

Anthology of vvnrose



Presented by

My poetic Side 

summary

The Other Side of Hope

Love Lesson

It Is Deep

Confetti

Time-out

About a Loss

Dead Grass

A Plea for Pete

Wasting In Doubt

Unlucky day

Home Sweet Home

Saturday's emotion

Torn

Unfulfilling Oats

Get Inspired

Apologies

Oh how?

Amiss

Awakening

Desperate

Vulnerable?

How Love Goes

Daydream

Because I can't tell you how I feel

Gone for a while

That'll be the end

Farewell

Reoccurring Dream

The Journey

Mourning Dove

Out of the fray

Words in a Script

The Dark Knight

The Walking Dead

My Shadow Work ;)

As Above, So Below

The Phoenix

The Greatest Love

Where is Love

Illuminate

Vanity

The Other Side of Hope

When you can no longer find the words and you can't find the energy,
Let there be silence; and rest.
Accept this as your truth,
One day a new dream will awaken in you.

Love Lesson

I wrote a poem
It was for all the wrong reasons
I couldn't see it at the time
But it was selfish
It was all about me
You see
I wrote a poem
It was for all the wrong reasons
I thought it about the end
But it was read by others
It was positive and uplifting
So you said, my friend
So even though I did not know it
A glimmer of light still shown through it
I wrote a poem
It was for the wrong reasons
It stopped to make me think
How has this ship has weathered the storm
When it could have been all too easy to topple and sink
Where does love find you
Is there any left to find
What I've learned is
It's not all about me, in fact it's not about me at all
It's about answering your heart when your hearts been called
I wrote a poem
And though it was for all the wrong reasons
It was then I realized
They weren't so wrong at all
Sometimes, in the dark
The candle still burns
The heart wants what it wants
And there's love left to be yearned

It Is Deep

Release me

Like a glowing ember

Needing to be fizzled out

But it glows and glows

With each subtle wind blow

Release me

I hear it

Water on hot coals

But it reignites

And it grows and grows

Release me

It yearns for the calm of a forgiving sea

Soothing motion of the cool waves

But it's the piercing ball of fire in the sky

It burns through and through

Release me

Confetti

Starts with an great big eruption
It's a kindred celebration
A million pieces scatter
In what is a timeless matter
Large ones, little ones
Purple ones, green ones
Twisting and fluttering
Making their way with inevitable gravity
It's a mind storm
A million pieces scattered

Time-out

Oh how the gentle wind blows
The sun blankets my skin in warmth
The birds are all in melody
And I can rest
There's no phone ringing
A job that will have to wait to be done
A marriage where two have yet to become one
And the babies, bless their darling hearts
Even they won't be calling my name
So I can hang my head once and not feel shame
I'm taking a time-out
A moment where I can freely be
Without dependencies

About a Loss

A loss is a loss, it's a loss
Sometimes from those afar and even those who are near
It's a loss
Thrusting us out into fear
We're left clinging to the feelings and memories once held so dear
A loss is a loss, it's a loss
Either way
As predictable as the weather today
I wore a jacket to stay warm in the winter, but it was eighty degrees
So tomorrow I'll leave it behind, but it's thirty, I am left to freeze
A loss is a loss, it's a loss
No matter how it's phrased
A glass half full or half empty are just two of the ways
When it's half it's just that, a whole that is split
Left with more room to put into it
A loss is a loss, it's a loss
Yet we keep keep ticking on
Life is funny in that way, despite all the pain
We're imprisoned by expectations, holding them too high
Leaving us let down, fooled with no gain
A loss is a loss, it's a loss
But they say
Time heals everything, I think it's just the change
Because time keeps moving and does not stand still
We are forced to do it too, call it healing, if you will
A loss is a loss, it's a loss
Be that it may
It's facts are unbiased and possess a reality hard to see
The one who has lost, is at a loss
And left with the loss, is me

Dead Grass

Another morning lonely
These thoughts stuck in my head
If only they would stop and I could go back to bed
But there's two that depend on me me and for them I will not fail
I'll just have to ride out my time in this empty cell
Wait to feel that grass, that's greener over there
For I'm all out of water and this grass is bare

A Plea for Pete

He's been wallowing in his heartbreak for far too long --
Making life reminiscent of a sad country song
May the sun shine for him now for it's a brand new day
May light spread through his tunnel and help him piece his way
Away from negativity should he be offered a break
His heart is due mending -- for Pete's sake!

