in, that old boat dock

## Live All The Way Until You Die

Live All The Way Until You Die

Some...

Feel strongly

See differently

Dream deeper

Love harder

Sing louder

Laugh more

Think intrusively

Some...

Think outside the box

Color outside of the lines

Walk to their own drummer

Move faster

Walk slower

Live fuller

Leave a mark

But All...

All die

What will you do with what you have left

Live! Live all the way up until you die

## Black and White

Black And White

I used to dream in colors that were bold and bright  
But now my dreams have faded to a silent black and white  
What adventure awaits us down the yellow brick road  
With friends along to help us, carry a heavy load  
Flying through the clouds with a Chitty Chitty Bang Bang  
Supercalifragilistic was the song that they sang  
Everything is possible, you need only dream  
Let you little engine build up a head of steam  
But dreams soon fade like bubbles bursting in the air  
And the realization comes that life's not always fair  
I used to dream in color and look forward to the night  
Time and trial take their toll then fade to black and white



## Volcanoes

Volcanoes

Mountain peaks, rivers, and valleys below

Blooming in Spring or covered in Winter's snow

These sights form the landscape of our lives

Where comfort and appreciation for beauty arrives

But unknown to most or tiny vents in the soul

Until the pressure within gets out of control

A violent eruption catches the unsuspecting landscape by surprise

Hot magna flows and burning ash blocks light from the skies

And when the devastation stops and all is once again still

The landscape has shifted in the mind, emotion, and will

And while there is no doubt the the topography is forever changed

Relationships, personalities, and priorities have been rearranged

Will you still look for beauty after the fall rain blows

Will you find comfort in the scars of volcanoes

## Trains

Trains

It calls out in the last hours of the night  
A lonely cry searching in the darkness  
Unable to find its love it wails to the moon  
And deep inside the heart knows its pain  
The haunting sound resonates within  
Waking feelings that fain sleep  
Stirring salty tears of recognition  
Until at last the cry grows faint in the night  
On to other towns and crossings and ears  
Blowing its lonely whistle to attentive hearts  
The train continues on down the line

## The Bar

The Bar

Table full of strangers and yet friends

When one drink ends another begins

Slowly releasing life's stress and pain

Laughing with people that don't even know your name

But they feel you... and appreciate your load

Sharing comfort with each other as stories unfold

Where the expletives from the daily grind

Or replaced with honey and babe, And things that are kind

Where politics and religion can take a rest

And all we want for each other is what is best

Breaking bread and sharing a drink, we find common ground

Perhaps 'belly up' is where world peace is found

This may not have been your experience so far

But for me, I wish more places were like The Bar

## Back Roads

Back roads

Fence posts, squirrels, back roads

Hay fields, cattle grazing, back roads

Stock tanks, thoughts wander, back roads

Rolling Hills, windows down, back roads

Hawks in flight, stars at night, back roads

Tunes playing, hand holding, back roads

Country side, memories made, back roads

Lazy days, cruising along, back roads

Life in the fast lane future is foretold

Live it to the full, take the back roads

## Campfires Gone Bye

### Campfires Gone Bye

The kindling took hold and started to burn  
Then wood was stacked to take its turn  
Memories laid out in a pyramidc form  
Combustion takes place the day we are born  
Childhood and youth they burn fast  
Marriage and children like smoke from the past  
Work life, bills, cars, houses and such  
Now are igniting with the fires touch  
Ashes rise, whirl, and dance to the sky  
The wood crackles and pops, smoke in my eye  
The smell of embers brings thoughts to mind  
S'mores are waiting for tastebuds to find  
The moon is high the camp is asleep  
Still sitting by the fire in a crumpled heap  
Old fires only smolder and smoke  
Like stories that are written or even spoke  
And soon the fire will eventually die  
Just memories of campfires gone bye

## Missing Person

Missing Person

I went for a walk one day  
So many sights along the way  
I must have lost track of time  
I walked way past my prime

