

Anthology of PassionatePoetess

Presented by

My poetic Side 



summary

ONE DAY AT A TIME...

A Guiding Light To Me

DEAR MIND....

SHINE...

The Shadow I hide behind.

When This is All Over..

Dear Depression!

ANXIETY

SCARS AND WOUNDS (MENTAL HEALTH)

You Are My Sunshine Through The Dark Clouds

A Prayer of Light and Hope in a Dark World

Distorted Glass

ALWAYS REMEMBERED,FOREVER MISSED! IN LOVING MEMORY OF MY DAD 25/07/41 -

21/10/2014

ALONE IN A CROWD

The Scent of Loneliness

My Life with IBS.

FIGHTING AN INVISIBLE BATTLE- INTERSTITAL CYSTITIS

An Irish Romance Fiction Story

ONE DAY AT A TIME...

Take One Day at a Time, Life is not to be rushed or hurried so you don't have time to enjoy the Journey. Be Mindful of your Surroundings, take time to stop and not just smell the Roses but admire the View. Make time for those who make time for you, and don't worry about those who don't. If You can be Anything in this World, Be Kind to others but Please Remember to Always Be Kind to Yourself too. Everyone Deserve a bit of HumanKindness whether a warm smile, a Loving Hug or A Few Kind Words Of Encouragement to Inspire Someone to Keep up The Fight. Do What Makes You HAPPY, Do What's RIGHT Take One Day at A Time Look Forward Not Back You're Not Going that Way! KEEP SMILING and Let YOUR SMILE CHANGE THE WORLD BUT DON'T LET THE WORLD CHANGE YOUR SMILE.

A Guiding Light To Me

You were and always will be the shining light That shines brightly on me and guides me through Life's darkest moments, you have Been there in my good times and the Bad, the happy times and also The sad. You were my rock the one who Understood me when nobody else ever Could, You lit up my path in the dark of night You were my guiding Light that always Shone so bright, keeping me warm and Safe and tightly you held my hand To show me the way to help me Stand. You have been more than a friend could ever be You were always there for me in my hour of need And comforted me in word and deed. Since I lost you that sad day I cannot put into Words what my heart would want say now that You have gone your own sweet way But I will never forget the friend you were And always will be a Shining and Guiding Light to me.

DEAR MIND....

Dear Mind, please will you stop! and find a distraction from these racing, troubling thoughts, the pain you put me through is too much to bear, You bring me down and make me feel like nobody cares. You fill me with anxiety and worry and the sound of your voice echos in my head till it is the loudest voice in the room. You make me feel like being me is not enough, like I am just a shell that is cracked and broken that nobody wants, You bring me negative thoughts ones you make me beleive, When I try to fight the words inside my head, it just makes me break down and cry instead feeling like giving up and that there is no way I can be who I am meant to be, rather it just batters and bruises me leaving internal scars that only I feel but my mind makes me think like none of it is real. My Heart is shattered like Glass as the fragile mind cannot rest making desperate pleas and requests to put an end to the voice inside my head that tells me I'm no use and have no worth just hanging on by a thread, dear Mind please go away and take the noise with you too

I just want to break free from you and find Peace of Mind.

SHINE...

Everyone has a struggle each & every day a battle to face in some way
some that may not end or go away,
whatever they may be, why not impart Power, Strength and Courage
to help them on their way and drop a little kindness
into someones day,
and shine your light into the lives
of others like a radiant shining gem shedding your light on everyone
as it lifts the spirit
and helps to mend someones broken heart
healing their pains sorrows and troubles
giving them a brighter hope for tomorrow
easing the burdens of today lifting a heavy
weight off their shoulders
giving them courage to cope
making a difference
to someones life cheering up a grey and rainy day
like the golden sun rising and warming the morning
sky to begin a beautiful, glorious, Sunny day.

Be someones Beautiful Rainbow during their stormy times
Be A Ray Of Hope
giving them something to cling to
Be Their Bright Shining Star in their darkest Hour
Shedding light and Beauty to their lives
like a Pretty Beautiful Flower
that brightens up someones day making
them smile giving them strength
and power to go on motivation and Inspiration
can be all what is needed to change someones
Sad day into A Brighter and Happier one
go on Cheer Someone Up today.

The Shadow I hide behind.

**It may seem like I am always bright and cheery
but there are times when I am sad and weary.**

**I don't always let that show as I hide behind a closed and locked door
and rather keep things as happy go - Lucky**

It is the way I deal with life

**instead of staying down to sit there with a frown I get up and turn it all around with a smile,
and it can change my mood for a good long while.**

**Then eventually I may sit and cry but soon I get up and smile again as there is more to life
than the hurt and stife, I like to bring a smile to others
as that keeps my sprits up and I can keep a happy outlook on
each new day that we live and always help to give a smile to someone's face that brings
us joy and is full of grace.**

**In this case I may not always be bright and cheery
but I never show when I am sad and weary.**

When This is All Over..