Wasting In Doubt

Here we go again, another wasted day
Should he go should he stay
I'm tired of spending my time this way
Will he pack his bags and go
Is this time "the time"...I don't know
I know my heart is tired of sitting on the fence
Why are you keeping me in suspense
Can you not just love me like I love you
But I don't know if I really love you either
Here on this playground I just sit and teeter
Was it ever real or am I'm just too blind too see
The end that has already passed me
Broken parts, lonely starts, is how I start my day
This is draining me, I've got find another way
All out or all out is where I need to be
But it isn't that easy
Because you lied and burdened me with this mountain of doubt
Please free me from this agony I continue to shout
But no ones hears my pleas
And the waves keep drowning me
I need someone to pull me out

Another day older, another day spent
Let me tell you about how today went
It was pretty much the same
Because you insist on playing these games
No words of affirmation and certainly no affection
One would think I'd had enough of your Lesson
But here I sit, still can't decide
If I'm supposed to follow the rules you've set for me to abide
But I'm not ready, so with this doubt I cower and hide
I've changed because of you, I don't like who either of us has become
Isn't that reason enough to hit the hills and run

Is it just an illusion of hope that we might ever be restored
Keeping me pinning for more
Or has my gut wrenched with doubt got me pinned to the floor

Unlucky day

You want this, this and this done

But you stop me in the middle of doing this, this and this to have me do this, that and the other

Well I can't get this done if you keep stopping me to do this and that for this, that and the other

Home Sweet Home

Right out of town past the city limits sign
There's a street with the name Moonlight Drive
Where at the end sits a house that I like to call mine
It's nothing fancy
That's what I like the most
Just four walls with a roof and a little mail post
There's no view of Africa
No salty breeze of the coast
But sometimes the aroma of coffee brewing and often burnt toast
It's here I hang my hat and where I love to spend my time
Holding tight to those around me and for that I'd spend my last dime

Saturday's emotion

Imagine all your nerve endings firing in different ways
A course cold blood pumping through your veins
That's my Saturdays
The time is freely mine to spend how I will
But there's the weight of you keeping me paralyzed still
If the heart and mind would only sync
I could stop having these thoughts to think
And find contempt
For you have wronged me
It's so plain to see
But I cannot let go

Torn

i look for the sun
as I know it's there
i search for it
i stare;
into gray skies
masking the blue
my days are no longer bright
as they are not
with you;
was heaven
as close to earth could be
you took me from this place
your reality;
now strikes me
without regress
had I not met you
i'd know much
less;
the meaning of love
i could not bare this
heartbreak
had I not my life
to share;
the last few years
has brought so much joy
now turned to
tears;
from the sun
as it shines so brilliantly bright
it will bring happiness
once more
good life
to **you**

love

i will not remain;

torn

Unfulfilling Oats

As I sit here and eat my oats, alone
I can't help but think about the seeds I've sown
And think oh well, isn't that life
Family, lost loves, heartache and strife
My oats taste kind of bitter
And I don't really have an appetite
But I force it down and swallow each unfulfilling bite
Will the day come for me
When I can muster up the energy
To live in the present ?