Found myself, I knew not where  
So many people I didn't know there  
All of them calling out my name  
This was such a scary frame

People talking in words I couldn't understand  
As they reached out, trying to take me by the hand  
Where were these strangers trying to take me to  
I just wanted to go home, That's all I wanted to do

Just a simple walk away from everything I knew  
A dreadful disease, they have a name for it too  
But everything seems so hard to find  
Since that day I walked right out of my mind

## The Fierce Beauty

The Fierce Beauty

If you've ever been caught in a freakish storm  
Where massive thunderheads quickly form  
And you could feel the electricity in the air  
The pulse and threat of the lightening there  
If you've seen hail falling and heard the sirens roar  
Covered yourself with a mattress on the bathroom floor  
Then you have beheld the fierce beauty

If you've seen the majestic beast stalk its prey  
With power and grace as it calculates its way  
If you have ever witnessed the intensity in its stare  
The blood streaked mane glistening in the suns glare  
The confident stride as it walks away  
The tenderness when engaged with its cubs at play  
You have beheld the fierce beauty

If you have lived and loved and lost in life  
Enjoyed a sunrise and endured a dark night  
If you ever lost your breath in passions throes  
Held someone's hand while their soul goes  
If you've ever held your child and felt the joy they bring  
And then watched them suffer but you felt the sting  
You have beheld the fierce beauty

## Gettin? Dirty

Gettin' Dirty

People ranted, the conversation is slanted  
False ideas planted, lives taken for granted  
Put down, made me frown, but I'm no clown  
Not hanging around this kind of town

Why so mean, others don't feel seen  
House is clean but friends are lean  
Comparison is cruel, calling others a fool  
Is no Golden Rule but is hatred's fuel

Religion is vain, drives people insane  
Motives are made plain and fear leaves a stain  
The truth lays bare if you really care  
It's a little messy there, if to love you dare

There is great divide on every side  
What one lets slide the other just lied  
Big difference between being dirty  
And putting yourself out there where you're gettin' dirty



## Stalemate

### STALEMATE

When trust is a bust, relationships rust,  
Assumptions gust where doubt is a must,  
Dreams turn to dust, cruel intentions are just, and as tough as Earth's crust.

When suspicions run wild love is beguiled  
Emotions get riled and actions go on trial  
Charges are filed feelings are piled  
Passions turn mild and patronizingly styled

When accusations fall like hail in a pail  
And words blow like a gale to a snail  
Good intentions fail love goes off the rail  
All efforts soon pale as friendships grow stale

## Ghost Ship

### GHOST SHIP

I sat out on the bow about 03:00 o'clock  
Eight days out since we left the dock  
She is seventy foot of Douglas Fir  
Pitched with a resin to help protect her  
The sea sat under a moonless sky  
I searched the water with a longing eye  
Caught a glimpse forward on the starboard side  
Blinked my eyes just in case they had lied  
No reports of ships in the area was found  
Yet strangely lit and sailing without a sound  
Upon approach I see no sign of a crew  
Just a ghost ship sailing past us in plain view  
Then the band strikes up a festive tune  
From the Lido deck it's a party in full bloom  
Dancing, laughter, and merry hearts  
Singers belting out their specific parts  
Then a lone figure standing at the Stern  
I leaned in to see what my heart would learn  
Then my mind began to slowly realize  
That it was me standing there to my surprise  
I nodded at me as I was sailing away  
Suddenly distracted by dolphins at play  
Then just as quickly I looked back out to sea  
No sign of the ghost ship and no sign of me

## SORDID

### SORDID

Sordid thoughts beguile weak minded men  
Sordid actions betray those who pretend  
Sordid details play out on the nightly news  
Sordid stories told by those who strum the blues  
It is a sordid world that we have come to know  
And from sordid seeds our family trees do grow  
Producing sordid fruit to feed our sordid soul  
While sordid masters exert sordid control  
Soon all sordid societies will all be sorted out  
Sordid separations will end suspicious doubt  
With sordid sanctioned, sound will rule the day  
And all our sordid notions will slip silently away

## Eyes Wide Open

Eyes Wide Open

Lying here, eyes wide open; mind racing

Remembering, replaying, and retracing

Venturing into the abyss of "What If"

Thoughts running like water off a cliff

Worst case scenarios are playing out

Every "maybe" carries its own kind of doubt

All the variables begin fading away

Solving for X, if  $2 + 4 = x$  times the square root of A

Sleep evades as eyes watch the clock

The scene is scored with a steady "tick tock"

Lying here, eyes wide open...

