

Poetry Series

Lyn Paul
- poems -

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Lyn Paul(17.03.1965)

My words are honest, sometimes harsh yet we need to express our feelings.
Often the ears available do not always understand.
So Poetry is the great way to just let it out.
The power of the pen heals. Often and mostly secretly.

The speed of life is incredible. How we grow maps out our future lives. You fall down but you must get back up. I have seen so much in growing, but too many have seen way too much more.
Life is short and you do not realise this until you are halfway there.
My highest achievement in life is my gift of giving from my heart.
It is said you path your own life.
This is my wish - to find out how.
I believe you can make others lives better.

Money is raw, often hard to come by.
We do not need a lot yet life changes drastically if you have none.
Without health, functioning is low.
We want too much
But we need so little

One big smile
can go a long, long way.

Here's to smiling more!

A Favourite Song

In the air tonight, I saw the light
And sometimes life is just blowing in the wind
But don't stop believing, the world will see it your way
With or without suspicious minds
When will we share special moments?
When will you throw your arms around me?
Why are there so many songs about rainbows? Way up high

I once was lost but now I am found
Love is what the world needs now
Please heal the world for black or white
I shall be released in this new light

You are and will be always on my mind
And I will always love you
You can sleep while I drive
And we will work it out
Just stand by me

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Lyn Paul

A Field Of Sadness

A Field Of Sadness
Filled with beauty
Yet storing emotion
Forever moving on
Ignoring the sadness
The sadness trapped
In a bottle
For a lifetime
In life's journey
Past
Present
Now stalling
For there is time
To truly live
Yet
Still holding back
Is there a way...
.....
To not swallow
Everyone's heartache

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A Lesson In Life

Close that door!
Quickly;
Close it.
Another,
Is trying to open.
Two,
Two different doors
Ajar...
Waiting,
Waiting,
To be opened.
It's hard,
So hard.
Which one?
What decision?
A change
Take the left hand
Take the right hand
But will I pick
The 'right' hand
Each hand is
A Lesson in Life

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A Life With No Door

My heart aches, for those like you
Who don't know where they're going, Don't know what to do.
Never given any encouragement, protection or self worth.
And never feeling love. Not even at birth.

Growing and learning yet never getting anywhere,
Learning only of survival... as no one shows they care.
Education did not exist- Only survival felt right.
Living only for today - And only tonight.

But the giving that I gave opened many doors,
So many options, for me to explore.
I gave so much and opened arms grabbed me,
Helped me to grow and made me really see.

That anyone can survive, A Life With No Door,
As long as you have the windows and Know that there is more.
More for you to explore and to realise how important you are,
Especially the distance you have travelled and just how far

How far you have grown and what you still need to see
To realise this huge lesson; has given you the will to believe.

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A Petition For Living

Old and weary, that I am not,
Yet Wise, have comfort in my own skin and know what I have got.
I do not have a wealth of knowledge for others to share
Yet I do have a genuine ability so others can tell I care
I care about life, Our world and it's tomorrow
Believe we can change the world or we will be facing sorrow
Aware of the need to cease violence and selfishness
For if this does not happen; Well you do not have to guess
The world will start crumbling as more greed sets in
Violence, killing - No one is going to win
So how can we put an end and make these wrongs right?
We need to start now, we need to stand up and fight
Fight for the future, For the youth of today
If we do not... so many more lives will be taken away
So start today; A Petition for Living
We have the paper, we have the pen. We do not need to be given....
The Power of one to create Future Living

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A Pickled Society

Meat pie, pavlova, blueberry pies
In a glass museum....
Right in front of my eyes
Temptations so hard... to resist
So many foods not on my health check list

So many beings, so troubled by weight
Not really breathing life, step by step awaiting fate
We are such A Pickled Society
A museum of fascination for all to see

So many people are so unkind
They stare they offend, they're so out of line
We must not judge and be so cruel
We are all the same just from different schools

So if you are at loss and struggling with your shape
Don't give up. Just get the measuring tape
There is a way with healthy food and gradual exercise
Positive thinking. And... cut the fries

Obesity is an addiction yet it can be mended
Find a way to balance your life
And try hard to not get offended

Smile at you curves and consider your health
You will get so much more from life and gain great wealth

Give your heart a chance and do take care
Live life to the fullest and ignore the stares

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A Puzzle

It is now time to say goodbye
Without even knowing why
The world has not ended, but my watch has stopped
You will now need to pick up the pieces... that I have dropped

See life is like a puzzle, often hard to complete
Life can be a trauma or life can be a treat
But you must remember your strength and how fast life does go
Forget all the woes and watch everything grow

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A Room Full Of Tears

As I stand in a room full of tears
At this Funeral today
Heartache
Just feeling your pain, Your loss
Yet amazingly
With this heartache
I feel, The Power of Love
Crying for open arms
The need to bond
To take over this unbearable pain
This pain that feels
It will never heal
How hard to bare this pain
Cry..Cry... Cry..
Never to understand... Just Why?
Why death? This loss. Just why?
As you share this pain
You open your heart for acceptance
In time along with healing, love & memories
Acceptance will grow....
Tears today, tears... for many days
In sunshine and in rain
I will not forget
This room full of tears

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A Test

There but for the Grace of God go I
My Mother always said this, whenever I would cry
I've seen so much, watching everyone feel pain
The sun was often shining, but it felt like rain

My childhood memories aren't always the best
But it seems this has been a bit of a test
Testing my courage, who knows why
And when I was young, my brother had to die

People don't understand the importance of living
We seem to be just taking and not ever giving
SO please take a breath and enjoy each day
Life can be stay strong and all will turn out okay

Lyn Paul

Again And Again ~

Who do you talk to,
When there is no one there
Who see's reality?
Who really cares?

When you have given so much and your world unfolds
When you are struggling to climb. The world seems so cold

Why do we see ourselves doing so wrong?
When there are no mistakes, Just time has moved along

What is the meaning- Of being on this earth
The steps that are taken; Up to now... from birth

You just wonder Why? And with What happened along the way....
The roads that were taken on each and every day

Some just believe the world is just for them
Yet others know they're here to give. Again and again

Always... still give to those in need
It heals the pain and lessens the bleed

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All Born Naked

Hey...
It's A small world
Unite!
What for...
Why?
Do we fight.

All born as one
Cold and crying
All need to live
Be given life
We are not created, for dying

Life
There is so much to see
Amazing people
Incredible Country

So Hey
Understand our reasons, for not understanding YOURS
Everyone must give to LIFE
For living is such a good cause

Hey... Hey..
All Born As One

All Born Naked
Without a Gun

[illegible]

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October 17th 2014

Lyn Paul

All Innocent

What has gone wrong with the world today?
Fighting, killing, This is not okay
Death for money, religion and greed
Pleasure from seeing people bleed
How can these people not even care
About Innocent lives; it's just so unfair
Will this war ever stop?
How many more bombs will they drop?
Let us hope it will all end soon
And these people will appreciate life's Beautiful Tune

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All Of Those Worries....

The older I am getting,
The younger I am becoming.
All of those worries, What were they for?
They only caused heartache and opened,not one, ... door.
Friends met along the way...
Some still with me. Some chose not to stay.
Looking at pictures. ' Hey I looked pretty good back then'
Yet now, The personality is just getting bigger,
And.. I amNOW, almost the perfect '10'
Cause... I look pretty good and know how to smile,
I can do many things and believe I have style.
So that's all you have to do. Believe in Who you are
YesterdaY IS ALWAYS FORGOTTEN, TOMORROW... YOU WILL GO FAR.
None of us are perfect and we all have something to give...
A gift for others makes you want to live.
Remember, Justhow far, your smile can go
What it gives to others..... A seed waiting to grow.

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Almost

I Almost cried today (no time)
It's been building up(gradually)
Exhaustion (overload)
Worry(health)
Worry of when(cracks)
How and why(appear)

If I let (Fall)
The tears flow (explode)
Will
Magic Happen (release)
Will
Rainbows appear(colours)
Will
There be (sunshine)

Good Health(warmth)
Good fortune (health)
For
I already have
Life
Happiness & laughter

Life carries through stages
Steps
we cannot change
No amount
of worry
Will change the happenings

Though...
Sometimes....
We just need
Just...
That little bit more

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June 2019

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Alone But Not Lonely

Alone but not lonely
Broke yet not poor
Down, yet not out
Smiling, but not laughing

Blessed yet not enriched
Hurting though not pained
Hearing but not heard
Risen yet not rising
Old but not elderly

Living..... Though, Not alive
Sweet and never sweetened
Angered though not angry
Fearing..... but not afraid

Awake and often woken
Beautiful, Inside and out
Anxious to lose these anxieties
To find again real life

Honest...Yes
Too honest
Now
Hungry for success

Alone but not lonely

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1st March 2015
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Always

There are Always dark days
But, There is Always a way out
There is Always someone
Always willing to help
There is Always a door
Closing on you
But there is Always another
Just waiting to open
Always and Now
Are valuable words
Always you will be loved
And Now you are loved
So Always remember
To Always love
Who you Always are
And who you will Always be
Love is Always
Now you are loved
Sometimes you think not
So Now, Always remember this

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Amazingly

Just in one beautiful day...
Early this morning an amazing lightning show
Heavy hailstones, but of course no snow
The rain was heavy, it filled the pool
Giant puddles taking the children to school

The enormous clouds, showed different shades of grey
You would think it was the month of May
By mid afternoon you could see the sunshine
At the end of the day the weather was fine

Peculiar how the weather can be
Yet this is our life.
Amazingly

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Army Of Tombstones

As I sit with peace the sun is out
Very few people walking about
The trees to the music of the wind are blowing
The birds are singing, the crows are crowing
The sunshine is radiant with the open air
I feel so at peace like, without a care
The grass is kept so green, so alive
There are thousands of roses a beauty of colour all to thrive
The monuments, the tombstones reflect beauty and love
With the deceased now resting somewhere above
Above yet the beauty of the cemetery will remain
Above where... there is no pain
So as I sit here in peace surrounded by tombstones
I do not think of the coffin, nor of the bones
I think of these people that put their mark on this earth
The History here, from today since birth
So the birds are tweeting a heavenly song
With This Army Of Tombstones that have been together for so long

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Lyn Paul

At Peace Without Even Dying

Acceptance, serenity, hope, pain, heartache and trust
Have brought me peace

Acceptance
Along time it has taken
Serenity
Has guided me my whole life
Hope And dreaming
Encouraged me through survival
Pain
Of a loveless sometimes what seemed brutal childhood
Pain
Too of trauma, health and seeing death
Heartache
Of losing and breaking those vowels

Now trust has brought me
A special love
A love of acceptance
True living
The understanding of not being able to change anything
Not a simple Thing

Trust has brought me
A beautiful connection
Of another being
Who's ears, eyes, spirit and true heart
Of giving, guiding, friendship, laughter with acceptance
Have been thrown at me

I caught them all
In the healthiest, happiest way
I am truly
At Peace Without Even Dying

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Lyn Paul

Balance Your Soul

To balance your Soul
Just believe
All the doing
Is Now done
A single soul
Cannot repair each wound

Me, My shadow
Has let go the pain
The fear
Of what lies ahead

The beat of the drum
Has cleared the mist
I am yet to navigate
The road ahead

There are mountains to climb
Yet there is a ray of sunshine through the clouds
And those clouds tell a story
They
Paint a picture
Just to see them move, with the air that I breathe
Reminds me of my journey

A new beginning
Unknown
Yet, knowing the want to explore the distance
Each beat of the drum will take me

We no not
Our time remaining
So precious
Each moment

There are times we just want to close our eyes
Yet it is the air that I breathe
The beat of the drum
That

Gives me the want
To let go, just breathe
Explore & step forward
To Balance Your Soul

Smell
Feel
See
Such incredible beauty
That inspires the will to live

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Lyn Paul

Battle Of Hard Knocks

We know how to battle,
We know how to fight
For each battle we have,
Comes out at night

The battle may be family
The battle, possibly love
The battle may be violence
Too much, push and shove

Could be a dry bottle
That haunts you at night
The demons take over
You just let them fight

It could be rubbing sticks together
To make ends meet
Or illicit drugs...
You have accepted defeat

Gambling could be your weakness
Believing the money could be yours
Yet punting we know
Opens very few doors

Possibly Life's moments
Are being taken away
Your use by date is due
It is the end of your day

So we are all in for The Battle of Hard Knocks.....

So Just STAND UP
Let the battle begin....
You can fight it
You can WIN!

YOU CAN!

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Lyn Paul 28th January 2015

Lyn Paul

Battle Through The Tides

Does anybody really care
Just How I truly feel
Cut up so deeply, I feel the world has just stood still
Why has no one asked?
Does no one even care?
The coldness from you all, is very hard to bare
You all take a step back, it's a little hard to take
It's on my mind daily, the moment I awake
You look at me so different. Who would ever know?
A relationship once had, that could only ever grow
Nothing I can do
Can repair what once was
Nothing I can do
Just never! Just because!
Any pain caused, remember there are two sides
How great it would be
To Battle through the Tides
But nothing I can do
To release what may be wrong
Does anyone care, How I am coming along?
Care... Care... Care... Is all that I have shown
Yet now I feel... That I am all alone
So Nothing I can do
To change, Just how I feel
The Hurt and the sadness, they are there,

They are REAL

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Be Proud.... Stand Tall!

Believe in who you are
Stop looking for mistakes
Only you are searching
Making your own heart ache

We punish ourselves today
Yet tomorrow we ask why
Why we put ourselves through this
Making ourselves cry
The heartaches of today
Are all that they are
Tomorrow they are gone
And you realise just how far

How far
How long and what you have learnt upon the way
What once seemed hard
Is now as clear as day

As clear as day
As clear as light
As clear as the moon
On a heavenly night

So remember the clear
will come to us all
Just accept WHO you are....

Be proud...Stand TALL!

We can not share wisdom for it is earnt
How beautiful life is; when you see what you have learnt.

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Beauty Of This Corpse

Visiting the Funeral Home
Today on my way home
I really felt the need to open these doors
To feel the peace, the serenity
I looked around
Not much had changed
But the peace just filled the room
I felt this was part of me
I felt I had been welcomed home
Staff was short
The urgency arose
I assisted setting up a coffin
For a waiting family
They wanted to take pictures
Of Mum, At Peace, right here
Then The need was there
To take a coffin from the hearse
And I saw the beauty of this corpse
Dressed in blue
Make up done
So beautiful to see
I saw the families content
I was satisfied
Pleased that I had visited
I Had been
Taken Back
I had filled my need

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Between Each Page

Between Each Page
The words sink in
No more; anymore
The Author has painted life
You, Your life is now living

Each line read soothes
The chapters healing
Memories held
Yet the clock must tick

No steps backwards
The future holds the key
The key that is found In each new day
Pages explored
Just as you must

Follow that sun
Even in rain
Each page read Fills your mind
Perhaps with sorrow
Yet through each page
Beauty is to be found

In these pages
Find you
Find where you want to be

Between each page
No dwelling
No more
You know
Where you want to be

Find
Your happy ending

Lyn Paul
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November 16th 2014

Lyn Paul

Both Sides Now

Sharing your children
A major loss to a parent
For one
Whose children
Are all that they live for
They breathe for nothing more

For You have raised them into
A beautiful soul
A soul you want to grow
With selflessness

When you cannot provide them
With the cookies and cream
The other partner gives
Brings a little sadness

You want them to see both sides
Yet sometimes they only see one
Dollars always beat natural beauty
Excitement beats simplicity

For a child
Power takes over
In far to many forms

How does one explain
The loss they truly feel
When only you see both sides

Life does give too many blows
To those same people
Over and over again

The ones with the power
Are so blind
For they shall never see
Both Sides

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Breathe Every Chance

Thank You for being there
For so so long,
Things were so right
But things are now wrong.
Simple things
That can be healed
By just walking a different way,
Understanding why
Each and every day.
You can't judge without knowing
Where thing went wrong,
But you can
Put the pieces back together
To get back where you belong.
But this can seem
Like such a mountain to climb,
Piecing together
And turning back time.
So don't ever give up
No matter what,
Breathe every chance
And don't lose
What you have got.

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Calm

The world has woken
So many have spoken
Tears have fallen
For lives stolen
Moving forward now
Is the only way how

Ears have heard
Your every word
Finally
We need True World leaders
Who will lead Us

To Peace

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Chapters Of Life

My Impossible Dream is now here
How long this took, You have no idea
The chapters of life were earnt by each page
The wrinkles were gained, by earning a wage
Some smiles lost, with worries or fears
Taking away my youthful years
So much wisdom along I have learnt
Money spent, faster than earnt
But in the overall picture I am satisfied
I like who I am and won't swallow my pride

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Chasing Cars.....

