

Poetry Series

Audrey Heller
- poems -

Publication Date:
2010

Publisher:
Poemhunter.com - The World's Poetry Archive

Audrey Heller(2/28/32)

A Better Life

The more you think about it
life gets harder everyday. You
strive to do the right thing, but
at times, it can go astray. It's
hard keeping up, with all the
things you want to do. Your
intentions are on the right
track, but it can run away with
you. Today we live in a world,
that is materialistic. Everybody,
strives for more. We've forgotten
about the important things in life
and we have to remember, the
why, the where and the for. Let's
get back to the reality, of what
life is supposed to be. Then once
again, we can find our way, for a
better life, for you and me!

Audrey Heller

A Better Strategy

Managing conflict, in a straightforward and honest manner, is a proper strategy. If you put it off and wait for another day, it won't be good, then again, how could it be? When you face your conflicts, you get them off your chest, which in turn, brings you relief. If you let them linger, there's sure to be, some kind of grief. It's always good, to be as straightforward, as you possibly can, thus taking the strain, off of you. It's truly, a better strategy and will prevent, any kind of tragedy and you'll feel you've accomplished, a whole lot too!

Audrey Heller

A Brand New Woman

There comes a time, in a woman's life,
when she's not satisfied, with the way
she looks. It's then, she'll seek the advice
of others, but knows, it can't be found in
any books. She's at the point, where she
needs, a make over and wants to look
naughty, but nice. Off she'll go, to see a
cosmetician, with hope, they give her
some good advice. Once she's there,
they'll put her in a chair and analyze
her skin. When that's finished, they
know just where to begin. Make up,
is applied with colors, that give her a
radiant glow. She feels like a very
different woman, more than you'll
ever know. When at last it's over she
emerges, just like a beauty queen.
Now, she's a brand new woman and
can hardly wait, to be seen!

Audrey Heller

A Brand New Year

I wait very patiently with great trepidation,
for this year to come to a close. For it's
been a very chaotic year, that's kept us on
our toes. I'll not be sorry to see it pass and
hope the year that lies ahead, will bring us
tranquility, instead! I look forward to the
new year and hope somehow it will bring,
peace on earth, good will towards men,
the best of everything. May we all be
surrounded by our loved ones, may we
be filled with holiday cheer. Then lift our
glasses with a toast, for a prosperous
and Happy New Year!

Audrey Heller

A Broken Heart

How do you mend, a broken heart? Where do you begin and where do you start? How do you face another day? What do you do and what do you say? It's never easy, getting back into the swing, there's no doubt, it will take it's toll. You have to be strong and forge ahead, then, things will start to roll. Just give it plenty of time, as others have done before. Then you'll be ready to start again and open, another door!

Audrey Heller

A Calming Effect

When feeling full of stress, before
you try to go to bed, pour yourself
a glass of milk and it's sure to clear,
your head! It has a calming effect,
that helps you, to relax and forget
the trials and tribulations, of the day!
This is a wonderful remedy, that will
take, your stress away! It doesn't pay,
to let everything, get under your skin!
Just not being able to sleep, tells you,
the kind of shape, you're in! Nothing, is
worth having, a sleepless night for we
need, the proper rest. When you sleep
well and awake in the morning, you
should be full of vim, vigor and zest!

Audrey Heller

A Case Of The Blues

Sometimes, we feel we can't take things much longer! But we should never give up and with each day, become stronger. We must not dwell on what has been. For it will keep you, in the mood, you're in. Just try, to look forward to tomorrow. It is, a brand new day! And with the coming of tomorrow, it will chase all your blues away. Look out your window, see the setting sun and remember, it will be there, not just for you, but for everyone! Whatever it will take, to get you on the right track. Do it today....and welcome back!

Audrey Heller

A Challenge

When you have a challenge, the best thing to do, is meet it head on. If you let it linger, it will never be gone. It's not wise to put off something, you can do today. If you do, then it will never go away. I've found it's best to get even the smallest things, off your chest. Once you do this, you're able to put your mind, at rest. To me, this is the best way to have inner peace. Then you'll find, all your troubles will begin to cease!

Audrey Heller

A Change Of Attitude

How can one, explain, what they feel,
inside? On the surface, it seems like
one thing, but it's really a roller coaster,
ride. One minute your up, the next, you're
down, you may feel like smiling and then,
comes the frown. All kinds of emotions, go
through your mind, as you look for the answer,
but can't find. You try your best, to make light
of everything, knowing quite well, what the
consequences, will bring. Always try hard, to
find something nice, to think about, this is
sure, to change your mood. Every time, you
feel down and out, keep this in mind and it
definitely, will help, your attitude!

Audrey Heller

A Cold Winter Day

When it's a cold winter day, it's nice if
you can stay inside! Cuddled up, with
a good book, by a fireside, listening to
beautiful music, of yesteryear. Makes
you feel warm and cozy and happy to
be here! This, is where you feel quite
secure, as there's something about a
fireside, that has, that certain allure!
Where can it be more relaxing and
peaceful, to spend a day? As far as
I'm concerned, there is, no other way!
Who cares, the snow is falling all
around, as you see it slowly hit the
ground. The wind is gusting in the air,
but being inside, I don't have a care!
I feel, completely at ease and enjoy,
this luxurious treat. A day by the
fireside, good music, with book in
hand, is something, that can't be
beat!

Audrey Heller

A Computer Friend

While playing a game on the computer,
everyone went out, but one. Here we were
the two of us, so we chatted and had some
fun. We then exchanged e-mails. We got
acquainted, on the net. It turned out to be
a nice relationship, so I'm awfully glad we
met. We both have a lot in common, although
I'm older than she. It really doesn't matter, as
it makes no difference to me. There's always
something to talk about, be it health, family or
weather. I find it quite pleasant, whenever we
get together. I haven't a clue what she looks
like. I formed a mental picture in my mind.
Just the things she says, I can tell she's very
kind. Should we both be on the computer,
we look forward to say hello. We'll chat for a
while, make each other laugh and smile,
until it's time to go!

Audrey Heller

A Crystal Ball

A long time ago, I realized, you can't have it all! But, wouldn't it be nice, to have a crystal ball? To tell you, exactly how your life would be, something tangible, that you could see! You'd know the direction, you would take before it ever begun. Imagine, if this could happen, what it would mean, to everyone! We'd see exactly, where we're going and where it was leading to. It's then I'm sure, we'd not take that road, as there would be different options, offered to you! Just think about it! Looking into that crystal ball! It can change your whole destiny, in only a matter of minutes. Do you think you're willing, to make that call?

Audrey Heller

A Dark And Dreary Night

On a cold, dark and dreary night,
being by yourself, isn't a delight!
You hate the thought, of being
alone, as anxiously, you await,
for someone to phone. Just to be
able, to hear another persons
voice, would give you reason, to
rejoice! It's not conducive, to be
by yourself, when darkness, will
fall. There's nobody there, at all!
It would be great, to have some
good conversation, just another
person, to talk to. Instead, here
you are, all alone and feeling,
kind of blue! Some people, enjoy
being alone, but alas, it's not for
me. I'd rather have someone close
at hand, someone, who's good
company!

Audrey Heller

A Day Dreamer

Ever since I can remember, I've been a day dreamer. I'd constantly think about places I longed to see. It would lift my spirits, when needed. Alleviate frustrations welled up, inside of me. Being a day dreamer, has merits. Where else, can you see all the wonders of the world, so vivid in your mind. Enabling you to be at any place, at any time. When you day dream, you can escape into your own little world, especially, when the going gets rough. It can be an instant gratification, when you've had enough. No harm has ever been done, by being a day dreamer. It's quite beneficial in many ways. As far as I can see, I'll probably be a day dreamer, for the rest of my days!

Audrey Heller

A Day Without Sunshine

Everyday without you, is like a day, without sunshine! It's hard for me to bare, for I can't say, I'm doing fine. Life hasn't been the same, nor will it ever be. It's so many years, since you, were taken from me. There's a lot going on, at this time of year, that's celebrated by everyone. I'd like to participate, but find it difficult, to join in the fun. When this time comes around, is it any wonder, my thoughts go out to you. I know it's always, going to be this way and there's nothing, I can do!

Audrey Heller

A Deep Abiding Love

If I could only be with you, one more time! It most certainly, would make my day! I would do things for you, like I used to do. As if you never, were away! Just to see your smile and be able, to hear your laugh, would be a blessing in disguise! To be able to look up at your face, with the twinkle, in your eyes! How I long, for the days, when you were here and we'd talk, on the phone everyday. I'd call you in the morning, to see, if you were, okay. We both, loved to do the morning puzzle, in the paper and if one of us, got stuck, we'd call. When given the answer, we realized, it wasn't that difficult, at all! We did a lot for each other, because we had a deep abiding love! I miss these precious days, we shared and still, hope it can be felt, from up above!

Audrey Heller

A Diamond In The Rough

You can't judge a book by it's cover.
It can be attractive, but the contents,
may not be what they should be. The
same goes for people. They too, can
be very different, then what you actually
see. You can't just have a nice face to
look at, as that simply isn't enough. I'll
take a person with a great sense of
humor and caring. A diamond, in the
rough. It's strange when you really like
someone, their looks are now
secondary. No longer, do you see
the same face. You'll find they've
become so very special. No one
else, could ever, take their place!

Audrey Heller

A Different Point Of View

I'm sure there's been times, when you and your spouse had clashes of opinions. It's only natural, as we all see things from a different point of view. Women, are more apt to make up their minds. Men, on the other hand, need time to think things through. It can take days, before they'll come to a conclusion. Women, will do what needs to be done, without the slightest confusion. I guess, this is the way it always was and no doubt, it will remain that way. The difference between men and women my friend, is definitely, here to stay!

Audrey Heller

A Far Better Place

Here I am and there you are, in
a place, that's very far! It's not
my time, to be with you and so
it's here, I'll stay. The time will
come, when we'll be together,
but when that will be, no one,
can say! I picture you, waiting
for me and looking, as you did,
before. They'll be a warm and
wonderful greeting, as you lead
me through, heavens door! We'll
both, be very happy, to see each
other again, as it will be, a very
long spell. And now we'll be
together, through eternity, which
suits me, very well! One, has to
believe this exists, if you do,
you'll have no fear. For we'll be
going, to a far better place, than
what we have, right here!

Audrey Heller

A Father And His Little Girl

Whenever I watch, this particular commercial, it brings tears, to my eyes! It shows this man, whose gone on a business trip, opening his briefcase and met with a big surprise. In his briefcase, his little girl, put in her stuffed teddy bear! He can't help but smile, as he knows, she put it there! It's a warm and touching scene to see, especially, the look on his face! It's a feeling of so much love, nothing, can possibly erase! It brought back, a lot of memories, as I, was that little girl, when my father, went on a business trip. After he finished packing, I'd sit right down, upon his grip! He'd pick me up and put me, on his lap. With each tear, he'd brush away, he reassured me, in just a short time, he'd be coming back!

Audrey Heller

A Fine Line

There's a fine line, between patience and
obstinacy. If you put too much pressure on
someone, you inadvertently, can store up
a hornets nest. Under the circumstances,
wouldn't it be wiser, to wait a while and
give it a rest? You'll not make it any better,
by being persistent, as it can have it's
repercussions, to be sure. Let time pass
for a while and the person you're interested
in, will stop being demure. Everything takes
time and being kind to others, starts with you
first. When you have accomplished that, you
no longer will feel, that hunger and thirst!

Audrey Heller

A Food Lover

It can't be said, that everyone, is a lover of food. But I'm one of those people, who can indulge, regardless of my mood. Everything, that's put before me, I'm eager to taste. With me around, nothing will ever have to go to waste. I don't like to experiment, with dishes I'm not at all familiar with, so I stick with what I know. I'm really the perfect guest, as I clean my plate, with gusto. When it's time for the sweets, to be put on the table, that's my downfall. Whatever is made from chocolate, I can devour, it all. I'm the perfect guest to have, I have to say. So whenever you want to invite me again, I hope it's not too far away!

Audrey Heller

A Friend In Every Way

I've made some friends, on the computer,
but not all of them, were okay! But then I
found someone special, who's a friend in
every way! We e-mail each other, on a
daily basis and get along, just fine. We
talk about many subjects, this very dear
friend, of mine! It's strange, how you can
know somebody, just by reading, the things
they write. You feel a kind of closeness,
even though, they're out of sight! So, here's
to all computers and the wonders, they can
do. It brings new people, into your life, if you,
want it to! -

Audrey Heller

A Gadget Lover

There are many people, who are gadget lovers. They have gadgets of every kind. Whatever they see they can't pass it up, it's enough to blow your mind. All the things acquired, there's no real need for. They're so intrigued by its looks, they keep coming back, for more. When it's time to put some of them to the test, it's then discovered, how useless they happen to be. Now, you'd think this would teach them a good lesson. But alas, they'll keep on buying, every new gadget they'll see!

Audrey Heller

A Good Deed

Don't let a day go by, without acknowledging, someones good deed. We all like to hear nice things as it helps the one, who's in need. It's not very often, one will go out of their way, by being nice. It's something, one should do often and not have to think about twice. Who doesn't thrive on kindness and being noticed, once in a while? All it takes is a firm shake of the hand and a warm and cheery smile. You get enough of those, who live in their own world and haven't anything, nice to say. They go around, feeling miserable and it rubs off on you, some way. As long as you're able, be kind and pleasant to someone and in the long run, it will be returned. This is a very good lesson, all of us, should have learned!

Audrey Heller

A Good Friend

If you have but one good friend,
you're blessed much more than
you know. There may be others
you meet, but they'll just come
and go. Good friends, stick with
you, whether you're happy or sad.
They'll laugh with you and cry with
you and never treat you bad. A
good friend always listens, never
judges you and lets you know,
they understand. They're there
for you, because they care for you
and will extend a helping hand.
There is nothing more reassuring,
than having someone you can
depend on, day or night. If you're
one of the fortunate ones and have
such a friend, make sure, you
always, treat them right!

Audrey Heller

A Good Listener

Being a good listener, is very important, in any relationship. It helps to understand, what a person is about. If you give your undivided attention, It's easier, to figure them out. We all need someone, we can relate to. Not to be afraid, to say what's on our mind. In a matter of speaking, is there a better way, to unwind? We all have times, we need to talk about our troubles. Be assured, we're doing things right. Getting a second opinion, gives you a much better insight. Try to be a good listener. One day, the tables can turn. Should that ever happen, you'll get the same consideration, in return!

Audrey Heller

A Good Man

It's great to have a man around the house. And better still, if he happens to be your spouse. There may be times, when you'll not see eye to eye. But even then, what would life be, without that special guy? At times we get into a snit, when they don't do the many things, we ask them to do. We all know for a fact, when they have time, they'll do anything for you. No matter how you look at it, consider yourself lucky, if you've found a good man. As we all know, good men are hard to find. So don't complain and I'll do the same, as we could have wound up, with the other kind!

Audrey Heller

A Good Nights Sleep

When I awoke this morning, I felt as fresh as a daisy. I had so much energy to spare, the thought of it drove me crazy. Where did it come from? I had never felt like this before. Could it be because I slept very well and didn't have to pace the floor? If that be the case, a good nights rest, seems to be the answer to all your woes. It can make you feel energized and keep you on your toes. When you don't have the proper amount of sleep, you can't function as well as you should. Your minds not alert and it doesn't do you any good. No one actually realizes, how getting the proper amount of sleep, affects everything you do. So allow yourself enough time to retire earlier. You'll awaken, feeling refreshed and a great deal wiser too!

Audrey Heller

A Grain Of Salt

If only, we could take life, with a grain of salt. Then whatever happens, will be our fault. How can we know, from one minute to the next? Is there a way to find out, when there is no text? Life is complicated enough, to be sure. However, look at all, we must endure. There are no books, to teach you, the fundamentals, of what's wrong or right. You have to use your common sense and hope, it turns out all right. It's a process, we have to go through and in the end, allow ourselves, that grain of salt. And whatever our fate is to be, it definitely, will be our fault!

Audrey Heller

A Grandchild's Wedding

It's hard to believe, the time has
come, your grandchild, is getting
married! When I still can remember,
her mother, that I carried. Where has
the time gone? Has it been so long
ago? I look at myself in the mirror, but
my age, doesn't show! I still feel young,
in spite of the fact, that I'm not. As I look
around me, I feel lucky and very pleased,
with what I've got! I'm quite fortunate, to
have been able to come this far. I've seen
my children, through thick and thin. Now,
I'm reaping in the rewards, with each new
phase, I'm in. I look forward, to the next
step, to the time when a great grandmother,
I'll be. Knowing, my life, will then be complete.
For I'm going to be around for that, just you
wait and see!