When this is All Over Poem. When the Storm is Over The Sky will be clearer, the Sun will Shine Brighter, the birds will Sing louder, the flowers will Bloom Longer. When this is all Over Smiles will beam upon people's faces as they will at long last be able to see and embrace their Loved Ones Once again. When this is all Over We will have a deeper appreciation for the simple things in Life, also to the Keyworkers who have given their All during a turbulent time they stand Tall. When this is all over we will remember the beautiful rainbows in windows, the signs that said stay at home, support the NHS Save Lives! When this is all Over we will be Glad we Listened and Saved Lives and Our Loved Ones too. When this is all Over we will have learned many things Kindness to strangers and to be More Grateful for the Life we have been Blessed. When this is all Over we will have Learned there is More Happiness in Giving it makes Life more beautiful and worth Living.

Dear Depression!

Dear Depression,

I want you to know that You don't define me, just because you try to suffocate my mind and swallow up my feelings, like an empty space where just a blank sheet remains, feeling hollow and like there is nothing left to give.

Losing the will and fighting hard to live , Dear Depression You fill my mind with horrible lies that bring tears to my eyes and pain in my heart.

Each hour of every day you tear me apart with your cruel words making me believe I have nothing good to give, You beat me up when Ive already had enough you make me feel like there's no end and the world can be a lonely and dark place when you have not afriend to call your own.

You bring me down and shatter me till I can't get up and leave me broken unable to mend, but I carry on and just pretend that everything is okay, wearing a smile helps me to hide the pain behind the mask, Living with Depression is one mighty task but it makes you Stronger and More Understanding, learning Empathy can help you to grow despite the condition you still have the power to be human and allow yourself to feel things no matter what don't let the world of depression get to you.

Things will Get Better You just have to be Patient and See what the bright side of Life will bring it can't be worse than where you've already been, Keep Moving Forward, Don't Look Behind You Look Straight ahead there's A Light at the end of this dark Tunnel, you just need to find the switch and chase the dark clouds away, Tomorrow is Another Day. Stay Positive and Hopeful, Keep Strong the Journey won't be long, and You will Be Glad You kept up the Fight as the end of this darkness is in sight, Brighter days are on their way keep your chin up and endure another day You will Inspire others as they observe Your Inner Strength it will give them HOPE too whenever they think of YOU.

ANXIETY

Why do I get anxious thoughts that flow like an endless river
in my veins and in my mind.
Hard to control worries all tangled up getting everywhere,
Why does Anxiety Blur the lines,
So I cannot see or think clearly in my mind
It makes me feel insecure and self conscious like everyone knows what I am Thinking,
I hide behind a Concrete smile that cannot break even if I feel broken inside.
The Pieces get shattered around but I find ways to get through the storm,
even on the darkest Days, Writing is my therapy to express what my heart yearns
to say, even when I cannot speak the words seep out to release the feelings
to Stop me breaking down when no-one is around.
Anxiety changes who I am and who I want to be,
as when ANXIETY Calls it makes me dislike
the person I am, I don't feel like Me.

Anxiety why can't You see how much You
Control and take over me
in my mind
I feel overwhelmed by the lies you make me
believe, Anxiety Decieves and tricks My Mind
until I lose all Confidence in my abilities and fall into a pit!
I will Never let myself just sit and drowned in a sea
of Self Pity!
Anxiety I will take Control and Get my Life Back and Become
the Person I was Meant to Be Anxiety You No Longer
Own Me!

SCARS AND WOUNDS (MENTAL HEALTH)

Scars and Wounds(Mental health) Broken and Bruised,Tired and Confused. Carrying this heavy weight on your shoulders each and every day, exhausted and drained hiding the pain behind a broken smile. Making others feel good as you know you should, while you're drowning inside with feelings that make you feel numb and hollow wanting to hide away, the heart bleeds with Pain and Sorrow with no motivation to get through another tomorrow.

You Are My Sunshine Through The Dark Clouds

You are my Sunshine Through
The Dark Clouds...

When my skies quickly turned from blue to grey
You shone your Radiant Light upon me Like
The Golden Sun

Guiding the way,
With the Beautiful Words You
Say, Always the right words
for that particular day,
to lighten the load easing

the burden slowly drifting away
that would instantly brighten up a rainy
day.

Planting seeds of Kindness and Thoughtful deeds
into my cloudy days

When I was in deep despair and
desperate need
Like A Flower You would feed
me helping me with your words to help grow Inner strength and Courage which I did not know.

You are My Sunshine and Light
that Shines so Beautiful and Bright through those Dark days
and The Darkest Night You Radiate Warmth, Love and Hope
giving me the Power to Cope with Rainy days and
when days of deeply blue arise with Storms too
You are the Beautiful Rainbow at the end of the Storm and the Treasure
too,shedding your
Light abundantly in all its Glory with
Your Qualities that Shine Through

Like the Beautiful Ray of Sunshine that YOU Are Shining Brighter than the Brightest
Star in the darkest night
and my Sunshine through the Dark Clouds
You Shine Your Infinite Warmth and Light
upon my heart making it
Sunny and Bright.

A Prayer of Light and Hope in a Dark World

A PRAYER OF LIGHT AND HOPE

IN A DARK WORLD...

A Star Shining Clear and Bright Giving Hope Peace and Light During a Dark Cold and Bitter Night
when you are going through dark times You Need Someone who can be Your Little Star
who twinkles in Your sky, shining their Warmth, Love and Light upon you bringing a Peaceful
Glow of Radiant Light and Joy to your dark and rainy days.