Where do you go
If no one will hold your hand
Where do you go
If no one will understand
Where do you go
If you are kept in darkness
Where do you go
If no one will confess
Where do you go
If your heart does not matter
The problems are getting bigger they're just getting fatter
Where do you go
When you feel you are Chasing Cars
Where do you go
When its darkness yet no stars
Where do you go
When you just want to belong
You know your not always right YET you know your not wrong
So where do you drive to on this never ending road
How far will you get
Before you unload
So you get to the road house your ready to turn around
Your head is clear
The answers you have found
The answer is only for you - no one understands
It's not worth explaining or holding out your hand
So where do you go
Just what do you do
When you hit home the answers will be waiting for you

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Clear The Mind

What may your biggest worries be
To rid the cure of anxiety
To bare the root of depression
To rid the soul of aggression

To release the pain of heartache
Curing the heart of pain
Releasing those much needed tears
Soaking your skin like rain

Is it grief
Or is it love breaking your heart
Or financial hardship
That is tearing you apart

A mind exploding with stress
Pockets lined with less
Calculating every dime
Running out of time

It is the need just to stand still
Strongly think how you feel

To feel what are your biggest worries
What would make things improve for you....
For things can and will improve
But you have to contribute to

Highs and Lows
We all meet them
But do we survive
We spend so much time worrying

Is it love, money, health
Reminding ourselves having life is wealth

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Climb That Mountain

I have given to all
Yet I have never given to myself
I have guided so many
Yet not myself
I have fallen
Yet I know I can rise
Because of this wonderful world....
The heavenly skies
I have seen the smiles I bring
To so many, when my heart sings
I have seen the joy I get from the simple things around
This fulfils me so much... My every wound
I know I have found it is time to cherish who I am... for why
To raise the lows and make them high
I am so blessed for who I have been
Stemmed from the pain of what I have seen
The aches the pains are open to us all
There are those waiting, waiting to fall
Yet we must rise... For only ourselves
To see achievement of heartfelt wealth
So Climb That Mountain. Even if you don't make the height
You will be proud you never.... Gave up the fight

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Close Your Eyes

Close your eyes
Don't think
If you do
Think only of you
What you want
What you need
What you don't want
How you will succeed
Close your eyes
Clear your head
Too much going on
Too much being said
Close your eyes
Find who you are
Walk your own way
No matter how far
Close your eyes
See what is wrong
You can make a change
It doesn't have to take long
Close your eyes
Fight the pain
OPEN your eyes
Get off that train
The train ride that
You see so wrong
The train where
You don't belong
So with open eyes
And open heart
Leave the train
For a NEW start

ALL ABOARD FOR A WHOLE NEW CHANGE

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Cloud 9

Cloud 9
So hard it is
To achieve
To be so high
Forever
Is Impossible

At some point in life
We reach Cloud 9
With the abundance of joy
We want to last
Forever

But we can fall
It can be gradual
Or Sudden
Without warning

Through this
We must find the steps to take
For we know we learn
From every fall

With endless possibilities
Awaiting
So reach for the highest

We grow from every fall

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December 2017

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'Come To Australia'

Come to Australia
If you don't mind the odd fly
With the Aussie salute...
You will get by

Come to Australia
For our pure, clean air
You can smell the roses,
Pollution is rare

Come to Australia
Simply for our amazing beach line
Watching the incredible sunsets
Whilst sipping good Aussie wine

Come to Australia
Where you are barely restricted because of rain
You'll love our Aussie weather
It will get in your veins

Come to Australia
You've gotta meet the crew
Some so relaxed
They like more than a beer or two

Come to Australia
Where some think
The wild things grow
Yes there are snakes, crocs and sharks
But they are all in their own home

Come to Australia
See the beauty of downunder
Just so much to explore
Our landscape will see you in wonder

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Cracks In The Mirror

When Everything
Seems hard
Life is raining
No tears flowing
Yet the mind
Is draining

Lining everyone's basket
Though not your own
Aching for sunlight
In a delightful tone

We are here
For what reason
I so often ask
Running from the demon
Into
A fresh season

Time is ticking
Heaven moves near
What the mirror reflects
Is Loud
And clear

The Lines of age
The pain it shows
The story is evident
The highs
The lows

Just of what
Life throws

Do you map your own life
Or is it mapped for you?

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Creation

What I have created is so Beautiful
What more could I ask
What more is there in this world
Other than...
Creation of Life
It is
A continuous cycle
Skip the greed
And the Creation will remain Beautiful
Support the greed
And our Creation...
Will
No Longer Be

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Crooked Consequences

Nothing in life is straight
Nor is it easy
Black, white or colour
Raw or cooked
Truth or dare
Should you just follow
Or Face the consequences

Consequences now seen
Determined by highs
Determined by lows
Never having held back in honesty
Has brought heavy weight

Yet eyes need to be opened

So many just riding in life
On others boards
Others waves
Too afraid to speak
Afraid to give ideas
Yet so many want to listen

Learn we must
To not follow
Listen to every word
Learn we must
To hear
Whatever can be heard

So feel the calmness in nature
May it bring free spirit
To follow who you are
It will give guidance and direction
And catch you
If
Freefalling

Listen we must to other

And too.....
We all need to be heard.

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Dead Woman Walking

She hadn't been alive
She has not long realised
The darkness
The cupboard she was in

The broom her hands were sweeping
That mess
That was never hers
The washing basket
That never emptied
Of which she never filled

The money
She never spent
The window
Was never open
The grass
Never green

The music
She never heard
The books
Told no story
The questions
Were never answered

She now
Has chosen her coffin
She knows
The wishes she wants
She is not afraid of dying
But she wants
Her final want

She knows
What she doesn't want
She knows
Her wants are simple
She knows

The pure beauty of living

She knows

Her want to give

To enjoy

Every moment, there is

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Death - Moving On

Death is not meant to be bad
Although incredibly sad
Even though I have gone
I now have moved on
And will remember the time that we had

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Deep... Dark Secret

She told me once
Her deep dark secret
I will take it to my grave

To be told
Was an honour
A dramatic scene
Replayed

Taken back
To the moment
Eyes filled with sadness
Feeling pure emotion in her voice
Anger in each breath
Yet feeling
A weight beared
When this deep... dark secret
Was shared

This secret locked
For many years

Were mine...
The only ears?

So proud
To have been told
This bond shared
Till I am old
To my death
It shall never... unfold

May your words
Lighten your pain
This secret lost
In the pouring rain

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Did I Die?

When Is Time?
Is It Time?
Did I Die?
Yet My time is not up
Blacked out
Dead?
Yet found my way

Awoken

Crawled back
Alive
Questions
Answers
Not Quite right

Warm
So many to thank
Young Doctors
Who cared
Nurses too

Giving
A drive to survive
Knowing
So much more in life to do

Holding on
Each moment
Great to be alive
Life is too short
A will to survive

Thank You

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October 25th Lyn Paul

Lyn Paul

Dining For Peace

Let Us talk

Hear the Angelic voices
Of
Our World Youth Choir
Whilst seated on hand crafted chairs
Tirelessly made all over Our World

Positioned at Royal Tables
Covered with hand woven lace cloths
Made with wisdom and time
With the hands of a homeless woman
Who has known, ... no other way

Glorious food
Culinary delights of
Our Great Countries
Goblets of Holy water
Candles a light for peace
Food shared, plates passed
All seated as one

Smiling, uniting & sharing
World news, Free speech
Of Making our world a better place
Whilst dining on each others food
Acknowledging each others strengths

Laughter held.
In Global hands

Colour
Race
Religion
Language
All...
No Barrier

Peace felt

One room.
All sharing One meal for....
Peace One Day

One Fine Day

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December 2014
Lyn Paul

Lyn Paul

Do Not Cloud Your Mind With Sorrow

You must repair from love
You must repair from loss, from death
You need to breathe
To take a breath
The pain of losing is so hard to bare
In death, in love, only time can repair
You need to know that you will heal
You have to know that life, turns like a wheel
A wheel of fortune until tables are turned
Fortune now lost, lessons now learnt
These Life's lessons cause pain
But you must, get out, get out in the rain
Each drop, each tear, each rainy day
Is a step closer to repairing, there is a way
The wheel of life will take many a different turn and you have to survive
Rebuild life
Find who you are and what you are able to do
The wheel of life will turn again for you
So Do Not Cloud Your Mind With Sorrow
There will be... A new tomorrow

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Do They Know It's Christmas?

All I want for Christmas
Is a day on my own
I have so much to do
I will not feel alone

The sun will shine
I will walk on the rise
Along the beach
I will splash in the tide

I have a great book to finish
And a new DVD
So many pictures to sort
Beside the Festive Tree

I have music to play
To get me in the mood
Such a selection
Of mouth watering food

To be alive feels like Christmas
And it is another day
Give some thought to those less fortunate
Too many. Their days are grey

The meaning is lost
At Christmas time
It's no more about Baby Jesus
It's about spending that dime

So spare a thought for those
Who have no one who cares
Do they know its Christmas?
Can we all say a prayer

Lyn Paul

Do We Accept

Why are there people struggling to live
Why are there people wanting to give
Why are there people feeling such pain
Why are there people with nothing to gain
Why are there people full of greed
Why are there people desperate to succeed
Why are there people with hatred for all
Why are there people not wanting to fall
Why are there people dying each day
Do we accept that this is okay

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Do You Know?

No matter how sad you are feeling right now
There is someone feeling just... so much sadder
This cannot heal your pain
But, It can make you aware that....
You can and you will, get through this
Everyday is a challenge, more so for some
But be aware, that each and every one of us
Has some kind of battle
There is no perfect life
No amount of love or money
Will solve this battle
You must know that somehow in time
In some amazing way
Our battles can be resolved

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Don'T Forget To Write Your Funeral Plan

Michael Jackson's 'SMILE' played, as the coffin entered everyone stood tall
Mum's poem was read and felt by all
The Mourners were smiling at the photo's of Mum
As the DVD played, no one was glum
Happy pictures were played of Mum's life with a tear
To the tune of the music 'If I Lay Here'
Friends got up for the Eulogy
Wonderful Words spoken of Mum... Now free
Free to move on, to follow a new life
Happy if Dad, finds a new wife
Everyone looked like they were enjoying the moment
In a room full of love; as if Heaven sent
For Mum was so kind and by all adored
Yet sadly the Funeral Conductor looked ever so bored
He looked like he had something better to do
This was just a job and he really didn't care just who...
Who had died Or who was grieving
About the life of this person or the world they were leaving
So... Make sure you write.. Your Funeral Plan
It saves pain for the family, A real helping hand
You can choose your Funeral Home, coffin, Cemetery and your music too
It will take away some pain Of losing you

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Don'T Judge Me

Don't judge me, You do not know
Anything about me or my tomorrow
We judge food by how it may look
But as for a person. they are a closed book
You don't know how big, my heart is inside
Or What I give to others, I have such pride
I may be overweight with pimply skin
Or covered in warts and everso thin
Receding hairline and no fashion sense
Toneless voice and always tense
But it doesn't matter; We are all in this world together
Struggling in our own way under all sorts of weather

So if you see someone, not so glamorous.....
They may have something. You Just DON'T and they truly are one of us

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Don't Walk Away

Don't walk away from me,
I need you right now
I'm struggling,
Can't cope and need to know how
How to survive my selfish life
Staying away from that lonely knife
I want to
I need to, but I don't know how
Find a real life
Not throw in the towel
It's just easy to say
Goodbye to all
But deep down
I know that I want to stand tall
Where do I find the strength to curb that evil voice
Telling me
That I do not have a choice
How hard this is,
And so, so cruel
Making me believe that I am nothing but a fool
BUT I must only believe
That I have so much to give
To others, to life

I really must live.

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Dying To Die

Running from life
There
Seems to be, just no way out

Yet there is!

That question
Those left behind
Want to know

We are born to live
Yet Many, just want to die
They've Given up
Or maybe...
They've never been living

That question
Those left suffering
Keep asking

Is living so bad?
To just throw it all away
If you could see the hole you would leave
Would you still leave us?

How could you not know
The love I have for you....
We were laughing
Just yesterday

Life's Purpose
Is not pain
It's to explore
For nothing, ..is worth dying for

Not Love
Not Anger
Not Loss
Not Debt

Never Give Up
Let someone in to share your load

No Parent wants to bury their child

I so wish.....
I wish
I could just.....
Hold your hand

Let nature
Just take its course

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Each Drop Of Ink

Each drop of ink that flows
Will help you heal your heart
Releasing your emotions
Will bring a new start

A new start you may not have wanted
Yet there is no other way
A start to find you
Not tomorrow, but soon, someday

Each day there is something
Something simple, yet unknown
Something to raise a smile
Something to know, you are not alone

Each memory can keep you fighting
But it is each breathe that you take
Each dream, Each thought, Each heartache
Is broken when you wake

Each drop of rain that falls
Beneath your window sill
Must give you hope of life
To know things do not stand still

So each ache of pain you feel
Is only temporary pain
We must prepare for the future
To simply feel the rain

As the tears fall from your pen
The pain will go away
The drop of ink
Will fill your book
You will read light in each new day

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End Of My Day

Its Never goodbye when your walking alone
The roads you have taken so far from home
You've climbed, breathed life, you've given to all
Opened your heart so willing to fall
The sorrows are buried by the love that we've shared
The smiles, the beauty, the way that you cared

Its time to let go, there is no other way
My life has now ended, Its the end of my day
So cherish the moments the memories will last
You have to move on...
Can't live in the past

So let go, let go
I have no pain
I've seen so much sun shine
And I've truly enjoyed the rain

Let Go, Let Go
My spirit is free
I am moving on
And you will always be with me

The life that we shared was so full of love
I thank you for giving and freeing this dove
I'm flying, I'm watching
Still here for you all
With you...
By your side
If ever you fall

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Ending Other's Lives

We love a newborn baby
Like it has been a part of us forever
Love is precious
To watch a loved one die, is unbearable
To see anyone die is tragic
Tragic, pain, grief, horrific
All simply unbearable

Religion is there for you
Is there for us all
If we believe
Even not knowing
Not believing

Religion can be a release
Just knowing someone is there
That someone
Can simply support you
Just with words

Words that heal the unbearable
Yet you can think
That death means nothing
To some
Some who see religion
In a different light
Only see dollars
Shining bright
Who only see
Hallucinations, no resuscitating

Unbearable
Who are these people
Unbearable
They do not care
care for each other
The living

In this century

Let us not fight for freedom
Let us all live

Life is not a Countdown to death
Life is precious
For us all
No matter who we are

Who are these people
Ending life

Why?

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Even If Broken

They are no longer
He The Prince
She The Pauper
He feed the children with money
No rules
She un allowed to guide

Just
The Prince
Who happy
The Pauper earned each day
So, He The Prince
Could Sail with the wind
Swim in the sunshine
Sleep with a balanced glass

She was The Perfect
Never wanted
Nor asked
Just got on with the living

The Prince shone
Never heard No
No care in the world

He for years, spent the money
So liked to impress with his gold

He never stopped to think, Why?
Why she lost her way
For he, happy, drinking, laughing
For he, worked a short day

He ruled.
Yet rule no longer
All is ruined.
The drunken gold - Wasted.
Life now turned

So much lost
Never to be found
Broken
The need to know

Life has boundaries
Rules
Even if broken.

The importance of
Guidance,
Respect,
Help. In the steps taken
To assist in
Survival
When Broken

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Everywhere You Look

Today I have looped a big circle around this town
Every place I passed, there was a memory to be found
Memories of good. Some, of Bad.
Memories so strong. Of good times had.
Memories of what once was but now it is not
Memories of lost friends you think about alot
On the train we passed, acres of tombstones
Thousands and thousands of memories there - these people are not alone
Every where I looked there was something new to be seen
Then every where I looked, memories of where I had been
So every where I looked I had to remind me that this is it
I can't change a thing, Not one little bit
So every where you look, remember there is always more
Just waiting for you. For you to explore

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Feelings So Deep

The raw honesty pains me, as I live my everyday
My feelings are so deep... is there no other way
The pain, the hurt, I've tried so hard to get through it
Feelings so deep, feeling I may just loose it
The weakness getting stronger - Feeling Alone
Feeling like the world is tossing stones
I know so well in this world there are far bigger issues
Does this help? NO! I still need the tissues
Right or wrong. Just take it all in
No matter what. No one will win
There are no winners on this page of life
The tables have turned- out with the knives
Feelings so deep, I've broken this earth
Not too many reasons.. yet now self worth
So now...it is time that will tell just what will be
Feelings so deep, In time I will see
I will see why the hurt and authorise the repair
Get the puncture kit and soak the tear

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Fill Your Own Vase

Take every opportunity of happiness
And accept every piece of pain
For what else can we do
The rise and falls cannot be changed

The happiness feels like it will never end
Yet quickly tables can turn

The pleasures of life
So, So many there are
Enjoy every moment
For each incredible moment
That walks your way
Some may last forever
Yet some have very short days

We must take each fall with dignity
Hold our heads so high

Remember today
Will not last forever
Pain can go away
Lessons valuable to us all
Each and every day

Remember
Hope
For Hope is amazing
Hope is my friend
If you have Hope
Absolutely anything is possible
Anything can turn your way

Just do not wait for the happening
Fill your own vase
Play your own music
And find your own stars

Just Live

Be alive
And Take every simple piece of happiness
That is laid on your table
With each serviette wipe away what ever you are able

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Find That Smile

Sometimes in Life
You can feel like your smile has been taken away
Will it come back
Did it not see the day
Was it only seeing night
Darkness so blind
Could it only see greed
Hate was all that was set in your mind

Sometimes in Life
The milk does curdle
Locking yourself out
It's just another hurdle

Sometimes in Life
The rain will not stop
Can't walk the dog
The tears falling, continuous drops

Yet always in life
The grass will grow
The sun will go down
To awake a new tomorrow

Always in life
You must understand that each day does end
With the sunrise comes a new start
With this new day follow your heart
There are many like you yet they need so much more
Give to those to open a new door

Find that smile let it shine
It all will come good
It just takes a little time

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Finding You.....