**SCULPTED**

Thought I saw a piece of art in a block of stone  
Taking a pen, commenced to chip and hone  
The minds eying seeing it from the start  
Stirred by passion from within the heart  
Smoothing out lines with a sculptors hand  
Searching for the image in this stone and sand  
Lines cut by a determined will  
Guided by what the soul did feel  
Desire and diligence so others may see  
Phrases shaped so carefully  
Painstakingly taking so much time  
Developing the hidden rhythm and rhyme  
And at times the image finally emerges  
In statuesque poems and sculpted dirges  
Or the ink filled chisel yields nothing at all  
Until the stone is left to crumble and fall  
Thought I saw a piece of art in a block of stone  
Turns out, I really should have left it alone

## Toasting Our Love

### Toasting Our Love

There is a light breeze as the sun looks on  
Sitting low on the horizon day almost gone  
Clouds parade by like floats on Christmas Day  
Front row seats to this dramatic life play  
I swirl the wine, red sparkles in the glass  
Swishing a bit and then swallowing alas  
Tension diffuses as wine takes slow affect  
Dusk speaks like an old friend motives unchecked  
The song of cicadas echo in refrain  
Glass raised and I slowly sip again  
Bravo, I cheer at the end of this tale told  
I'll cherish these moments and the memories they hold  
Sitting on this porch with you by my side  
Warmed by the fire your friendship provides  
Soaking in the last rays from up above  
Tinging our glasses and toasting our love

## The Color of Pain

The Color of Pain

If there was a shade for pain

I think it might be the color of rain

Perhaps it would be called morose gray

Or the color of sky where tornados play

Or even the color of a large black hole

Sucking the light from our very soul

We've all had our share in this cosmic race

Like galaxies scattered in outer space

A shade of blood red whenever it's shed

Whispering secrets from those that are dead

Something like exsanguinated red stain

Yeah, that might be the color of pain

Sitting in your room of heartbreak and loss

Walls closing in are painted flat or gloss

Through salty tears the color becomes plain

Tell me, what color is the color of your pain

## The Mystical

The Mystical

They come from somewhere deep within.

Circumstances assisting with there flow.

Sometimes it's joy, most times it's sorrow, and at others, well, no reason at all.

Yet sooner or later...,

we all will see them fall.

They sting but yet often feel good.

Coming at the most inopportune times.

Sometimes in the middle of the night alone

They come like a slow steady stream.

And at other times...

they're like a river's raging dream.

They are as mystical as the ocean tides,

Affected by a gravitational pull unseen.

Physiologically explained, I'm sure, but yet philosophically debated to a nonstop.

Because we're talking, of course,

About the mystical, the TEAR DROP!



## Racing Thoughts

Racing Thoughts

My mind is about to beat out of my head  
These mental palpitations are tough  
Thoughts racing at a high rate of speed  
My sensorium screams out, ENOUGH

All I hear is the roar of the engines  
The noise is deafening to my soul  
Thoughts spanning the entire globe  
And raise a brow at Interpol

This synaptic snafu of epic proportion  
Opens a portal to the twilight zone  
And the anxious intrusions of thought  
Bring a mayhem like never known

Mind pounding thoughts racing today  
Some times though it slows its pace  
And peace returns on those good days  
Because my mind and heart have space

On These kind of days, I take a breath  
And remind myself of what I've learned  
'tis but a thing that will leave real soon  
Although for now it has returned