Audrey Heller

A Great Grandparent

There are things we look forward to, as we get on in years. Our children get married, raise children of their own, through all the sweat and tears. Before you turn around, grandchildren grow up and make their way. Along comes a young man, or woman and a marriage takes place, one day. Time passes and you get a call. What they're about to say to you, is the happiest news of all. As you listen with intent, you're hearing all about the blessed event. Tears, well up in your eyes and your heart, is jumping for joy. You're so elated, you don't care if it's a girl or boy. It's the most wonderful feeling to know, you've come this far. Now, you're going to become a great grandparent and you realize, how very fortunate, you are!

Audrey Heller

A Heavy Load

It's a long and tiring, road and sometimes,
we carry, a very heavy load! We haven't
got a clue, which way to turn, do we, go to
the left, or to the right? There is no way, of
knowing and sometimes, it's a long and
tedious, flight! In order, to get to where you
want to be, it depends upon the decisions,
you make. To some, it's not that easy and to
others, it's a piece of cake! It's good, if you
have an insight, on the things, you intend to
do. In that case, most of the time, it's right
there, for you. But, if you take someone who's
indecisive, for them, it becomes, a much
harder task. They'll think it over, a hundred
times, no matter whom, they may ask. Life
for them, has always been problematic and
they tend to be, over dramatic! However,
perhaps one day, they'll get it right. It's then,
they'll breathe a sigh of relief, for it will finally,
work out, all right!

Audrey Heller

A Housewife

When asked, it's no sin, to say you're
a housewife! In fact, it's a responsible
job too! There are a lot of decisions,
that lie on your shoulders and you have
to be prepared, to come through! So
many, are relying on you and for them,
you have to be there. You do this, not
only, because it's your job, but you do
it, with love and because you care!
You're a wife, mother and grandmother,
which takes up, a great deal of your
time, on any given day. And if anyone,
were to ask me, as far as I'm concerned,
I wouldn't have it, any other way!

Audrey Heller

A Husband Like You

How can I begin to tell you, what it means having a husband like you. When the chips were down, nothing, was too much for you to do. I watched you learn to take over my chores, it was not an easy task. But you did it, from the bottom of your heart and I didn't even have to ask. You gave up a lot for me, in the months that did ensue. How could I have made it, without your love and you? I thank you for your patience, your tenderness and care. And most of all, I thank you, for just being, there!

Audrey Heller

A Kind Word

It's wonderful to be appreciated, for all the things you do. When someone takes the time, to share their feelings with you. A kind word, often goes unsaid. It's the negative, things you'll hear instead. It takes only a few minutes of your time, to let someone know you're impressed. It can give them a sense of worth, rather than feeling repressed. You can make a big difference in someone's life, by the way you react and what you say. So if you haven't done it up till now, take the time and make someone, happy today!

Audrey Heller

A Little Ball Of Fur

I looked into my garden and much to my surprise, there staring up at me, was another, pair of eyes! At first I had no idea, what it could be! Then it came so very close, it was plain to see! Here stood in front of me, a tiny kitten, that looked like a little ball of fur! It brushed up against me, then started to purr! How, could I resist, this warm, cuddly creature? I wonder, who put it there? They must have known, I'm an animal lover and they knew that I would give it care! Well needless to say, I fell in love with it, at first sight, I took it into my house and now, it would be safe, morning, noon and night!

Audrey Heller

A Little Bit Longer

I pray, everyday, with all my heart, for
my dog, to live a little bit longer! For
in my life, he's played such an important
part. When I was ill, he helped, to make
me stronger! He's getting older, as we
all do and the changes, one can see!
But this little fellow, has been by my side
and when I needed him the most, he was
always, there for me! It's hard to think,
that so much time has passed, as I still
remember him, as a pup! How cute and
cuddly he was, you just felt, like eating
him, up! Where did the time go? It seems
like only yesterday, he was so small. Now,
I watch him aging and the ache in my heart,
says it all! Perhaps if God wills it, he'll stay
at least, for another year. It will mean, so
very much to me! But no matter, how much
time he has left, in my heart, there will be a
special place and that's where, he'll always
be!

Audrey Heller

A Little Time For Yourself

Just when you want to take it easy,
along comes a lot of distraction. It
puts you, in the kind of mood, where
you can't help, but show, dissatisfaction.
Here you are, thinking you'll have a nice
quiet day. But contrary, to what you had
in mind, everything seems to be going,
the other way! All you really wanted, was
to be by yourself and just do, whatever
you wanted to do, without a care! It's not
fair that your plans, had to go up in smoke
and fade into thin air! What does it take, to
have a little time for yourself, or dare I ask?
I'd like to think, I can do as I please, when,
I please, or does it then, become, a task?
All I'd like, is a little time, with minimal
distraction. It's then, I'll ever be so grateful
for this time allotted me, with a great deal,
of satisfaction!

Audrey Heller

A Little Too Fast

Summer is coming to a close, just a little too fast. Somehow it never was, that way in the past. Time is going, at a remarkable pace. And we all know, what's coming in it's place. I don't think anyone, looks forward to the long winter months, that lie ahead. On those cold and dreary days, you hate to get out of bed. Many days are gloomy, due to the lack of sun. It's the kind of weather, that can affect everyone. But if you want to be realistic, it won't be around that long. For the way time is going, once again we'll be singing, summers old sweet song!

Audrey Heller

A Little White Lie

At some point in our life, we've all told, what is known as a little white lie. We do this to save face, get us off the hook, so we don't have to give an honest reply. What would you do, if someone you knew, asked how you liked the new outfit they bought? You really don't care for it, but said it's lovely. Knowing quite well, what you honestly thought. If the truth be told, their feelings would be hurt, it's something you'd rather not say. That's where telling a little white lie, comes in handy. It makes you look good, keeps you out of trouble and in most scenarios, will save your day!

Audrey Heller

A Lonely Time Of The Year

With all the festivities going on,
this time of the year, it's then
with all my heart, I wish that you
were here! It's a lonely feeling,
depressing too, remembering
how it was, when I still had you!
I'm aware I'm not the only one,
who contends with a nature, such
as this. There's many, who walk in
my shoes. It has to be, just as
devastating for them, as I'm sure
they also, cry the blues. I guess
it can't be helped, as there's joy
as well as tears. I call it, the holiday
syndrome and it goes on, through
the years!

Audrey Heller

A Long And Lonely Road

At times, there's a long and lonely road to travel down, before we can come to a rest. Many things may catch up with you, that put you to the test. You have to stop and give it a pause, before another step is made. And when you come to any conclusion, you just might make the grade. We're creatures of habit, so we worry, before the day is through. But if we'd consider the over all picture, it's not the wisest thing to do. I guess we all have to travel down, that long and lonely road, to come to our senses. And if we can accomplish that, we'll be able to mend, a lot of fences!

Audrey Heller

A Long Term View

Looking back, take a long term view of your life, so you can get a fresh prospective. If you can do this, without any guilt, you'll be able to become, more objective. It's never an easy task, but it's best to face the truth and forget about the past. What's the point in dwelling on it, because we all know, time goes by, so very fast. All we can do, is take the right steps. Don't repeat what was detrimental. We have to take the ball in our court, without becoming, overly sentimental!

Audrey Heller

A Love Of Your Own

Many people search for love, but not often do they find, the one they dream about, the one that's in their mind. We've heard it said, it's better to have loved and lost, then never to have loved at all, a saying known to be true. Everyone, needs to have experienced, at least one love in their life, they're better off for it, if they do. To be loved and give it in return, is truly a wonderous thing. You go around with a happy feeling, you actually hear, your heart sing. What you feel is sheer contentment, which does wonders in all you do. Sharing your life at this point, is the best thing that can happen to you. But if some day, your love goes astray, be grateful that you have known, a love that was meant to be at the time, a love of your own!

Audrey Heller

A Lovely Night

The moon was shining, the stars were bright, it really was, a lovely night. The air was moist, filled with dew, how lucky I felt, being with you. We walked hand in hand, engrossed in conversation, which turned out to be, quite a revelation. You never had confided in me, like this before. For the first time, you opened up and it made me appreciate you, so much more. There's something to be said, about a moonlit night. It brings out feelings, hidden deep down inside. The best part of it all, you're with the person, you really care for. And it's wonderful, to have them at your side!

Audrey Heller

A Lucky Streak

When things go right, you're on top!
Nothing, gets in your way. No matter
what you do, you can't go wrong, it
just is, your day! There are moments
like this, call it a lucky streak. It comes
along, once in a while, until, it reaches
it's peak. Of course, one knows, to take
advantage of this special moment and
take it, all in. If you hesitate, in doing so,
it will be gone, much to your chagrin.
Take advantage, of every moment,
that was allotted to you and enjoy
whatever it brings. You'll find, it's the
best time of your life, as you savor,
through many things. It's a one time
proposition, that comes along. Take
it to the hilt. Don't look back, whatever
you do and don't, ever feel, any guilt!

Audrey Heller

A Man Around The House

It's so nice to have a man, around
the house. Especially, if that man,
happens to be your spouse. Just
think of the things, you find hard
to do. Isn't it a good feeling, to
know, he's there for you? What
if you should happen, to have a
bad day? Being there, with loving
care, he'll chase the blues away.
He's a shoulder you can lean on,
be it good or bad. He has a way
of cheering you up, even when
you're sad. So I'll always be
grateful, for that man around the
house. And I want him to know,
how happy I am, to be his spouse!

Audrey Heller

A Matter Of Fact

We all have days, when things go
wrong and you're just not up, to par.
It happens to everyone, no matter,
who you are! It's really a matter, of
fact, as everyday, can't be good.
But you go along, the best you can
and do the best, you could! No doubt,
this is temporary, as we have days,
where we feel on top. Of course when
this happens, our wish is, for it to
never stop. There's nothing more
rewarding, than sailing through a day,
where everything you touch, just seems
to go, your way! Just take it all in, as
there are, days where you'll win and
you'll feel, right as rain! That's the way
it goes and heaven only knows, you're
ready, to start over again! !

Audrey Heller

A Meager Christmas

Christmas, is just around the corner!
How the time, did fly! But this year, will
not be the same, as we watched, the
economy, die! It will have to be a meager
Christmas, unlike the ones, we've known
before. For most of us, are not in a position
and can't do much, anymore. Of course,
there will be some, presents, but spending
will be done, sparingly. Unfortunately, it can't
be helped, so they'll be fewer presents, under
the tree. It might be hard, for children, to
understand, we have to talk to them, so they
won't fret. For all of us, have fallen on hard times.
We have to be grateful, for whatever we get.
Let's hope next year, it will be back, to the way,
things were and we'll feel, full of glee. That is my
dearest wish, for everyone, including me!

Audrey Heller

A Million Thoughts

When you can't fall asleep at night, it's best if you get out of bed. For the longer you stay there and try, a million thoughts, run through your head. Now, that we have all these thoughts, where do we go from there? To say that sleep will come to us, I think that's pretty rare. The best remedy I've been told, is find a simple project to do. One that keeps you occupied, at least for an hour or two. By this time, you should feel tired and try to go back to bed. Feeling a whole lot better, there's nothing left to dread!

Audrey Heller

A Mind Is A Wondrous Thing

Our mind is just like a sponge. It absorbs everything we've learned and remains with us, for as long as we live. However, there are those who show no interest. Their mind is like a sieve. Taking all things into consideration, whatever we've learned, is stored away. Somewhat, like an index file. Everything is arranged into place and will stay there for a long, long while. When you need to call on it for some information, it's then you'll have to tap into your resources, which is our memory bank. It isn't always a success and at times, it will become a blank. Whichever way you want to access it, the mind is truly a wondrous thing. You may not even realize, you know as much as you do. Just remember, to have confidence and that confidence, will see you through!

Audrey Heller

A Miracle

It's still a miracle, how a life
comes to form! And it's still
a miracle, everytime a baby's
born. There's no greater joy,
between a husband and wife,
when together they bring into
this world, a brand new life.
Now, here at last is your darling
baby! The one you've waited for.
As you take him, or her in your
arms, hold them, hug them, kiss
them, cuddle them, for today,
tomorrow and forever more!

Audrey Heller

A Mother In Law

There are many jokes that you will hear, about your mother in law. Many of them, I'm sure you know, that you have heard before. Remember, the one, a mother in law, should only be seen and not heard? But that's not true, it could happen to you, when she doesn't utter a word! Then there's the one, where she'll always poke fun and talk about things you do. But needless to say, it's not always that way, as she can be very nice too! So give them a break and make no mistake, they're not all out to 'get ya'! There's many I know, that can attest, are awfully glad, they 'met ya'!

Audrey Heller

A New Direction

Be certain, where you're going, before you head off, in a new direction! Think it over, very carefully and look at it, from your perception! Sometimes, we're too close to a situation, to be completely, objective! We have to take a step back, to look at it, from every perspective! It's not easy, to move on, as it's usually comfortable, where you're at. It's like throwing out your old one and buying yourself a brand new hat! Now, it's your decision and you hope, it will soon be, a thing of the past. For if there is, an opportunity, you're grateful, that it happened to come, your way, at last!

Audrey Heller

A New Look

Some of us, are never satisfied
with the way we look. We're
positive we need a change. What
lurks behind these thoughts, we'll
be far more attractive, in the long
range. Who's to say, this feeling
isn't true. It's been known if you dye
your hair another color, people are
more apt, to notice you. After the
fact, their appearance has made
all the difference in the world. And
now, a beauty has unfurled. When
they look into a mirror for the first
time, they're no longer unhappy
with what they see. It has given
them more confidence. They
finally can declare, I really like,
the new me!

Audrey Heller

A New Role

You can find good things, in
just about everything, you do.
You, have to look on the bright
side and the sun, will come
shining through. There's no need
to be pessimistic, as that's sure
to hold you back. It will also give
you insight, in the many things,
you lack. Why, don't you start
looking at life, with a new
perspective, in mind? It's there,
for you to take advantage of it,
so don't be a fool and leave it
behind. If you don't get on the
band wagon, you'll never be in
control. Be assertive now and
then take on, a new role!

Audrey Heller

A New Twist

Should you be lucky, to find the right person in your life, never let them go. So many, don't realize what they have and many never, get to know. If you're looking for perfection, let me tell you, there's no such thing. You can look as long and hard as you like, but always be searching, for the proverbial brass ring. Learn to judge a person, for who they are and not what's displayed on the cover. If you give it a reasonable chance, you'll be surprised, at what you'll discover. Stop looking for the moon, it doesn't exist. Pay more attention, to what you have and your life, will take on, a new twist!

Audrey Heller

A New Way Of Communication

I can remember when cellular phones, came on the scene. It had become such a revelation, everybody, wanted to have one, sight unseen. How wonderful this new way of communication, was to be. This proceeded to change our lives, dramatically. Now, whether at home or in our car, we can always keep in touch. No matter where we go, we had our little crutch. It's a good feeling, knowing at anytime, day or night, we don't have to miss a call. Now, don't you agree, this really was a fantastic invention, after all?

communication

Audrey Heller

A Pack Rat

Many people, are what we call pack rats! They'll never throw anything away. They're a collector of odds and ends, as they feel everything, can be useful someday! It's a sight to see, what's been amassed through the years. You can find everything from A to Z. I can't quite fathom it, but better them, than me! Personally, I couldn't tolerate all that clutter. I love to have ample space. How could they exist like that, with odds and ends, all over the place? I've often wondered, what makes some people behave this way? I'm sure they, don't even know. One thing for certain, if it were up to me, be assured all that clutter, would have to go!

Audrey Heller

A Parent Of A Teen

Being a parent of a teen, isn't an easy chore! They can be quite argumentative and think they know the score. It's just a phase they go through, in their growing up years. All we can do is hope and pray, the light of dawn appears! When that day should come about, it's going to take us by surprise. Not only will we see the change, but look at them, through different eyes! No longer moody. No longer contrite. It will be a miracle, that happened, over night. Somehow, it will be worth, the good and the bad. All the tension is gone. And I, can absolutely attest, it gets better, from here on!

Audrey Heller

A Penny Saved A Penny Earned

They say, that a penny saved, is a penny earned! It's a good lesson, one should have learned. If you spend every cent you make, life for you, is not a piece of cake! Where is it, when you need it? You should have thought about it, a long time ago! Now, it's hard to come by and the strain, is beginning to show! Everyday, is a concern, as there are obligations, that have to be met. You sit around feeling sorry, but where do you turn and from whom, do you get? This should be a good lesson, for those who spend, like it's going out of style. If you had put away, a little bit, each week, you'd not be in this predicament and life for you, wouldn't be vile!