A Ray Of Hope and Light gives Courage and Strength Through our Darkest of Nights when we are
in need of a Ray of Sunshine when the storm clouds appear Always know the Sun Light is near and
a Beautiful Rainbow to Brighten up the stormy weathers you are going through, keep in mind the
rain won't last forever it will pass just like before and you will see the Light at the end of the tunnel
shining brightly for You as You Shine on Others too, This is my Prayer for you my Dear Friend
that You keep going Strong and True and That Star will Keep Shining Upon You lighting your way
Guiding You through each and every dark day keep that Beautiful Smile on Your Face and the Light
will burn brightly in your heart like a warm loving Embrace.

Distorted Glass

Distorted Glass

Behind distorted glass I see the sadness of your sinking heart, I could sense that your troubled mind was aching and searching to find someone who was gentle, loving, caring and truly kind, as a little kindness goes a long way to help to light up the darkness of someone's sad and gloomy day. It can lift you out of the deep pit of depression when you hear and read such tender and warm expressions from the heart of a dear and true friend, it touches you to know that someone truly cares. Someone with whom you can confide and a safe haven for you to hide, Someone you can always depend on, the one person in the world you can call A True Friend, the one who is always there for you, I will be the one to get you through, giving encouragement and to show I believe in you will be cheering you on in this race we call Life to help put a smile on your face but always take each step at your own pace as there is no need for extreme speed in this world to succeed A True Friend is All you Really Need.

ALWAYS REMEMBERED,FOREVER MISSED! IN LOVING MEMORY OF MY DAD 25/07/41 - 21/10/2014

ALWAYS REMEMBERED,FOREVER MISSED!
MEMORY OF MY DAD 25/07/41 - 21/10/2014

IN LOVING

Dad you will always be remembered for so many wonderful things and the special joy you brought to our heart will stay with us all our lives through and the happiness we had of knowing you.

You may have been a man of few words but

One of many actions as you fought and gave all you had, you always did everything you could because you were a Special and Wonderful Dad

who we miss so much but always remember the

lives you touched by your big heartedness and generous ways brought love and

happiness always brightening up our days you were there and showed us how much you loved and cared for us,

you will always be remembered

and forever missed by your family

but each day we carry you in our hearts

so you will always be apart of us and

the memories we share will remain

forever.

ALONE IN A CROWD

Surrounded by people all around you, Yet You Feel So Alone inside in your mind and Heart. Like You have No Place No part to play You just don't fit in. You wish this relentless feeling would simply go away instead it drags and wears You down. It makes You feel as though You are drowning in a Sea of People that neither know or Care about You, Nobody even notices that You are standing there amongst the crowd fighting back the tears.. You just want to feel Wanted, Needed and Cared about like someone has taken the time and effort to think of You in a meaningful and special way. To show that You are of Value and Worth, Like You Matter to Someone and You are Loved, Shown Not in words Alone, but in Action too that really demonstrates The depth of Love they have For You. A Warm Embrace, A Sincere Smile upon Someone's Face, the Human touch, A Thoughtful word in a letter to express What You Mean to Someone. Feeling Alone distorts all Perception feeling Like You are Sinking fast choking, inside your Mind you feel trapped Like you cannot breathe You want Someone to Notice You and Reach Out their Arm and Give You the Biggest Hug and say You will be okay, Everything will be okay in the end You Do Have A True and Loyal Friend in Me Just watch You will See How Much I Love You.

The Scent of Loneliness

Can people Smell Loneliness, do they sense it when they walk past You, can it be seen deep in the eyes,the window of the soul. Is it in the mind where thoughts run dry, leaving an emptiness or Is it something that you can hide and bury deep inside. Does your heart break into a million pieces shattering like glass Is Loneliness a heavy weight that crushes your chest and runs through your veins that seeps out of your broken heart yearning to be put back into the broken piecesIs there a Cure for Loneliness can You escape this vicious circle that goes round and round without end, can you live and pretend you have no feelings or emotions you are hollow unbreakableWhy does Your Heart ache yearning for what is not there, Does Loneliness feel like no one cares.

My Life with IBS.

My Life with IBS My stomach is often in a mess knots to be precise. Watching what I eat is a Constant battle as I don't ever want a repeat of an IBS flare up. Always feeling tired, Fatigue forces me to cancel plans as usually I'm just too tired to socialize to other people's surprise, IBS robs you of sleep, energy and Quality of Life! affecting mood and mental health leaving you depleted of everything you've got to give feeling like you've lost a piece of yourself. While good days do exist they can be few and far between, these invisible symptoms can go Unseen to the rest of the world. They only see your Smile while you feel the Pain both physically and mentally going insane. Life with IBS is exhausting I live with IBS come what may Please be Patient with me on those hard days when I struggle to do the things I would like to do it is frustrating for me at 38 to accept the Limits it puts upon me by this invisible Condition known as Irritable Bowel Syndrome. I just wanted to share with You the inner battle I fight to survive another day that I Live with IBS. #April is IBS Awareness Month#