I've learned to live with it and even laugh  
At these tricks my mind can play  
Managing this thing called anxiety  
And watch my thoughts just race away

## Normalcy

Normalcy

I set my sights on a destination  
Charted my course from imagination  
Longing to dig my toes in the sand  
On some beach like in Pan's, Never Land  
Looking for that Rabbit Hole, you know  
Some place the Map will never show  
Untiring in the quest to find "ever after"  
And hearts full of ruminating laughter  
Scouring every clue our eyes can see  
Looking for the place they call Normalcy  
But me thinks it only exists in a fairy tale  
Somewhere in the depths with Melville's whale  
Swimming by Atlantis' lost city lights  
Or catching a view from Kilimanjaro's lofty Heights  
Spying Mount Fairweather on a cloudless day  
Or the whales that play out in Glacier Bay  
Unlikely and rare are these sights to see  
And so too that we'll ever find... Normalcy

## Shellf Life

### Shellf Life

Sitting in the sand under the warmth of a summer sky  
The sound of crashing waves lingers nearby  
Soaking in the rays examining the shell  
Thinking of the days I tumbled through hell  
Shiny and vibrant once upon a time  
Faded, smoothed and broken now, by the ocean brine  
Carried thousands of miles by current and by tide  
Lying here reflecting, it was one hell of a ride  
Through sands friction and the waters flow  
Carrying me to places I never thought I'd go  
All of life is an ocean with its mystery to tell  
Until it deposits us on the beach, a broken shell  
Chipped and worn, I lie here thinking is this how it ends  
Collected by a collector, now on a shelf with my new friends

## Where The Willows Grow

Where The Willows Grow  
Longing for a river bank  
Where the French Broad waters flow  
Just to the north of Knoxville  
Where the Willows grow  
Lying in a hammock  
Where time is passing slow  
Underneath the shade tree  
Where the Willows grow  
Back to the days of youthful bliss  
Where the winds of adventure blow  
Across the landscape of lazy days  
Where the Willows grow  
Sneaking around the bend  
Just about a good stones throw  
Making love in the green grass  
Where the Willows grow  
Where did time go, ...  
Tell me if you know  
The playfulness of youth  
Where the Willows grow  
This is where my mind went  
Rummaging through imagination's stow  
Creating sacred memories  
Where the Willows grow  
Of some fictional time and place  
Talking to a friendly crow  
A distant longing in my heart  
Where the Willows grow

## Knights Tale

### KNIGHT'S TALE

Flesh that is scarred by wounds of trade  
Chivalrous and loyal, promises made  
Fierce and strong with a gentle touch  
A seat at the round table will cost you much  
A passionate lover, hands that are slow  
Revered and honored where ere you go  
A code of arms with covenant and creed  
Trusted in word and faithful in deed  
Mysterious and dark, veiled in armor  
Eyes that are cold a heart that's warmer  
Alone in quest but brothers in battle  
Fists of iron will make your head rattle  
But quick with a smile and a generous notion  
A heart that's big, as big as the ocean  
Victor of the mighty, defender of the frail  
And so goes the plot of this knight's tale

## Lost At Sea

Lost At Sea

Out at sea for days on this rickety old raft  
A monster of a storm destroyed our old Craft  
Weak and dehydrated, baked by the sun  
It appears that another round has begun  
Thunder rumbles just off the port side  
The swells give the raft one heck of a ride  
It's as dark as fourth watch in the middle of the day  
Until a flash of lightning drives the dark away  
We bound ourselves together in order to survive  
The anger of the sea where fearful thoughts derive  
Then Hell unleashed a fury like never seen before  
Whispering in a squall, you'll never see the shore  
Turning on each other in a fight to stay alive  
Preemptive assumptions our hearts did both contrive  
In the end it wasn't the storm that did us in  
But the deceitful mistrust of an old friend  
Sin caused Cain to hate his own brother  
We survived the storm, but lost each other