What is for you....Just may not be for me.
We need to learn to share this space,
To make us all feel Free.
For we are all labelled, for who we are,
Personalities clash, we all want to be a star.
But it is finding one's self and believing in you,
Knowing your strengths and not caring who,
Who is labelling, cause no one truly cares,
It's about defending YOU; Ignoring the stares.
So give up the negative and you will find true hope,
Find the positives and you will learn to cope.
To cope with the Thoughtless, the Greedy and the Cold,
Find only YOU, before you grow Old.

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Focussed

Life to us all... Can mean so many different things
Some so focussed on all that life can bring
Others grow. Yet do not know how to succeed
They thrive on taking. Not caring who may bleed.
Yet life to us all, should mean...JUST so much more.
Our life begins as we rise from the shore
The shore of giving.. Where wild things grow
Where anything is possible. Now... Tomorrow.
Why don't we realise how beautiful life can sound
Too not wait, for what.... may possibly be found.
How do I tell each of you... to live everyday
For life, is to be alive.... giving along the way.
For it is not about you! It is for giving to all
The rewards you receive will make you incredibly tall.
For life to me is the rewards along the way
Feeling the ups even if things are grey
So of course focuss on you... Yet others too..
The world can be a better place if we start considering just who is who.

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Fool For You

God Said
You are a fool
You can't
Save the world
Change the world
Heal the world

You Must
Care
For You
Your own world

Time is passing
The air is changing
The world
Won't stop
For You

Fool you are
For not seeing
Though
Brave you are
Knowing

A place is set
For you
When - You don't know
Soon - You hope not
Peacefully
You hope

You know you've been
A Giant Fool
A Fool for those
You've guided

You also know
What it has given you

To be a Fool

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13th July 2019

Lyn Paul

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For A Day.....Accepting

If only I were you... If only you were me,
We would be more accepting of what each other believe
Accepting as to why, we are the way we are
Accepting the purpose of our lives, the distance we have travelled
finding just how far.
How far we have come in our own remarkable way
Just what we have gained slowly, day by day
Each day fulfilling for mainly ones self
Now to turn around and find that lost wealth
The wealth of accepting each other as one
Believing in yourself, knowing you have won
Won the challenge of surviving in life
No matter how hard not giving up the fight.
So reminisce our chapters of each day
Knowing you have gained so much wisdom along the way

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For Better Or Worse - No Longer

How...

We all want

To be that couple holding hands

Almost a lifetime together...

Though fairy tales

Are not for us all

Yet we can all find...

That happily ever after

One Day...

For better or worse

No longer

I have travelled

Though travel is waiting to walk in my shoes

This has taken a piece of me

Yet, It has given me freedom

Freedom I've never had

To know what I don't want

Gives me great power

I now see more sunshine

Now walk in the rain

Smile at the dancing robins

And I feel no pain

There are no winners

Only the porcelain of life

Make the marriage

Live longer than the dinner set

When you sign

For better or for worse

Your heart is filled with desire

Just follow that desire

For Better Or For Worse

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March 29th 2015
Lyn Paul

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For Crying Out Loud

For Crying Out Loud
Just go back in time, Let those memories flow
Some days seem to stand still
Thinking what may happen tomorrow

What happened yesterday
Stays strong in my heart
Such powerful energy
Like we have never been apart

The memories continue to flow of yester year
They always bring a smile
They never bring a tear

Those memories in sunshine
Those memories in rain
As clear as day
As I know this chance will happen again

That very first meeting
It was like we had met before
The connection was so strong
The heart felt so raw

Outings in the most natural of places
So many people many unknown faces
Just Like a tombstone standing
One heart awaiting, just one landing

So many special moments
In a world that never stands still
Will that connection still flow
This chance seems so real

Like a Titanic romance
So distant, yet so near
Now a robotic world
Yet you still seem like you are here

I will keep the candle burning
It just seems so right
For Crying Out Loud
You are with me
At first light

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December 2014

Lyn Paul

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From The Other Side

Today's Sun, Moved ever so slow
It was like impatiently, waiting for tomorrow
We arrived at two, yet it was not till three
This Funeral of a young life, How could this be?
We were both quite anxious and could barely speak
Watching all the mourners looking so bleak
I was now looking at the Funeral, from the other side
I was not The Funeral Director
I knew the beautiful girl that died
The silence was unbearable as we waited behind The Hearse
About 300 people, and the Silence was getting worse
I had not walked this walk for 15 years
When my daughter was in a pram
Yet now she is holding back tears
The families strength was remarkable
With all they had been through, they just stood so tall
As they say 'There was not a dry eye'
Not ready, yet knowing, They had to say goodbye
As colourful balloons were all set free
Her Amazing Personality was singing 'Let it Be'

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Gift Of Giving

Open your eyes
Open your heart
Give just a little
You will get such alot
Let the sunshine in
Even when there is rain
The warmth of your heart
Will warm someone elses
Two hands are better than one
One opened heart
Will welcome two warm hands
Open your heart
Love is not just romance
Love is... loving who you are
To love life
To love to give
Our journey in life
Is to open those eyes
Feel the beauty in your heart
Give the gift
The gift of giving

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Gift Of Life

To be born poor
Can be a blessing
For what you get
Is what you get

Born naked
Not wanted
Though oozing with life

Born with a smile
A heart so strong
No possessions
Yet
The Gift Of Life

A gift to grow
To share
To connect
A gift
For any, willing to accept

Working hard
For the money
Poor no longer
Growing
Giving
Sprouting seeds

But the tables turn
The cutlery
The napkins
The dinner set is gone
All gone

The once scraps
Now flavoursome leftovers
No more heating
Though blanket & socks

The Gift Of Life
Is not your possessions
The Gift of Life
Is what your heart possesses

Just
What you want to Give

For
Materials
Will Not....
Satisfy your heart

For
Life truly is a Gift
Appreciate each moment
The natural beauty
The hope
That we are all here
To help one another

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Given It Your Best

I can't Lie
I can't pretend
No more socialising
I don't want to be your friend
You are so nice one day, as bright as sunshine
Then the next time I see you; Your so out of line
Ignorance is not needed. Never! At all.
You think you may gain Yet your hiding behind some wall.
Some so fragile think it is okay
They think They have the problem and should change their way
Yet deep down inside we know what is real
This insecure person is trying to hide the way they really feel
They are not comfortable in their own skin
And try to make you feel like you will never win
So enjoy being you and do not fear
You've given it your best shot. Do not shed a tear

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Giving Up

Am I getting closer
To piecing this puzzle
It was just getting harder
Harder and Harder
I felt pieces were lost
They just wouldnot fit
Giving up
But with alot of careful thinking
A little adjusting
Stepping away
Walking.....
Breathing the air
Watching the waves
Covering the footprints
Then the flight of the pelicans
Creating their own puzzle
I knew then
My puzzle
Would be completed
I had come this far
So why give up on the puzzle
It is hard
Yes
But, Yes!
I will solve it

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Goodbye My Friend

Goodbye my friend
I love you so
Just what you have given me
You will never...know
You brightened my day
And lifted my night
Were there for me
When things weren't right
What I couldnot do
You always could
If I refused
You always would
You always were so giving
And gave to all
Always so proud
Always stood tall
So Goodbye My Friend
You were not just mine
You were everybodys friend
And thats, just fine

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Gypsy Girl

Her beauty
Shone
Like the moon
Like diamonds

She ran from love
Ran from her flesh
That kindness of flesh
Who understood every feeling

Wings of power
Lets
Gypsy Girl roam
Roam to the unknown
Fear deep inside only

Smiles hide her fear
Fear exploding in her nurturer
The gentle Gypsy
She know the love is there
But she just keeps running

Such fear
Building
No one is listening to her heart
It is the nurturer
Who can feel her heart
Exploding

Her door is locked
I cannot get in
I can see
Wings of power
Laughing with her
But they need to hear
Her heart crying

Gypsy Girl
I am here

Always
Hiding no honesty

My heart is raw
My sleep
A rollercoaster
I am knocking
I fear

Gypsy Girl
You shine so bright
You light up a room
Let your heart take you

I am always here
Get off that train
May they listen....
They need to

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Hand Of Hope

What you have brought to my life I cannot explain
Meeting you all has been an incredible gain
There have been tears of laughter and sadness too
I'm watching the waves crash and thinking of you
We shared, we explored we all gave our heart
Preparing us all for this new start
This start, this change that will help us grow
A positive step for a new tomorrow
I'm looking at the footsteps in the sand
On my shoulder I can feel that hand
That hand of hope that was given to me
That hand that brought us together that made us all see
See the simplest thing can cause stress and pain
Yet we can bring sunshine it doesn't have to be rain
So with our hand of hope let us give support
To those in need - to those that fought

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Hate...Will Cause Loss

Should we hate for what we have lost
Hate for those who have taken what is not theirs
Hate is pain
Hate is evil
Hate will cause loss
Not gain
Can we let the anger build
The pain, the anger
Can it be healed
Hate is that word we are not proud to use
Hate is what we do not choose
Yet hate can grow when you have been burnt
Everything has been taken all that you have earnt
All you can do is hope they see light
See what has been done and make it right
Yet the hate can spread for what has been taken
They do not see, there is no waking
The power, the glory is only their gain
Hate can build and you are out in the rain
It is so hard not to hate and all you can do is blame
It all has failed, it is no game
The hate the hurt, will it repair
Or are you, living on a prayer
So the hate, the loss will it fall
Or will it climb the barriers, will it make it's own wall
Your anger will just grow if you let the hate grow
You have to just accept and rebuild a new tomorrow

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Heal Your Insecurities

Far too many in their lives
Treated So badly just for being who
Or for what they are
Simply because

There are so many in life
So unhappy
For not being who they want to be
Insecurities
Unhappiness
All resolve into often causing hurt
Hurt to others
Others for just
Living, smiling, surviving
For knowing who they are

So many times in life
Treated badly
For who I was
For knowing who I was

Today I know myself even more
Realising all those who were not kind
Were suffering blindly
Hiding sadness
Or
Simply Insecurities

We cannot change our making
We cannot change our wealth
But we can make our self a better person

To make this world a better place
Let us start by treating everyone equal

You can....
HEAL YOUR INSECURITIES

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Lyn Paul

Heartache Of Time

Tomorrows day is planned. All mapped out
What lies ahead, I will be exhausted no doubt
Just what lies ahead for us all each day
Is not always good, we all sometimes see grey
Many see grey, that is all they see
Like there is no way out, like they will never be free
But for me life will not always be this way
It is just a new beginning and the Heartache of Time will open in a new day
So I am not facing death, nor have my loved ones died
But the heartache is there and I have cried
But tomorrows day will be filled farewelling a life so well explored
She passed on so much to those whom she adored
So remember we are here right now we must cherish our time
Accept who we are before we climb into our prime
Now The Heartache of time, Will reach us all
But it is how we deal with it.... Do we rise or do we fall

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Holding Back Tears

Why do you hold back the tears
Are you afraid they won't stop
Will those flood gates open
Of all in life you have lost

How do you smile each day
With all the pain you have suffered
Smiling to make others smile
Yet way down inside are you bluffing

You see the pain of others and want to soothe their pain
It is an enormous feel of success
When you see the smiles you gain

Will you get through this heartache
The hardest pain of all
Forever climbing a mountain
To avoid a dangerous fall

You know you must keep rolling
Having seen others climb higher
There is a gift in each new day
And a will to inspire

Create your own outcome
Believe there is away
Hide from any darkness
See light in each new day

Are you holding back to save the makeup
Smudging on your face
Or is it that positive feeling
And the words of.. 'Amazing Grace'...

Believe

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Hourglass Of Love

To
Share love
TO
Give love
To
Feel love

For some
Love has come
Many times
YET
Some
Have never
Felt love

The feeling
The
Powerful connection
Of Passion
As one
Sharing your life
Together

Every moment
A love once thought
Would never end

The Hourglass of Time
Suddenly
Breaks
Shatters
The heart
Broken
Saddened
Yet Not for lost love
For love was

Now
Fury

Wasted words
Not to breathe
To know what love is...
Is simply
A gift
Cherished
With pure content

Just Let Life's Path
Take you
Just where
You are meant to be

Love You
Love Others
Love Life
x

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Lyn Paul January 21st 2015

Lyn Paul

I Am A Woman

A woman can change her face
Simply with Cosmetics
Style her hair
Simply with strokes
Extend her lashes
Simply with treatment
Remove the lines
Simply with the unnatural

A woman does not need to remove the lines
The lines are there to show life
A Woman's lines add mystery
Add time. Express time
Show confidence. Ease
A Woman's lines
As A Man's
Express that we can
Be confident with who we are
Too Not have age taken from us

Age is precious
Be proud
Enjoy each line
Watch age grow
For with it's beauty
Age is to be proud
For the life you have lived

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October 13th 2014

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I Had A Dream

I had a dream
The most amazing dream
I was still;
In a beautiful Rose Coffin
Laced with silk
My loved ones were crying
I didn't understand, why?
I was so... glamorous
My makeup, my hair, silky PJ's
But Why?
Why were they crying?
In this room
There was Love, Support
But; Strength was missing
I then spoke
'I won't let you go'
No response
I knew then
My Journey had ended
A new beginning
'Alarm Bell'
I woke from that dream

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I Know

I know I have not cried out loud
Yet I have sung my song
For I have always known
Just where I do belong

I know I can climb any mountain
I know I can sail the seas
I know I am here for a reason
And I know I truly believe

I know that life can be hard
Yet I know you must get up and fight
Fight for what is wrong
Fight for what is right

I know there are so many troubled
And I wish I could help them all
I know there is a way
To catch them before they fall

I know there is always a way
To change what may seem wrong
And You must know
Know that you do belong

I have not written these words for me
I have penned these words for I care
For those who feel unworthy
For those whose life seems unfair

We know that life is changing
Too quickly for what we need
Some are amazing changes
Yet some so full of greed

So may we all know
That we are all here for the sunset to rise
We know we must live for freedom
To be you

To be me
To Survive

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I Know Now

I Know Now
I wish I knew back when
When I was so young
So gullible
When I was everyone's friend

I know now
My voice is heard
It actually
Sounds quite sweet
My ears react
My heart,
Never misses a beat

I know now
I am real
For so many
Are so Not
I know
To follow thy heart
Just accept
What you have got

Importantly
I know now
That I am
Important too
It took me 55 years
To realise this
It was something
I never knew

For I never Knew
I was Loved
Never told
In a family growing
I took on
Everyone heartache

Tried to heal
Everyone's pain
Tormented in many ways
But I,
Could stop the rain

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May 2020

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I Need A Life Line

I need a Life Line
The Heart is worn
The Boss is angry
Little makes her smile

The ex is living it up
Another holiday
I am poor
Right down
To my bones

I need a Life Line
Have lost too much
Watching He
Spend My Money

The heart is warn
The mind is drawn
And I feel
Those curtains closing

I know
Just what I want
What I need to survive

Will I make the right decision
That will keep me alive

I haven't been alive
But still
Cherish every moment
I know its time for me
For me
For survival

I now need to live
If death
Doesn't catch me first
Right decision

Wrong decision

Not ready for that Hearse!

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I Walk, You Walk

I walk, you walk
Step by step
At ease we stroll
A new road taken
We now accept

Living is reality
We make decisions
On what we believe

The decisions we make
Are sometimes wrong
Life takes its toll
On where we belong

But this is life
I am who I am
You are you
Day is day
Night is night
Sometimes wrong but mostly right

So we can't change anything
Just walk each step
I walk, You walk
Hard it can be
Yet what we will gain
Is reality

So walk, Don't run
You will see 'The Yellow Brick Road'
You will see
That you can share your load

We must laugh
We must see the funny
Laughing is everything
More valuable than money

I walk, You walk
Share the load
At ease we stroll,
There is no Highway To Hell.....
But; ..There is always... a new road

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I'D Love To.....

I'D Love to know my dying day So I could plan my life
I'd love to travel, I'd love to roam, I'd love to steer from strife
I'd love to know what's right for me and what roads to not take
I'd love to know what friends to choose to avoid those who are fake
I'd love to know what trees to grow so I could feed the world
I'd love to cure the evil and make the sick be healed
I'd love to eat just what I'd want and not gain a pound
I'd love to get lost occasionally and know I can be found

All in all...