FIGHTING AN INVISIBLE BATTLE- INTERSTITIAL CYSTITIS

FIGHTING AN INVISIBLE BATTLE. You see me smile, Appear like everything is fine I can walk, talk no problem there. What you don't see is the Invisible Battle called IC inside my raging bladder that Feels like it is attacking me, as if I have upset it somehow and it is getting its own back how Unfair! It also affects my whole being and my mind my mood, my sleep and how I feel, fatigue is also A Symptom that is painfully real although I try so hard to hide it, but it takes Over my Life Controlling what I Can Do, Where I can Go Usually I don't get further than the bathroom door. IC is an Invisible debilitating, illness that crept into my Life over 9months ago without any warning, My World has changed over night, I now have to fight this Inner Battle, though I don't feel strong enough to cope at times I wouldn't say I do it with Grace, I have to take each day at my own slow pace, It brings a whole host of symptoms besides the bladder itself, it affects my mental and emotional health. Isolation and loneliness become the new normal, I feel like I've become someone else this illness isn't me or who I used to be, I want people to see that even when you look okay its not always the case, remember we never know what others face may we keep loved ones in mind so we can check up on them to show that we care and be there for those who suffer in silence with Invisible illness remind them they are Loved and Valued and their illness does not define who they are they can still be the Person they always were before.

An Irish Romance Fiction Story

An Irish Romance Zoe was travelling on a train to London from her hometown in Cardiff to visit some friends, it was 8:50am on an Autumn Thursday morning. Zoe felt she needed some time away from her work schedule and her hectic life, she wanted to forget her troubles and enjoy some quality time with her life long friends Holly, Maria and Kim who she had stayed in touch with from the day they all became friends on their first day of Secondary School over 28 years ago. Zoe had booked to stay with the girls in a hotel for a few days as they had planned to have a girlie time with some pampering going for spa's and makeovers, Shopping, Movie Nights and a meal together. Zoe was really looking forward to seeing them as her workload in her 9-5 office job had been over-stretching her lately and she was still getting over her breakup with her boyfriend Liam of 5 years. Zoe felt this girlie break away would do her the Power of good. Zoe arrived at her destination at 10:45am she had a 30 minute walk to the Hotel Where she was meeting the girls and checking into their rooms. Zoe was greeted by Maria and Kim to their rooms where they hugged each other and Holly was already unpacking her bags in their Hotel room. After settling in and freshening up they all went down stairs to go for Coffee and a bite to eat in the bar. After a good long catch up they went into town and did a bit of retail therapy for a few hours and decided to go for dinner later. The next day they had planned to go to a beauty salon for their pampering Spa Day. Maria, Kim and Holly had arranged to have a pool so they could spend some time in the pool with a glass of wine and music just to relax while having face masks and they later went to have their hair and makeup done before going for a meal and to a bar with some music and entertainment. While Zoe went to get some drinks there was a singer on stage and Zoe was instantly took by surprise as she recognized the voice straight away. She looked over to the stage and saw the Irish singer who she claimed was the Love of her life. Zoe went and sat with the girls telling them about who the singer was and they noticed how quickly he began to gaze at Zoe with a Twinkle in his eye when he caught sight of her. All this brought a host of memories back to Zoe's mind. The girls all made a bee line telling Zoe how he was basically Singing to her as if she was the Only one in the room. She kept denying it even though she secretly relished the attention as she was feeling quite Vulnerable and she was dealing with a lot in her life. At the end of the evening the girls went back to the Hotel but Zoe was lingering around at the bar hoping the singer her ex boyfriend Ryan would join her. Around 11:00pm he came over to her and said Zoe I can't believe it's You. Zoe just looked at him and burst into tears. He quickly went up and put his arm around her Comforting her as he always was good at the Comfort thing and he said are you okay Zoe? He got them both a drink and they sat down and chatted after he wiped her tears away. How have you been Zoe He asked? Zoe explained she was on a mini break with her girlfriends to get away from her busy hectic life. She was also coming to terms with being 39 as she has always had a big fear of turning 40!! Ryan said Zoe "You haven't changed You're still a Stunner more Radiant than ever!" Zoe replied "You always did have a way with words didn't you Ryan and You're still an Irish Charmer" they got talking over a bottle of wine and they went on talking to the early hours of the morning. Zoe poured out her heart to Ryan and she told him how she had been in a relationship for the past 5 years and broken up some months ago. She was finding it hard because her biggest fear was being 40 and being alone in Life! Ryan put his hand on her shoulder and said ' Zoe You'll never be on your own You are Beautiful inside and Out!' Zoe looked up at him and said " am I? Zoe had lost the inner confidence she used to have she felt lonely and vulnerable but somehow comforted by being in Ryan's familiar company. Zoe was a bit tipsy at this point but she said "Ryan You were the Love of my Life" Ryan smiled and they hugged each other. Zoe said She didn't want to go back to the hotel so late, in that moment Ryan said we could go back to my apartment if you like. Zoe agreed to go back to his apartment. They took a taxi to Ryan's apartment. He made them both a coffee at this point it was 3:45am but they seemed they