Get Inspired

It's time now
Time to let go
Of the past, everything that's holding you back
Rise out of the darkness and exercise your potential to the fullest
For the star that had fallen was merely covered in dust
And only Temporarily at its dullest
No point to spinning your wheels to go nowhere
Just time to point yourself in a new direction
Get out of the mud and turn away from the wall
Pedal hard
Not that this path is obstacle free and clear
However, let go of the fear and take that high road
It's the direction you need to steer
Because when you get to the other side
You'll find the peace your looking for
And have the strength you've gained in earning what it is your fighting for
So when that darkness comes knocking once more
And it will, believe me
It still won't be easy
But you can reflect and know you've made it before
Show that devil he can take from you no more
Rejoice in the new freedom you will find
When every mountain is in the distance from where you've traveled and from where you've climbed
Good luck to you my friend
I know you can do it
And above all, finding that something to believe in again
Will be totally WORTH IT!!!

Apologies

Apology longed for...

I'm sorry, I know I broke your heart. I betrayed your trust and YOU lost your faith in me. I understand how bad it hurts and I'm sorry. I want YOU to know I love YOU and don't want to lose YOU so I'll spend the rest of my days trying to live up to this promise in every single way. I should have been more understanding of what YOU were going through and tried harder to be there for YOU. I realize all the sacrifices YOU have to make when I leave for my job and you're left with all the responsibilities. I'll try when I'm gone to stay in touch and give YOU reasons to trust me again. Please forgive me.

Apology received...

I'm sorry, but how dare you blame ME. It's your fault you don't trust ME. You've taken so much from ME and yet I get no praise. Why don't you see, I'm such a catch, your so lucky to have ME. How dare you hold ME responsible, I take no accountability I should not have to report to you, I'm a free man. You are not my mother, I'll do what I can. You're terrible at this and even worse at that, I can do so much better. You and your family are crazy to the letter. I don't want to be together. Unless you can worship ME.

Apology accepted...

I'm sorry. I forgive you. I loved you and I longed for you, but I know I must be moving on. And though I still hold a place for you in my heart, because I meant it when I said forever and always, it's in a much smaller part, in the pieces that remain. But my future isn't just about just YOU nor ME, it'll be finding someone who can share in the meaning of, WE.

...Sincerely, no more Apologies

Oh how?

Ariana, Oh how?

Oh how did we arrive at this milestone so soon?

It's seems like only yesterday you were a peanut in the womb.

Oh how I've enjoyed getting to know you

From those outrageous cackles in your sleep

To those sealed lippers when you've had enough to eat

Fake coughs to see who's paying attention

And lovey wet kisses to show your affection.

Oh how you've changed in such a short amount of time

From when we brought you home in that tiny sweater dress

You've almost doubled in size and stature; mummies princess.

Oh how this day is special for celebrating all the moments we've yet to share and all those shared up until now.

You are six months old already!

Ariana, Oh how?

Amiss

Coffee at 4 pm
The silence is deafening
I feel battered
Like I haven't slept in years
There's a promise in these smells of spring
Lost and looking for that something,
That somewhere to cling
I abide alone
I miss the drug that you are
You left me with quite the scar
The sun penetrates
My soul broken, aches
I have not the answers or desire
These days move slow and fast
Reflecting on a foggy past
No flint to start a fire
Words are reckoning
I am amiss
Longing for that depth
I blow out the candle and continue to wish
Blankets of cozy and hollow bunnies of chocolate I crave
I wonder what you are doing now
Your love was all the rave
Should I die alone and wish you beside my grave

Awakening

Divine are the sun, moon and stars
To fill my soul through the chilly evening air
Giving unto me the moment to observe
Existence so astounding, everywhere
This is life
Just breathe
Add its photograph to memory
Then revel in her perfect beauty

Desperate

Going down that road, alone
There's no turning back
There's only the memories
The what might have beens
How did you get such hold of me
Where life just stops when you're not around
I try to keep pushing, let it not phase me
But it's taking its toll
The part of me that wishes things were different
I can't eat
I can't sleep
It's so unhealthy
Me without you is an anomaly
I wasn't ready for
Couldn't foresee
The part where I hope you'd come back to me
I'm spent, I'm wasting away
The months, the weeks, every single day
There's an addiction I can't fight
A drug I call your love
A fairytale created in lies
I'm blind not to see
You were never really there for me
But I gave you all I have
And in return
I get nothing
This lonely path
How long will it last
Forever
It can not be
I need you with me

Vulnerable?