I love to love and to know the importance of living
I'd love to know that the whole world knows
The whole meaning of giving

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If These Leaves Fall

We have met before
I do not know where
It was not in this life

I think of you
I see your concerns
I see in life
you take on everyone's pain

The connection is great
You light up a room
Your beaming smile
Yet... sometimes... sadness falls
from the tree of your life

I feel your pain

It always is
Only temporary pain
Yet if these leaves fall
Too often
Your tree of life
Will not heal

Your palm has been read
Life is mapped out
Your heart is here to heal
Your smile is here to glow
Your trail of life
Is here to satisfy others
Selfishness is allowed
On your tree of life

Give to others
But give to yourself
For we have met before
I do not know where
It was not in this life

The connection is there
There has only ever been
One other branch

These leaves cannot fall

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I'll Hear You Cry

I'll hear you cry.....If not right now
I'll hear you cry.....Believe this somehow
I'll hear you cry.....Let the tears fall
Let this river flow...Release this pain...release it all
I'll hear you cry.....Let it out
You are loved.....There is no doubt
I'll hear you cry.....And others will too
Just speak to me.....You will get through

Through this patch... that is full of weeds
Through this patch... making your heart bleed

So Just Remember.....

I will hear you cry
You are loved So much
It's not time to die

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Indigenous, So Be It!

Living Today
Still Racism?
We are one
This is ignorance in those speaking these words

We have almost legalised Gay Rights with marriage,
Almost! ! !
And Why should we not!
The majority support this

We have finally realised that domestic abuse is a total disgrace.
Watching helplessly as a child.....
The Policeman apologising
Yet now
It is a criminal offence

WE have
Accepted
Life is changing
Simply whilst blinking

Also we know
Our Lucky Country
Is No Longer

Though even still
What a TOTAL disgrace
That
In a Multi Cultural Society
Racism Exists

There are only a few
But they plant a huge bullet

We all eat the same food
Spend the same money
Beat with the same music

We all blend and laugh so beautifully

If the Majority of this world could paint a picture
It would be a picture of peace
For we can all
Laugh together

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Inside Out

I heard about your illness
It killed me
Inside out

We were no longer
That piece together
Yet I felt Such a loss
Inside Out

I needed to Speak with you
To tell you
That I cared
Forgetting about the anger
For it just
No longer flared

I will never
Forget that love
I am broken
With the fear
The pain
You are in

We were one
For such a long time
Creating gifts
That speak beauty
With in

You never answered.

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It Was I

I lost a piece of me
That I will never
Find again

That one piece
The one
That pulls each string

That one
That was kept so warm
In Thy womb

That one
That gave
Sleepless nights
First words
Teardrops
Precious gifts
And
Song

I lost a piece of me
Though this
Is Multiplied

I gave every piece of me
Every word
Every ache
Sang every lullaby
Every penny

Let those pieces
Reunite
I will try to forget
What was stolen from me

Cold we must not be
For I lost a piece of me

It was I

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It Was Time

Simple Mind
Simple Life
Simple Mess
Purely Simple
Clear Mind
Clear Heart
Clear Of Belongings
Clear of what is Right
Years of Me
Too busy for Me
Years of Incredible Memories
Years I will always See
See years that have Flashed
Too fast before my Eyes
Years if only I could turn back
Turn Back Time
The Age of Time
Creates Movement
Simply
Beyond Control
Heart so Tender
Yet
Time Is Now
Simplicity
Time is Mine
Time is Now endless
Time Now
Fulfilled with Daisies and Roses
Paper and Pen
Time Now
Simple
Clear
Accepting
Accepting
It was time

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It's Been Raining For So Long

There is nothing more satisfying
Than to know who you are
How long it has taken
You have travelled so far

Scolded and bruised
In so many ways
Losing so much
In every yesterday

But you can only give yourself
Just so many times
Now battered and bruised
Now accepting what seems like an ungodly crime

Yet nothing can be changed
Except to actually think of you
You have never done so in the past
Yet now someone has too

So

Where things go from here
It is now just one day, as each day shall come
Wished I had known this long ago
To disinherit a power too rich it has left me numb

Sometimes the more that you give
Is the more that is taken
It really does seem
Like a rude awakening

Realising in time
That you cannot give anymore
For hands have been burnt
You've lost the game
There is no score

Except the outcome

Is
To stop and think of you
Maybe no one has ever done this
That is why you have never seen it through

You are really on your own
On this big wide Earth
Your journey may be smooth
Or a puzzle starting from birth

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Just Don't

To all of those who feel so weak
Just Don't
To all of those who feel such heartache
Just Don't
To all of those who blame themselves
Just don't
To all of those wondering if you have done right
Just don't
For wrongs can't make a right
Blame is an oversized pointing device
Life's heartaches are not always forever
And our weaknesses do not mean that we are weak
Each mistake we grow
Each ache we grow
Each pain we grow
We have to grow each day
To prove who we are
WE have to find you
For you have to know
That all of us
Are new to this
So Don't
Just Don't
Ever
Blame Yourself
Just Don't

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Just Live

Help is on its way
Where that help
May be coming from is unknown
But accept
It is time to accept it

Seeing trees of green
Is always enough
To keep you
Alive

Hearing the dawns birds singing
Is the start of a magical moment
Giving hope
To a day of natural highs
Strong enough to destroy the lows

Cherish what never seemed wrong
Forget what....
Will never be right
Live
Remind yourself
You are alive

Breathe because you can
Smile
You know You need too
Want
To keep achieving

When
All stands still
And all seems ruined
Hope
Will get you through it

So many before you
Have....
Many more after you

Will face challenges
At extreme levels

The will to live
To strive for life
Is all that is needed

Remind Yourself...
To just, remind yourself
Its only life
So just live it!

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Just One Song

Put some music to my words
Make it a song like you have never heard
A song expressing hope and light
Every moment; Day and night
A voice as strong as Beyonce
The honesty of Pink expressing what she needs to say
We need words that can touch and can cure the evil
They need to love not want to kill
With a beat to make all feet come alive
Wanting to move, needing to jive
We know the rhythm is in us all
From the very moment we learn to crawl
So come on guys lets undo the wrong
Bring us all together with Just One Song

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Just... Cry

Cry tonight
Like there has been no rain
Cry tonight
To release the pain
Aching, suffering. What for, Why?
Pain not chosen. You need to cry
Cry, Why
Because you have to heal
Cry, release
These things that are real

There is a way to grow with your pain
Moving forward, removes the stain
Talking, hoping is the simple way
Still crying yet yearning for a new day
Living, breathing, feeling more
So much more, more to explore
So cry tonight Shed those tears
Each teardrop released will move the fear

The fear of loss, the fear of now
Cry tonight you will see How

How releasing your pain will change you..

Find yourself, Find who you are
There is a new day you can go far
Cry tonight
Let it out
Believe in yourself
Forget self doubt

Just Cry

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Just...One Step At A Time

Each day that follows heartache
Is one step closer to healing the pain
The loss, the heartache, shall never leave the heart
The sadness, the anger, the pure grief
Is slowly, gradually... in unknown time
Buried in memories
Memories that help you step closer
Closer to rebuilding life
Life after this loss
Hear the wind blow
Hear the pain of others
See the sunrise at dawn
And see the sunset at dusk
Breathe the life in the air
Ignite the aroma of natures garden
Feel the warmth in people
Accept their open arms
A recovery of acceptance
Healing your pain
To Take
Just.... one Step at a time

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Keep On Running

Running, smiling, laughing
Always
The two of us

The horse, the trough
The hand me downs
The haircuts
The shared bath water
Those songs we still love to sing
Love to hear

To always see 'The Bright Side of Life'
Way before 'Monty Python
WE.. Had to run, before we could walk
This we knew
From the moment we could talk

The Creek was never dry
The road was never long
We walked and walked miles
To find where we belonged

WE never found
What we were looking for
In between heartache
So much to explore

The growing up, however tough
It was always an adventure
In some unusual way
We always found laughter

From both sides now
We have looked at life
What ever wrong we saw
Pain caused, though no blame given
With so much wrong never to be mended

Love never given and we can't give enough
This life of What for? Why?
To just appreciate every moment
Is so satisfying
To reminisce seeing Our Life
Just like a major event

These Two Running,
Always, Smiling, Laughing
We could always see the wrong and see the right
We could always solve the problem
Well we thought we could

For it is all about believing
No longer running
Too many buried
But we are still smiling, still laughing

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Late For The Cemetery

Oh how I miss the Cemetery
I now only drive by, Occasionally
I miss the serene, peaceful ground
And the silence, barely a sound
I must find the time to visit again
To just sit back and breath it all in
That I am life
And this is death
We are put on this earth for a test
A test to show your inner strength
A test to believe, there is something after death
So do not fear the Cemetery gate
You'll get there one day, even if you are Late

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Leaving Me

How on earth is time supposed to heal?
How can this... possibly be real?
You said you would never leave me, but look at what you've done
Now my days are night and I will never see the sun
What can I do to feel you are still with me?
Must I survive on our cherished memories?

This is where music must play a role
With all our favourite melodies I will try and fill a hole
But you must remember your strength and how fast life does go
Forget all the woes and just watch everything grow
Remember a special song 'Let It Be'
Accepting that now you are truly free

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Let It Be

You have done all that you can
Given your everything
Gone without
Yet it never seems to be enough

You are wash out
Worn
Time left on the planet
Is minimal

You now just want to cherish
Every minute of life
You have really
Gone without
You want to be rewarded
In health
For the good
The gifts you have given

May God
Let it be

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Let It Go.... The Great Debate

EWWWW.....

I SMELL SOMETHING, WAS THAT YOU?

IT SMELLS DISGUSTING, ON THE BORDERLINE TO POOH!

LADIES DO NOT "LET LOOSE" RELEASING AIR FROM DOWN THERE....

THATS A MAN'S JOB - A WOMAN, MUST NOT DARE

NOT ONLY DOES IT SMELL, IT HIGHLY POLLUTES OUR AIR...

I HAVE TO HOLD MY BREATH, AND FOR THAT YOU ARE BEING UNFAIR!

FLATULENCE WAS MADE FOR MAN.... WOMEN MUST HOLD IT IN

YOU WILL ONLY GET A LITTLE BLOATING,

A LITTLE DISCOMFORT,

And

YOU WILL BE PROUD YOU DID NOT SIN

FOR THE GENTLEMAN IS NOT SO GENTLE AND HE MAY RELEASE THESE FUMES....

YET THE WOMAN MUST NOT "LET IT GO" OR IF URGENT MAY SEEK THE

POWDER ROOMS

YOU SEE A WOMAN WAS BORN TO NUTURE, TO CLEAN AND TO SMELL LIKE A ROSE,

IT IS HIGHLY UNPLEASANT

IF ANY ODOUR SLIPS UNDER A MANS NOSE

SO PLEASE STRUGGLE WITH DISCOMFORT.

BEST NOT TO BEND OVER THE WASHING MACHINE....

FOR YOUR RELAXED MOVEMENT COULD CAUSE FUMIGATION

AND YOU.....

WILL NOT BE TREATED LIKE A QUEEN.

SO "LET IT GO"

'Let It Go'

YES OR KNOW?

THE GREAT DEBATE.

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Let Yourself Dream

Let Yourself Dream
For high they may be
The higher explores the thrill
The excitement that may be answered

There is nothing that lacks possibility
Nothing that cannot release hope
Every single moment
Is a time to believe

Believe
That when you do believe
Every step is closer
Obstacles that feel unreachable
Become that walk closer to reality

Reality must always be seen
Though
Dreaming is believing
Answers
Can be answered
Minds
Can be cleared

Awake
Asleep
Just simply
Dream your way
Into accepting

For the wonders of life
Are all
Explorable
Calming
Soothing
No star is too high
Just Reach

You Will Find it!

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Life Is

Life is all so precious
Each day is all so special
We forget the importance of living
Getting caught up in our busy lifestyles
It is the Death that makes us realise...
That time does not stand still
Trying to accept that this is Real
Death makes no sense.
And only time can heal

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Life Is Not A Gadget

I will always be with you
No matter where you are or just what you do
Your faces light up my whole world
I feel your pain
But it fulfills me to know
That you have such strength
Understanding the meaning of Life
There is so much more sunshine than rain
Give a little and you will heal alot
For giving is the most satisfying gift
This gift.. you can pass onto anyone
Remember that life is not a gadget
It is the waves that break
The sun that shines
The pictures in each cloud
The love you give
The music you love
The friendships you build
The words you speak
The journey of life of taking the right road
To a healthy fulfilling life
Importantly; The life you truly live.

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Life's Beauty Is Lost

The Colour of my skin, is just a colour
The Religion I believe, Is only My belief
The money that I have, Is at my own cost
The freedom I am given is not always my choice
The love that I receive, Is often not enough
The love I can give is the amount that I choose to give
The food that I eat is often only temptations
The food that I need, may not be a choice
The air that I breathe, allows me to stay alive
The beauty of life is not understood
The importance of living is more than the speed of life
Nothing is natural
Beauty is lost
Words no longer meaningful
What we want
What we truly need
Is just the Beauty of Living

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Life's Chaos

There is a time in our lives
When a change is so needed
You love every moment of life's beauty
Disliking, every part of Life's Chaos

Such beauty
Keeps you alive
Enough
To juggle and glide
Through Life's Chaos

Determination
Keeps you seeking
Breathing
Appreciation of living is so great
This builds hope to possibilities
Living
Though not the dream

The want for that change
So great
High on this want
That it cannot be far

The Chaos of Life
I am seeking to clear
To unload the load
To enjoy each moment

Each Moment
Without...
Life's Chaos

Breathe

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Live Those Answers

Don't be afraid
To
Disconnect yourself
From all that gives you grief
All that holds you back
And all you do not need

When the orchestra of life
Plays a heavy tune
When
The symphony of life
Echo's hard

Only you know

Its time to change the station
Time to find a new door
Live your own life
Accept
This journey
This journey of you

Live those answers
You Gave to others

Before
It is too late

For
This journey
Is often not shared
The Orchestra of life
Does play a heavy piece

Do not be afraid to decline.....
Those front row seats

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Look For The Beauty In My Eyes

Please look for the beauty in my eyes
In my heart, there are no lies.
You cannot only see beauty by the hair
Or by that pure skin. It's just not there.
An amazing body. What can this hold?
A perfect life for you too grow old?
I think not! We need to see into those eyes.
See what they need. Hear their cries.
Be more aware and think not only of you.
It is such a reward and an honour too.

Remember how wonderful it feels and the satisfaction it brings helping others.
FIND THAT BEAUTY IN YOU AND IN OTHERS!

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Looking Back

As I Turn This Page
And look back at My Journey
Amazingly
A Lesson In Life. For LIfe Is... A Test
A huge Puzzle
As A Beautiful Child
You are So Special
We are All Innocent
In Growing
Always, Just Be Yourself
Breathe Every Chance and Believe
In you
We Are who We Are, Today and Always
This is Our World
Some of us hide a huge Scar
Oh Lord How hard It can be
The Storm seems like
It is not Leaving Me
There are So Many Questions
That are So Important
Find your Strength
Think of our Love
This is Our World
Just Take your Guard Away
Listen to your Favourite Song
Look in Life's Mirror
Heal as you do; at The Beach
Don't Walk Away from your Chapters of Life
Or The Memories
Do Not Be Sad
By The Wrinkles you have gained
These Wrinkles have given you Wealth

When it is A perfect Time
And There is Someone Calling Me
I will close my eyes and Be Forever Free
With My Funeral Pen
I wrote so many words
These words I speak

Suddenly... Change
I had A Dream
Of Death Moving On
I'm in My Casket
Late for The Cemetery
Forever Free
Do Not Be Sad
For I've Lived
Life's Path

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Losing Aussie Icon's

Pure beauty in my home of Australia
Great Icon's that will live on by name
Live on, By beauty, by taste, by smell and by flight
Yet all of our Icon's are flying the coup
We are losing Icon's, one by one
From this Australia
The Lucky Country

We cannot lose our Flying Kangaroo
Our Car manufacturers have ran out of gas
Our vegemite has lost it's spread
Our tinned spaghetti has slipped from the can
Can we not save our Aussie Icon's

Our beauty is Impeccable
Yet Our Premier has eaten our sharks
The Prime Minister is splitting the Wings Of Qantas

We will always have the beauty of
Our kangaroo paw
The Grass tree
Ayres Rock
And The Great Australian Bight

But we are losing OUR farmers, Our Icon's and maybe OUR way of Life

Australia has great fame and great wealth
For OUR children
We Want to...
WE Need to...
Still Call Australia Home

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Memorabillia

On The Old Couch....