had alot to talk about. While they were chatting Zoe asked about Ryan's life and his music and she couldn't help but ask if he had anyone special in his Life. He was abit dubious about it but he said there had been a few but none of them really had potential and with his music and travelling they didn't work out. Zoe was surprised as Ryan was a looker and a Charming guy. Then after awhile Zoe tried to get it out of him why none of his previous relationships worked out, he tried to brush it off and say oh well we had different life goals! Then he eventually told her Zoe none of them were You! In that moment Zoe leaned in and they went in for a Kiss. Zoe was flying high as a kite after that. Ryan said No one has the same passion as You Zoe. By this time it was 5:30am. Zoe said Why did we breakup Ryan can You remember? Ryan knew every detail, I had started doing gigs and travelling and You was home sick to go on the road travelling with me and I guess me being away for months on end while you were living in another town was too much to bear. Zoe said " I know I was Young back then Ryan but I knew the day we met My Heart belonged to you" Ryan started to say well we've had abit to drink and You might not feel that way in the morning" Zoe said Ryan it is morning it's 6:30am. Ryan said well So it is, But what does this mean? Zoe said well I do want to see you again Ryan I'm staying at the ParkHotel till Monday. So they exchanged mobile numbers and Zoe went back to the Hotel and saw the girls apologised that she didn't come back to them. She explained she was talking all night so she was going to catch up on some sleep for the day which kind of changed their plans as a girlie group. But the other three Holly, Kim and Maria went into the town and did some sight seeing for the day but they could see a spark in Zoe's eyes like a light had gone back in her. They knew how down she had been since her breakup with Liam. Zoe slept through the afternoon and decided to watch a movie when she woke up it ended up being a Love story and how two childhood sweethearts fell inLove and knew they were meant to be together. It made Zoe think more about Ryan which was helping her take her mind off of Liam. Zoe knew Liam had hurt her but he gave her what she wanted whereas Ryan always gave her what she needed Love, Affection and alot of Comfort. It wasn't about any material gifts that swayed her, it was the important things and how she remembered Ryan to be he was always attentive to her needs and a good listener. Zoe really admired that about him. She wanted to message Ryan but didn't want to be too obvious. The next day the girls wanted to go to the Cinema, Zoe had agreed to go but her mind was all over the place. After the film they went to grab a bite to eat and Zoe recieved a message from Ryan that read" Hi Zoe, was absolutley Lovely to see you lastnight, I have been Thinking of you since I saw you. I wondered if you are free this evening I'd like to take you for coffee. Hope to hear back x Zoe replied within that minute as the girls egged her on as they could see that Zoe was in a world of her own while she was with them. Zoe replied back and said "Ryan I really enjoyed seeing you too, and would love to see you tonight" 7pm okay X they exchanged messages and had arranged to meet in a bar so Zoe went back to the Hotel and cleaned herself up abit and she went to meet him at the bar they had arranged. Zoe actually felt nervous this time like the butterflies type of nervous. She went inside and as she walked up to the bar she saw someone stood gazing at her as though she was the only woman alive. Now that's how every man should look at a woman. It was Ryan and he bought her a drink and they went to find a table. Zoe had alot to say she explained how she was due to leave the hotel tomorrow to go back home. Ryan said well I have some time off from my gigs for abit so I'd like to spend the day with you if you like. Zoe said Yes I would love that but you know what I am going to do Ryan? He replied what? Zoe had decided as she had some of her annual leave left she would use it and rather than check out tomorrow to go home, she was going to book it till the end of the week as she had the means to do so which meant they could spend more time together. She did also add her friends are returning home tomorrow though. Ryan felt like he had ruined her girly time but Zoe said " No you haven't Ryan infact you have been the best thing as the girls told me that they saw a light back in my eyes and they haven't seen that for awhile. Ryan and Zoe carried on their conversation and ordered some food. Then he took her to another bar but a really posh bar and treated her to some Sparkling wine. Zoe was feeling emotional and Ryan just looked into her eyes with a Twinkle that glistened in his sea blue eyes. Ryan sensed she felt strongly about something but he didn't know what. They talked about how many years they