Keep it together, don't break
Put your best forward no matter if it's fake
No one can see what you're feeling inside
You have to hold it in, keep your stride
Get up every morning and brush your teeth then shower
Get everyone out the door, hurry, you have just the hour
Then leave everything you care about
And face your head in the screen
Type away and run the numbers then forecast what's seen
Then the bell rings and you can run out the door
Hurry home fast you have to do more
See their smiling faces and know this is why you can
Even when it's hard you have to be both the women and the man
Nobody else can love them the way you do
You would die for them so they could make it through
And all this hardship they say what doesn't kill you makes you stronger
But why???

Do you have to have the pain and suffering
To say that's from where comes your might?
So now at the end of the day
And this time with most everyone away
Stop and shed a tear
You can't keep holding it all in my dear

How Love Goes

Your embrace is different
This spark in my veins is new
And even though I have those chains around my heart
In bits and pieces you're finding the ways through
I can only imagine
Our happiness in its purest
It feels written in the stars
Genuine
Bare with me and you'll see me
Slowly fall
You give me all of you
And I'll give you my all

Daydream

You could be my go to
When I'm feeling up or if ever I am down
You can hold the key
To turning any frown around
You could be my go to
Please say that you will
When we're old and gray
Choose to be loving me still
You could be my calm
In the raging wars of doubt
Lifting me from oblivion
With all of your stout
You could be my go to
When I need a place to hide
To the greatest depths
You will penetrate inside
I will show you my weaknesses
And all of my strengths
To walk a mile with you
I would go the furthest distance and to any length
Everyday we spend
Is just better than the last
We'll plan our futures together
And reminisce of our pasts
You could be my go to
A ladder when I'm too short to climb, or a blanket when I'm cold
They'll be so much in store for us
When together our lives unfold
You could be my go to
We'll make the perfect team
We'll tackle this life together
It'll be such a dream
You could be my go to

And one day I'll let you in
It'll be our day, the day
When our new great life begins
You could be my go to
And I know it in my soul
You'll become the air I breath
We'll be as one together with a love that only grows
You could be my go to
How does that sound
We'll shower each other with tender kisses
And live in happiness with all the love we've found
You could be my go to
Don't you think it would be grand
If I could be your women
And you were to be my man

Because I can't tell you how I feel

I miss you so much
I miss your smile
I miss your laughter
I miss your voice
I miss your embrace
I wish you loved me like I love you
I wish you would fight for me
I wish what we had was real
I wish some things had never happened
I wish we could be friends
I wish we could be lovers
I wish we could be parents together
I wish you were not a pilot
I wish we were together
I wish I could see past this moment
I wish it didn't hurt so bad
I wish we had a future
I wish you would come back to me
I wish we didn't fail
I miss the good times
I miss the times we no longer have
I miss being called yours
I miss you being mine
I miss the love of my life

Gone for a while

Well

I've been gone for a while
been set to ponder
and so much I've missed
and so much I am still learning
the part of me I lost
I still am longing for
but I just push forward
somedays inevitably hard
others even harder
As our distance grows even farther
will I make it back and if I do
what will that even look like

That'll be the end

You and me were not meant to be
I laid still and let you suck the blood right out of me
From your every opinion and condescending remark
I was deaf to your tone
Blind and aloof
You pulled one right over me
Still amazing is the spoof
I can be thankful for this role you played
Because I needed your chapter in my book
Without it my ending not complete
I am stronger now standing on my own two feet
When my heart beats again it will be with every color
And no longer just black and white
I'll have emerged from the fog with crisp clear sight
My two souls will make me ever happy
Yours truly

Farewell

Who am I,
What have I been,
Where am I,
Why am I going, and when?