The sweetest smelling room
Just like mangoes
Filled with love, happiness, colour and character
I gaze at each photograph
That take me back in time

Thimbles, Lace
Portraits, babies.
Laughter captured
Not to be forgotten

Flowers
Sounds of the sea
Through a huge shell
A gift
Who the giver
Is not in my memory box
A Lizard crafted with gum leaves
On corrugated cardboard
A Monster Mask, Clayed
Coloured sketches of cherished loved ones

Memorabillia
Of Funeral colleagues
All saying farewell
Business cards
My Funeral Pen

Photos too of an old special Choir
Bursting into song

This room,
Fills my heart
When I see just
Where I have been

Articles,

Amazing paintings
Each object priceless
All my memories enjoyed

On the hardest,
Most uncomfortable couch.....
Harder than an old school bus
Yet
This is soon forgotten
By the life of memories held in this room

My Memorabilia
My Treasures
Are Pure Gold

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February 8th 2015

Lyn Paul

Mr Trump - Farewell

Trump
Will never be forgotten
But will never be remembered
For anything other
Than hatred
Self love and incompetency
His huge mouth
Of huge mistakes
In time
Can
And
Will be rectified
If action
Is taken now!

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My Casket

Well look at me... looking at you
In my casket, all shiny and new
It's beautiful to have you mourning for me...
But stop right there... as now I am free

You are so special to me, but you need to know
That I must move on... it's time for me to go

So enjoy eachothers company, Chatting about past days
Remembering life.... Moves in mysterious ways

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My Empty... Heart

For You... Please know...

You may be hurting and I am too
But always I will be here for you
There is a hole in my heart
Empty whilst we are apart
I can give you love
I can give you strength
A supporting hand at any length
Your length in life will teach you so much
To know what is valuable is free to touch

So please know for you I am here
For love, for guidance to dry your tear
For you I will give but the wealth is only in my heart
My empty heart..... Whilst we are apart

A bouquet of Daisies and roses fill my heart
When your not here, when we are apart

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My Funeral Pen

My Funeral Pen writes for me
All of these words that set me free
The pen that I shared for Mourners to sign
The pen that I wrote to turn back time
The pen that I wrote the Funeral Plans
While Families cried I held their hands
This pen has been held ever so tight
By many seeing darkness yet others seeing light
This pen holds memories dear to my heart
Bringing togetherness
Yet Families torn apart

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My Heart Will Always Sing

In life
I have given
So much
Always been there
Giving
Constantly giving
Never
Asking for anything
For giving
Not wanting anything
For giving
Pure fulfilment
from giving
Have I given too much?
Respect lost
Why?
What, from giving? No matter what my gift is Giving; it has been worth it..
For I know. Others have gained.
What I have lost. I guess there is reason.
I must not lose
My gift
Of giving

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My One Last Goodbye

My one last goodbye will not feel pain,
It will not feel heartache it will not see rain.
I know your heart will ache, more unbearable than pain,
Yet you must believe we will.. be together again.
As I close my eyes, Heaven's gates opened wide,
It is so incredibly beautiful, you would not believe I had died.
All were dressed in pure white with smiles so wide,
Pure amazement. Have I really, .. truly died?
There was ocean, there was forrest, with flowers galore...
Everyone was wealthy, there were.. No.. Poor
A symphony was playing I felt so at peace.....
At peace for this is death and we are all so scared,
But I should never have feared. I should never have cared.
There is picturesque white cloud and sky so blue,
Absolute sunshine with songbirds making me believe I am still with you.
So if you feel that you are Knocking on Heavens Door
Let the gates open, you will fear no evil. You will never be poor.

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Naked Land

Naked Land
Is Freedom
A pure gift
It is living
It is life

We should not need
To ask for freedom
If innocent
Just the want to survive

We all have
The same right to be here
The Naked Land
Belongs to us all

No uniform has a right
To push us
To let us fall

We protect those from fires
We protect those faced with crime
But we are letting refugees slip
Political Parties are becoming liars

The Refugees have such determination
The want to find a home
Running from all the fighting
There are too many
They are not alone

So Pray
For those fighting
Simply just to make a better life
This is not a natural disaster
This truly
Is a crime

People drowning

All over the world
Fighting on train tracks
It is all so wrong
We all have a dollar to spare
We can all just get along

I would not want to live like a Refugee.

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Never

I never did
Complain
I never did
Argue
I never spent
The money

I never said
No
I never made
A decision

Never
Have I fought

I always did
Everything
For You
Until the war started

I Never

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Never Be Lost For Who You Are

A countdown to half a century
Remembering
Decades in rows of five
Now knowing
Too....
Never be lost for who you are

I have come this far
Knowing
I will go much further

Though fighting my toughest battle
Accepting this as my Life's Journey
A path to open a new chapter
Reading a new page
Skipping the index
Knowing now
What I don't want

The falls were needed
Knowing full well
I could stand up again

The Loss's were given
So my realization of what I don't need
Were before my eyes

The pain was bearable
Knowing others
Have a weight
Far more,
Unbearable

My middle age
Will let me see
A flashback
Of achievements

Highs and Lows

Always to remember
The highs are like stars
That powerful feeling
That....
They will always shine

So cheers for this 50 years

In the realization
That we...
Are only here for a while

This I wish I knew...
In my first 50 years

Never Be Lost For Who You Are

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24th February 2015

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Never Fall

As we grow everyday
From the time of birth
To today
We witness, so much
Sometimes swaying
Towards the wrong road
Never listening
Stubborn we grow
Not wanting to see differ

We grow further and further
The lines on our face too grow
We then see the mistakes
Cannot be changed

But we see
What learnt
What loved
What taken ...And...
What lost
Too wonder,
How and Why?
We suffered
Knowing you are still growing
Yet wonder
Why the reason for this pain
For the rise of others

SO Just remember, Each day as we grow
The challenges keep rising
Never fall,
We hope the heartaches we survive
For pain is received in many measures

The lessons learnt
Inspire us to keep growing
For living, for life is just amazing
May everyone enjoy being alive
As much as I

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Never Give Up

When

You have given your all
To the ones you love
Put first their wants
Stayed for them

Hugs

Smiles

Love

You've given them all

Now

They have let go
Life's opportunities are open
They've closed the door
The force was stronger

So

Just wait

Leave the door open

Just HOPE

.....

Never give up on those

Those who gave you everything

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Never To Be Told

From Day one
They Both New
They Had to be Survivors
No Love
Ever given
Never to be told
I love you
First child, a little bit of love
But not forever.....
Second child
She was Crying out for love
Beaten, mentally abused
And, Never to be told
I love you
Third child came along
Still no love. Full of hatred and anger
Fourth child came along, No life ever given
And... no love
All Chores
Mentally abused
Then came the fifth child
Tormented! Beaten, Mentally abused
Never to be told
I love you
Sixth child came along
Barely beaten
Yet never to be told!
No guidance for all
So many wrong roads taken
By all
All through life
Somehow...
They are constantly giving
Forever grateful
For the simple things
They need... no pity
They are crying out for...
Only love
They are survivors

Pity me not
We are survivors!
Never to cry out loud

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No Clue,

Broken
Torn
Burnt
Flamed
Heading down that road unnamed
Bitten
Knawed
Chewed
Spat
Now knowing where your at
Tender
Raw
Yet
Ready to live
Beginning to smile
Happy to give
Hurting
Broken
Yet
Healing too
Laughing at those
Who.....
Have...
No Clue.....

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No Sea Is Too Rough

If all else fails
And your struggling to cope
Anxiety is high
And your losing hope

You feel like a victim
Yet where is that going to get you
The dollars are low
And the bills are due \$\$\$\$

SO what do you do?
No good drowning your sorrows
Not healthy
And will not help you tomorrow

So find every positive
That makes you feel good
Bury the negatives
So determined you should

Too many others
Struggling, much, much more
But you have to get up
Fight and know what for...

For there are SO many values, Your life holds
SO many doors to open
SO many maps too unfold

So much you don't realise
Till your face shows its age
Something like....
A designer page

We all know that life can be tough
But we must keep on sailing....
NO sea is too rough

So How ever high the sea
Just wait
For the calm
The choice is In your hands
Open that palm

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December 17th 2014

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No Thank You

No Thank You
The Tears grew
As I played, 'I've never been to me'
An hour drive seemed like eternity

I thought of all for you I have done
The window down in the hot sun
My tears built
And I felt NO guilt

For my feelings of sadness
For that 90 minutes
You showed no gladness

I listened to your every command
I moved your feet
I straightened your hand
I carved and fed you
Spoonfed you your pills too
Order after Order
You gave No Thank You

All I could think as I collected the food on the cutlery
Was of someone I could give to
Who would appreciate me

For I have been giving to this person for many, many years
Yet today she has, reduced me to tears
For I said to her just before leaving
My Mother passed away
She did not care that I was grieving

So No Thank You
In this lifetime, for all that I have given
Just accept, I will survive
Those who appreciate keep me driven

In this year I have lost my Family too

It helps to let those tears flow
Trying to find wisdom in the way my life grew

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14th December 2014

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No!

Everytime...
I say..
The word...
No!
I am not popular.
Why is this?
Someone obviously, ...
Invented the word..
No!
For good reason.
I have lost
My prize possessions
Due...
To this simple word
No.
Because...
I am the only one
Brave enough,
To say...
No!
No,
I am not mad...
Nor Violent...
Yet, Very
Sad.
But...
No!
Is there
For Good reason.
So what is in store
I have
No idea
For
I...
Am not
The Only one
Who Says
No!
Yes....

I do question
My...
No's
But
I know,
YES
Causes
Far more
Problems

PLEASE CORRECT ME IF I AM WRONG

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Not A Simple Thing

I can't change anything
Not a simple thing
Not the sun, nor the rain
The want for my heart to sing

I can't change what went wrong
Nor can I make it right
No matter how much I wish it would go
It is there when I lay at night

I can't change who I am
What I am today
My honesty has caused but pain
My heart has broken along the way

I can't change my wealth
Or all things great and small
Yet I can support others
To hear them when they call

I can't change anything
And OH... this gives me pain
I have to accept all is done
There is nothing... nothing to gain

I can't change anything
Not a simple thing

I must see light in each new day
For where there is hope there is a way

Life's trials may seem so trivial
Breaking Eggs
Shattering windows
Watching teardrops fall
Yet there is a reason for each day

A reason for us ALL

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Now I See

Now I See
We cannot
Always Be

Always right

We can be
Just so wrong

We must see
That....
We need to give

We can't just take
That last drop of water
That last piece of cake
Last drink off the shelf
Last seat on that plane

Blind
Now I see

No longer
Quiet
As church mice

Proud
I am not a rat

Proud I see
My footsteps

And know which road to take
Love is not
A battlefield
Yet Life can be

But the unknown
Is the great adventure

We must explore this journey

Enjoyable is love

But we are here

Not for love

But

For Life

So live.....

Like you are alive

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February 14th 2015

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'Oh Lord How Hard'

Oh Lord How hard can life sometimes be
Cannot see a way out, just wanting to be set free
Smiling so hard but deep down inside
A need to be honest yet not wanting to take a side
A whole truth, a half truth. Just who is right?
Not agreeing totally and trying to find the light
How do you solve the problem of both wanting your own way
Respecting one another but each having a say
Truths can be hard. Struggles can too.
A need to give up, a need knowing how you grew
The power of one is not always the best
And trying to Understand why life has to be a test
Oh Lord How hard, please make it easier for me
For crying out loud just let me be

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One Simple Word

Words are the arms to my soul
The heart of my matter
The love of my heart

One Simple Word
Connects

Words piece sorrow
They soothe teardrops
A jigsaw of needed words

They bring fury
Cause pain
Regret
To wish
Time could be reversed

Words
One by one
Create song
Loves anxiety
Fills the room
With music

Importantly
Life's alphabet of words
Create love

Is it the words?

Or the way they are spoken?

One Simple Word
Can
Thrill
Torture
Inspire
Give hope

How we must choose
That One Simple Word

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One Smile

Release your smile
It feels so good
Let the endorphins flow..
One Smile
Can Create...
So Many
That One Smile
Can give new light
A new bulb
That is so needed
A smile expresses life
It gives life
It can change lives
Smiles are like sunshine
Lighting up a room
I see the change
One Smile can make
Each and every day
That One Smile
Can Heal
One heart
One Smile
Can change a life
So
One Smile
Is all I ask
Each
And Every Day
Light up some ones Life
With...
One Smile

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Only You...

When your world is falling
Every thing seems out of reach
There, Is no one there
Who, Just who, Can you turn to
You have to turn to, that one person
That, is always there

That one person is....
YOU

For, Only You
Can take that step forward
Only You
Know your pain
Only You
Can rebuild your life

Only You
Know who you are
Every secret
Every heartache
Only You
Can do it

If You Believe In You
You will know
That You
Can do it on your own
Only you can
Take that step forward
For Only You
Can Do It.

You Can

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Only Your Photograph

I never met you
Yet from your photograph
I saw the beauty in your heart
In your shining eyes
The glow that gave true love to another's soul
A soul now lost without you
The pain you have suffered is now released
The pain left behind is unbearable
To not see the pain in your eyes any longer is a blessing
Yet to no longer see your eyes is pure heartache
It was you who repaired heartache
And now you are gone
Will this heart heal
I feel the sand between my toes
The burning sun so bright
And too, I am with you in the winters rain
Feeling pain for what is left behind
In time our footprints will meet
For I never met you
Only your photograph

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Open Or Closed?

A closed book will not heal
If it does not open, No one will know how you feel
A closed door, does have a key
But are you welcome, What do you see?
A closed window can open wide
Just polish the glass and see what's outside
A closed hand, must reach out
It must open that fist, even if in doubt
An opened coffin is there for all
But are you ready? ready to fall...
An opened mind is needed so much
A wonderful way to stay in touch
An opened heart can be felt by all
It can guide so many it can stop the fall
So opened or closed it can go anyway
Just... Accept and believe, each and every day

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Our Life's Journey

Please...

Release the anger

Your hurting others

Purely

Because of your own pain

Realise

We all have our own

Our own pain

Aches, twinges

NO! .

Pain!

Pain, ... from Life...

From Life's Journey

Yet

We must know

Only you

Can deal with it

For it is your pain

You cannot share

Your Pain

You

Only You

Must deal with it

Hard it is

YES

Yet

You Must realise

That we ALL

Have our own pain

We have to fight it

For if we do not...

Your Life

Will Never Be...

Your Own

You, .. We, .. MUST

And we can

Survive

We will learn

And we will Gain
From surviving
Our Life's Journey

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Our Life's Path

Where am I going? What is my destiny?
A life to be lost, a soul to be set free.
Just what determines your time to the end?
Which path to be taken, finding a friend.
Jumping into anything, Or thinking long and hard,
Right decision, wrong decision. Finding your guard
Changing life's path is not easy to do
But the step you take will determine... just who.
Just who you are and what you have achieved,
You have made these choices following; just what you believed.
Believing it was time to move on....
Accepting this and not seeing it as wrong
Feel so proud about what you have given,
To others to life, for this has kept you driven.
Driven hard by wisdom for that is all you have to give
The need to help others, the need to live.
So hello to my destiny, you are not far away,
You are getting closer and closer, .. day by day.

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Peaceful Shall I Sleep

When this day comes
I thank you
To walk free
Peaceful shall I sleep

To cut those ties
Finally
Too many bridges burned
Fragments of me lost
Burnouts, scar my mind

Simply to walk free
What a feeling
Free
Like a bird in the wind
A leaf fallen gently from a tree
The sun in my hair
For No longer bound
Soon to be no care

To have been bound
Unknowingly
The mind
So long clouded

The hands tied
Soon to be cut free
Free
To walk the open road

Blinded for so long
But now I see
I shall be...
Truly free

Resurrected I shall be

Peaceful...
Shall I Sleep.

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'Please Don't Give Up'

Your needed here... Please don't give up..

You have an offering to pass on to others like you.

You can, you will, one day soon you will be proud of how you grew.

I'm sure mama needs you, Yet does not know how to show it..

Daddy has been hurting you, you show no pain, Your teeth you grit.

You need to prove to yourself, You can make it through this Hell,

In some incredible way you need to realise.....you can fall no more... you are climbing from that Well.

The well of the hurt, the suffering and the sorrow,

To get right out of that well. There is a new tomorrow!

You must see sunshine; Even if you may only see rain,

Believe that there truly is.. Something, something to gain.

You've gotta believe to not give up, to know your life can turn around,

How ever deep the bucket, A real life can be found!

Found because you deserve it and there is reason you are on this earth..

You must believe in yourself, for all you are worth.

But in the overall picture, learn to open your heart...

This will be the beginning to healing - A new start.

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Positive Thinking

Make no apologies
For being who you are
You didn't choose to be here
You fell from a star

Survive every minute
Of what is thrown at you
They say things happen for a reason
We have to believe this is true

Heal is a power
That you have to believe
The power of positivity
Will allow you to achieve

Strength can always be found
At the end of every street
You fall down, you get back up again
To stand on your own two feet

Hope is incredible
For us to believe anything is possible
It is like a prayer
We all wish for

Hope is there for us all

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Rain

Too many things
Hurt so much
That are not
Even pain

They Burden the heart
Eat at the mind
Join your tears
Like rain

Though we know rain
Is a glorious thing
And we need
So much more

If only
This rain
In time
Will release
The burden

To open
This locked door

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February 2020
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Raining Panic

Awake
Deep breathe
For Fear
Germs
Falling
From the sky
Stay
Calm
For work is required
In all fields
To Keep
This World
Alive
Survival
Required
A Virus
Yes
Death
Only
For the weakest
So wake
Join forces
Help each other

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Reliving What I See

How long does it take... to know who you are?
The roads you have travelled. You have come so far.
These roads were often rough with huge hills to climb,
The roads that moulded your life over the years and in time.
In time you learnt that there has been reason for it all,
The challenges placed in front of you and the landing after the fall.
I look and I see... so many roads ahead,
I see a huge future before... I am pronounced dead.
Seeing others suffer makes us know we can survive,
Giving great reason for being alive.
For I see my own hill that I know I must climb,
I know I will get to the top yet I know it will take time.
I close my eyes sometimes, .. not knowing where I want to be,
Feeling a huge sense of reliving what I see.
De'ja Vu, Hey I've been there... and seen it before,
I've lived this life once and have come for more.

