

**Anthology (Poems)  
-Inside The  
perception of the  
Mind of Valerie  
Wilson**

Valerie Wilson

Presented by

*My poetic side* 



## Dedication

*I would like to dedicate these poems I have written to one of the strongest, hardworking, knowledgeable, passionate, person in my life that has influenced me to always try and be the better person. Always keeping family together and no matter what has never hindered his love for me.*

*~This would be my Dad.~ Durward J Wilson, SR.*

*~ I would also like to acknowledge my inner strength. My encourager. She is where I get my deep thoughts from , and is my inspiration with illusion.*

*~This would be my Mother~ Diane Wilson*

## **Acknowledgement**

I would hope my readers of my poems get their own illusion and perception as they understand it.

## About the author

My name is Valerie Wilson and I grew up in a very loving home in Hampton, Virginia. I was a free bird and loved the outdoors. Adrenaline junkie describes me perfectly, I learned and strived to do many things. Growing up with my horses, eventually professionally Barrel Racing with my Quarter Horse, I downhill snow skied, played piano. Most of all I was the Driver/Pilot for The Pink Panther Racing Hydroplane Speed Boating for 16 yrs and Experiencing the East coast from the road going from race to race as far as Valleyfield Quebec, Canada to Florida and as far west as Indiana. My career as a Family Practice Nurse fit my personality and always seemed to work around my racing. I retired racing as of 2018. I love to get my adrenaline fix being on a Late Model Racing Team. I love my family ,my two dogs and kitty cat.

## summary

Time

Emily's Love

Strike Out

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The Ride

Illusion

## Time

*Wanted a perfect purebred. Beautiful silver.  
Those blue eyes pierce right through  
your heart. Not knowing the heart will  
melt. You still fall so deeply in love.  
Time is not on our side. Your heart aches for  
who, yourself or them. Truth of an imperfect  
structure that beats and beats destructively.  
It is out of our control. There is nothing to  
mend a true broken heart.  
Still you fall so deeply in love, knowing in  
time their hearts are going to break. Is this  
worth the tears, and shattered broken pieces  
of glass all over the floor around you. You  
step in a red pool bleeding.  
You then realize it's not about you. It's about  
time and the journey in between that matters.  
Love with all your heart, soul, broken pieces,  
and the journey will live forever.  
-Valerie Wilson*

## Emily's Love

*The day you chose me.*

*Only four weeks old, you captured my heart like a feather lying on a cloud. So soft, so sweet and gentle*

*Her name was exquisite as if she were a newborn child all wrapped up with that fresh baby smell*

*Growing in life for her purpose was to protect me from myself, as I walked through years of heartache, struggles and pain*

*She saved me with a love that makes me complete and at peace every night as I drift off too that feather in the cloud*

## Strike Out

*Game of life throws you strike outs.*

*Yet we keep coming back to the plate.*

*For the outcome of the play is non existent.*

*Must strive for excellence. Perfectionism. The mind is telling us you must.*

*With the uncertainty you step up. In a split second make a decision that will change your life forever.*

*Come back at life with a curve ball and smack life right between the eyes.*



## Above Water

*Some days I feel as if I may drown.*

*Life can be difficult to keep your head above water.*

*The happiness, the sadness and the in between.*

*Life flows like epps and tides of the ocean. Some days I feel as if I may drown.*

*The waves raging within us all.*

*Keep my spirt and heart cleansed with the saltiness of these two things,*

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*I then come up for air.*

## The Ride

*The Breeze blowing in her hair, flying up and down as smooth as a pebbled rock. A slow counter, reins hanging in perfect sync.*

*Gracefully dancing while the black mane shines from the sunlight above. Knowing together we are as one, she then enters the ring.*

*The dancing speeds to high flight. The ability to know what each other is thinking.*

*Time stands still in that moment of excitement, capturing a glance of freedom. All her senses are heightened. Digging down deep in the sand, the ground shakes, as we ride to fly.*

*Joyful and happiness surrounds her. Holding on for life, we ride as one for eternity.*

## Illusion

*The pain, the sadness, the betrayal one can try to pin on another. You may think they have moved on and are happy, but are they?*

*The peripheral vision is taking in his eyes watching every move you make. He hates you? Total opposite, he will always love you.*

*Regret is a strong word when he did it to himself. Yet you still feel the slow burn of his eyes barreling in like an ocean wave.*

*Take a picture, or is the negatives just in your head. You see what you want to see.*

*Stop! See the real image, yourself looking in the mirror and say I am happy. I will not let anyone select what photo I see.*

*The pain is an illusion that does not exist, unless you let go!*