Audrey Heller

A Perfect Way To Relax

A perfect way to relax, is go on a cruise and be surrounded, by the fresh sea air. It doesn't matter what ails you, you'll feel better, by just being there. There's so much activity every day, there's no way, you can ever get bored. Night time is very special too, when you see their shows, you'll be floored. How can anyone get lonely, as there's a million things one can do. It depends what your interests are, did I mention, they have gambling too. Of course I play very conservatively and never go over the top. If I find I'm getting nowhere, then I know, it's time to stop. All in all, there's a lot going on and lovely sights to see. If I were you, I'd book a cruise, it's a wonderful way to relax and feel free!

Audrey Heller

A Perfect Way To Spend Your Days

Going to the beach and being near the ocean, to me, is the perfect way to spend your days. I haven't done it, for such a long time, as I'm cognizant, of the damage, by the sun's rays. No one ever gave it a thought many years ago. We just went and had a good time. Swimming in the ocean, basking in the sun, it all felt sublime. I looked great with copper tone tan and looked healthier too. But now, with these warnings, what's a person to do? Sometimes, I say I'll take the risk and go to the beach, once more. I'll anoint myself with what's necessary and not worry, like before. I'm very excited thinking about going and can't wait, for the day to arrive. I'll get everything packed and ready, for it's going to be, a long awaited drive!

Audrey Heller

A Perfectionist

It's terrible being a perfectionist.
I've been one, all my life. You put
yourself through plenty of heartache,
not to mention strife. You're never
satisfied, always certain you could
do better. No one sees, any flaws
but you. You want it known, you're
a go getter. Everything has to be
perfect. Perfection, is what I strive
for. I keep on driving myself, until
there's nothing to give, anymore.
I tell myself, this is foolish. Why
should I be this way? I'm certainly
not any better off for it. I'm a total
wreck, I'd have to say. Actually,
who would notice, if it's not
exactly the way it should be?
There's only one person and I'm
sure you've already guessed, It's
me!

Audrey Heller

A Preconceived Notion

Most people, have a preconceived notion about marriage. Thinking, it's the answer to everything. They make plans for the day, when they tie the knot and happily display, their wedding ring. But being married takes work. There's a lot to be learned. It's not successful by itself. Like most things, it must be earned. The most important thing is trust, consideration and compromise. If it's not shown at the beginning, there's bound to be trouble in paradise. All marriages, are not made in heaven. No two people think alike, or deal with issues in the same way. If you do your best to understand, there's nothing one can say. In any relationship, let it be known what you expect, from the start. They'll be no hidden surprises and you can give to each other, with a whole heart!

Audrey Heller

A Second Chance

Failure, is only the opportunity,
to begin again, because you're
getting a another chance, to do
it right. Now, that you know the
wrong moves you've made, you
no longer have to be uptight. It's
better to be realistic, than idealistic
and not make the same mstakes,
as before. Knowing you have another
chance, you're bound to find, what
you're looking for. Don't worry about
the failure you encountered, as that
was only a stepping stone, to the
here and now. Take matters into
your own hands and take it as slow,
as time will allow!

Audrey Heller

A Significant Meaning

Flowers, have a significant meaning.
There's a message behind everyone.
When you learn what they stand for,
it can be very interesting and fun. Red
roses signify, a deep abiding love.
While daisies, symbolize romance and
loyalty. If you receive these from a special
person, he's conveying how he feels,
quite eloquently. If you've had a spat,
lavender is what he'll send. Lavender,
designates I'm sorry for he doesn't
want your relationship, to end. If by
chance you get mums, it's a flower
of hope. He'll ask you not to close the
door. His main desire, is to have things,
the way they were before. You now have
the final synopsis, of what flowers are
able to do. So take your pick, then
decide, which one, is coming for you!

Audrey Heller

A Solid Foundation

It's better, to walk away, from an uncomfortable situation, then to fuel it, with your ire. Some things are better left unsaid. And I'm quite certain, that is your desire. Where you're heading, is much more important, than how far, you get. In the proper time, you'll know, so don't worry now, or fret. We all know, it takes a solid foundation, to build on and that, doesn't happen over night. It takes a lot of time and patience, so don't give up, the fight. Keep on believing and in no time, you'll close that gap. Then you can walk around stating, it's a feather, in your cap!

Audrey Heller

A Sounding Board

When someone turns to me, with
feelings of inadequacy, I try to lend
an ear. Whatever is on their mind,
I let them unwind and try to dispel
their fear. It's important, to have a
friend to turn to. One who will listen,
never sit in judgement and lend a
helping hand. Letting them know
beyond a doubt, you thoroughly
understand. We all need a sounding
board. It's a way of getting things off
your chest. If you can say anything
you want to a friend, you're very
fortunate. Because you know, they've
passed the test!

Audrey Heller

A Spat

Forget about having a spat with
your mate. If you do, chances are
you'll never win. No matter what
you say, it will be changed their
way, they'll just look at you and
grin. Nothing, can be more
frustrating, you're angrier then
before. Why have they got the
ability, to twist your words?
You're ready to declare, a war.
Should you want to approach
them, to clear the air, conveniently,
they've forgotten, what took place.
Now, feeling quite like a fool, you're
standing there, with egg on your
face. That's the way it is my friend,
you're much better off, if you don't
start at all. If you continue to pursue
it, watch out, as it's going to be,
your down fall!

Audrey Heller

A Special Day

Tomorrow, being November fourth,
is a very special day! It's the day on
which you were born and your one
hundred and first, birthday! I marvel,
that so much time, has already gone
by. Thirteen years and they sure did
fly! I'm always sad, thinking about
you dad! I miss you, more than words
can say. I've never gotten over your
passing, even up to today! Oh, how
I would love, to see you once more
and spend some time with you, as
we did before. But of course, that
could never be. The only place it
remains, is within my memory! So
thanks to our memories, as it serves
us, very well. And may it always be
with us and nothing, ever break that
spell!

Audrey Heller

A Special Place

There's a special place, within my heart, only you can fill. It's always been that way for me and it always will. I remember as a child, how close we were and all the places we went. I loved being with you and enjoyed every moment we spent. Ours, was truly a great relationship I cherished. Then came that fatal day, all of it just perished. I was very lucky dad to have had you, as long as I did. You'll forever be a part of me and forever, I'll be your kid!

Audrey Heller

A Sports Widow

At certain times of the year, a lot of husbands are into sports. They're busy watching it on tv. I personally, am not too thrilled about it, for so little of his time, is spent with me. There isn't a game, he doesn't watch. Be it hockey, right down to football. It doesn't matter what it is, he truly loves them all. I've never been sports oriented. I've tried, but it's not my cup of tea. I could sit and watch any game, but frankly speaking, it's never done anything for me. On the other hand, I have interests of my own, which makes it easier for me to bare. Let's face it ladies, they may be at home with us, but are they, really there?

Audrey Heller

A Streak Of Bad Luck

Sometimes, we run into a streak, of
bad luck! After awhile, you get to the
point, that you wish, it would, let up!
Enough you cry and you can't help,
but wonder why! You begin to think,
what did you do, that made all this
hard luck, come to you! Of course,
there is no answer here and you just
have to hope, it soon will come to an
end. But one, can get very impatient,
for how much time, can you spend? It
makes you, kind of weary and your
thoughts, become rather bleary, for
you wonder, what tomorrow, is going
to bring! You just have to, hold on, as
long as you can, for right now, that's
the best, thing! With that thought in
mind, I'm sure you will find, some
comfort, in some way! For no matter
how bad, it all seems now, in time,
you'll see, a better day!

Audrey Heller

A Sweet Aholic

I'm one of those people, who has a sweet tooth! Sweets have always been my down fall. I'm not the type that's choosy, I just love them all. It's virtually impossible, for me to resist, whenever I'm near a candy store. I'll look in the window, go in and buy a piece. But alas, I'll go back in, for more. One is never enough. Once I've tasted the first piece, the going gets kind of rough. Now, I have to face the fact, I'm a sweet aholic. How can I ever stop? If I don't have my sweets for just one day, I'm ready to blow my top. When I think about it, there's worse things I could be addicted to. So I'll not feel so bad, with the one that I have, I can live with it. Couldn't you?

Audrey Heller

A Tender Touch

Everybody needs to be hugged. It doesn't matter whether it's from a loved one, or a friend. It makes you feel warmer and accepted. That's what keeps you on the mend. In fact there isn't a living creature, who doesn't need a tender touch. Just a little hug, can mean so very much. We all need to feel wanted. It's the very essence of our being. We can do without a lot, but having contact, is another thing. Shaking someones hand, is another form of caring. It tells a person, how happy you are to see them. It's a warm gesture, that makes them glow. Whether it be a hug, handshake, or just a tender touch. It will do wonders, for your ego!

Audrey Heller

A Test Of Time

The way things are, we sometimes, get caught up, in a whirlwind. You want to do a lot, but at times, you have to rescind! Life, has it's fleeting moments and it's hard, keeping up with, all the challenges, that comes our way. We try to meet them, the best we can, but there are times, it just slips away. In this day and age, a lot of responsibility, is placed before us and not all of it, can we meet. No matter what, we would like to stand, on our own two feet! We can only hope, things will make a big turn around and we can sail through, the tests of time. With that thought, we can all have, peace of mind!

Audrey Heller

A Time To Live And A Time To Die

There's a time to live and a time, to die,
so we shouldn't let, precious time, go by!
No one knows, what tomorrow will bring,
just live and enjoy everyday! There's no
use, in fretting your time, away! Time, has
a way, of going by very fast. Before you
turn around, another year, has past! We
have the habit, of putting things off and
then, it never gets done. I think this is true,
of everyone! It's good to take the bull by
the horns and see your dreams, come to
light! All of us, have them. We just have to
be made, to see, the light!

Audrey Heller

A Tom Boy

Haven't you heard, when you climb a tree, you're putting yourself in jeopardy! Imagine you can fall and break your arm. Causing your family considerable alarm. I'm sure they will suffer with you, if you were in a great deal of pain. Next time, you'll give it more thought, before you try, that stunt again. Try to make a promise, to behave as little girls should. And pay attention to what your parents say, as it will be meant, for your own good! It's time to act like a lady. Doing what all girls, naturally do. No doubt, you will then be surprised, when the boys, start noticing you!

Audrey Heller

A Tribute To Mom

When you are just a child, you can never quite understand. What it means to have a mom, who lends a helping hand. A mom, that you, can look up to, a mom, so big and strong. Who tries her best in every way, to teach you right from wrong. Who tells you all that you should know, about how to act and look. Who even takes her precious time, to show you how to cook. She's there for you, to care for you, through all those growing up years. She'll even help to take away, the many unfounded fears! Who else can be the way she is, unlike any other. That very special lady, the one that we call Mother!

Audrey Heller

A Trip To The Moon

It would be fun, to take a trip to
the moon. And stay away and not
come back, to soon. Imagine
being on another planet, where no
one else is around? Everything,
you will experience, is got to be,
profound. One day, this may be
possible, we'll book a trip in
advance. It may become so
popular, we'll all be in a trance.
Being so far, where you can touch
a star, sounds just too good, to be
true. But in this age we live in,
anything, can happen, to you!

Audrey Heller

A Trip To The Zoo

Like most people, I enjoy taking a trip to the zoo. It's a perfect way to spend a day, when there's nothing special, you have to do. I've always been an animal lover. It doesn't matter, what kind it may be. I love seeing them in their habitat, looking so majestically. One of my favorite spots, is the monkey cage. I can stand and watch them, all day. Everything they do is so amusing. I find it difficult to walk away. Next on the agenda, is to visit the lions lair. Their look is so ferocious. They can give anyone, a scare. I, personally enjoy watching them just the same. As long as they're on the other side, I know, I'm not fair game!

Audrey Heller

A Two-Way Street

Communication, is a two-way street, that begins by listening! Be intent and you'll end up, glistening! By far, this is an art, that requires skill. So it's smart to pay attention, as only you, can do it, at will. It's offensive, when you're being spoken to, not to heed what's being said. Make contact, with your eyes and use your head. When you speak, it's only natural, that you want that person, to be direct. It's important to know, what you said, also has an affect. No one, wants to talk and not, be heard. You feel, like you're talking for nothing and they haven't heard, a word. Just remember, communication, is a two-way street and it needs your undivided attention, to make it right. Don't put it off, any longer and work on it, with all your might!

Audrey Heller

A Typical Boy

A little devil in disguise, with
golden hair and big brown
eyes. A typical boy, as the
saying goes, from the tips
of his fingers, right down to
his toes. So energetic, from
morning till night, he's a little
bundle of dynamite. Where he
gets his stamina, I wish I knew.
For he's constantly busy, the
whole day through. When does
he ever get the time to rest?
And unequivocally speaking,
does a mother, really know
best? I guess one can agree,
as you watch while he's at play.
He's truly a typical boy, in every
way!

Audrey Heller

A Vast Difference

Instead of feeling sad, about what you cannot have, accept it as a character-building experience. In a very short time, if you heed what is said, you're going to see a vast difference. It's very easy, to get into a rut and let things go question is, what do you do about it, if you don't even give it a try. Just feeling sad, because things didn't work out your way, is not good enough. You, have to get in there, with all you've got and show, you're made out of the right stuff. Keep on the right track and before long, you'll come out okay. This is sure, to build your character and things will soon, go your way!

Audrey Heller

A Vicious Circle

You can be trapped, in a vicious circle,
unless you find a way, to face your fears!
All this brooding, does you no good, as
well as your relentless, tears! One, has
to fight these feelings, whenever, they
come upon you. Why, should you go
around this way, feeling sad and blue?
You have to say to yourself, this really is
a waste of time and look up, instead.
You're the one, that can make things
happen and you're the one, to make
your own bed! Do away, with self pity
and you'll see, a brand new,
one, that's put to any task, the one that
sees, it through! It's then you'll face your
fears and have not one regret, for you
realize, you have a lot of living, to do,
yet!

Audrey Heller

A Visit To The Dentist

Strange, when we have to see the dentist, automatically we're filled with fear. We could think of better places to be, then ending up, right here. There are various reasons for this hysteria, I can name a few. Take the needle for example, that's enough to put a scare, into you. Then there's the thought of your gums being frozen, while your lips, start to get numb. It's not a good feeling, nor is it easy, to overcome. At the moment you can't feel anything. The probe enters your mouth, accompanied by the noisiest drill. I can't get used to it and I'm certain, I never will. Finally, the ordeal is over. You're happy to get out of the chair. You'll have to return in two more weeks and once again, you'll face despair!

Audrey Heller

A Wake Up Call

A healthy dose of realism, can
save you, from disappointment
tomorrow. It's time for a wake up
call, so they'll be no more tears
and sorrow. Burying your head in
the sand, is not a viable strategy.
As you want to do everything you
can, to avoid any kind, of tragedy.
Live your life, with your eyes wide
open and give back, to those in
need. This can be your ultimate
reward and your conscience, can
be freed!

Audrey Heller

A Way To A Mans Heart

It's been said, a way to a mans heart,
is through his stomach. I guess, I'll
have to agree. Whenever I prepare
an excellent meal, a lot of accolades,
he gives to me. I have to admit, I really
enjoy cooking and therefore, do it very
well. It doesn't matter what I serve him,
he's always under a spell. I've never
heard not even one complaint, he says
thank you, after every meal. Now, that's
what I call lucky, for I've really got, a good
deal!

Audrey Heller

A Woman

Women, take forever to get dressed. They're never on time. If they're supposed to be ready at eight, rest assured, it will be closer to nine. There's always something, to make them late, no matter what they do. Even if they get started early, it can take forever, to get through. The reason is, they take pride in how they look, making sure everything's okay. I know it can be aggravating, but women are geared this way. Just think of all the things they have to do. Starting with making up their face, then combing their hair. Now, comes the hardest part, figuring out what to wear. When she finally emerges, you look at her and smile. After all is said and done, wasn't all this waiting, worthwhile?

Audrey Heller

A Woman Scorned

They say, hell hath no fury, like a
woman scorned. Remember this
saying and always be, forwarned.
If you lead someone on, it's the
worse thing you can do. Just be
aware, it can come, right back at
you. Why say things you don't
mean? Just mean the things you
say. If you try to fool someone,
they'll do the same, to you one
day. Be above board and it will
keep you out of trouble. Try to
always, be truthful with yourself.
Then take some very good
advice and do it, on the double!