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'Remember Those'

Remember Those
Walking their Darkest Path
They don't even know
You, are there
Their mind is so cloudy
They only see
Pain. Fear. Loss.
Let Us
Remember Those
Whatever the reason
For their pain
Just
Let them know
Someone is there
For Heartache
Is like Death
Clouds the mind
Excruciating pain
Never
Knowing it will heal
Whatever the reason
We must remember those
Hurting. Aching.
For it is seen
Right in their eyes
Let us give
The warmth of your heart
A sincere smile
For this
Will let them know
'That They'
Are not in this world
All alone
Let us
Remember Those

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Rope

For some unknown reason I cannot read any of your words
It takes me 30 minutes its annoying and absurd
I can check out my inbox and send a reply
But as for writing comments I do not understand why

So I just want to say to Midnight, young Soul, Val, Valsa, David W, Shahzia and
so many more
Especially you incredible readers that read for pleasure and to explore
Thank you for reading it gives me great hope
Maybe my words mean something as I have so much rope
Rope to reach out to many in need - That rope to throw to others when....
struggling to cope

That rope is not just for skipping its for making us all hold on
for life... Even when things aren't quite right
It's for supporting those in need to make them see the light.

So if you share this rope your hands will not burn
They will feel such warmth and your heart will learn
Learn to love and care... and to give to all
To support and catch anyone, ... anyone who may fall

If you see the rope reach for it - you may really help someone in need.
Without Midnights Voice and Valerie, I would have given up poeming long ago.

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Save Me From This Romance

Can you not
Save me from this romance
Please not
Sing me another love song
Declare your love for me
When we know it would be
So wrong

Pumping, yearning
Can't live without you's
Is tearing me apart
Emotions running deeply
The love in our hearts, you start

I'm so lonely, ... I could die
I'm so lonely, ... I could cry
Oh No
Save me from this
A cherished kiss
Pain felt hard at losing you....?

No, No, No...
There are no blues

I just want to be spared
The Love Songs
Love them so much
But too many, so wrong

What happened to the ROCK
What happened to the ROLL
Where has gone the beat of the DRUMS
The acoustics, the guitar strings STRUM

So for sure.... let out your heart
But have some groove
Get some move
For sure... fill us with love for sure
But get us pumping, jamming, screaming for more

I so love, my heart loves
The memories burn from these amazing lines
But they're 'Killing Me Softly'
Killing us all softly
The heart pines

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Save Our Children From Technology

Save Our Children
From Technology
They are totally addicted
To Technology
It appears to be
Priority

Just so young
A child is handed
A phone
To keep it amused
By Technology

Then it begins
A laptop for school
An ipad for school
Is the teacher teaching?
Or theTechnology?

The beeps
The dings
Another message sent

Nothing is completed
Stuff just hidden away
Having to be reminded
Again, Another day

Relaxation
A book
Simply just living
All stolen
By Technology

Can it get better
Or will it get worse
Technology...
Amazing
But

Is it really a curse

We all love it

Cannot live without it

But, what is...

Technology

Doing to Society?

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Scar

Sometimes we are punished for who we are
This can leave, a nasty scar
But it's trying to not take these words in
For you cannot choose your next of kin
You can choose though, Your solid ground
And turn your life, right around
There is new hope, Everyday
There always is, A better way
So get out there and think of you
Your life should never, ever be blue

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Share These Smiles

It's a kind of crazy world
Out there
Right now
A pandemic
That is changing our world

The daily death toll is rising
The world is crying
Crazy enough
People are joining forces

People are caring
They are listening
Halting their lives
For this world to heal

People now realizing
That there is more in life
Than materials
Life itself
Is what matters

Rainbows are popping up
All over our world
It is the children
Who bring smiles to us all

Share these smiles
Pray for the ill
After all this sadness
We must remember

Just what
Is really important
To us all.

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April 2020

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Share Thy Feelings

Sing that song
That heals thy heart
When you have lost everything
Yet there is always a new start

Giving up is the easy route
Take the navigators road
Share your pain
Bare your load

If you can get up from falling
You know you are there
If you are so low
You need to tell an ear that will care

The course of our lives
Can be incredibly unfair

Go with it
Be with it
Fight it
If you can

You've been through too much
But you will do it
Again
And again

Let each ache
Bring you closer to living
Do not give up
Find your gift of giving

Share thy feelings
Let others see Your will to live
Are we ever able to forgive?

You have done your all

So smile

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So Important

It is so important for me to be here today
Someone has died and here they lay
I do not want to say, I know how you feel
Though I want you to know this is terribly real
Just why this has happened, we are unsure
But in time we... will understand more
Now please have faith in all that you can
And in time you will... Believe again

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So Lucky

I feel so Lucky...

For so many things
Have not be so good
But I am blessed
To feel so Lucky

Windows have opened
Then suddenly slammed shut
But blessed I am
For being so Lucky

Teardrops have fallen
On the roadside
I've come out standing
I've come out alive
For that I am so Lucky

The bodies mechanics
May be failing
Though heavy tuning
That I do
To wake each day for that sunrise
Sure makes me feel
So Lucky

Rain may fall
We see victims of sadness
Realization
We must see
To be forever grateful
Just to be alive
Healthy and free
Spared to be So Lucky

I've polished many coffins
Smiled and said goodbye
Walked gracefully with the music
Proud to be So Lucky

So Lucky
To be alive

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So Many Questions

Can't you hold on while the trees grow?
Can't we together, watch the wind blow?
Can we not walk along the beach as we always did?
And talk all night until we fall asleep

Can I survive without you each day?
Will this darkness ever... go away?
My life was so perfect... Yet now time is standing still
Now I must go on... I CAN and I WILL!

I can be strong, just for you I will
You have given me so much, your courage and your love
I will now remember you watching me from above

With you being so strong, This will make me stronger
I shall move on... Knowing your love and your strength will follow

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So What!

There is always one
One Loser
We Can't all win
No Matter
What
You Have put in
So What
This world
Is a struggle
For Us all
At some point
It's the lessons
You learn
What you do with it
Is your choice
So what
Yes
It hurts
But
There are others hurting
So much harder
Yet sometimes
Those seeing wrong
Are those doing wrong
But.... So What... Just survive
Theres no.. other way
In time
They will see
Bad choices.... they have made
So What
Don't give in
You have not done wrong
Some need the power
Others just need to believe

But Hey
So what.....
You just have to survive!
And..... YOU can

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Some Miracle

Just so much wrong in this world
Never to be made right

All dead
Simply for greed
They were all innocent

It is not Now
It was back then

Yet Now
It is Now!

We once thought bad language was bad

We made incredible slingshots
Threw firecrackers over the neighbouring fence
Watched the frogs climb from the septic tank

But now there is far too much more to shock us

Eyes now wide open
Sometimes wishing to close

Where will we be...
In future soon?

Can greed be turned?
There is a possibility....
If We all follow just one God
For there, ...Can only be one

The law
The killing
Police now marching with guns
To commemorate 100 Years of our Diggers

What was it all for?
Why?

We all have been a beautiful child
Now we want to protect our own.
Their future

It is no longer...
The Cowboys and The Indians
The Cops and Robbers

Now it is Life or Death

There has to be
Some Miracle

Some Beautiful Miracle Out there!

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Sorry Is The Hardest Word

A Maze In Life
Amazing Grace
Those healing words
That one prayer
Which gives answers to so many

That maze in life
We cannot find the exit
Though
We see the answer
We cannot escape
The torture

The answers are sometimes simple
The positive thoughts so high
Yet escaping
Seems so far away
Like tomorrow
Shall never be

Future always
Holds the key
Will Tomorrow
Never come

Answers needed
By so many
As waiting causes but pain
For those wanting only simplicity

What has been given to some
Was too much
Now you wish
You could take it back

For through this maze
They may never see
The pain in which
They have given to others

How we must see
Those suffering
Spread unknown joy
To others

Those causing the suffering
Are really the ones suffering
For guilt is no pleasure

Life Is A Maze

Sorry is
The Hardest word

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Speed Of Life

What... are we doing?
Running, Rushing
Shouldn't we...
Be slowing Down?
Losing Life
We should be living
Except
We are not!
We are working
Hours long
Earning, spending
Yet not living
Running, rushing
Constantly.
Ageing...
Before Our time
We are not living
Too Busy!
Running, rushing
To get nowhere.
On Arrival...
You stop,
Breathe.
Think.
Think again.
Running, rushing - WHY?
We Need to live
To feel
To breathe
The Speed of Life

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Stand In The Rain

A glance
At everything
What, Does it mean?
The Money, Is nothing
It's the things
That we have seen

How have we dealt
With each step
Of each day
Have I handled things right?
Or the absolute wrong way?

I now see
I don't care
For the falseness of living
Humans are a race
A face of believing

Believing life is
A material gift
This upsets the calm
Its a destroying rift

It's not till you age
You've closed so many a door
You look back
And see
Just what was this for?

I am now the calm

I can't change the time
I can't change the pain

I can change what it takes
To Stand in the rain

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Stand Up

Stand Up
And
Let those Who
Dominate
Stand Alone
Don't give them
A leg to stand on
Fight
For what you deserve
Stand Up
For You

The Rich
Don't have to get richer
Their Wealth
Is Only from
Standing
On someone else
Stand Up

You Can

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Stay Strong

Let us all be strong
Inside & Out

Keep love in your heart
&
Find every positive
We are all in this together

Lyn Paul

Stop Life's Tragedies!

Can we All Wear a T Shirt
To make everyone aware

..'Stop Life's TrageDIES'...

For so many of us care

STOP

Terrorism

Hatred

Ice

Satan

!!!!!!!!!!!!!!!!!!!!

If Someone could make this T shirt
It would SELL!

Well.... I designed one today and having it delivered this week!
Will add it on receiving.
Sunday 5th July 2015
Received it 10th July

THIS IS IT!
STANDS OUT EVEN MORE ON THE BACK.

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Stories That.....

I am not new
I am not old
Yet I have so... many stories, too be told
Stories that.... are my own
Stories that.... are Home Grown
Stories of loss
Stories of life
Stories of man
Stories of wife
Stories of raising child from birth
Stories of hope, stories unearthed
Stories of wisdom
Stories of hate
Stories of arriving home, far too late
In life
There have been, many blows
Yet I have dealt it,
By how the wind blows
I have gained, I have lost balanced only by each scale
Balanced yet; Not looking it as fail
This is life and no doubt; meant to be
I have lost... And I will see
See that others are hurting more
See that there is more to explore
See the humans; See the Greedy
And...
See those, Who are so needy
So, I have lost....
I have found...
I can stand....
On solid Ground

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Strength

We have come together to say goodbye
We cannot understand and wonder why
Why you have left us so suddenly
And we must accept that you are resting peacefully

But it is oh so hard to hold back the tears
I feel that I cannot live without you and have so many fears
But I will remember your strengths and I will become strong
With you watching me, I will carry on

You truly were an amazing friend
And I hope in time, my heart will mend

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Supporting each other....X

You need to know
That Life is not about receiving
Its not about you
Its not about me
Its for growing
For giving
Making others see

To see we must work together
to help us grow
Its not about you,
Its about tomorrow
We must see what is wrong
Then make it right
We can't change it today
Or overnight

Yet if we start today...
We will gain today
You will be proud....
You found away
Know that life is not about money\$\$\$,
And just receiving
Its about enjoying and giving
And achieving

Achieving together
And not just thinking of you
Supporting each other
In all that you do
Rewards will be gained
Along the way
From giving each.....
And Everyday

Thank you

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Take Me Back

WHO Wins
WHAT Rewards
WHERE from
WHEN
Time
Time to Enjoy
Yet
No! Time is lost
No rewards
Yet
Truly earnt
No respect
But WHY
Take me back
To No possessions
No friction
No Fashion
Only Dirt!
Conversation...
Take me Back
To the simple rewards
Just tell me
HOW!
Take me back!

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Take Your Guard Away

It's time to take your guard away and find yourself some friends.
You need to move on, for your life depends
On special help and care, that cannot be done alone
You say how much...you are turning into bone

So come on we will help you, find a home that cares
You can sit outside with company and breathe the fresh air
Always there will be help, whenever you call
Someoneone will be there... if ever you fall

So stop being so stubborn and you will enjoy every day
We will visit and be there for you... in every way
Please do not think about this, with...tears
Time is too short, you will still have many years

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Tear Drops.....

One by one
Weeping
They fall.

Falling...
Building
Into teardrops.

Breathing
Growing
Expanding.

Then
Quickly
Falling
Soothing.

Tasting
Pure salt
Onto the skin.
The pain
You feel
From within.

Just
Teardrops
Reminding.....

That
Life is salty
Life is sweet
The teardrops that fall
Can be
Bitter or sweet

Heartache falls
Into the rain
You ache
You fear

You feel the pain.

The teardrops

Now gone

They have woken you.

Did you go wrong?

No.

Not at all.

The teardrops just needed,

Just needed to fall

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Thankful For The Music

Its A long Road
Yet
I Can See clearly Now
To
Always look On the Bright Side Of Life
When
Losing My Religion
I Fall Down But I Get Up Again
For
The Sound Of Silence
Can
Take Me Back
Or
Raise Me Up
Up Where I Belong
Let Us See
How Far We've Come
There is
Always The Sun
With
Many Rivers To Cross
There
Ain't no Mountain High Enough
&
It can seem
Along Way To The Top
When
A Bad Moon Is Rising
Just
Breathe
&
Be
Thankful
For The Music

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December 14th 2014

Lyn Paul

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The True Poet.....

A True Poet
Expressing their heart
Does not constantly ask...
Please...
Read me
And Vote
Privately in your
Message is a note
They don't
Read you...
But you must..
Read them
And Vote
A True Poet
Will...
Eagerly wait
Positively
For a humane comment
Not asking
Just hoping
That their words
Bring meaning
Hope
Or Support...
To Me,
To You,
To Us All.

Thank you
To All those True Poets
Supporting
Us
All...

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The Anniversary

I had it... I've had it all
Love; Romance, Friendship. Yet sometimes things have too fall
The Climb was easy, Gradual fun
Full of adventure, That's how it all begun

A Fairytale of Living. Who would ever know
That the ending would be gradual. We had to let go.
You hold on for reasons. Yet you know they are not really there
Your living a dream. False hope. Its now time to care

To care for you. For you have only cared for everyone
The beautiful dream has ended. The romance long gone

Yet life was amazing- It was a life worth living
Yet now I am alive
The silver Wedding Anniversary is over
I am NOW thriving and still giving

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On The 25th Anniversary October 7th 2014
Lyn Paul

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The Beach

The Beach was waiting for me today
My fears were gone and it was time to stay
To feel the sand between my toes
To feel how hard the sea breeze blows
The waves were wild, they were calling me
The sand was blowing, I could hardly see

My heart was beating all so loud
Then the sunshine through the cloud
I knew then I was moving on
And all my pain was finally gone
I closed my eyes for a second or two...
Just cherishing our love that will always be true

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The Cemetery

So Peaceful here, I could sit for hours
So calm, so still, such life in these flowers
So much history, stories untold
So much sadness, never to unfold
The mourners are waiting for the families to arrive
All so quiet, only the crows appear alive

I hear a gasp as the Hearse drives through the gate
The Mourning cars to follow, they're all a little late
Cards are given out for the mourners to sign
Then we start The Walk, Just in time
We now walk, The Final farewell
To hear a story of life, a good tale to tell

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The Comedian

Stand Up
For the Comedian
Who's gotta see the funny side
Come laugh with me
Come laugh at me
My honesty hides my pride

Sometimes.... So much pain in their lives
Yet they are letting people in
In the most unusual way
Simply making us all grin

The Comedian makes us laugh so hard
At the oddest, weirdest things
Absolutely ridiculous what they may say
Yet the laughter that it brings

They just stand there
Talk about nothing
And the laughter rolls in
But you have to have the confidence or you will just get boos and grins

The Comedian
Has this face
Only a mother could adore
They spend their day searching
For material to take to the floor

It may not even be funny
Yet their presence has a way
Along with the silence, the nerdiness and characters
We laugh at what ever they say

Let us stand up
For the Stand Up Comedian
Cause we need to laugh so much more
They see a funny side to almost anything
As soon as both feet touch the floor

Just looking at you
Can make us laugh
So keep doing just what you are doing
Keep laying into those Politicians too
Cause....
They're taking us from riches to ruins.