I am a survivor,
I am positive,
I am strong,
I am humble and kind,
I am grateful.

I have been threatened,
I have been spiraling in fear,
I have been isolated,
I have been shaken and with doubt,
I have been ashamed and guilt ridden,
Stuck.

I am here,
And here now,
I am changing and growing,
I am increasing my awareness,
And strengthening boundaries,
I am learning who I am,
And who I continue to become.

I am not going to be perfect,
And I am not going to pretend to just be,
I am not fatalistic but I am going,
To be free,
And with grace,
And with peace,
And in godspeed,

This is farewell.

For you now know who I am,
What I have been,
Where I was,
Why I went, and when.

Reoccurring Dream

Like deja vu

Fixed, still gaze

Excruciating aches and unrelenting pains

There's the open air

The serene salty breeze

But steadfast lock and trembling knees

The tightness grows tighter

How delightful to bask in the thought of mutual desires

Idealism is the pedestal of beauty

What is the limitless boundary beyond the turquoise tide and waves

The Journey

Life is but a series of fleeting moments
Never stop trying to find her joy there
Be thankful for the process
Continue to live on the edge of your discomfort
And that is eventually where you will find comfort
In the awe of imperfection
Lives acceptance
And inner peace
It's true when they say life is worth it
And you can begin to live with purpose

Mourning Dove

*My little bird
Yesterday.. She flew by
I sang her a lullaby
And brushed the wisps
of hair from her eye
She chirped, chirped, chirped
And I wanted her to be still
To soak everlasting vibes of love
It was too short... the moment
And off flew my dove*

Out of the fray

the wolf rejoices

its fur waxed non-porously with both dry and wet blood stains

vibrancy illuminated in the light from the moon

a wild and fierce howl exuding steam from its breath

piercing an echo through the mountains

caressing the trees round its carved neon path

the wolf's pearly jagged teeth bound firmly beneath its closed mouth smile

gasping with deeply conscious inhale, embodied in the darkness, spins its orbital core

all of its fibers tinged from root to fray

awakened; the chills flow desolate its feet and spine

dislodging the beast with its shadows to be one with the Divine

Words in a Script

A good day to write
Words are so soothing to the soul
There's a vortex just over there and you can sit back and observe
The calm to be embraced with your last standing nerve
Ignition will come through many different currents
With grace still to be standing and firing
Because kept down they were near fizzled out
Keep working to connect the right wires
Still moving on to fulfilling your desires
So hard to dumb down words
Be simple?
Or to be embodied in descriptive lust
Which is more pleasing
It only has to capture for a moment
All those feelings
They can be restful, full of love
Or resistant and sad
Just keep writing the words
They can facilitate
Help you to meditate
And what if they could do more
Like swing wide open that vast appearing door?
For a vision and a hope
To be but one left giving the rope
To climb and climb and climb
Wait! You are there
And it'll be just like the stories you loved as a kid
With puffy clouds and blue skies
The winds blowing strong don't get carried away/or do
And drift
Into a peaceful fall
Drift, adrift, side down side
It's okay ? you can come inside

See what I see

Feel what I feel

What if this shit were real?

It is what you make it

Words in script

The Dark Knight

Dark Knight

Oh you beast, with your blackened shadow cast
To shake and stir the once steady, hollowed ground
Purposefully to unearth direction and set right my path

I am;

Grateful.

Previously lain dormant and lifeless

Now vastly shivering with waves of consciousness

Love is divine energy uniting us as one

Time is not mine;

Nor thyne enemy.

The Walking Dead

It's eerie here

The cold fog lingers and the smell of death permeates the air

The scenery is vile and it's portrayal is of destruction

Where there was once life, perhaps?