Audrey Heller

A Word A Smile And A Touch

If you can accept yourself, just as
you are, in the interim, you'll go
pretty far! Don't look for things,
that don't exist and life, will show
you, another twist! You needn't
have doubts, of what you're
capable of. Just offer your
assistance, without anything in
return and it will be returned, with
love! That's what we're all looking
for, a word, a smile and a touch!
All of these things, are needed in
our life, as they mean, so very much!

Audrey Heller

A Work Aholic

For some unknown reason, some people
are work aholics. They don't know the
meaning, of slowing down. But if you
should need any assistance, it's funny,
they're never around. If it's pertaining to
their job, they will be johnny on the spot!
Should you need their help, no ones home,
believe it or not! How very efficient, they
can be while at work. Engrossed, in
whatever they do. Can someone, please
explain, why, they can't find time for you?
So many hours, they are willing to put in
on the job. You'll never, hear them complain.
If you tell them you need some help, it's
then they're suddenly, wracked with pain.
You feel you want to pull your hair out. Even
let out some screams. If you have any ideas,
about changing this work aholic, then it's
only, in your dreams!

Audrey Heller

Abra Cadabra

Looking through a child's eyes, there's only good, they see. They're content in what they have and it is, no mystery! They're sheltered, by the love of their parents, where all of their needs, are met. They live in a warm and cozy environment and there's very little, they don't get. These children, are extremely lucky, to have what they need, to live and grow, into adulthood. For when you see, all the struggling children in this world, where life, is anything, but good! It breaks my heart, to see them, with nothing on their back, or food, to quench their hunger. If I personally, had my way, I'd put it all asunder! Here we are in a country, that has an abundance of everything, so it's hard to fathom, what's going on. I wish I could say Abra Cadabra and poof, all the miseries, in the world, would be gone!

Audrey Heller

Acceptance

It would be wonderful, to see people come together, not only in times of need. We should never sit in judgement, for we know not, where it may lead. It's important to accept someone, whether they come from near, or far. It shouldn't have any bearing, just like them, for who they are! If you choose not to befriend someone, it should be because you, don't like the things they do, or what they stand for. That is your privilege, should you not want, to open that door! Not everyone you meet, can you like. There are those who possess the knack, of rubbing you the wrong way. It's then you have a legitimate reason, for keeping them at bay. Never for a moment should it be, because they're different. What it boils down to, we're all the same. Remember by being prejudice, you're the one, to blame!

Audrey Heller

Accepting The Differences

Don't try, to exert control, over someone else, by attempting, to get others to think like you. You can try from here until tomorrow, but they'll never follow through. Accepting the differences in people, is what makes the world go round. Some of these differences, have been proven, to be solid and sound. There's various things, to be learned, from one another, which of course, is a positive fact. Just don't become over bearing and don't, over react. We have to accept, the differences in people, as it helps a lot, I've found. For once you get yourself acclimated, you'll find it easier, to get around!

Audrey Heller

Accepting Your Feelings

Accepting your feelings, without trying to rationalize them, can make your life so much better. Don't try to figure things out and you'll have it down to the letter. How can you predict what you feel right now, is really here to stay? Feelings can be very fickle and change the very next day. Why bother, to let it be a source of your displeasure. Just think of the bright side, as it can also bring you pleasure. Accepting your feelings, is basically a good thing, for you to do. You won't have to rationalize anymore, as you'll finally know, the real you!

Audrey Heller

Accomplishment

By bringing your attention into sharp focus, you can pick up one realistic goal. Then set your heart and mind, to accomplishing your dream. All of us have aspirations, but they're not as easy as they seem. If it's something worth shooting for, don't give up, until you're half way there. Stay true to your course and you're bound to get somewhere. If one has a dream, never think it can't come true. You constantly have to work on it and you might be, one of the chosen few!

Audrey Heller

Accurate And True

I'm sure you've heard the expression, never go food shopping, on an empty stomach. I found this statement, very accurate and true. As you're walking down the aisle with your wagon, just about everything, looks good to you. Ordinarily, you only buy, what you came for. However, when hunger pangs strike, you end up buying, so very much more. It's impossible to resist, items you see on the shelf. Even ones, you never considered before, you get the urge to try. Right now, they're on sale, you think it's an excellent buy. When you get home, you sort out your purchases, then put them away. Chances are, the extra items, will never even be used. In the pantry, is where they'll stay!

Audrey Heller

Acting On Impulse

There are those of us, who tend to make mountains out of mole hills. They'll never take time, to think things through. Unfortunately, you have to be on guard, with whatever is said and what you do. In many instances, they'll take things the wrong way. It becomes a touchy situation, when you have to watch and be careful, with what you say. I honestly believe, if they really care about you, this should never be an issue at all. They're acting on impulse and it's their down fall. One should learn to be more tollerant, not be quick in their judgement and give the benefit of the doubt. when put into practice, it has a way, of working out!

Audrey Heller

Actions Speak Louder Than Words

It's not what you say, it's the things you do, that makes someone feel confident in you. Nice words all of us like to hear. But actions speak louder than words I fear. Words, how easy they are to say. For some, it's all they can show. As for me, I prefer the silent type, by their actions, they're sure to let you know. Those of you, who feel listening to nice words is quite important. At some point, I'd have to agree. However, to be able to show how you feel by your actions, well now.... that speaks louder to me!

Audrey Heller

Acts Of Kindness

Little acts of kindness, toward those you love, will get your message across, loud and clear. Words, at this point, aren't necessary, as they'll hear only, what they want to hear. There are no right or wrong answers, when it comes to the matters of the heart. You have to become a good listener and then try to make, a new start. Everyone, has their own way of coping, if things shouldn't work out the way, they want it to be. But, my way of thinking is, don't give up the ship, keep on course, then give it all you've got, relentlessly!

Audrey Heller

Advice

You can give people advice, but
some won't take it, no matter what
you say! Even if they know, they're
headed for a fall, they're going to
back away. Some people, haven't
the capacity, to listen to the truth
and think they're going to be just
fine. Others, are more capable and
can see, the pit falls, down the line.
You're never too old, to listen and
take advice, as we all have problems
of our own. It doesn't matter, if you're
a teenager, or fully grown. It's good to
listen to another persons point of view.
Not only may it be something of
importance, but it can also be, a great
help to you!

Audrey Heller

Affairs Of The Heart

When it comes to the affairs of the heart,
not too many are very smart. We don't
take enough time, to get to know, the
person we're interested in. It's the first
impression we go on, that puts you, in
a spin. You have to be with someone,
long enough before you get to know,
what they're all about. This takes more
time than you think, then they'll be many
things, you'll find out. At the beginning,
it's the good things they'll want you to
see and not, their bad side. But let's
face it, we all have the good and the
bad, so it's hard for us, to decide.
When we see someone and we're
with them long enough, we'll know,
which is the way, we should go. If
you're really in love, you'll feel very
different. And believe me, you'll be
the first one, to know!

Audrey Heller

After Christmas Shopping Spree

Right after Christmas, the department stores start marking everything down. Whatever you couldn't afford before, now you can go to town. You'll find all kinds of ornaments, especially for your tree. And what better time can you find, to go on a shopping spree. You'll be able to purchase, many articles of clothing, at a price that's well within your reach. It will be nothing like it was before. No matter where you go, you'll find, just what you're looking for. Many people, take advantage at this time, to get a head start. If you think about it, this planning is rather smart. When next year rolls around, there's that much less for you to do. You can take it easy, stay away from the maddening crowds and be grateful, you're through!

Audrey Heller

Age Is A State Of Mind

It's incredible, how fast the time is going and lucky for me, it's not even showing. All in all, I've managed to stay quite fit. The time may be passing, but I refuse to go along with it. Age, is only a state of mind. In order to stay young, you have to think young. It's to your advantage, I find. If you can live by this creed, it can add many good years to your life. No doubt, you will benefit from it my friend. So take a tip from me, then set yourself free. You'll be a whole lot better off, in the end!

Audrey Heller

Age Is Just A Number

When another birthday, is about to descend upon us, we want to forget it's here. Who needs this reminder, it already has turned another year. Just trying to keep up with everything, is hard enough to do. So who wants to think about, getting older too. It's no big deal, it's how you feel. I'll not keep count, or worry about it anymore. After all, age is only a number, when you get right down to the core!

Audrey Heller

Aging

Aging, is something none of us, look forward to, but it happens, just the same. If you're lucky, you'll age gracefully and if you don't, then it's your genes, you have to blame! Some of us, will always look younger than we actually are. Even though we're older than most people think, it makes us feel great, by far! It's nice, to be mistaken, for a much younger person, as it boosts, your ego! I know, it happens to me, just about every place, I go! I always felt, you're as old, as you feel and if you feel old, then you'll look old too. But if you think young, it has, to come shining through! So forget about age, after all, it's just a number. Just keep your mind and body active, then show them, you still can do, the Rumba!

Audrey Heller

Aging Gracefully

As women, there comes a time, we cannot dress as we did before. As we get older, things change and what we're wearing, isn't appropriate anymore. Not wanting to appear ridiculous we have to be more selective, when choosing, what to wear. It goes without saying, the next thing to be done, is rearrange our hair. The color of our skin will take on a lighter tone. Makeup should be used sparingly and blended well, very carefully. Short skirts are out and mid length, is in. Never wear clothes too tight, or reveal a lot of skin. Whatever you choose, the colors should be warm and flattering, they're the best for you. Keep away from all bright colors, they will never do. Don't let these changes get to you or tear you apart. Remember, you're getting better and getting better, is an art!

Audrey Heller

All You Need Is Time

Time, can do many things, for
different people. For some, it
can give them a new start.
While for others, it can mend,
a broken heart. Time, has to be
on your side, when a big decision,
has to be made. And without time,
it's not possible, for you to make
the grade. Many things in life,
depends on time and how it goes.
Time is there for us, to care for us,
that everyone knows. So use time
wisely and don't fritter it away. Make
good use of your time. as it can do
most anything, come what may!

Audrey Heller

Allergy Season

Allergy season, is one season we can all do without. If you've ever experienced an allergy attack, then you know, what it's all about. You feel pretty miserable with wheezing, sneezing, runny nose, coughing and itchy eyes. You ply yourself with all kinds of meds, but that should come as no surprise. When it's windy, there's a lot of pollen, floating in the air. Until the wind stops, it's hard to venture out, or go anywhere. Patiently you wait, until all is clear and the season comes to a close. Then there will be, no more wheezing, sneezing, coughing, itchy eyes and no more runny nose!

Audrey Heller

Almost 2011

Pretty soon, we'll be echoing in, the new year!
It stymies me, that the year, has gone so fast!
You can ask yourself where did it go, but it's
still going faster, than the past. Each day, I
find myself, saying the same old thing. Where
did the day go? It seems I just got up, did my
chores and where it's gone, I don't know! It's
hard to imagine, 2011, is on it's way! With all
my heart, I hope it will be for the better, but
all I can do, is pray! We've certainly all gone
through, the hardest of times, to be sure. Now,
with the new year coming, we'd like to see,
some kind of cure. A lot of us, are in a sorry
mess, due to the economic situation. It's
about time, we see some changes, without
any trepidation! So let's keep good thoughts,
in mind and when the new year, rolls in, we'll
have something good to look forward to. This,
is my sincerest wish, from me, to you!

Audrey Heller

Almost A Storm

There was a storm approaching, it was flashed across our tv screen. Warnings were posted everywhere, far and wide and in between. We all waited, but it never did appear. For whatever the reason, it never did get here. They predicted a lot of rain, even some flooding too. I'm so very grateful, none of it came true. How lucky for us, the last minute, it took another turn. This gave me food for thought, how much one could learn. To never take things lightly, always be prepared. With these odds, I'm certain, there's no need to be scared. Now, I'm well aware, of the things I must do. Which gives me all the confidence, to ride any storm, right through!

Audrey Heller

Alone

What do you do, when you're no longer with the person, you adore? Many a night, you find yourself, pacing the floor. Now, you have to face, being all alone. As you find yourself waiting, hoping, they will phone. Should you, be the one, to break the silence? You're tortured thinking, is the ball, now in your court? What if you do and they don't respond? Perish, the thought! It's an awful feeling! You're in a dilemma, as what to do. It would be so simple, if they would be the one, to reach out, to you. How do you face, the days and the long, lonely nights? I guess it's better this way, after all those endless fights. Perhaps after a while, when enough time has gone by. We'll forgive and forget and be together, you and I.

Audrey Heller

Alone For The Holidays

The holiday season, is supposed to be a happy occasion, but many people start to feel blue. Many are far from home, and very much alone, when their fondest of memories, come into view. As we all know, it's the time of year, where being with loved ones, means a lot. But what can you do, when there's no one there for you and emptiness, is all that you've got. I think of their plight and it makes me sad. I, personally don't know anyone in this predicament and in a way, I wish I had. The first thing I'd do is extend an invitation, so they wouldn't have to be alone. Hoping they'd accept, I'd more than welcome them, into my home. If I, can bring some happiness to one person, who's in need. My heart will know, I've performed, a most important deed!

Audrey Heller

Alone In A Crowd

Sometimes, in a crowded room, you can still feel alone. So many people surround you, but you're strictly on your own. Looking around the room, not one familiar face, you see. Should there be any conversation, it's going to have to come, from me. I would have thought just the opposite, seeing a new person appear. But the way it looks, it's not going to happen here. People have become much more reserved, then they used to be. At one time, they would pin you down and gab away. Now, I can't even find one, who has anything, to say. Next time, I'll not accept invitations, unless there's somebody there I know. I'll just have to be polite, give them a smile and turn them down, by saying no!

Audrey Heller

Along Comes Someone Special

If you look around, most people don't have the time, or inclination to let you know they care. They're so self absorbed, they haven't the slightest notion, you're there. After a while, you begin to feel everybody's pretty much the same. Then along comes someone special, who doesn't play that game. At first you're kind of apprehensive, but it doesn't take long, before you let the barriers down. This is the kind of person. that brings on a smile and not a frown. Just knowing you can say what's on your mind and they're willing to listen, is a rarity. I'm happy to say, I've found such a person. Now all sits right with me!

Audrey Heller

Always Daddy's Little Girl

Today, tomorrow and always, you'll forever remain in my heart. Even though it's been many years, we have been apart. How can one stop remembering, all the good times shared together. For me, it's an impossible thing to do. In fact I can't recall, when I didn't want to be with you. I loved your dry sense of humor, with the jokes you used to tell. And how about your riddles? You were surprised when I figured them out, so well. I guess you can say beyond a doubt, I was Daddy's little girl, in every way. Even though I'm grown up now, it seems like Daddy's little girl, will always be here to stay!

Audrey Heller

Always In My Heart

I can't think of a day, a week, a month or a year that passes, where my thoughts, are not with you. Even though, I tell myself, it's not the best thing to do. It may be easy for someone else, to tell you it's time to let go. But their feelings are not mine, so how are they to know. No doubt there have been others, who have been in the same shoes, before. For me, especially it's just so hard, to close that door. I feel when I keep you near, it adds a great deal to my sanity. That's why, you're always in my heart and forever, a part of me!

Audrey Heller

Always In Our Thoughts

Even though a lot of time has passed,
you're still in our thoughts each day.
Your memory will always be with us,
no one, can take that away. To say
you're missed, is an understatement.
We can recall, all the good times we
had, together. We always thought it
would go on and somehow, last
forever. At times, life can be unfair.
It's not what we hoped for, or what
we'd like it to be. However, we
have no control over these matters,
which is plain enough to see. So
here's to you my friend, the years
may come and go. All that's left to
say right now, is, we'll forever miss
you so!

Audrey Heller

Always Look For The Good

Always look for the good in someone, instead of the bad. All of us, have our flaws. There's not one person, who is perfect, so why, defeat your cause. If you meet someone, who possess the qualities you're looking for, be grateful. Don't think someone, has it better than you do. Nine time out of ten, they most likely will envy you! Everyone has their good points. These, you should carefully weigh. If they far succeed, the bad, you are pretty lucky, I'd say! We should try to appreciate what we have, as the grass isn't always greener, on the other side! When you find someone, who makes you happy, don't take it in your stride. Never, be afraid to show your feelings. Let them know you care. Then before you know it, you'll be able to take it, from there!

1

Audrey Heller

Ambition

There are times, I think about life
and all the things, I wanted to be.
Some of them, I succeeded in, but
there's more ahead, I'd like to see.
Every day, is a gift and a challenge,
but that doesn't make me stop. I'll
just keep right on going, until I reach
the top. I've always had ambition and
no doubt, see it through. Because
you have to believe in yourself and
that's one thing, I'll always do!