## Where Swallows Play

Where Swallows Play

The shades of sky are fading fast

Dusk is coming, day ends at last

They dance in a shadowy sky

Aerial skills that catch my eye

Darting here then darting there

Acrobats performing in air

Porch sitting at the end of day

Gazing up, where Swallows play

## When Somebody's Dead

When Somebody's Dead

Some times I just have to pontificate

No way I can exonerate

The narcissistic actions I see

And just how cruel some people can be

Makes me ashamed of the human race

And the consequences, don't want to face

It's just a blame game, shout the name

Gain your fame, there is no shame

But we're all part of the same team

Cultures different as it would seem

"But people still," I want to scream

There is no cause for an ugly meme

That root produces evil and hate

Drawing conclusions of a destructive fate

Spewing words like an atomic bomb

Cannot stand it, when there is calm

But we all have eyes and ears and skin

Lungs that breathe and a heartbeat within

Why can't we just see the person inside

Humble ourselves and put away our pride

OK, rant over, but it just had to be said

Nobody wins, when somebody's dead



## Spring Storms

Spring Storms

Taking a toll on life and limb

Unleashing a fury of water and wind

Frightening flashes with thunder resound

Highlighting the carnage on the ground

Torrents plunder and ravage the earth

Threatening the promise of bloom and birth

At times the landscape is permanently changed

Plans and dreams have to be rearranged

Boundaries re-drawn with a new set of norms

But still, there is hope that after the storms

Flowers will bloom in the light of the sun

For out of the storm, new life has begun

## True Love Never Dies

True Love Never Dies

A vision of lovely wrapped in black lace  
Sensual curve to the smile on her face  
Eyes glistening in the fire's light  
Every inch of flesh tingles with delight

Warm lips hold each others embrace  
Feelings rush and thoughts race  
Memories stir rendezvous gone bye  
Of lover's young before time did fly

And for a moment we were young again  
Feeling the energy of skin on skin  
Sharing far more than physical touch  
The mingling of souls that shared so much

Quietly lying in each other's arms  
Underneath the blankets safe and warm  
So much is said without speaking a word  
Yet every thought is so clearly heard

Two heartbeats in love's rhythm and rhyme  
Tested and proven in the fires of time  
Expressed in two harmonious sighs  
Young or old, true love never dies

## Tangled Memories

### Tangled Memories

The sweet smell of honeysuckle hung like perfume in the air  
A parcel of warblers and robins gathered there  
The scent of memories still linger on the olfactory senses of the mind  
Like blood droplets on leaves from pricked fingers left behind  
We came to stake our claim on the plump berries that grew there  
Winged foes fought without fear to claim their own fair share  
Hearts as full as the little bowels of juicy fruitlet we did possess  
Stained hands and full bellies were the indications of success  
The past as tangled as the vines with thorns that scratch  
And as sweet as all of the bounty plucked from that blackberry patch

## Unseen Realms

### Unseen Realms

Light gleams in a flash of metal blade  
Swords clash in sinister escapade  
Giant figures engage in heated war  
Shine like Canis Major's brightest star  
The weight hanging in the balance is great  
Future's and family's and destiny's fate  
In dimensions unknown by human minds  
The battle rages through ranks and lines  
Until mightier foes arrive and engage  
Causing the enemy's temper to enrage  
But soon he's subdued in the dark of night  
Never the victor in this eternal fight

## NIGHT MUSE

### NIGHT MUSE

They dance on moon beams in the night sky  
Ride on the wings of eagles as they fly  
Sparkle in the tear of a mother's eye  
Catch a raindrop as it passes by

They see through the eyes of the blind  
Discover mysteries for others to find  
Leave hope like breadcrumbs left behind  
And make coffee out of the daily grind

They give expression in notes and lines  
Creating the score for our life and times  
Freeing imaginations from the tie that binds  
Harvest diamonds out of the mines

They start inside a mother's womb  
They follow us from birth to tomb  
Tempting us with their majestic plume  
To follow them in to secret rooms