Nothing volatile remains

Just the gritty moans of agony and pain

Now trudging lifeless

It seems no hope is left

Just insatiable blood thirsty lust

Your limbs rotted and oblique

Reborn into death with nary an object left to seek

My Shadow Work ;)

I am love and the light

...

Or am I the darkness in the night?

Okay just kidding ...

Though I did go explore

You'd be amazed or at least I was

At what exists behind all these doors

A mind separate the physical body

An inner soul

Should we know more?

More than what is seen with thy eyes

To feel more than what space allows

And breathe deeper than the vastest of oceans

That is where I exist

Only here and now

The beauty is divine

As Above, So Below

Ergo the fateful
To go from here
One must decide
On this plane
There is no room for pride
It's wheels have already left the ground
Choose to metamorphosize from it's turbulent ride
Let go from the fear of ominous deceit
To discover what only the curious seek
Obliterate blockages through it's combustible current
And shed the planes husk
Dissipating the obtrusion of clouds

The Phoenix

Should we meet at the waters edge
Breathe eternal fire
Beneath the full moon of Pisces
And give it all away
Sanguine my elixir
Having been prepared for so long
Now ripe to emerge from the ashes
Go forth and propagate truth

The Greatest Love

What warms my heart more than any other
The life I am living as a mother
When I hear those sweet words momma, mommy or mom however they are called out
My heart feels overwhelming love, no doubt
How cherished your smiles with glistening sparkle in your eyes
It makes me a whole woman to see them, complete, with love that never dies
Do grow little miracles into the rockstars you will become
I know you too will find your way as One
If I could give you the world I would surely always try
When I feel your sweet arms around me I am beyond any limits of the sky
If you ever need a blanket or a fort to hide
Do not forget your momma will be here forever by your side
If only in sweet whispers to your soul
Once my physical time with Mother Earth has transpired
I will still remain in the background of your memories helping keep you inspired
You are a breath of life greater than any I've known
You'll always be my babies even after you are grown
?

Where is Love

Where Is Love?

Wherever love exists

Hold on to it, nurture it, immerse yourself in it, never let it go

When you can do this

It only leaves space for it to grow

Where there is love unconditionally

There is no past, judgment or future to fear

There is but the present moment

So now, when again you ask

Where does love exist?

Break free from any doubts,

It is here

Illuminate

I will lay down this evening, but before turning out the light
Enjoy this moment in awareness where ALL is exactly right
For life's paradox, a few may ever come to understand
The more we learn, the LESS we comprehend
The common man before his plight may wonder, having seen only through his body's eye
There is no moment in this life to be forsaken, before we die
The cosmic universe, God, the creator, or from whatever religion you speak
Be wary of dogmatic belief, and of MAYA, sustaining the weak
No ship hath gone to wreck
where it's purpose was left unfulfilled
No tear cried, nor pain felt, word left unsaid
That should ever go unwelcome, on this night, before bed.

Vanity

It's buggy
The sky is dark and gloom
So I write on the mirror
Give buried feelings some room
I don't like when my skin is too white and pasty
I don't like my thin and graying hair
I don't like my stretch marks, or wrinkles forming around my mouth, chest and eyes
All this wear and tare
The broken blood vessels on my face,
The loss of once voluptuous breasts, brittle nails, or coffee stained teeth
The appearance of sagging, aged knees
This being physically shallow
I don't like being an introvert
Extroverts are surely more fun
I don't like addiction, fight or flight, the too common desire to run
I don't like my pea brain knowing so little, nor do I like this being dumb
I don't like worrying so much what others think of me
Desires so hard to appease
Sometimes to the point that I lose sight of acceptance
This being unauthentically me
I don't like cracks from a muddy and scarred past
Peaks and valleys displaying the ways I fail
Too often filled with the miseries of history or tomorrow's
This becoming derailed
I like being independent
Whilst still hating it so much
For the inability to let people in
From this deep mistrust
I don't like this and that
Honestly no one cares
So I just see vacancy in a grave reflection
And this within me, stares