Audrey Heller

America

Sometimes, I think it's a dream, then suddenly, I realize it's true. Watching the chaos and devastation, in the land of red, white and blue. I keep hearing the words of our national anthem, the home of the free and the brave. These words strike a chord in all our minds, as it's our country, we must fight to save! We must not let it destroy us, we all have to stand tall. No matter what may happen, we'll never let it fall. Whatever it will take we'll be ready. Not for a moment, should there be any doubt. Never, will we give into evil. That's, what America, is all about! So hold your head up high, know in your heart we'll never give in. We are Americans and as Americans, we shall win!

Audrey Heller

An Act Of Kindness

A small act of kindness, can, go
a long way! And in the long run,
it certainly does, pay! Whatever
you do, for someone, is an
accomplishment, that very few,
take the effort, to perform! Doing
for others, helps them, to stay out,
of the storm! Where would we be,
if there weren't good people, who
cared and were there, to lend a
helping hand? When you're down
and out, you need someone, to
understand. Being kind, is a
requisite and makes you a better
person and says, who you are!
Always be proud, of your good
deeds. For hasn't it already, taken
you, far?

Audrey Heller

An American Tragedy

On the 11th day of September, on a
Tuesday morning, two planes crashed
into two buildings, without any warning.
One the World Trade Center, in New
York, the other the Pentagon. Before
you knew it, almost everything was gone.
In disbelief, I watched the horrors, on my
TV screen, saying to myself, it's got to be
a dream. Never did I ever think, something
of this magnitude could happen here. Not
to the country that I love so much and hold
so very dear! America the beautiful, is still
etched in my brain, even right now, we're
under tremendous strain. For all of us I
want to say, God shed his grace on thee!
We'll come out of this as victors, forever,
to be free! !

Audrey Heller

An Eerie Feeling

It's kind of eerie at times, as I'll
feel a sudden chill. It's as if
someone, is close at hand, but
see them, I never will. Yet, this
happens quite often and I have
no explanation as to why. In my
mind, I have no doubt, there's
someone close, standing by. We
often hear about these episodes,
but not everyone, is willing to believe
it's true. There's nothing to be afraid
of, as no harm, will come to you. I
personally feel it's someone long
gone, that wants to be near you, as
before. Don't get upset, don't even
fret. They just want to see you, once
more!

Audrey Heller

An Empty Chamber

Your heart can be an empty chamber. Looking for the right person to fill that space. Someone who, will fulfil your dreams and never, leave you in disgrace. There is no doubt, others have tried, but they couldn't fill the bill. Sometimes you have to wait, for the right one to come along. And when it happens, it will make your heart, stand still!

Audrey Heller

An Hour Or Two

There are times you may feel,
the need to have space, for
just an hour or two. To leave
behind your daily chores, then,
do what pleases you. It's very
important, to be able to change
your routine. As soon as you can
get started, you'll know exactly
what I mean. We all need to have
breathing space, with something
to look forward to. It can perform
wonders which can change, your
attitude. So whenever you feel a
need for space, make sure to take
that hour or two. When you return
you'll feel so refreshed nothing, will
bother you!

Audrey Heller

An Inner Glow

Whenever I see young parents,
tending their babies, I feel an
inner glow. It brings back fond
memories I, experienced a long
time ago. You don't realize, what
a wonderful part of your life it is.
You really want it to last. But in
no time at all, they're all grown up,
it happens, way too fast. If I had to
do it over, I'd enjoy every moment.
I'd love to go back to the time, when
they were small. I have no regrets,
for I gave them a lot of love and
attention. Now, that's what really
matters, after all!

Audrey Heller

Anger

When you feel a lot of anger, building up inside, don't hold it in. You, have to find a way, to let it out, even if you don't know, where to begin. It can be quite detrimental, if there's nobody you can talk to and get what bothers you, off your mind. For if you keep it all bottled up, you'll never find a way, to unwind. Learn, not to take everything to heart. It may take a little time, but then eventually, you'll see your anger depart!

Audrey Heller

Angry

If you're angry at someone with just cause, don't keep it inside. Say what you feel like saying, forget about your pride. Confront them with your feelings, let them know what's on your mind. By doing this, it's much healthier you'll find. Getting it out in the open, is better than holding a grudge. Unfortunately, some will not listen and will refuse to budge. Talking it over, is important for any relationship to grow. If you don't speak up, then how are they to know. Being honest, how you feel is a step in the right direction. It helps clear the air. Putting you both, on the right track and then you can take it, from there!

Audrey Heller

Anniversaries

Anniversaries come and go, so quickly. It's hard to believe how fast the years go by. You wish somehow, you can make them stand still. But instead, they just seem to fly. The memories we have, are priceless. Your mind wanders back, to that special day. Funny, how you can actually feel the excitement and your stomach churning away. All the months of planning, now that day has finally arrived. You're ready to make that final step, as they begin to play, here comes the bride. Yes, it seems like only yesterday, all this has taken place. Now, here we are many years later, with a future we're still willing, to face!

Audrey Heller

Another Day

It makes no sense to worry, about
something you have no control of.
You have to do your best, whatever
comes your way. You have to be
strong and know how to handle it,
As tomorrow is, another day. No
one, said it was going to be easy.
Life, isn't all peaches and cream.
You may want to find the end of
the rainbow. But all of us know,
that's only a dream. Learn, to
cope with it, as best as you can.
Things may not change for you
right now. But be assured, there
is, another plan!

Audrey Heller

Another Election Year

When another election year, is
at our door steps, we have a lot
to ponder about. Who do we want
to see elected and who, do we
want voted out? There's many
things, we must take into
consideration. As to who's the
most capable one, to strengthen
the nation. We all, have heard
their platform and what they'd
like to do. But how can we be
absolutely certain, when each
one gives, their point of view.
We all want the same thing, to
see a future, that's rosy and
bright. And the only way we
can achieve this, is make sure,
we choose, the candidate,
that's right!

Audrey Heller

Another Story

We, have so much to be thankful for,
just look into your heart and see.
There's so much beauty surrounding
us, that's there for you and me. Take
the time to listen, to many a beautiful
sound. Stop for a moment and you'll
hear it, as it's all around. For instance,
have you ever taken the time, to listen
to the chirping of the birds? It's truly
music to your ears and they don't use
any words. Next, think about lovely
flowers when they're in bloom. Can
you think of a better way, to brighten
up any room? Nature, that's what it's
about. She's there in all her glory. If
you can find me something better,
then I'll tell you, another story!

Audrey Heller

Anxiety

Denial, will only increase your anxiety,
while honesty, could bring peace of
mind! This to me, is the best policy,
one can find. It pays to be honest, as
the more you're in denial, the worse
off, you're going to be. You get in
deeper and deeper and you don't
want to lose, your sanity! Dealing
with anxiety, is not pleasant and
could cause, a lot of distress. If you
don't bring it into the open, it then
becomes, a great big mess! To have
peace of mind, is truly a blessing! It's,
what all of us need, to pave the way.
So, when you're honest and have
nothing to hide, you'll be able to keep,
your anxiety, at bay!

Audrey Heller

Anxious Moments

Anxious moments, are shared by all!
And often can be, your very down fall!
Don't let yourself, get into a tail spin,
for if you do, you never, can win! When
these moments strike, shoo them away,
if you can. As you know, you'll not accept
it. It's never, been a part of your plan! Who,
hasn't had moments, of being doubtful? Or
have cause, of considerable, alarm. It's then,
we have to turn our thoughts, to the positive
side and believe, they'll be no harm! There's
no point, in letting yourself, become anxious!
It certainly, doesn't do, any good! You have to
rise, above it all, then stand tall. Then watch it
work out, as best as it, could!

Audrey Heller

Anything Can Happen

The other night, I looked up in
the sky and saw a falling star.
When it began to twinkle, I
thought it's you, from afar. Why
can't it be possible, to have you
look down at me? Who can say
for certain, this can never be?
Many things are known to happen,
but some people, refuse to believe.
I, on the other hand, think in this
great big universe, when you're
ready, you shall receive!

Audrey Heller

Anything Is Possible

Give yourself the space, to dream
big, because anything, is possible!
The greatest limitations, will arise
from within, your own mind. You can
rise above it, with flying colors as
what's to stop you and keep you, in
that bind? There's nothing wrong
with having big dreams and take
advantage, of what's availed to you.
Don't be afraid, to forge ahead, it's
not what you think, but what you do!
There's a lot to be said, for someone,
who's willing to take a chance and
see, what the future, holds in store.
Remember, anything is possible,
even if it's a dream. You can,
ultimately find, what you're looking
for!

Audrey Heller

Anything Worthwhile

If it's worth doing, it's worth,
taking the time, to do it right.
Anything worthwhile, doesn't
happen over night. Just do it
with your heart and soul. And
every effort you make, will bring
you, that much closer to your goal.
If you find you want something bad
enough, put everything into it and
don't complain. Just make sure
whatever you choose to do, isn't
all in vain. It may take a long time,
before you see the fruits of your labor,
but you'll be proud of what transpired.
Now, we all can understand, how it
feels, when someone, becomes
inspired!

Audrey Heller

Apply What You Learn

Take what you learn and apply
it, in your life. You'll be surprised,
how helpful, it can be. Don't look
back, to the way things were, as
now, you've set yourself free!
Instead of expecting more from
others, find what you need, from
within. It's bound to show and then
you'll know, when and where to
begin. Don't be afraid, to say
goodbye to the past, so you can
be ready, for the future and what
it has in store. The more you learn,
the more you'll agree, that's what
learning, is for!

Audrey Heller

Apprehension

At times, whatever you do, doesn't
turn out right! And whatever you reach
for, seems far out of sight. You feel
angry, apprehensive too. Making you
wonder, why this is happening to you?
Of course you're not the only one, who
experiences things like this. Life's not a
bed of roses, nor is it full of bliss! It easn't
easy, what you hoped to accomplish, no
matter how hard you gave it a try. Sometimes,
it will pay off for you and other times, pass
you by. Even when I'm feeling rejected, I
know, it will be temporary, at least for awhile.
My thought is, one day, this will all change and
It's then, I can look back and smile!

Audrey Heller

April Fools Day

When it's April Fools Day, you
better beware. There's so many
pranksters, lurking out there.
They're waiting to bait you, with
stories so bold. To see your
expression, on what you were
told. If they get a reaction, they'll
consider you real cool. They'll
blurt out and say...April Fool!
Through the course of the day,
you can be sure others, will be
ready to pounce on you. Be a
good sport and have a retort,
enjoy the moment too!

Audrey Heller

Aroma Therapy

When your nerves are torn and tattered, aroma therapy could be right for you. I've heard so many good things, about it and the wonderful things, it can do. It's been said that lavender, has a calming effect and permeates the air with the smell of perfume. It can make a big difference, should you enter, any particular room. There are so many different fragrances, that can help with whatever your problem may happen to be. I'm very glad that I tried it, as it made a firm believer, out of me!

Audrey Heller

Around The Corner

There's better things around the corner, have faith and you will see. It can't continue on this course, it's detrimental to you and me. This year beyond a doubt, we got off to a bad start. So much tragedy has befallen us, it's tearing us apart. It makes one wonder, if we're being sent a message, to which we're paying no heed. Is God in his infinite wisdom, letting us know we must pull together, regardless of race or creed? If that be the case, a lot of us have already caught on. We've come to the aid, of our brothers and sisters and here we'll stay, until all the misery, is gone!

Audrey Heller

As Father And Daughter

When you passed away, there was nothing I could do! All I could feel, was helplessness and cried my eyes out, over you! It happened, so suddenly, even though I knew, you were on borrowed time! But selfishly, I wanted you around, just a little bit longer, so when it happened, to me, it was a crime! For the first time, we had some time together, without the interference, of your late wife! She always showed her annoyance to both of us and caused us, a great deal of strife! When we finally had time to ourselves, we both enjoyed, not being on edge. For it was a terrible feeling when she always managed, to put in a wedge! Both of us, knew, what we were up against and had to deal with it, in our own way. But we never, let that come between us, for as father and daughter, we had a special bond. And no one, could ever, take that away!

Audrey Heller

As Long As

As long as I have eyes, I shall see. Be careful, should you not want, to be seen. As long as I have ears, I shall listen. My hearing, is unusually keen. As long as I have a mouth, I shall speak. It will not remain silent, if an injustice has been done. As long as I have a nose, I shall pry. Prying, may be necessary, but not fun. I shall always manage, to keep my senses about me. Using them to my advantage, when in need. God, gave me these precious gifts. And use them I will, indeed!

Audrey Heller

As Time Goes On

As time goes on and we get a little older, we're not exactly feeling, fit and trim. We may have some aches and pains, but that's all according to the shape we're in. If we take care of ourselves when we're younger, chances are, it will show. There are many people walking around today whose age, we'll never know. That's because they did what was needed, not only for their body, but also for their mind. They kept up a daily routine, the best one could find. So when you reach that certain age, it doesn't have to be a threat. Get out there with the best of them. Then work yourself, into a sweat!

Audrey Heller

As Time Passes

More than ever, time is running away!
And it feels a little scary, as it marches
on its way. I've not paid much attention
how quickly time has flown, but looking
at my children, I can see how much
they've grown. Somehow, for some
reason, time is going faster than it ever
did. It didn't seem that way to me, when
I was just a kid! Perhaps when you get
older, you become aware of it all the more.
Or could it be, you just never gave, any
thought to it before? I guess when you're
young, you think about so many different
things. Who ever gave tomorrow a
thought, or what it brings? Since we can't
turn back the clock, we'll just have to forge
ahead. By letting ourselves, take one day
at a time, instead!

Audrey Heller

As We Age

As we get on in years, there are a lot of things, we find hard to do! Your mind tells you one thing, but your body, can't, carry it through! These are things we must face, but it's not, how we thought it was going to be! You don't want to accept, what's happening to you, but you have eyes and you, can see! You don't have to give in, to these little changes, you can make believe, they're not there! Don't talk yourself, into feeling down and don't, give into despair! Say to yourself, you're only as old, as you think and with that attitude in mind, you'll not, be over the brink! Even though we're getting older, that doesn't mean, we have to act older too! Get it out of your mind, then you'll find, it's the best thing, you'll ever do!

Audrey Heller

As We Get On In Years

As we get on in years, we'll start seeing
the changes, here and there! We'll put on,
a little weight and strands of gray, will appear
in our hair! You don't worry, about the small
things, the way you used to do. For you
really don't let it, get the best of you! You've
learned a lot through the years. There was
the bad, with the good and the laughter and
the tears! Life, has a way of teaching you, a
lesson. You have to pay attention and not,
make the same mistakes, you once did!
Remember, as we get on in years, we have
to stop behaving, like a kid! It's a good plateau,
to reach, as we take life, more seriously! You're
even more relaxed, for you've been there, done
that and now, live your life, capriciously!

Audrey Heller

Aspirations

It's okay, to have big aspirations,
if you can follow through, with your
intentions. It could be anything
you've created, assuming, there's
no pretensions. There's room at
the top, for everyone! Especially,
those who have drive and want to
get themselves known. It can happen,
if you have faith and one day, you'll
make it, on your own. You can't give
up hope and keep believing your
dream, will come true. You know
what you're capable of and all the
things, you can do. Just go along
with the tide and realize, time, is
on your side. Good things, are now
in store. It won't be far off, when
opportunity, comes knocking, at
your door!

Audrey Heller

At Heavens Door

I don't know when, we'll meet again,
at heavens door. I only know, we'll
be together, as we were before.
Never for a moment, did I forget you.
As you know, that's not easy for me
to do. You were very dear to my heart,
as I, was with you. So when the time
comes, I'll not be afraid, just knowing,
I will see you once more. What makes
it even esier, is the fact, you'll be
waiting for me, at heavens door!

Audrey Heller

At Times Like This

I guess, it's just another one of those days! Where my mind, is in, another haze! Thinking about you, all day through. Feeling sad and very blue! At times like this, I wander through the past! Thinking of all the wonderful times and sorry, it didn't last! I know, nothing stays forever! Even though, you wish it so! But then, comes that time, that you're saddened, because your loved one, has to go! Why, do all the things we love and want to hold on to, have to depart? We try so desperately, to hold ourselves together, then simply, fall apart! Time, was so fleeting! You could feel it, in your grasp! No matter how you tried, to hold on to it, slowly, it would lapse! One, can never know, what the future, may bring. I wanted to hold on, to all that was precious. For to me, you meant, everything!

Audrey Heller

Attitude

Changing your attitude, can help you appreciate what you learn. Where you go from here, is the only thing, that should be of your concern. When you're out and about, people notice how you come across and will have a lot to say. If you don't behave in a proper manor, they'll simply turn and go the other way. Pay attention and try to do your best, to change your attitude. Do it in the proper way, so you don't come off, as being rude!