Cheers to all who make us laugh.

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05.04.2015
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The Crying Of The Sky

Honesty is a problem of mine
I cannot hold back - It would be out of line
The reality of life can be so cruel
If you do not understand you are deemed a fool
Do we want to know the truth- We need to accept it no matter what
Truth in my answer is all that I have got
Honesty, heartache. As the rain pours down
Yet it is the only way to accept what you have found
You have found that you, Cannot hold back
With honesty with answers you do not have a knack
A knack of giving what the person wants to hear
But you do have a knack of shedding light. Excluding fear
So it is important to keep honesty alight
Earning respect, gaining sunlight
Keep your heart alight with your honesty
You'll gain more respect than receiving tears
Smile, breathe, do not think you are doing wrong
Honesty is Truth - There can be no wrong
As the rain still pours down I have accepted who I am
I am not out to hurt anyone
I have not gained I have not won
So the crying of the sky, the coldness of the day
I cannot change my spots in any way

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The Early Grave

The Early Grave was opened
It was waiting to be filled
By someone that was dying
or just not wanting to be healed
It was surrounded by natures beauty,
Close by was the Cemetery gate
A thoroughfare for all
and those awaiting their fate

The Early Grave had beauty
With the soil a gardeners delight
But of course it was not for planting
And to many it was a traumatic sight
It was filled with answers,
Particularly in the dead of the night

The Early Grave did not discriminate,
It took the wealthy and the poor
It often took the healthy
And those troubled by the law

Don't run from this Early Grave
Just live life to your best
When you have dreamed your dreams
and swallowed your time, then at peace you shall rest

Do plan your escape if you feel you are
'Knocking on Heavens Door'
Swallow some good health and try to LIVE a little more

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The Grieving Funeral Director

She collected the deceased from the mortuary
She washed the body down seeing the body peacefully free
Then she dressed the body in what 'The family' had chose
Now dressed so bright, holding a RED rose

She then collected an upstanding coffin that was lined along the wall...
Carefully placing it on a pedestal
So ready to drill the handles and line the coffin with lace
Then engraving the name plate at a steady pace
She then went back to the body and with family instructions
She added powder, blush then a little lipstick on

Then with 6 steady hands, placed her in
Into her pure white coffin where there would be only sleep ins
The 6 steady hands placed the body for the family to see
They all cried and cried... just could not believe
Could not believe she was gone and here no more
They knew they had to accept even though they were raw

The grieving Funeral Director had arranged the funeral as she knew how to do
She had placed the Funeral Notices and Ordered the flowers too
At the Cemetery Gate she walked and smiled in front of the Hearse
In Gods garden she was practising her verse

Her verse of hope and support that she would read to the family today
A verse to help them accept, there is no other way

So the reading went well..., the music had played
Family so happy they said: 'I wish not to see you again... I'm afraid! '

This Grieving Funeral Director took a little sadness with her from each Funeral.
Yet the pure satisfaction she received from helping these Grieving families was so
well worth it.

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The Ingredients Of Our Lives

Watching people
Just walk by
Some rushing
Some lovers
Sharing food
Some free, enjoying life
Others I can see
The pain of life in their eyes
Young
Old
Different nationalities
Different shapes and sizes
Eye contact made
Starts me thinking
About life
Their life
The smiles
The frowns
Such happy children
Colours so vibrant
Personalities
All finding their own way
The ingredients of our lives
Like
Chalk, Cheese, Chives, chilli, chowder, chocolate
Like bubbles of champagne
Ups, Downs
Highs, Lows
Sunshine, Rain
Sweet, sour
Rich, poor
All finding their own way

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The Key

I will write some poetry, to heal my broken heart,
Just to release my give me a new start.
A start for a new day, cause we don't know what is in store,
A start to realise that any key can open that much needed door.
It's just finding that key and believing there is a way,
Today may be lousy yet tomorrow is a new day.
Hope is often your only answer and that is all that you can do
Hope and believe and be proud of just who,
Who you are, what you are and just what you can achieve,
Just what you can give...If only you believe.

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The Leaning Post

The Leaning Post stood still directing everyone
It kept all from the dark so they would only see the sun
The Leaning Post stood still, Listening to every word
For those that needed, just needed to be heard
The Leaning Post filled hearts with support
A knowledge of guidance. All that it was taught

The Leaning Post was always there. Always alert
Ready to assist with pain to repair any hurt
Yet one day, The Leaning Post had pain of it's own
It was splintered, aching, .. feeling ever so alone
The Leaning Post was saddened that no one expressed care
Was The Leaning Post just that- Just there to repair

Now The Leaning Post was aching, yet realized it was there to help those in need
A friend for all, wanting all to succeed
The Leaning Post knew it was put there for good reason
It had incredible strength built for every season

The Leaning Post ached, but really she knew
That the reasons for being there were so very few
The Leaning Post realised that so many had no Idea
How to survive... to protect themselves from fear

The Leaning Post was a post that gave to everyone
Not asking for reward. Though too, wanting to see the sun

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The Lines On My Face

Every moment... was written down
Every heartache, every sound
Every line was heartfelt pain
Every face showed nothing to gain
Every ache was felt by all
Every one hid behind that wall
Every day showed what was wrong
Every day you came along
Every day made more things right
Every day you gave a fight
Every day you healed your own
Every day you showed you were not alone
For every day you brought so much light
You told others to stand up, stand up and fight
So any day, every day realise the importance of each day
Respect you, respect others then you will find a way
Your way to trust your words and to trust you
Your way to believe that no matter who
WHO you are and what you can be and just how important WE ALL can be
In living, In Life using..... every opportunity

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The Most Positive Person

The Most Positive Person in the world has fallen into a hole
A broken marriage, she has lost her role
So unimportant and losing energy
No role to be herself to promote her glee
Wanting to do something valuable to feel a need
The most positive person in the world has done so many a good deed

Thinking so hard to not lose that positive desire
Fighting negative to stay out of the fire
She has an amazing gift of bringing life to those
She needs that seed before the wind blows

So The Most Positive Person in the world
Has lost her way
Desperate to find hope
To breathe light in to each new day

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The Only Way We Could

Our Survival -" My Way " Tune

A violent childhood.
Alcoholic father.
Insecure Mother.
Anxiety.....

So anxious, poor concentration
Insecurities.
Often Living in fear.

No love, from anyone!
No Security
Fear
Lack of support.

Poor
Starving
No belongings
Embarrassment.....

No Confidence.
Loss of sibling.
Absolutely no guidance
Just not proud of a home

Actually, ashamed of self
With no self worth.
Now finally realising there are worse than me

Embarrassed, by my family
A Dis functional family
Though everyone loved my Mum

Everyone hated my Dad!
Did us 6 unloved children hate him too?
I think, so very so!
REGRET! I had and have so many!

We did it
The Only way we could!

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The Outcome

When
When you want something so bad
For you know
You deserve it

The waiting has been long
Yet You knew
That
Things would finally end

The outcome
May not be
Just what you so much want
But you know
That
The fight you have been through
Has been worth every minute

Your truth
Has been admired
Your bravery
Feels like a medal received
For you have hurdled too much
Somehow
Still shining

For whatever the outcome
You have come this far
Please
Just Put,
Just whatever you can into life
For good, Will come your way

They say.. 'Life is a Bitch and then you Die'..
So untrue
We must put into life our all
You.. will one day, reap the sunshine

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The Outpour Of Grief For Those Famous

A Public figure dies
The Social media go wild
The out going love flows through the branches
Sent for she now gone
The pain, the loss
For the family
For fans
Social media grows
Yet
The deceased never saw the love
Never saw the out pour of grief
Now being sent
Why did this person
Not hear
Not feel
The love
The love through the branches
Feel the pain being left behind
The broken branches
Out pouring grief
For yet another life lost
Through depression
If only we could repair these branches
Some public branches
yet so, so many are private branches
Struggling
One day at a time
The out pour of grief
We all feel it

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The Rest

Just What
An Angry World
We Live
Once Free
To Just Breathe
Survive
Now
Killing ourselves
Unknowingly
Believing
Our Minutes
Too valuable
We all want more
More time
more money
Competing
Nothing is enough
But
Should we not
Just want
Love, health and just hope
For the rest
Settling
For just
Living, breathing
Being alive

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The Shadow

The Shadow just went along for the ride
It barely made judgement, it never did hide
It just followed and went where it was destined to go
Picked up belongings, watched the grass grow
The Shadow now felt it was not liking what it saw
It felt so lonely ~ It's heart was raw
The Shadow had walked a million miles in these shoes
Yet it now Knew it needed another path to undo
To undo just where he was standing and now where to go?
He just wants to follow the simple things from what he now knows

You are just a shadow.... Until you fit your own shoe
Some fit at once... yet so many never do
So explore and seek comfort in your life each day
We all have a shadow that we hope will stay

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The Shirt Off Your Back

I have never known anyone
That would give everything they own
The shirt off your back
Wherever you would roam

You nurtured me
You held my hand
When we walked to school
I watched your many beatings
Yet so brave
You stood so tall

You were never shy of voicing
Just what you truly thought
Sadly life skills were all
All that we were taught

There are many 'Sorry's' truly
That are owed to you
By so many people
They do not know Who

You have been knocked down
Just far too many times
But with the guidance of your friends
They helped you stay on line

Your talent is being wasted
You could help so many like YOU
You who has stood tall
Nuture them and feed them
Get them to knock down that wall

I have never admired anyone
The way I admire you my brother
The strength you have given me
Reminds me just how we were
Laughing and crying
It didn't matter what

We knew eachother inside out
Never we forgot

To not forget who we are
How ever long the track
Wanting to turn Yet knowing
We could never look back

Some memories truly, NEED to be forgotten.

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Lyn Paul

The Suit Case Is Empty

The suit case is empty
Baggage unloaded
Carried this load
On this road
So Long

Heavy it was
Carried it alone
Held life in my hands
The weight on my shoulders

Passed many stops
Yet never found the exit
Faced an explosion of hurdles
Until only now

Found the padlock
Took hand to the zip
That buzzi sound
A burst of life
Released

Out went the marriage
All the in laws
Out went the rope
No longer tied to the floor

Freedom
A simple word
It now fills my suitcase
Now a weightless load

A word that means
So much, to so many
For many different reasons

May we all be free
Free to live
A life without baggage, weights and sinkers

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Lyn Paul

Lyn Paul

The Victims

No one
Will ever know
The pain... you went through
We can say that we do
Yet we wouldn't have a clue
The torment
The insecurities
The punishment you had to bare
These cold hearted people
Are not worth a simple stare

No one
Can see
The strength you hide inside
Absolute amazement, How you held in there every lie
Anyone is..
No One
That knew what was going on
So many see... Yet think they see no wrong

Anyone who has seen...
Should be ashamed of who they are
Afraid for they will be caught,
The witness's were never far
So remember,
No one may see... Or did see in the past?
The future catches up... you must clear every last

Every last memory of what you were put through
The memories of you doing wrong
Yet you know this is untrue
So release this pain and know the guilt is not yours
The guilt belongs to the predator
The predator who seeks the rich and the poor

The number of the innocent abused In this way
Its unbearable to think as they live their every day
Remember
No One

Will ever know
Just how strong is your will to give
You have fought to survive
To protect those that need to live
The countdown of those being captured is burning bright
The release of your pain will help you sleep at night

You are stronger than the brightest light,
Every step you take
Will help future victims
See the light, when they wake

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The Waves Of Nature

Natures gift
Natures beauty, Heart so raw
Hair so golden
Smile so wide
Faced the waves
When the tide was high

Watched natures beauty
Admiring much
Followed that sunshine
Believed in life's touch

Natures garden
Oh! How it grows
So simple
Picturesque
The beauty it show

The waves of nature
Will turn for you
The seasons of time
How you once grew

The ups the downs
The highs the lows
Fizzy gone flat
A lifeless show

Repairing the wick
Trying to heal
Watching the waves of nature
Eases the pain
Following the footsteps
Feeling the rain

Smell the wet sand
Hear the waves raw
Get ready for life
To open a new door

The waves of nature
Are there for you
So much to achieve
So much to still do

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The Wonder Of Something

She never taught me a thing
But Oh....How I learnt so much

How not, I want to be treated
How much, Love is truly valuable
Materials are so not needed
Trust is so hard to find

Dinner is simply a necessity
Want. Is a great big wish
Hope is waiting around the corner
Nothing is short of happening

Nature is straight out the back door
Magic is under that tree
Rainbows glow with their beauty
Whilst the storm
Gives that answer of nothing
Yet fills you with
The Wonder Of Something

Don't ever be a follower
Simply follow your own path
Breathe your own future
&
Remember
To always be an individual
As proud as you can be

There will always be someone
Who wants your friendship
Even if you do not see

NEVER THINK YOU ARE NOTHING
FOR YOU ARE TRULY SOMETHING!

Thank You Mum

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Therapy

Therapy
So soothing
The answers
You know what they are

Balance
Time

Remove yourself
From Negative

Find Everything
Positive

Silence
Freedom
Bring Music to my ears
Simply
Know you are alive

Those smiles received
From your smile
Are Therapy in itself

The positive headlines
Lift You

The negative headlines
Make you see
You are blessed

The simplicity of life
Is Therapy
And
Can release
Anxiety

Breathe your Therapy
Pen your Therapy

Sing your Therapy

Want It

No Life, is guaranteed
Only You
Can close the door
To what you don't want

Find your Therapy

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There Are Those

There Are Those
Who can light up a room
Without any light

Those who can make us laugh
Yet cannot laugh themselves

Those who beat our hearts like a drum
Unknowingly

Those who when sing, spread joy
Naturally, spiritually, Brilliantly

Those who cure the ill
Tirelessly

Those who feed the poor
Endlessly

Those dying
Unwillingly

Those wanting too
Desperately

Could we
Would we

Walk A Mile
In those shoes

There is you
There is me
There Are Those

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There For Us All

To hear the drums from the marching band
Step by step
The Military united each hand
For in 1914 these hands fought
They fought as one, that's what they were taught
I felt I had been there I was holding back tears
The dignity of Our Soldiers fighting their fears
They were there for us one by one, ... as one
They learnt to fight, to shoot a gun
Tears were shed for many years
By Soldiers, their families. Would they return, these were their darkest fears
As The Corporal told stories of courage yet pain
Too many, wounded, dead. Lives that never had even began
So to all you Brave Soldiers who united us all
Thank You
You gave Your Youth. So future generations would not fall.

'We Will Remember Them'

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These Eyes Still Meet

Times lessons are tough
Both eyes can not always be opened
Some eyes, may... never open

The fractures of life, can break hearts
Hands once held. Now torn apart.
These eyes, no longer see stars.

The Limbs that join and move as one
Cannot Move. Now disabled.
These eyes... Now seeing something different.

Such energy. such drive, on the same road.
The bitumen now worn
These eyes now meet at cross roads.

Always smiles, Laughs never to end
No Longer shared.
Held together by friends.

The Eyes still meet, They ache, they see,
They feel
They just no longer Shine

The creation of these eyes
Has been a miracle
A miracle
That must only continue

These EYES still meet

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Time

Time, It will take time for this happening to heal
Remembering that the world, will not stand still
You must move on with each new day
Be positive knowing that things will be okay

We will meet once more, when there is a new sun
Joining us together, making us one
Just be aware that life truly is a maze
Moving in... such mysterious ways

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To Capture

Yesterday was each photograph
The memories we see tomorrow
Those memories can take us so far back
With Joy and sometimes sorrow

In the simplest of ways, Materials never mattered
Footloose and fancy free
In Those Tech No free days where at times
I wish I could still be

So no one is without that camera To Capture that incredible moment
Selfies, Social Media, can be sent all over our world
Now today, so very different, No one is with out a phone
They can witness criminal activity and be woken with any ring tone

Treasure every snap shot
Send them to those whom you adore
Make a musical presentation
Yet nothing against the law

So Anyone can be a photographer
Anyone can tell a story
To Capture something so fantastic
And be praised with so much glory

The snapshots held I have captured
Are such fond memories.....
Children, landscape
Picturesque blue seas

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To Give Life

Luxurious homes with plasma TV'S
Boats Jetski's to travel the incredible sea's
Ipads, Iphones and everything remote control
The latest cars travelling high speed increasing road toll.
A wardrobe full of clothes that we really barely wear
We throw things out, with the tiniest tear

The list goes on... yet we don't need a list
We just need to know why we really exist
It's to give life to our children and other human beings
Appreciate the day and what can be seen
Trees, birds, just to watch life grow
We need to teach our children about really living, about tomorrow.
The gadgets are important but not as important as today
We need to find the balance before our real living is taken away

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Too Human

Too many things
I almost did
Too many things
I didn't

I have been Too Human
Never taking
Just guiding, giving
Realising
I have lost

Fighting for others
Challenges
Goals
Only Survival

Waiting
To Be accepted
When I accepted
This whole world
A Long, long ago

So grow
Just wait
For whatever is next
The fight
For everyday

Are there Miracles
For sometimes
They are needed

Hope is always there
I have always
Held hope in my hands
For self
For others

May People

Just be
A little
Kinder to others

NOT JUST THEMSELVES

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Truth Is On The Inside

Blamed for being honest, Isn't this unfair?
Honesty the best policy, Yet cold hearted stares.
Did you not want the truth, Your eyes were asking?
Now blamed for being honest, when my heart was truly giving.
Honesty can hurt, yet deep down inside...
You know it may stop future pain, being taken for a ride
Sometimes friends are not friends and can stab so hard
They've opened up their door and you've let down your guard.
Pain can cut holes, through bricks, through glass...
Yet just knowing you were honest... The Pain... Will Pass.