were together and Zoe said she didn't date for nearly 4years after their breakup because she never got over him. That's when she settled for 2nd best in Liam who was 11years older than her but while they spoke about things and Zoe was tearing up as she wanted to tell Ryan something but hesitated because of the painful memories it would evoke even though she got what she wanted from Liam he didn't treat her right. Ryan decided to take her back to his apartment so they could talk more privately, when they arrived back at his apartment Zoe started leaning into Ryan and he put his arm round her as she opened her heart and told him of her ordeal she said she had never told anyone this because she felt too ashamed. She even hid it from her close friends but they could see how her demeanor had changed over the years thinking it was just something minor. However while Zoe was expressing her deepest feelings to Ryan he could see her face change into an anxious state and her voice trembled as she wept trying to tell Ryan what had happened. Ryan gave her the tightest hug and a touch of her cheek as tears rolled down her face. He said I know you are upset about something Zoe what is it? Zoe said I was raped! Ryan couldn't take it in he just hugged her and she cried even more. He felt her pain and said nobody deserves that but especially you. He said I quite understand if you don't want to talk about it. She said well that's the thing Ryan I need to as it has been eating away at me for 8 and a half months. I have been too ashamed to tell a soul not even my family! Ryan said well You are very Brave Zoe to even tell me this much. Zoe told him it wasn't just once it was twice as Liam was abit of a jealous man and anyone who looked twice at me he would think I was getting chatted up. So she explained that Liam had arranged for his mate to take me out and spike my drink to rape me and the next morning Liam Raped me as he wanted to finish the job and that were supposed to teach me a lesson because He had a suspicious mind thinking I had men after me and he ended it so abruptly but I sensed he had different women infact I knew he did I just accepted it cos I did have some happy times with him, it was only as time passed he started to become dissatisfied with me and looking for younger women. Ryan couldn't help but show his deep emotion with tears he shed as he heard all this with what Zoe had told him this and how bitterly hurt he was to see her so distraught. He couldn't believe she had gone through all this on her own. Zoe could see how much it hurt Ryan to his Core to hear her traumatic experiences. Ryan said "Zoe I cannot imagine how you must feel." Zoe said You are the only person I have shared that with and You're the only one I trust. Zoe had a message from her girlfriends as she was telling Ryan all this and Holly had text her to say they knew she needed to spend some time with Ryan and they were all happy to see the spark back in her eyes but they had all decided to leave the hotel early rather than the next day so they were just letting her know they were heading home. She replied and said thankyou and told them she had decided to extend her stay till the end of the week but she would be intouch with them all soon and thanked them for their understanding. After all the messages. Zoe turned to Ryan and said can I just stay here tonight Ryan I really don't want to be on my own right now. Ryan said I don't mind if you want to and feel okay I don't want to make you feel uncomfortable in any way Zoe. Zoe said that's just it Ryan I feel completely comfortable in your Presence You make me feel Safe Ryan you always did. The next morning Ryan made Zoe breakfast and they made plans of what to do that day. Zoe felt like going on a nice leisurely walk in a park. Ryan took her to one of the biggest and most beautiful parks in the City. Zoe shyly put her hand in Ryan's hand and she smiled and Ryan said Look! Your beautiful smile makes my heart melt and It is So Lovely to see you smile after all you've told me Zoe what you've been through it shows Great Strength. Zoe said" Ryan don't you see, it's You that gives me the Strength and You that makes me smile, it's You that makes my heart skip a beat and it's You that takes my breath away with every glance, it's like my friends said that light came back into my eyes that night at the bar when I heard you sing, something happened to me that night, when I saw You Ryan after 9 long years, 6weeks and 12 days, as if You were the Missing Piece to my broken heart like my other half that I was Yearning for and Only You can fill that void and Help fix me Ryan. My friends They don't fully know why the Spark went out of me in the first place, but I know they knew something was seriously wrong but I made out that I was having stress at work which was actually true, but they knew something deeper was wrong. I couldn't tell them, I couldn't talk as I was still processing it

myself and I guess I still am now, but I'm not saying that I am cured. I still have nightmares and flash backs of it all and at the most random of times. Ryan said Zoe how have you coped without telling anyone! Zoe replied, "Well Do you remember how I always kept a Journal, in this instance I wrote things down only to rip the pages up, to get it out of my head, I've cried Uncontrollably for days on end till my heart bled dry, I've self medicated, I've drank, I've slept for days, I've cut myself even starved myself and was ready to end it all. Ryan put his arm round her and said "Zoe I am Immensley and deeply Proud of You, Not for what you've been through but How You have dealt with such a Traumatic and emotional experience . I can see how that experience has affected Your Confidence and chipped away at your soul, but Believe me when I say this Zoe, You are the Most Beautiful Person I've ever known on this planet, both Inside and Out with a Heart of Pure Gold and Since we saw eachother just a few nights ago after 9years, I've not been able to Think of anything or anyone else but You, Zoe said "what are you saying Ryan? He replied, I guess what I am trying to say is I know it is early days but shall we give it another go and carry on where we left off? Zoe just leaped into Ryan's arms and said" I thought you would never ask" It was obvious they had an Intense magnetic spark of Chemistry and was hopelessly and deeply inLove with eachother even after 9years apart, like they were 2 halves that when brought together became whole again. After a few days Ryan had an idea if Zoe were to agree to it. He wanted to take her away for a few days like a proper holiday where she could relax but she had to sort things out at work which she rang her Manager who put a great deal of pressure on her more than the others. Zoe told her Manager she is getting signed off due to stress which she hadn't yet organised it with her GP, but it was all true as she really has been carrying the heaviest burden on her weary shoulders for way too long! Ryan had arranged for them to go to Paris for about 5 days. Zoe was overwhelmed by the Genuine Care Ryan showed her and the Love and Affection she truly needed and Longed for. Zoe shed a tear as they boarded the train to Paris, Ryan touched her hand and gave her that Special look where their eyes locked. It was a 2and a half hour journey to Paris from where they had been in London. They arrived mid afternoon at the Parie Hotel. When they arrived Ryan gave Zoe the Choice of what to do. Zoe was happy to rest up and have a Coffee and a Cozy Chat. Ryan was more than happy with that choice. They both wanted to go sight seeing the next day when they had settled into the Hotel. While they were having a coffee and a Chat, Ryan wanted to seranade Zoe He sang to her one of his own original songs it was Called How Can I get Over You. He told her he wrote that song only hours after their breakup and he knew she was the One as he said to Zoe that you don't get over The One when it is True Love it burns forever and I guess I've carried a Tournch for You ever since, but never thought our Paths would ever meet especially like they have. Zoe cried tears of Joy even though shr was still broken inside after her ordeal. Ryan was Prepared to Support her every step of the way. He said I want You to know Zoe I am Always Here for You and You can tell me absolutley anything. Zoe said okay, let me tell you this, I Love You Ryan, You complete me You are the Love of my Life that has never truly stopped burning. I felt incomplete without You and as I never thought I would see you again let alone be in the same room as you, so I settled for someone like Him. I can't even say his name. Ryan said You are worth a Million of him and He was the One who didn't Deserve You, You were way too good for Him and I hope you know that Zoe. Zoe said "well after all what happened Ryan I felt it was all my fault and that I deserved to be treated like that as I began to feel so worthless as a woman with no Value or Purpose and felt like I had the Life sucked out of my lungs. I had no reason to live anymore. I had hit rock bottom Ryan emotionally I am still broken and battered and bruised and scarred right now, but You have been the best tonic I've ever had in my Life. Although I know I have a massive way to go but You have Comforted my broken pieces and Your strong belief in me gives me that bit of Strength and Hope to get through another day, As You give me a Reason to Live, You are My Reason to Live Ryan. Not long after they drifted off to sleep peacefully. The next day they went off for some sight seeing gazing into eachother's eyes watching Sunsets and everything were going beautifully. Then Zoe had a call from her Mother who she rarely saw as there were alot of tensions between them, but she had a call from her Mum to say Her StepDad had passed away. This did upset Zoe greatly as she did have a closer relationship with her