Audrey Heller

Autumn

I can't think of anything, that can compare with Autumn! It's an experience, I try hard never to miss. For where else can you see a phenomenon, such as this! To be able to watch the leaves turn color, is truly a sight to behold. It's fascinating to watch, as they turn from green to brown, orange, red and gold. At this particular time of the year, a breeze is still present. The sun remains warm against your face. The air is still fresh and clean, there's nothing, to take it's place. I try to savor the moment, for all too soon, it will disappear. Leaving instead in it's wake, old man winter, which in no time, will appear!

Audrey Heller

Avoiding Anger

If you could avoid anger, obstacles,
could dissipate faster, than you think.
It's futile to carry a grudge, for if you
choose, it could go by, as quick as
a wink. One, has to be able, not to
let themselves, get carried away.
You have to put your thoughts in
another direction, which will enable
you, to save the day. Being in a state
of anger, is not a healthy place to be.
It can be detrimental in many ways,
especially, for your sanity. No one,
can do more for you, then you can
do, for yourself. You're the one, who
has to show control. Let these
obstacles, dissipate and before you
know it, you'll be taking on, a different
role!

Audrey Heller

Back To Stay

It's been awhile, since I've seen
your smile and even, held your
hand. I can picture it all, in my
mind, but I still, can't understand!
You were taken from me, so very
fast, I can still, remember that day.
I never dreamed, this would happen
like it did and now, it's years, since
you've gone away! It's never easy,
losing someone you love, no matter
whom it might be. Especially you my
father, who meant the world, to me!
You were, my guiding star, my one
and only! Without you, life has been
so very lonely! Oh how I wish I could
turn back the years, I'd do it in a
minute. As long as I could go back to
the time, when dad, you were still in
it! Those were the best times, needless
to say. How I wish it never happened
and you, were back, to stay! !

Audrey Heller

Bad Weather

We're at that time of the year,
when bad weather, is bound to
appear! Here in the south, we
have Tornados, Hurricanes and
Tropical depressions, that can
happen, any part of the day.
Flooding is another misery, as
it makes going out difficult, for
indoors you'll have to stay! It's
also very frightening, when the
rain and thunder, come knocking
at your doors. For here when it
rains, it doesn't just rain, it pours!
We're always on guard, this time
of the year, it's hurricane season
until the end of November. I hope
none will hit this year, as the last
one we had, we still remember!
It's been five years and I hope, it
will be another year, it stays at bay!
I know it's wishful thinking, but perhaps,
we'll get lucky, by wishing it, away!

Audrey Heller

Baseball

I have to admit, I know nothing about baseball. It's never been my forte. But once in a while out of curiosity, I'll sit and watch them play. It's difficult if you don't quite understand, what the game is all about. I only know, I'm caught up in the fever, when I hear all the people shout. There's a lot of action going on, it's very plain to see. I wish there was someone, who could explain, the game to me. The only thing that's apparent, is grown men are running after a ball. Then they try to catch it, as it sails over a wall. I don't know what to make of it, the more I watch, the less I'm able to comprehend. No use for me to wrack my brain. Next time, if I watch it, I'll watch it, with a friend!

Audrey Heller

Be An Optimist

Be an optimist, instead of a pessimist and I guarantee, you'll get somewhere. If you always looks on the dark side, just like yourself, no one else, is going to care. Say to yourself, it's going to get better and with these words, you'll move right along. When you stay on top of it all, how can you not, become strong? Don't let yourself falter, as you did in the past. As you know, it got you nowhere, pretty fast. My advice to you, is keep trudging on. Be optimistic and all the pessimism, will be gone!

Audrey Heller

Be Direct

Don't force an issue, just for the effect. Say what's on your mind and be direct. Going around in circles, is not the thing to do. Just get it out in the open and start anew. What's the use in trying to dodge issues, for you can't escape the truth. You have a long journey ahead of you and in your favor, is youth. The day will come, when you'll be glad, you didn't force an issue and went on, to what you thought was best. Now, whatever happens, from here on in, you'll be able to digest!

Audrey Heller

Be Thankful

Don't dwell, on what you don't have,
instead, be thankful, for what is, already
yours. Upon doing so, take a moment
and pause. It's then you'll see, the things
you have, are enough, to enrich your life.
Why should you think, you're in the same
category, where one is under a great deal
of strife? Take the time, to be thankful, for
all, that you are. Surely, there's no need to
complain, for you were certainly born, under,
a lucky star. Some people, have to go a long
way, to find the things, that you already possess.
Don't dwell anymore, on what you don't have.
Be grateful, as you're truly blessed, with a lot
of good things, that ultimately brings, true
happiness!

Audrey Heller

Because Of You

Because of you, my world is a happier place. A place, where I'm contented to be. There isn't a day that goes by, where you don't show your love for me. It's a warm and comfortable feeling, just knowing, you are there. You've shown me in so many ways, how much, you really care. Love is a wonderful thing, shared by two. I'm so grateful, you came into my life. For what would it have been like, if it hadn't been for you? Love is being there for each other, no matter what. For you made my life complete and I'm happy, with everything I've got!

Audrey Heller

Before It's Time

I realized a long time ago, nothing happens before it's time. Whether looking for a job, or searching, for a brand new beau. What you hoped you'd get out of life, there wasn't much, you could do. Unless it was the right time, it wasn't there for you. I believe it's written, how life was meant to be. And whatever happens, it's really up, to destiny. There are times, I'm sure you had wondered, why it never went as planned. The answer, is very simple, but not everyone can understand. There are good times and bad times, we all have to go through. When the time is right, it will, be there for you. Never give up hope. Your time is bound to come. In the end, it will work out just fine. Only be sure to remember, nothing happens, before it's time!

Audrey Heller

Behind The Mask

It's been a very hard and tumultuous year,
that we can't wait, for a new year to begin.
For so many of us, had the most difficult
time and had, to take it on the chin! Many
of us struggled, just to keep afloat and are
trying to hold on. But like many, a lot of things
we had, are gone! It takes years to build a
foundation and a short time, to see it,
disappear. Can you imagine, having to start
all over again? I say this, with a lot of fear.
When you're young, you have a lot of time
ahead of you and the challenges, seem so
small! After all, you have youth, you can
conquer, it all! When you're on in years,
everything new you have to do, seems
like such a task! But I presume no matter
how you access it, you have to try your
best to rebuild, for you can't live, behind
a mask!

Audrey Heller

Being A Kid

Looking back, it was a lot of fun being a kid. Doing, whatever it was that you did, without ever having a care. It was great then. I wouldn't mind, if I could do it over again, because life was so much easier to bare. In the years gone by, whatever you enjoyed, somehow has gotten out of hand. No matter how you try and wonder why, we'll never quite understand. The kids of today, find it harder to cope and rightfully so. Both parents have to work, to make ends meet and are constantly on the go. It's the times, that's made it so difficult. Everyone, tries to do their best. Unfortunately, it's the kids who automatically are put to the test. But through it all, some were able to make their way. And those kids turned out to be, the young adults, of today!

Audrey Heller

Being A Neat Freak

Being a neat freak, is certainly not a blessing! No one enjoys, being this way. When I find everything thrown all around, on impulse, I have to put them all away. I have always lived by the creed, there's a place for everything and everything, in its place! It's aggravating, dealing with this, but I know it's something, I've got to face. I've often wondered, how does a person, get to be this way? It didn't happen over night, or in just a day. Perhaps, it's what we learned, when we were young. And frankly speaking, I'm tired of hearing people say, try not to be so high strung! I'd like nothing better, if I could let up, just a little bit, by not letting myself become so perturbed. Upon giving this some thought, I realize, isn't all of this, quite absurd!

Audrey Heller

Being Alive

Don't sweat the small stuff, so they
say, for if you do, it doesn't pay!
Things happen all the time, so to
keep on worrying, is really a crime!
Enjoy your life, do whatever, you can
afford to do. Do it, while you have
the chance, for all too soon it's taken
away from you! Don't say, I'll get to it
tomorrow, today is what really should
count. If you don't take the opportunity,
while you can, it's then you'll see your
troubles mount! We have to enjoy every
minute, of every day, in order to survive.
Then, that's when you can say, how
great it is, just being alive! !

Audrey Heller

Being By Myself

There are times, I like to be by myself
and not do much, of anything! I'll put on
the radio, listen to a song and knowing
the words, I'll go along, with it and sing!
Who cares, what it sounds like? There's
no one there, to criticize my voice! I'm
just having a grand old time and this is,
my choice! Here I am, doing what I want,
with no one, telling me what to do. It's
just being by myself that's so great, at
least for, an hour or two! I can do whatever
it is, I like, with not giving a care. This is,
something you cannot do, when there's
somebody else, who's there! If you want a
little freedom, take some time to be alone.
Doing whatever pleases you most, before
your family, starts to come home!

Audrey Heller

Being Idle

When you're idle, your thoughts start
to stray, taking you back to yesterday.
How strange it seems, from out of the
blue, the places your memory, will take
you to. Things that were forgotten, are
now, quite vivid you find. Stirring up
emotions, once again, in your mind.
The mind is but a storage place, where
we file away, all we do not want, or need.
If we fail to keep occupied, then we pay
the price, indeed. Which brings me to
the theory, it's in your best interest
keeping yourself busy. It doesn't matter,
what the cost. If you practice this on a
daily basis, then you'll never, ever, feel
lost!

Audrey Heller

Being In Love

When you're in love, you can't help
but think about that person, every
hour, of everyday. It's then, when
your thoughts, will run away. All
you remember, is the warm feelings,
evoked, deep down inside. How then,
can you possibly, cast it, aside? You
still feel their loving embrace, the tender
kiss, upon your face, with every breath
you take. This, most definitely is love,
there is no mistake! You've never felt,
so happy before and would fly, like a
bird, if you had wings. When you're in
love, this, is one of those foolish things!
Experiencing, all these wonderful
moments, is just impossible, to take
note. But one thing is for sure, being in
love, in every way, gets my vote!

Audrey Heller

Being Insensitive

There are many, insensitive people,
in this world. They don't think before
they speak. They'll say whatever comes
into their mind and not care, what havoc,
they wreak. If they would take the time,
before they utter their words and give it
plenty of thought, it wouldn't be so
detrimental and feelings, wouldn't be so
wrought. Kind words, are music to your
ears and everybody, will respond. When
you haven't anything nice to say, it's not
possible to form a bond. So before you
speak, think it over, very carefully, for
words, can never be taken back. It only
creates hostility and it shows, how much
you lack!

Audrey Heller

Being Put To The Test

We all know, what a terrible year it has been and thought we'd get a rest. Now, here we go one more time, being put to the test. As if we haven't had enough of Mother Natures disasters, here comes another one around the bend. So many of us, have gone through so much. How are we supposed to mend? Look around you, it's everywhere. Many have been touched by some form of tragedy and despair. For a while it seemed, like it was finally coming to a close. Now, we're on alert one more time and where it will hit, no one knows. I pray it will soon be over, so we can get on with living once more. I hope someone up there can hear me. If you can, we don't want to worry and be afraid. We just want it back, the way it was before!

Audrey Heller

Believe In Tomorrow

I strongly believe in tomorrow. With hopes, of better things to come our way. We've all had our share of sorrow, so it's time to tuck it all away. There isn't a person I know, who hasn't their own story to tell. So when I'm approached to listen, I try very hard, to do it well. Compassion, is what they're looking for, to feel needed and understood. Everybody, has a bad side, but they also have a good. It's not, our place to sit in judgement, as who knows, where the fault lies. It's our place, to make them feel better, about themselves. Then judge them, with our, very own wyes!

Audrey Heller

Believe In Yourself

Believe in yourself and your confidence will be contagious. It won't matter what you do, no one will think, you're outrageous. You have a way about you, that's like drawing flies, to honey. It's a very special quality, that's right on the money. Be assertive, then sit back and watch the effect. You'll come out a winner and gain, a lot of respect. It's very important to like yourself, for it shows, in whatever you do. When you display your confidence it can't help, but come, shining through!

Audrey Heller

Beneficial

Any sort of physical exercise, can be beneficial. It releases all of your building frustration. However, I'd do it on a slow basis, according what you do, for an occupation. When you exercise, you're using, a lot of energy, which in turn, is releasing all your pent up emotions. It can actually be, a turning point for you. You'll not only look great, but feel so much better too. Never underestimate, what exercising can accomplish, where other things have obviously failed. No more do you have to be uncertain, because now, your ship, has finally sailed!

Audrey Heller

Best Friends

It's not a good feeling, when your best friend, doesn't live near! We talk on the telephone, whenever we can, both of us stating, how I wish you, were here! There are things you confide, perhaps you want to hide, but your best friend, you can tell. For they are the only one, who knows you, very well! You can say whatever you want and never be judged, for they, have your best interest, at heart! Who else but a good friend, who's there, to take, your part? There is no pretense, for they care about you, for who you are. After all, no one, knows you like they do, even from afar! One, has to be fortunate, to have a best friend, as in a lot of cases, it's rare. But to me, our friendship, will always be and for each other, we'll always, be there!

Audrey Heller

Beyond Our Control

Sometimes things happen, that are beyond our control. Unfortunately, there's nothing we can do. We have to go with the tide, take it in stride and somehow, see it through. At this point in time, it's important to have faith in ourselves. Never, lose sight of that thought. As much as we'd like to have peace, circumstances can get in the way. We must be strong and move right along, tomorrows, another day. No one, can foresee, what the future has in store. It's all a guessing game. Take a deep breath, let fate do the rest and I, will do the same!

Audrey Heller

Birthday's

We all look forward to birthdays, especially when we were young. You didn't have a care in the world, just busy having fun! Before you realized, your next birthday was here. It went so fast, it had turned another year. Never had you given it a thought, as you approached your teens. It was the first time, you experienced any doubt. However, you sailed through this difficult faze and found out, what life's all about. From here on, it wasn't easy. Soon you became of age. At this point, you went through, a different kind of stage. Now, you're out in the world, got married, had children of your own. With the passing of time, they were now, fully grown! Life makes a complete circle, going round and round, constantly! But that's the way of life and how, it will always be!

Audrey Heller

Black Friday

Just after Thanksgiving, there's a day
that's called Black Friday! There are
many people, who take advantage of
this time just to see, what they're giving
away! Stores open, in the wee hours of
the morning and tremendous lines, will
begin to form. They'll stay there and don't
care, even should it begin, to storm! It
doesn't matter how long it takes, just as
long as they get inside and get their turn.
You'd think there was no recession, for
they all, seem to have, money to burn! It
can get to be a frenzy, with people pulling
and grabbing just about everything in sight.
But as long as it's a bargain, to them it was
worth, this plight! They're out for many hours,
until they're ready, to drop. And when they've
come, to the end of their rope they know,
they can't possibly make it, into another shop!

Audrey Heller

Blackout In New York

When I heard about the biggest blackout in history, my first reaction was how could this be? No one knew what had happened, it was evident, it was a big, mystery. What ran through my mind, undoubtedly, all of us thought the same. Had it really been an accident, or an act of terrorism, that was to blame? It was amazing, how calm and collected some people were, in a time of crisis. This reaction, wasn't expected at all. It was great to see, how people were helping one another, as darkness began to fall. Everything ran smoothly, panic did not prevail. Looting remained at a nil. People letting their barriers down, helping at their will. Everyone, had their wits about them, as they went about their task. People, helping people and no one, had to ask!

Audrey Heller

Blue Skies

How I hate, a dark dreary, rainy day!
It makes everything, so bleak, you
wish, it would go away! It can put you,
in a bad frame of mind and pull you
down, a notch or two. There isn't
anything, nice about it and it doesn't
do, anything for you! I hate the sound
of thunder and fear, the lightening as
well! Most of us are scared of it, as
far as I, can tell! Give me back, the
clear blue sky, then, let the sun, come
shining through. It puts you in a better
frame of mind and that, means a whole
lot too!

Audrey Heller

Boats And I Don'T Mix

No one, can ever convenience me, to go on a boat! The thought of it, makes me shiver. When someone tries to coax me, it sets me all a quiver. I keep thinking, what if the boat would tip over. I'd panic and wouldn't know, what to do. I've always been afraid of water, so how, would I make it through? I've never learned how to swim, because of this fear, I'm ashamed to say. I keep saying, it's about time I overcome it, but it doesn't work that way. I'm not afraid, to go on an ocean liner. That's plenty big, for me. Besides, there's a lot of enjoyment attached to it, as you head, right out to sea. Small boats for me, will always be, off my list. But give me, an ocean liner. Now, that, I can't, resist!