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Turn This Page

How beautiful life is
When things are rolling our way
On top of the world
And all is okay
Everyone is giving
We are all on a high
The sun is shining
And an amazing blue sky
But just
In an instant
The world can turn
From happy to sad
Your heart can burn
Can anyone give to you
What you have given to others
You feel
Unbelievable heartache
Like you were lovers
Moving on,
Taking new steps
It seems far too hard
Trying not to fall
Like a pack of cards
Yet,
We must feel
That sunshine
No Matter What!
Find a way
To Turn This Page
And still hold
What you have got

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Turned Around

I lost my family long ago
To someone that, I now do not know
I gave my all and built a strong home
Where happiness grew and friends would come
Now years have past and things have turned around
My shoes do not fit, and there is no solid ground
My powers are lost. The fairy has gone
Not needed much and so often thought wrong
I held out my hand, yet it was taken from me
But I could feel my way. I could... still see
Inside still, .. my wand does glow
Believing in only.. tomorrow
I know one day... the shoes will fit once more
Exactly how they were... those years before.

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Unbearable

I married him
Not to know
I was marrying her too
She interfered
At any chance she could
Slowly
It became unbearable
They
Made every decision
Over powering
Over whelming
Now over
They took so much
From me
Still
Domineering
Without me
Still interfering
In what I created
Ruling everyone's lives

Simply....
Unbearable!

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Unintentional Pain

Hurting
Hurting so bad
So many...
Suffering.
Made the wrong decision
The wrong choice
Now...
Too late
Can't turn back
One simple action
Now tragic
Unintentional pain
Never..
Never Too heal
Please Forgive
I feel your pain
I ache
The world aches
Unintentional
Gone wrong
Hurting;
Hurting Forever
So... So... Sorry
Please Forgive

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Unite As One

Id like to teach the world to live as one as life is to grow
I wish I could prove that hatred is wrong and we must survive tomorrow

I cannot see how bare hands can hurt, can fight and can kill
What we are seeing is so, so wrong. Yet sadly this is real

I'd like to believe that the future holds a way to end this madness
Is this real? Is it a dream for it brings such sadness

We must bond, we must see that there is a thorn in every rose
Aches and pains are hard enough without what the headlines have shown

I want to wake and see the news, saying; No More War!
For too many lives have been lost....
Nothing gained, who can explain, What has this been for

So can we not join, We are all born with One warm heart
We all can feel we all can love. We are all given a life long start

So let the whole world see that weapons are so wrong
We must seek peace, Destroy all weapons. We all must get along

WE all have a God, Yet there is just One God he is there for us all
He wants us to belong
You, Me bring peace, Let the world be free
We can Unite As One

'Speaking words of wisdom'Let It Be "

I'd Like to Teach The World to Sing... by The Seekers
When The War Is Over.... By Cold Chisel
War is over... By John Lennon
Heal The World... By Michael Jackson
Let it be... Paul McCartney

These songs are my favourite songs relating to peace.
One line has been used from a song.
Thank you

Why cant this killing end?

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September 2014
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Lyn Paul

Urgently

Money...\$
What For?
Sharing
Not sure
For bills, need more
Money.
Money...
Plant a seed
It is what we all need
I want to plant you URGENTLY
A Money tree.
Money,
Is it for giving?
Money
High cost of living
Money.
Money,
Such crime
Money,
People doing time
Money.
Money...
Touching, everyones hands
Germs galore; who cares I have plans
For money.
Money...
Does it make the world turn
Yes, No
One day we will learn.\$\$\$\$\$\$\$\$\$\$

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Waiting For My Turn

A memory of your life, A memory of your death
Will not be forgotten, You taking your last breath
The breath for life that failed today
Your life... Now taken away
It is now memories that help me to remain strong
Though not really knowing what went wrong
Wrong yes! But mapped out when born
Hard to accept and needing to mourn
As we mourn each day the memories heal
Accepting what, what is now real
You must never give up on life. As it is the death that makes us stronger
Even though you are no longer
No longer with me. Yet waiting for me,
Waiting for my turn to take my journey

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Waiting To Begin

Please
Don't ever think
That I don't understand
That I don't know how you feel
That I won't hold out my hand
Please don't ever think
That I won't be there for you
That you are unimportant
And I have just too much to do
Please
Don't ever think
That the pain will not heal
It is hurting so bad we know it is real
But please
You must think and also believe
That one step at a time is all you need to achieve
One step
One path
One new corner to turn
It can be done. This you will learn
You must know that there are many warm hands
Crying out to help
Just wanting to understand
So please, believe and let people in
There is Life out there for you just waiting to begin

YOU CAN, YOU MUST, BELIEVE AND TRUST.

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Walk In Time

Be comfortable in your own skin
For if you are not, you shall never win
Be comfortable with how you look
There is only one you in this open book
Be comfortable and take control
Make your own choices stay out of any holes
Be comfortable, honest and sprout your seed
You must not follow others, if you do you may bleed
Be comfortable, believe in who you are
You can do so much, you can go far
Be comfortable plant your own tree
It will grow, ... wild and free
Be comfortable You have to make your own bed,
time, take care how you tread

Things can take

Just walk in time each day of life
There is no rush... stay out of strife
Just walk in time. Walk, don't run
Accept challenges- Just follow that sun
So walk in time - Just live for today
Walking in time - Is the only way

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Walking Alone

Walking Alone
Running away
Hiding from everything
Except life itself

The body shutting down
The mind
Simply just living

A huge story
Behind
Those smiling eyes
A story
Waiting to be told

The legs
Continually walking
They never stopped
Always
Walking for a better life

The heart just beating
Almost dying
From loss
Broken

Kept Alive
Only
By those simple things

Hope
For miracles happen
The air that I breathe
Is in the beauty of nature
&
Glorious music
To keep thy heart beating
In those footsteps of life

For
Anything is possible
With hope, believing and simply smiling
Anything is possible!

We all have a story to tell

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Watching You Fall

Hurting so hard
My door is open
Your heart is not
Let me in
Your pain is spreading
It's threatening LIFE
It's GOT to STOP
Hard it may be
For YOU
But so much harder
For those knocking
Just watching
Feeling Helpless
Only wanting to heal
The pain you are feeling
The pain
SO MANY feel
Thinking
NO hope
But HOPE
Will always SHINE
IF....
YOU... just let it in

PLEASE

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We All Belong

As you grow
You see yourself age beautifully
These wrinkles are mine
My heart is mine
Your life is yours
Don't let anyone tell you any different
Be Proud
Of who you are
You can Survive every battle
Because you have to find where you belong
For
We all belong

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We Are Who We Are

Sometimes so much to say
But so little to give
Hearing all of this
But needing to live

We all need to understand
That this is who we are
Be proud of this and light your own star
Giving is something that we don't all know how to do
If you have it
Then share it
It makes You, You!

So light up someone's life
With a smile each day
What an incredible feeling it is
Just to say.....
Hey your special, so kind, I love how your dressed
You will make someone feel, ever so blessed

So
We are who we are
So give it a go
Love who you are
and your life will grow

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Weakness Is Not Strong

When
You feel
Like Jumping off Sydney Harbour Bridge
Your stomach
Infested with sharks
Your sleep
Disrupted
Worrying
When
Darkness sees no wrong
Too much
Taken from you
Yet you know
Your journey
Changes lives
Every single day
So
Change your own life
Do for you
What you do for others
Remind yourself
Of others pain
Be proud for survival
The sun can shine everyday
Let no one
Take your sun
When you thought
It couldn't get worse
Yet it has!
Remind yourself
Weakness
Is not strong
Hope is.

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What Is Real

Taken
The world has changed
I have lost
Yet I have found
That my empty heart
Bared far too much
The scar is visual
The healing,
Distant
Far away
Blindness see's no wrong
See's no pain
See's no other's loss
Yet
See's what he will gain
Excruciating pain
Will it heal
Will they understand
What is real
Or
Will they just see
Just with their eyes
Not reality
Just dollar signs
So
I am here
Seeing wrong
Wondering
Why
I no longer
Belong

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What You Have

Respect
What You have
For it will not be there
Forever

She who carried you
In her womb
He who planted

We who love you
Who fed you
Clothed you
Gave you all

Made you who
Who you are today

Life is a gift
We must all contribute
A piece of ourselves
To appreciate and accept
What lies ahead

So respect
Every little piece
Of
What you have

For it will NOT!
Be there forever

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When I'm Gone

When I'm Gone
Who will wake you
Who will answer to you all
Who will clean your clothes
Catch You,
Catch you...

When You fall

When I'm Gone
Will you think
That I answered to your every demand
Will you wish...
That I hadn't
And That you had....
Held out your hand

When I'm Gone
Will you visit
Will you reminisce my way
Will you see
My oddball Life
And laugh with me everyday

When I'm Gone
Will...
You please realise
That life, Is just not worth dying for
We must smell the roses
Feel the wind
And appreciate every moment
Just so must more

So when I'm gone
Just remember

To knock on every door
Take every opportunity
Life brings you
Eat that apple
Right down to that core

So....

When I'm Gone
I want to be thrown
Out to sea
By someone who
Has laughed with me

With loud rock n roll
And the smell of wine
Off the shore
In Our great sunshine

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When You Smile

When You Smile

Do you smile, for you see how far you have come
Or does your smile take you just where you want to be,
Into future destinations that you believe, you may see
Is your smile brought by pure delight of just being blessed,
Healthy and content
Could it be just simply anything...
Can widen that grin
From inspiring music that makes your heart sing

My smile has travelled
Yet wrinkles it has gained
A little too much frowning in between its hay day
Perhaps,
Not aware of the frowns as many had been built up inside
Something was taken from me
Travelling a very selfish ride

Yet I now know who is the driver
I so know
I was in the wrong car
I certainly took the wrong road
The navigators greed
Both
Too blinded to see

To see
Greed is a disease
There is no cure
The ingredients is like poison
For it has been known to kill
It is the strength of the victim
Believing great future ahead
Hoping fortunes may be reversed
That greed will pack its bags
To see guilt for what has been taken
They have lost what they have taken

For we gained in time from greed

Gained survival

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Who Is Strong Enough?

I do want to live for another hundred years
Yet, I do know I have lived
I do want to make my mark, If only I could do so
I do want to fight my pain
And that only I can do
Yet sadly in this world
We are killing life
Killing each other
Killing ourselves
There is such a need
To change this
To slow down
Change the pace
End the crime
For the disasters of nature
Are causing enough pain
Without those who care so little for humanity
There is little time left
Who
Just Who
Is strong enough to change
To Change this world
Is there anybody?

Who

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Who You Are

I want to be just who I am
Just me, no other
Who I am
Is Me
Not afraid to
Be Me
We all must stand up
Be just Who
Just who we are
Who you are
Do not hide
Who you are
We grow
We shine
We fall
We rise
Hope is there
For us all
Just as long
As we be
Just who
Just who we are
Just you
Just me

Be so proud of who you are

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Why Feel Bitter When.....

Why feel bitter when your heart feels pain
Why feel bitter when the sky brings rain
Why feel bitter when you lose all that you own
Why feel bitter if you feel you are alone
Why feel bitter when those are claiming POWER
Why feel bitter when your tears are like a shower
Why feel bitter when no one else sees wrong
Why feel bitter when your heart no longer sings that song

I guess.. Bitter... Sweet, Sweet... Sour
Love.....Hate in the darkest hour
Life is a circle, there is no door to walk away
The Bitter, sweet will not stay
The Bitter sweet will pierce your heart
Until you are ready to re start
So let The POWER take over,
They will see wrong. Not today but tomorrow
Do not be bitter Fight that pain
In Living In Life there is So Much To Gain

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Will I Fill A Room?

Will I fill a Room?
Will Anyone be there?
Will there be flowers?
Does anyone really care?

Will there be sunshine?
Will there be rain?
Will my treasured memories
Be shared down memory lane?

What tune will be played
As the mourners are asked to stand?
Will it fill your heart?
Will you wish you could hold my hand?

Will there be roses?
Will there be daisies too?
Will there be moving pictures
Of how we all grew?

I hope memories of me will shine
Each and every day
Too hope I have given something
And made so many feel okay

Okay to love, Okay to laugh
To know and accept we will all
One day take this path

So, Will I fill a room
I hope I will raise a smile
Importantly I hope

I do go out in STYLE

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Win The Battle

Read my words
Hear my voice
Understand in life...
There is a choice.

A choice to grow in life to succeed
Or a choice to burn
Just swallow and bleed

The power is yours
It's about never giving in
Fighting for life
You need to win

Winning is not the be all
Yet it is if you need to survive
And it is if you are feeling..
You are no longer alive

What is it that makes us strong
Then stronger each day
It is the beauty of life
No matter how grey along the way

Open up and share
Let everyone in
This is the way...
The way for us all to win

Win the Battle
Of the change of living as the world each day is to grow
The pure amazement of now..... Now and tomorrow

So grow and listen
To eachothers voices
Understand the need
To accept eachothers choices

'WHAT THE WORLD NEEDS NOW'

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Wings Of Power

Some are weak
For they have known...
No other way
Under the wings of power.
Born under power
United with power.
And in years
Realizing
That you are
Under the wings of power.
When the power is broken
The power now weakened,
Yet there is blame
For you
Have shown
Shown that you too
Have power
But inner power
That was always there
Yet you did not need to display this.
This power...
Yet now,
Your wings of power must be spread
Or you will lose
Everything...
Everything you have become,
Under the wings of power.
Their power is stronger
More hurtful
There are more soldiers
But it is time to show
Your wings of power

It is time to fly!

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'Wonderful Words'

Wonderful words given to me
By other poets sharing their gift for others to see.
Words of hope... and healing too
Then words of such sadness. That You just wish you could touch
And give these writers just what they need so much
They are wanting to be given love, that they never had
Or they have been badly beaten with hatred, their thoughts are just so sad
How sweet we then have our Princess sharing love to everyone
Then so many other Poets creative writing expressing fun
To me this writing releases my pain
When I feel at loss and can only see rain
So thanks to you all for sharing your life too
With your words of inspiration I feel as if I know all of you

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Wrinkles

Wrinkles No Longer
For I am growing younger
I didn't plan on dying
I hadn't planned on leaving
Now here I am today watching you all grieving

So dream a thousand dreams
Awake to explore a new day
Do not question another's beliefs
And just remember, Life isn't always smooth sailing
The rain will not always fall
And the sun will not always shine

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Yesterday Was

Yesterday Was

Was No tattoo
A family too
A home of Love
A Love for home

Dollars were thriving
Now thriving on sunshine

Heart is torn
Wisdom now wiser

For a Family Lost
Lost in circumstance

Wrinkles are now wealth
The wealth of life
Now
Telling my story

A story to be proud
For with my smile
Wanting to make others
Just Smile too

Seeing now
Life is edge
We have to be Satisfied
But
We have to want more

Knowing
Yesterday Was
And
Still is

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Lyn Paul

You... Do Belong!

Why do you punish yourself
When you have done no bad
Your life has been a battleship
With no fun had

Why can you not forget
And grow with your everyday
Cause you were punished every minute
In every possible way

How can you bare these memories
And keep on soldiering on
Because you are a survivor
And you know You do belong

How strong is your big heart
To push through the daily grind
When your mind was neverfocused
You never could unwind

How sad it is you blame yourself
For your life of hell
You've kept it all inside
To ashamed... to tell

I saw your words blaming
All I could do was ask why
You being so sure you had done wrong
Just made me want to cry

So please do not blame yourself
What... Did you do wrong
A healthy young child
Who just wanted to belong

You Do belong... Honest!
It's just some do not know how to love
These not fit to have family
They just blame, just push and shove

So love you... for who you are
Be proud, Stand tall and grow
You give to others each day
There will be a new tomorrow

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Your Need To Let Go

You gave up on life
Sometime ago
Thinking that no one cared
We all change
And you changed
But still, we all still cared

We loved you then
We love you now
Just wish...
We could have helped you
Your need to let go
Breaks too many hearts
Your suffering
We could not repair

These past days
Our unbearable loss
Feels never will this heal
What were you feeling
What were you thinking
This is all too bad to be real

So we are all broken
Our scattered minds
We cannot see the light
Yet know we must
We must move on
So wrong... yet it is so right

Believing you are with us
Your hurting is no more
If time can heal
A miracle this will be
For this day
Seems will never end...

We loved you then
We still love you now

Fond memories that can only grow

We loved you then

We love you now

Today, For always.... Our Tomorrow

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