Without them, there would be no sound  
No sight, no colors to be found  
They are what makes the world go round  
And lift us from the surly ground

## The Water Never Burned

The Water Never Burned

The fire flickered like a ballerina on the stage  
Its flame taunting me and tempting me to engage  
In spoke in riddles, baiting me with lessons to learn  
Musing at the fire while the water never burned

Conversations drifted in the air like butterflies in flight  
The hum of the auctioneer gave rhythm to the night  
Superficial pleasantries were exchanged in turn  
The fire floated in glass jars, but the water never burned

I fell into a black hole of mindless and dark thought  
A million miles away where fireflies are caught  
Someone spoke a word and it resonated stern  
Hypnotized by the fire and the water that never burned

Snapped back into reality like a jolt of electric shock  
Noting my surroundings, I sat up straight and took stock  
The flame flickered like a lover that had been spurned  
Then smirked smugly from the water that never burned

## Satisfied

Satisfied

Curls of smoke draped lazily across the shoulders of the sky  
The ethereal sounds of the Robins signal that Spring is drawing nigh  
The smell of burning logs ruminates in peaceful minds at rest  
And dinners cooked over that open fire simply just taste the best  
The feel of the hammock and the cozy quilt are the final touch  
Senses filled to flood stage with contentment, peace, and such  
The cold air of nightfall caresses patches of exposed pieces of skin  
A celestial shuffle behind the curtain, signals the light show is about to begin  
The taste of toasted marshmallow dances lightly to the pallet's delight  
And the lullaby of satisfied senses sends us yawning into that good night

## The Flight of The Butterfly

### THE FLIGHT OF THE BUTTERFLY

In a brilliant and bright display  
Multi-faceted colors are in array  
While it seems erratic or happenstance  
It is a bit of an elegant, floating dance  
A bob, a weave, with no rhyme or reason  
Adding color to the beauty of the season  
Although tragically short in its duration  
Yet its display is a powerful undulation  
So much of the beauty quirky and short  
Is misrepresented as an unusual sort  
And while erratic at least to the masses  
Unappreciated until it's time soon passes  
The worth and brilliance recognized in a sigh  
Just as The Flight of The Butterfly



## White Fang

White Fang

A sparkle, a gleam, and then blood drawn  
Dew on the ground at the coming of dawn  
Light chasing away the shadows of night  
Sunshine erasing the horror of the fight  
Blood on the ground the only sign found  
Oh, and patches of fur scattered around  
All is quite now in the early morning fog  
Squirrels running down the fallen old log  
Pink hues mingle in a peaceful Fall sky  
The troubles of night are now nowhere bye  
Yet in the place where the crickets sang  
The stain of the prey on an old white fang

## Name That Tune

Name That Tune

Breathing deep to find relief  
Unaware of the stealthy grief  
Tangled thoughts remain  
It's a constant but dull pain

Nothing relives the ache  
Though you pray "For God's sake"  
Something you can't even explain  
But it's a constant and dull pain

At times you forget it's there  
Then comes the pain and despair  
Finally it dawns on your brain  
It's a constant yet dull pain

Those around you try but fail  
Explanations could never avail  
Though you tell it like a songs refrain  
Of this constant yet dull pain

Only those who recognize the tune  
Know the words and melody soon  
The beat and harmonies are plain  
It's a constant but dull pain

## Just One More

Just One More

Just one more conversation

One more chance to say I love you

Just one more glass of wine

One more sunrise and morning dew

Just one more day of holding your hand

One more long and tight embrace

Just one more glimpse of your body

One more time to trace your face

Just one more time to share our passion

One more time hands on your hips

Just one more time to feel surrender

One more time to kiss your lips

Just one more splendor of your laugh

One more night spent in our bed

Just one more time to say I'm sorry

One more opportunity to say what needs to be said

Just one more time to see you smile

One more gaze into the sea of your soul

Just one more day to have you near me

Just one more... before you go