Audrey Heller

Boredom

If boredom, turns to dissatisfaction,
keep in mind, that tomorrow, could
be, a whole new ball game. Then,
from here on in, nothing, will be the
same! Everything you do, is in your
attitude, so see to it, that you strike
a chord. It's all for the betterment, as
you, will reap, the reward! Don't take
things lightly, for to do so, will slow the
process, of what's to come. Right now,
I'm sure you're feeling, kind of numb.
Just take it, in your stride and be
prepared, for this new venture, that's
on it's way. Then I'm certain, you'll not
display, any boredom or dissatisfaction.
For this time, you know in your heart, it's
going to be, okay!

Audrey Heller

Broaden Your Experience

Bringing your head and your heart,
into each situation, will broaden your
experience! It's, what can bring you,
through the worst of times and alter,
your very existence! No matter how
difficult your life may be, you must
believe, you'll get through! If you falter,
in any way, then, what is left, for you?
Think of it, as being put to the test! You,
have to think with your head and let your
heart, do the rest! Everything in life, is a
gamble, so you can't, let anything, get in
your way! Do, what you think is right,
regardless, what others, may say! Who
knows, what tomorrow will bring, so we
have to move along. For in life, we know,
there is no right, or wrong!

Audrey Heller

Broken Hearts And Broken Dreams

Broken hearts and broken dreams,
seem, to go together! You set your
standards, way too high, then find,
it's impossible, to weather! At the
time, you felt, you could climb, the
highest mountain, do any kind of
task. You thought, it was going to
be easy, all you had to do, was ask!
Seeing things, from your own point
of view, was quite different, than it
appeared to be. You went into this
pursuit, very, ardently! Don't, let it
throw you off course, as everything,
can change tomorrow. Look up and
keep in mind, there's no time, for
tears and sorrow! Now, it looks as
if nothing, will make you happy again,
but that's so far, from the truth! You
have everything, going for you and
the biggest part of it all is, you still,
have your youth!

Audrey Heller

Can'T Help But Wonder

Everyday, in every way, my thoughts
go out to you! I can't help but wonder,
if you think about me too! Even though
you're not close by, it doesn't matter at
all. I'll just wait patiently, for you to call!
If by chance that doesn't happen,
writing a letter will do. Either way, that's
okay, as long as I hear from you. There
are times we get busy and sometimes,
we're inclined to forget. I promise not
to say anything later on, I might regret.
At times important issues, get out of
hand. No matter what it may be, I'll do
my best to understand. I only hope, it
won't be long, before I know you're
feeling okay. Just put everything aside
and let me hear, from you today!

Audrey Heller

Can'T Help Wonder

When whatever you do, doesn't go your way, you can't help wonder why. This happens to many of us, it's not always apple pie. I guess you can say we're being tested, to see how we'll fare. If we're strong, we get along, trying to make it, from here to there. There isn't one person, who hasn't experienced some kind of set back, at some point in their life. It's how they handle it, that will count. Have you tried making any radical changes? Or do you sit around, hopelessly and let it mount? When you take control, you're on the right track. There's no doubt, you will win. If you sit around feeling sorry for yourself, how can you know, where to begin? Forget what went wrong. Pick up the pieces and go on from there, In no time, you'll be on you're feet again. Only this time, you'll be walking on air!

Audrey Heller

Can'T Win For Losing

You'll never know, how hard I try, to
get back on a winning streak! It seems
no matter what I do, everything, turns
out bleak. I used to be very lucky.
Whatever I touched, I would win. For
ever so long, it's been a downward
slope, I happen to be in! It makes you
kind of wonder, why this happens? Why
does your luck disappear? For me, it's
been a very long time, more then over a
year. I've heard it said, luck runs in cycles.
Well, if that is so, it's time for it to change.
Things should start to go my way. I guess
I'll keep on playing and hope it all comes
back, to me, some day!

Audrey Heller

Carried Away

Often when I'm alone, with nothing special to do, my thoughts seem to go astray and that's, when I think about you. It's not a strange occurrence, for when I'm idle, there's much more time to think. Then before I turn around, the time goes by, as quick as a wink. Why is it so different, when I can't wait, for a day to come to an end? It seems, like it goes on forever, like a river that has no bend. So I'll just keep sitting all alone, with nothing special to do and let my thoughts, go astray. That's a place, I don't mind being, as it's then, I get carried away!

Audrey Heller

Cats And Dogs

Where is it written, cats and dogs,
can't get along? Whomever, made
that statement, proved to be, dead
wrong. It's a proven fact, this is
strictly a miff. I've never seen my
two, get into any kind of tiff. It's
wonderful how they play together,
there's always harmony. I've never
had to scold them, it's so beautiful
to see. Why can't people, get along
as well as they do? We as humans,
find it hard to bend. If you can
observe an animal, they're more
eager, to make a friend. As for me,
I enjoy having both as a pet. They
taught me so many things and it's
far, from being over, yet!

Audrey Heller

Cats Are Strange

Cats are strange, with an independent air. Always giving the illusion, they really do not care. When they're in the mood, they can be affectionate. Quite the opposite too. Leaving you in a quandary, what they want, from you. You'll never know what they're all about and if you live to be a hundred, you'll never figure them out. They'll always be mysterious, in whatever they do. But in their own way, they show their love, for you. So no use to fret, just enjoy this mystical pet, you'll never change their ways. Just treasure each moment you have with them, until the rest of their days!

Audrey Heller

Celebrating The Fourth

I love to celebrate the fourth of July,
watching the fire works, explode in
the sky. Patterns that form graciously
unfold, radiating colors, from pink to
gold. Sparklers are lit, then tossed in
the air, illuminating the sky, with a
heavenly glare. Everything around, from
the sky to the ground, is a picture no one
should miss. Where else can you possibly
see, a sight, so beautiful as this? As I
stand watching in utter amazement, then
mingle with the crowd, a feeling comes
over me, making me very proud! I'm
proud to be an American, to be able to
live in a land, that has always been free.
God bless America, it's the only place,
for me!

Audrey Heller

Celebrating The New Year

Soon, we'll be celebrating the new year. Most people enjoy going out, but it's not for me. I'd much rather stay at home. Have a few good friends in, as it's cosier, just to be here. No more crowded places to contend with. No more dressing to the nines. No more smoked filled rooms, or waiting on long lines. Staying at home, is the best option. Where else, can you be so completely at ease? You don't have to listen to the blaring music. You can play, whatever you please. No orders have to be placed. Every kind of food, you'll find on the table. You can eat whatever you like and as much, as your able. May we always be fortunate, to spend New Years eve this way. Now, my dear friends, may all of us have a Healty and Happy New Years Day!

Audrey Heller

Challenges

There are many challenges, we
face everyday! Some can be
avoided, but some, are here to
stay. If we manage, to keep
ourselves under control, we'll do
very well. With others, there's no
way, we can tell. All one can do,
is keep on the straight and narrow
and not go over board. There's so
many temptations, around, one is
bound, to be floored. The thing is,
don't, be pulled in by promises, you
know, can't be met. Better still, just
keep believing in the rules, that you,
personally, did set. At one point,
things won't become a challenge, to
you and you'll do just fine. That's your
cue, that you've now come, to the end
of, the line!

Audrey Heller

Chances Are

Chances are, if given the opportunity,
we wouldn't change the way our lives
turned out to be. Some things, no doubt
we might have done, a little differently.
Choices we made, were strictly on our
own. If it didn't pan out, blame it on the
unknown. No one, has the ability to read
into the future, to see which way, the wind
will blow. One thing is for sure, we'll never
get to know. Whatever lies ahead, is not
up to us. We haven't any control. All we
can do, is hope and pray, that somehow,
we'll fulfill our goal. We'll just go along,
hoping the ensuing years, are kind to
you and me. Chances are, it's exactly
the way, it is going to be!

Audrey Heller

Change

If you want something bad enough,
you have to make up your mind to do
it. Saying you will, won't make it so.
I found out I'm no different, that's
why I happen to know. It's not easy
to change your habits, as we've
been doing it for so long. If you
really want it bad enough, you
have to be very strong. Just take
that first step, no matter what the
problem may be. In the beginning
you'll not see any changes, but you
will eventually. When that day comes,
that you finally reach your goal, you'll
be a much happier person by far.
Whatever we need to change, we
can honestly say, we now like who
we are!

Audrey Heller

Change Of Attitude

I would like nothing better, than to
not let things get me down! Not dwell
on trivial matters, so I can turn my life
around. Some people are blessed, with
the ability to accept, whatever may come
their way. For I truly envy them, wishing I,
could be that way. It has to take a great
deal of concentration and practice a
tremedous amount of control. It's well
worth it, if you're able to reach your goal.
After thinking about it, I'd like nothing better,
then to change my attitude and learn to think,
differently! For it most certainly would be a
feather in my cap, just to say....there goes,
a brand new me!

Audrey Heller

Change Your Lifestyle

The secret, to keep our minds active, may lie in your lifestyle and what we eat! If you want to stay on the ball, don't reach, for another treat. Too much of a good thing, can get you into trouble! You have to do things sparingly, even though, it may burst your bubble. Living right and eating right, is a challenge, for a lot of us today. Some of us are disciplined and many remain, the same old way. We live in a society, where everything, is at our fingertips, because we're constantly on the go. But the hardest thing to do, is pass and just say, a simple no. If you want your mind to be active, you have to eat right, live right and each day, walk a mile. That's all you have to do and in time, it will definitely change, your lifestyle!

Audrey Heller

Charting The Right Course

Instead of charting a course, away
from what you don't want, be positive
and aim, for what you desire. Don't be
afraid, to put your eggs in one basket,
for this time, your ideas can become
afire. Being realistic, is important, but
pessimism at this time, serves no
purpose, at all. Do what your instincts
tell you to do and you won't be heading,
for a fall. Take it the way it comes, don't
let anything, stand in your way. Be strong,
be smart and listen to your heart, for there
is no, judgement day!

Audrey Heller

Chase Away The Gloom

Don't let your thoughts, run away,
with you and look forward, to days
to come! If you get yourself into a
snit, it can be felt, by everyone! It's
not in your best interest, to think
everything is gone. You still have a
life to live, so do your best, to carry
on! We all have to be grateful for the
little things in life. They, make it all
worthwhile. When you feel you're
not in the best mood, force yourself
to smile! Everyone, loves to see a
smile! It brightens up, a persons face,
as well as a room. So take a tip from
me, set yourself free, then last but not
least, chase away, the gloom!

Audrey Heller

Chase The Doldrums Away

Vibrant colors and classic stripes,
makes any room look cozy. By
using your imagination and making
changes, everything can come up
rosy. After a while we can get bored,
looking at the same thing every day.
By making a room a different style and
color, it can chase the doldrums away.
A project such as this, is really a great
challenge. You may be surprised, the
way it turns out. When it's completed
and done to your own satisfaction,
you'll have everything, to crow about.
Once you've started, you can't wait to
go on from there and do the rest. Now,
with some experience under your belt,
you're confident you've passed the test!

Audrey Heller

Chemistry

Having chemistry, is great. But it's more important to have a solid base, for communication. In most cases, chemistry doesn't always last. Then what is left, for the duration? I'll take someone any day, who can show their loyalty. Something, not only I can feel, but others, can also see. Being kind is another prerequisite, important if a relationship, is to sustain. Chemistry, well it's quite another thing. But can it keep you warm and secure and shield you, from the rain? All things considered, give me a solid base of communication any time. And with these last words be it known, I'll know when I'm ready, to hear those wedding bells, chime!

Audrey Heller

Children Of Today

The children of today, are very spoiled.
Just look at all the toys, they possess.
Looking back, we didn't have much,
we enjoyed what we had, more or less!
If you got a new toy, you were grateful.
There were no luxuries. Money, was
spent on important things and you were
reminded, it didn't, grow on trees. We
learned to appreciate, what we had. If
it got broken, it would be a long time,
before we could get something new.
Knowing this, we took special care,
it was all that we could do. Now, life
is certainly much easier. This I'll have
to agree. There was no use to complain,
for when I was growing up, that's how
it used to be!

Audrey Heller

Chocolate

The biggest topic around today, is to watch all the things you eat. If you want to remain healthy and slim, stay away from anything sweet! Now I know they mean well, but aren't they carrying it, a bit too far? Don't they realize how unhappy I'd be, if I couldn't eat, that chocolate bar? I'm not one who thrives on veggies. Fruits, I don't care for at all. Just give me chocolate at anytime, so I can have myself a ball. In fact it's been said, a piece of dark chocolate, is good to have once a day. Because it's an antioxidant and will help keep most problems away. I try to keep abreast of what's good or bad to eat. So allow me to get serious, for one moment. Do they honestly think I'll ever give up, that delicious chocolate treat?

Audrey Heller

Choices

Everyday, can be a wonderful day,
should you choose to make it so.
Just look at the bright side of life,
it's the only way to go. You can
choose to have a good life, or
choose to make it bad. If given
the choice, wouldn't you make it
the best you ever had? We all
have some control, over our life in
whatever, we say or do. Making
the right choices, is strictly up to
you. Whatever decisions we make,
life is merely a test. We have to
enjoy each and every moment and
let the future, take care of the rest!

Audrey Heller

Christmas Down South

The air has turned, a little bit
crispy and I sure hope, it will
stay. For there's nothing, I'd
like better, if it could remain,
until Christmas day. Christmas
down south, is not exactly, what
you'd like it to be. It has all the
trimmings, you have up north,
including many a Christmas tree.
But there's something missing,
as I'm sure you already know.
Even with all the beautiful
decorations, you'll never see, any
snow. Perhaps one day, if I get
the chance, I'll go up north once
more to see, the magnificent
splendor, at Rockefeller Center,
which has the largest decorated,
Christmas tree!

Audrey Heller

Christmas Is Coming

Christmas is coming and all to soon. When you reside in warm climate, it might as well be June! There is no snow upon the ground, no use in looking, there's none to be found. It's hard to get into the Christmas spirit, when it's still so warm outside. You can't put boots on, or go for a sleigh are many things to be missed, at this time of the year. Like seeing Santa and his wonderful reindeer. The feeling of Christmas isn't the same, even if you look at all the decorations and such. There's no doubt it's very beautiful to see, I agree, but I still, miss Christmas up north, so much!

Audrey Heller

Christmas Is For Children

There's something special, about
Christmas time and the excitement,
that it brings. Especially, for little girls
and boys, who look forward to, what
Santa brings. Everyone, is preparing
to get ready, for this special day. Many
children, want to stay up late, to see
Santa, on his sleigh. It's a hard time
convincing them, Santa won't appear,
while they're still awake. It's then they'll
remind their mothers, not to forget to
leave cookies out, for Santa to take.
Christmas is truly for children, as anyone,
can plainly see! Just look upon their faces,
as they unwrap their presents, from beneath
the tree. What greater picture is there to
behold, when you see all the happy, girls
and boys? It's all because of Santa, as he
brought them for Christmas, their favorite
toys!

Audrey Heller

Clearly

Clearly, you remain so vivid in my mind and it just won't go away. I try to brush away this image, but can't achieve it, come what may. I knew it wasn't going to be easy and tried my best, to move on. I never had the slightest notion, how affected I'd be, since you're gone. Then again, I should have realized, how hard it was going to be. For there existed, a very strong bond, between you and me. Whenever I start feeling sorry for myself, I just look back, to what I had. I was blessed with so very much, for I had a wonderful and caring, dad!

Audrey Heller

Close At Hand

With the hurricane approaching, I asked you to watch over us and keep us out of harms way. I felt your spirit around me, as you kept me calm, that day. Not for a moment, did I feel anxious or worried. I knew, you were close at hand. It's a very special feeling, most people, would not understand. There were times, things could have happened and didn't, I'm certain, you were there. Even though physically you're not present, you have a way of letting me know, you care. As the storm subsided, no damage had occurred. It was you, who made sure I would be all right. So thank you dad, for watching over me. I know, I'm going to sleep very peacefully, tonight!

Audrey Heller

Closer To You

Sometimes, my mind, is a million miles away. I'm lost in a dream world and this is where I stay. My thoughts, are going a mile a minute and every thought I have, it's you, that's in it. I try very hard, to make it disappear, but to no avail. These thoughts of you, keep coming through and continue to prevail. It's hard to go on, thinking this way and yet I don't want it, to go away. So if I seem a million miles away and lost, in a dream world too, that's where I want to be, for it brings me, that much closer, to you!