stepDad than she had with her own Mother as he had been her StepDad since she was 3 years old 36years he had been in her Life but she couldn't even tell him what happened to her, Ryan encouraged her to go and spend time with her Mum and family. Zoe said "Ryan I cannot handle anything without you" I don't think I can face seeing my Mum or anything right now as she doesn't know what's happened and I just can't face her. Ryan suggested sending a wreath or flowers if she wasn't upto it but he did give her time to think and said Please Promise me you will think about going to the funeral with or without me. Zoe said Ryan I can't do this without You in any way shape or form. You are what's Keeping me going right now. A few weeks later the funeral day arrived and Zoe and Ryan went to attend her StepDad's Funeral and Zoe felt this strong pull of emotion, she briefly saw her Mum and said can I say a tribute to my StepDad? So she said yes if you would like to, Zoe's Mum noticed who She had brought with her. Zoe had a half brother and Sister who were younger than her, but they both went to live with their Mother. They attended the funeral and were pleased to see her there. Zoe went upto give her tribute while Ryan looked on Proudly at her. Her speech she gave actually welled up from her heart based on her true feelings for Ryan and all she had suffered. This is how it went; Zoe said My StepDad John, Taught me a Beautiful life lesson that there is More happiness in Giving, and I saw that shine through in all He did for his family he always had a bright, beaming smile on his face and I used to think when I was 9 surely his jaw must ache with all that smiling. I once asked him why he smiled so much, and He said it's Love he said You'll understand when your older. I was like how can The word Love make you smile so much. Just a 9year old kid asking a simple question. As she spoke these words the audience laughed heartily, then she caught the Gaze of Ryan and she said well 30years after asking that question I now truly understand how Love can make you feel and Why it makes One Smile So Much and The Power it has over us, it is Like The Strongest Ocean that never ends and the Joy and Ecstasy is electric, it fills every fibre of our being and our hearts over flow like a Crystal Clear River and when You Truly and Deeply Love Someone So Much it doesn't matter where You are or how long it takes to Find them, You know that Your heart is full and that the One You LOVE So Deeply Means the World to you In Every Single Way and Nothing or No one else could Ever Fill the Missing Piece, when You Have that They Enrich Your Life With So Much Meaning and Fulfillment that is Truly Overwhelming Yet So Inspiring You Can't Help but Smile all the time, You don't even realize You are smiling as it just Becomes Who You Are. Like a Bright Light that Lights Up the darkest Night. And When You Find that Special Someone You Know You are Absolutley Meant to Be Together When They Smile at You in the Same way as You feel. It's Like You Share the Same Heart and Feel every feeling every Emotion that the Other One feels. Even when You suffer Pain or Emotional distress The One You Love Feels it too, It becomes Their Pain and You Can Pour out Your Heart Wide to them Knowing You Have Their Unconditonal Love and Support and they truly know How and When to Comfort You in the most Beautiful and Magical of Ways like no one Else, when You are broken in the Depths of Despair, They bind and Heal Your Wounds with Soothing Words like a Balm to Your Soul and Tender Affection in A Warm Hug that is Wrapped in The Strongest Bond That is LOVE. Zoe Paused as Ryan gave her that Tender Priceless Look and her Mother could sense she had just declared her Undying Love to Ryan. Zoe's eyes filled up with tears as she knew she had just shared a piece of herself with all those in attendance but this got her Mum wondering what all that talk was about she knew something had happened to Zoe without her Saying anything but her words reflected her true feelings that Poured out of her heart like flowing water. Zoe may have carried on but her heart just melted when Ryan looked at her in such a Mesmerizing Way that Captivated Her Heart it drew her in like a Strong Magnetic Force. After the Service Zoe didn't want to hang around too long. Her Mother came over to her and said What did you mean in that speech when You said When You are Broken in the Depths of Despair" Zoe said what do you think it meant? Her Mother said well I don't know that's why I'm asking but I know You meant every word, Zoe said how can You know that? She replied its a Mother's Instinct I know Somethings happened, Zoe said like what? Well something Serious Enough to say all that in a Speech! Zoe was Subdued as she already felt weak after pouring all her Energy into her tribute as she felt every word she

spoke. It took alot of feeling she had to tap into what her heart were really telling her. Zoe wanted to leave but Ryan while respectfully adhering couldn't help but try and encourage her to open upto her Mother. Zoe said I can't Ryan I've never been close with my Mother and we have never had much connection, Ryan knew that Her Mother was aware of something like her friends were. Zoe just said I want to Leave now, so they said their goodbyes and When they got on the train back to London where Zoe had since moved in with Ryan in his apartment Zoe said Thankyou for doing this with me Ryan. He said Zoe You are Amazing Your Tribute Speech was like opening a page of a book it just flowed out of you, You are a Real Deep Person Zoe like the Deepest Ocean. Zoe said well I hope You know I meant every word and felt every emotion. Ryan said I felt it too like You said like two halves of a Heart that complete eachother making the heart whole when they come together So Beautifully put. Some time passed and Zoe had to leave her job since moving away from her home when she moved in with Ryan in his Apartment in London, but she got alot of unwanted contact from atleast one male colleague who once took down her number. He always paid her alot of attention but for the wrong reasons. Zoe was still very Delicate and felt she could only handle Ryan's gentle words. Zoe had to focus on her mental health and Her and Ryan spoke about therapy as he offered to not only pay but to go and Support her as he Felt she needed some emotional support professionally to help her to heal. In time Zoe agreed to therapy now she had told Ryan about it she may feel able to share with a therapist. The therapist was a woman but the first day she was due to attend the woman had rang in sick, and the only replacement was a man. Ryan realised this could be too much for her to go through telling a man about her ordeal. Zoe held tightly onto Ryan's hand and all the time she spoke she was gripping his hand tighter and she gained the Strength through his endless Love and Support. She got given homework to help her to analyze and accept these painful emotions she was told to write down one of the memories of the traumatic experience and ask herself how did it make me feel to write it down in asmuch details. Zoe began to cry as she wrote down the moment she woke up from being drugged to her second ordeal and she failed to tell Ryan how long it all lasted. The crime lasted some hours. She managed to escape in the evening. After 6months of therapy Zoe was very slowly growing Ryan could see how she, while still timid that she had gained a small measure of confidence back. Zoe felt Ryan had been her biggest Support throughout her journey. Ryan had started doing his music gigs around different places but this time He made sure he didn't leave Zoe alone she always accompanied him at every gig knowing he was Always Singing to her as their hearts Spoke the Unspoken words as they felt the Magnetic force between them. Zoe was feeling alittle more confident although still had her down days. Zoe knew she had a reason to Live as her StepDad always Showed her how to Love but Now She felt Loved and Cherished by the Man She Truly Loved. Over time Ryan proposed to Zoe and they got Married on Zoe's 40th Birthday which Zoe said was the Best Gift she could ever receieve and how happy it made her. Now at the Reception Ryan gave His Touching Speech He said Ladies and Gentlemen thankyou all for coming today to share our Special Day with Us. Zoe is my Beautiful Bride and the One I can't Live without She couldn't know how the years we were apart how Broken I was and as Zoe describes now we have put eachother's pieces back together like 2 halves of a Heart and Now We Are One. Zoe I want you to know that Since we reunited over a year ago You brought back the Joy in my Life and You give me meaning and Purpose and I absolutley know that my Purpose is to Love and Care for You forever. I will give you all the Love, Support and Comfort You need. I want you to have the Best Life and to Always Be Happy, as You make me Truly Happy and I want You to feel that Love and Happiness that You bring to me. And to enjoy Laughter together and the Warmth of the Sunshine on your face. Zoe You have made me the man I am today because I am Captivated By You, Your Beauty, Your Sweet Heart and Your Strength You Always show Inspires Me, You Give of Yourself to make others smile and You Never Fail to make me Smile and I know my Smile will last forever As You Brighten up my World and Light up My Life Zoe You are a Beautiful Diamond that I will Always hold Close to my Heart and I want You to Keep Shining as the Radiant Precious Gem that You are. I Love You Mrs Taylor Forever More. Zoe cried so much throughout that Amazing heartfelt speech. Zoe said I echo every word back to you Ryan. You are My Ray of Sunshine that

has wiped away the darkest clouds in my Life while riding the Storm together, You have been the Biggest Support to me and Given Me So Much to Live for You are The One that Brought the Light back into my Eyes and into my Life. You couldn't ever imagine How Deeply You have Touched My Life and My Heart I am Drawn to You Like a Magnet and Your Love and Kindness Pulls me in and I can't get enough. You are My World Ryan and You have made me the Happiest 40year old Woman on the Planet and Made All My Dreams Come True as I didn't want to be alone and 40!! You Complete me and Are My Joy The Love of My LIFE Always and Forever. And Yes They Lived Happily Ever After. The End!