Audrey Heller

Clowns

Clowns are known to be pretty funny,
as they prance around a room. But
they also have a different side, which
can be classified, as gloom. To me,
I like to see their silly side, making me
laugh, while I enjoy every minute. I
prefer to watch their antics and all
the fun, that goes with it. A clown is
supposed to be funny. Just look at
them, through children's eyes. When
you throw a birthday party and bring
in the clowns, they're happy and full
of surprise. So give me a clown who
makes you laugh, as they can chase
away your blues. Especially the one,
who's making fun, while wearing
those big, floppy shoes!

Audrey Heller

Cold Feet

I'm sure at sometime in your life, you
spied someone, you were eager to meet.
Opportunity, finally presented itself, then
suddenly you developed cold feet. Trying
to make a good impression, whatever you
said, words got stuck in your throat. Certain,
you had a handle on it, alas, it got your goat.
Happiness, turned into disappointment,
you're upset you lost your cool. Here you
are, just standing there, looking like a fool.
Why did it happen? What went wrong? Why
were you so weak, when a while ago, you
felt so strong? Pondering these questions
over in your mind, this is the conclusion,
I did find. Perhaps, they were as
uncomfortable, as you. Not everyone has
the ability to let their hair down, be friendly,
the first time you meet. Should you get a
second chance, to do it over again, this
time, you'll not face defeat!

Audrey Heller

Colors

From pleasing pink, to calm
blue, colors, do have an affect
on you. Warm colors, are known
to be soothing on the eye. It can
put you in a tranquil mood and
nobody, seems to know why.
Strong colors on the other hand,
can influence you differently. It
doesn't cheer you up and can
pull you down, reluctantly. Last
but not least on the spectrum,
are the bright and bold colors.
These are the ones, that add to
your existence. Fabulous colors,
we love to look at and savor.
Colors, that can wear down, your
resistance!

Audrey Heller

Come December

Come December, I'm not in a festive mood. In fact, I become quite sad. The reason I feel this way, it's the month when I lost my dad. I've tried not to let it get the best of me, as it's something I'd like to erase. Wherever I turn and look, I always see his face. I know by now, I shouldn't get upset, there's a reason, this has to be. Is there a possibility, he's trying to communicate, with me? As mere mortals, we'll never get to know. Who's to say this can't happen? Personally, I'd like to think it's so. If it could only be as simple as that, life would be so much easier to bare. But since that's not possible, all I can do, is make believe he's there!

Audrey Heller

Come November And December

When it's time for your birthday,
it tears me up inside. I try not to
show it, but tears you cannot
hide. I start getting lonesome,
as I'd share, that day with you.
All that has changed, for I'm
always feeling blue. How many
times I'd reiterate, November
and December, are the worst
months, I have to endure. One
of them was happy and the other
one, obscure. Every year, this
happens. It's one of the things,
that takes place. But come
November and December, it
gets harder and harder, for me
to face!

Audrey Heller

Common Sense

There's nothing more, you can
be thankful for, if you're blessed
with common sense. When things
are not what they should be, that's
your best defense. Some people,
put their foot in their mouths, as
they think having an education,
will see them through. But common
sense, in every day life, is just as
important too. I think education is
something, that's here to stay. But
if you have common sense, it's
going to take you, all the way!

Audrey Heller

Communication

It certainly is great, to have
communication this way, talking
on a computer almost every day.
Reaching your friends and family,
is really quite remarkable to me!
Imagine, just by sitting in your
chair, you can send a message,
almost anywhere! Then, with just
a blink of an eye, you can get
back, an instant reply. Now,
tell me please, all of you out
there, is there anything, that
can compare, to these
remarkable computers and
their soft ware?

Audrey Heller

Complacency

As we get on in years, things that used to be important, cease to be. I'd have to say, we've become more complacent, to the nth degree. Our main objective, is comfort. That's what it's all about. No more, do we have to get dressed up, when we're stepping out. We now have adopted a more leisurely style, that suits us to a tee. I for one, love the way, we can dress more casually. As the time goes on, it's to your advantage, if you keep as busy, as you did before. If you allow yourself to think young, you'll stay young. That's the secret, that will keep Mother Nature, away from your door!

Audrey Heller

Complaining

What does it take to make you happy?
Do you really think, you need a lot? If
you just look around you, you'll see how
much, you've got! We all do our share
of complaining, we're never satisfied,
wishing we had more. Isn't it a shame
we feel that way, when there are so
many, that are very poor! We should
be grateful for all the things we have,
not take it in our stride. Think of all
the unfortunate ones, that have nowhere
to reside. It's sad to see these people,
walking around in the street. They have
very little to their name and just as little
to eat. We must realize we're very
fortunate, we have all the comforts we
need. For goodness sake, let's stop
complaining. It only shows, our greed!

Audrey Heller

Computer Advantages

The computer has many advantages, all on a positive note. You can never be bored or lonely, that's why it has my vote. There are so many things you can do, to make your day an interesting one. In fact, I'd go so far as to say, it can be, lots of fun. Many games are offered to you to play. In fact you become so involved, it's almost impossible, to break away. When you're into a game with others, it's not unusual for conversation, to prevail. Many times I've made new friends and keep in touch, by e-mail. Now, I have several internet buddies. We exchange all kinds of information, sharing our views and such. It's really a wonderful thing, this computer, for I've honestly, learned, so much!

Audrey Heller

Computer Woes

If you buy a computer, you better
beware. Because you and your
mate, will get in each others hair.
One wants the games, the other
wants to chat. Before you know
it, you're having a spat. Things
that once were so sublime,
makes everyone crazy, just to
get on that line. We all survived,
before the computer age. We
were much more civil and didn't
fly into a rage. 'So what's the
answer to be? Will the computer
win out and take the place of me'?

Audrey Heller

Confident

Being over confident, isn't in
your best interest, as of now.
Instead of wasting time talking,
put all your available energy,
into doing. Whatever you have
in mind, use this time, in what
you could be pursuing. There's
a lot of things, you can get involved
with, that would make a difference,
in someones life. There's no need,
to come off too strong. Just do what
your heart tells you and things are
bound to move along. When the time
comes, you'll look back and you'll be
happy you toned things down, a peg
or two. Now, you can be over confident,
as everybody, is proud of you!

Audrey Heller

Confrontation

Many times, in order to avoid confrontation, we turn a deaf ear. We do this for self preservation, as there are certain things, we don't want to hear. Then we have to ask ourselves, is it better this way? Or should we give them the courtesy and listen, to what they have to say. There are times, I'm sure we're not aware of what we've said or done that may offend. But if it happened, it wasn't with any intend. We then have to be more considerate and understanding of the people around us. We have to show ourselves, in a different light. There really is some good, in all of us. So let's strive to make that wrong, a right!

Audrey Heller

Contemplation

Contemplation, can teach you, more than
direct action! It's always a good idea, to
think it through, before you do, a transaction!
It's necessary, to delve into matters and know,
just what's at stake. You don't want to find, that
without thinking, you've made a big mistake.
Contemplation, is an important step, in making
decisions, without getting in, over your head. You
have to think, before you leap and use, your mind
instead. There are times, things are offered to you,
that can be, very tempting, but you have to know,
when to resist. That's where contemplation, comes
in handy, for you might find now is the time, to
cease and desist!

Audrey Heller

Cooking Is An Art

Learning to cook, is truly an art!
You, have to really be interested,
in it, to play the part. If a chef, you
want to be, follow the rules diligently!
You, have to take a little bit of this and
a little bit, of that, put in, the proper
seasonings and stir it, in a vat. Add,
whatever other ingredients, that you
wish. And before you know, you'll
come up, with a brand new dish!
All you need, is a little ingenuity and
you'll be able, to go far! You'll stand
out, amongst all the others, as you show
them, you're the star! One has to enjoy
what they do, to make it come out right!
To prove your point, head to the kitchen,
whip up something sumptuous, then,
show how capable, you are, tonight!

Audrey Heller

Count To Ten

When you're feeling upset and get into a snit, try to count to ten. If it doesn't work the first time, then start all over again. Most of the time, we feel this way, over something that's said. It escalates, from there! We shouldn't let it bother us, but for all intensive purposes, we care. If we could control our feelings, without getting in any deeper, we're better off if we do. If allowed to get out of hand, it only gets worse, for you. When you feel this way, what good does it do, to blow your top? Just keep counting to ten and in no time, it will become easier for you, to stop!

Audrey Heller

Create Tomorrows Well Being

Today's routine, will create tomorrows,
well being. Then eventually everything
will have, a specific meaning. You can't
go around in circles, you have to get
down to basics and turn it, all around.
As you pursue what you want, to do,
things will be solid and sound!
Sometimes, we can't see the forest
for the trees and somehow, lose our
way. But if we're smart and follow our
heart, we shouldn't put off tomorrow,
what we can achieve today. Putting
things on the back burner, never will
get it done, as you surely know. Don't
procrastinate any longer, be on the
ball once in for all! Then you can
proudly say, I now, have everything,
in tow!

Audrey Heller

Credit Card Future

Before the new laws, take affect,
all who own credit cards, will be
deeply in debt! The way they're
going, to increase our rate, is
hurting us, as such is our fate!
What they're doing, certainly
isn't nice, as all of us, are ending
up, paying the price! This piece of
plastic, which at one time, afforded
us, a certain amount of pleasure, is
now getting us, where it hurts the
most. It's going to keep us, in debt,
forever! Not only do we have to
contend, with every aspect, of this
economy, we now have this, to
face! As if there wasn't enough
going on, whatever happened, to
the so called, human race? We
sweat and strain, everyday, to try
to make ends meet! But I'm afraid,
the way things are going, they now,
have all of us beat!

Audrey Heller

Crossword Puzzles

One of my favorite pass times, is doing crossword puzzles. I'll do every kind, starting with the newspaper, early in the day. To me, it's always been a challenge, when I'm able to complete one, I'm pretty proud of myself, I must say! There have been times when I was stymied and had to let it be. I'd finish what I could, pick it up later, then go at it relentlessly. After I had it figured out, I took pride for not giving up or giving in. It's always been said, a mind should never be wasted! When you apply yourself, you'll find the answers, be ahead of the game and completely satisfied within!

Audrey Heller

Crying Over You

You made me cry, you made me
blue and I'm still crying, over you!
You treated me unkindly and literally,
broke my heart. Now, you've gone
and left me and it's tearing, me apart.
I gave you all my love and what did I
get in return? Why did you fool me?
I guess, I have a lot, to learn. From
here on in, I'll be cautious, I'll not be
so quick to give my heart. I'll not be
looking for a new romance, as I'm
not ready, to make a brand new
start. It's going to take a long time,
for me to trust once more. For when
I meet someone new, it will remind
me, of what took place, before.
Someday, I hope to forget and
perhaps meet the one, for me. But
until then, all I can say is, I just want
to be free!

Audrey Heller

Curiosity Killed The Cat

They say, curiosity killed the cat.
But frankly speaking, aren't we all
guilty of that? We all have questions,
we'd like to have answers to, but
cannot find. It may not be to our
advantage, but no stone will be left
unturned, or left behind. If you're
looking for the proper answers, don't
veer off course. Just be certain it's
coming, from the right source. Most
importantly, make sure what you're
being told, is true. Then beyond a
doubt, you're going to find out and
all your wondering days, will be
through!

Audrey Heller

Cycles

Things, tend to go around in
cycles! I learned that, the hard
way. I'd hold on to items for so
many years and at the wrong
time, I'd give them away. Why
did it happen, just as I finally
got up courage, to get rid of all
I had amassed, through the years?
Now, I discover it's back in style
again and I can't help, but shed a
tears. If only I had held out, just a
little while longer, I wouldn't feel
this distress! Now, all I can do is
picture someone out there,
wearing my favorite, dress!

Audrey Heller

Daddy's Girl

When I was just a little girl, I knew
right from the start, there was
something special, we both had
to impart! I always looked up to you,
in a very special way and I'm
grateful it continued, to your dying
day! I was very fortunate, to have
a dad like you, when the sky was
gray, you somehow, made it blue!
You had a gentleness about you,
not to mention, being so kind, giving
me the opportunity, to always, speak
my mind! It was a relationship, many
girls wish they had. But I'm the lucky
one to say, I had someone, like you,
for my dad!

Audrey Heller

Daybreak

Just before daybreak, as I lie fully
awake, many thoughts came to me.
I tried in vain to close my eyes, but
soon discovered, it wasn't to be. I
tossed and turned, for quite sometime,
but that too, didn't help one bit. It's then
I decided there's no use trying and
thought it best, to quit. Once you're
awake, it's a big mistake, to stay in
bed and try to sleep. For no matter
how long you lie there, out of the bed,
you'll have to creep!

Audrey Heller

Daylight Saving Time

One reason, I enjoy the summer months, is daylight saving time. Having another hour of light, is an added plus. If by chance you're running late, don't worry, no need to fret or fuss. It allows you to get those little things done, like going shopping, if need be. Just knowing, there's still enough light, is truly a bonus for me. Somehow, you're relieved with the extra time, before it starts to get dark. Going to a mall, it's easy to see, where to park. I like the idea, of having no fear, while walking to my car. There's still light to give me confidence, nothing seems too far. If I had my way, daylight saving time, would stay. Unfortunately, there's not much anyone can do, but wait patiently and count the days, till winter, is finally through!

Audrey Heller

Dealing

Escape isn't better, than
just staying where you are
and dealing, with whatever
is on the table. Do the best
that you can and only as
much, as you're able. No
one says, you have to come
up with a solution, right now.
In time, someone will come
to your aid and show you as
much, as time will allow. It's
frustrating, to say the least,
when you feel the need to
roam. Stay where you are and
make the best of it, for there's
really no better, place than
home!

Audrey Heller

Dealing With Stress

There are times, whatever you do, fills you full of stress! You try not to let it, get a hold on you, but most times, you don't have any success! How many times, did you say, it can't go on your'e going to do something about it, right away? But you just go around in circles, for it just remains, the same old way! There isn't a person, that's not aware, of what too much stress, can do. It makes you feel pretty bad, as it takes a hold on you! I guess the only way to fight it, is, to do whatever it takes, to get your mind off of your problems and put it, in another direction. Do something nice, for someone else and you'll receive, your redemption!

Audrey Heller

Dealing With The Here And Now

It's smarter, to deal with, the here and now
and not wait, until there's something to take
it's place! For to do so, is like putting your
head in the sand, in order for you, to save
face! The longer you wait, the harder it will
be, to undertake any task. I'm sure, you know
the reason why, or do you, have to ask? In
some cases, it's not always advisable, to
let, sleeping dogs lie. For the amount of
time, that was wasted, makes one heave
a sigh! Putting off for tomorrow, what you
can do, today, has never, been in my book.
Whatever has to be done, I do it, right away,
without even, a second look! When you're
organized, it opens up, a new prospective
for you and it's then you're bound to see,
that your way, was so much harder, on
that, you have to, agree!

Audrey Heller

Dealt A Different Hand

When things happen to us, we haven't got a clue. There is no doubt, most of us, have thought about it too. We can think about it from today until tomorrow, but we'll never understand. All we know is, we've been dealt, a different hand. Of course when this happens, it takes time for it to sink in. I guess it puts you on the defensive and you're more determined to win. If you happen to be one of the unlucky ones, be sure in time, it will go back to the way it was before. Never give up hope and never want, more!

Audrey Heller

Dear To My Heart

Most people remark, how fast time is going by. As for me, I sense it even more. It's so many years that you're gone and it still hurts, down to the core. I can never get over my loss. It becomes more vivid, with every passing year! Many times I've stated, how much, I wish you were here. Before you turn around, it will be your birthday. I wish it was possible to share it with you, you made me laugh, with the things you'd say and do. To see how you opened your gifts, was truly a sight to see. You took great pains, removing the wrapping paper, doing it so gingerly. I'd always ask why you did it this way? This was your reply. 'It looked so very pretty, why waste all that paper and tie.' These are just a few of the things, with which I'll never part. They may be small things, but it's the small things, I hold so dear, to my heart!

Audrey Heller

Determination

Don't sweat the small stuff, no matter what you do. Try to look on the positive side, with whatever bothers you. I know it sounds easy, but it's farther from the truth. It's not a good feeling, when you want to go through the roof. Actually, we do this to ourselves. What purpose does it serve? We have to make the best of it, when life throws us a curve. It's easy to sit back and do nothing, but that's not what it's all about. It's time, to become a more determined person. It's time, to get some clout!

Audrey Heller

Devastation

How much more, can the Haitians take?
Then along comes this diaster, a horrible
quake! Taking with it, most everything in
sight and bestowing on the people, such
a horrific fright! Chaos everywhere, not
knowing, if family, or friends are dead, or
alive. Did they escape? Did they survive?
Wherever you look, it's a devastating sight,
as they sink deeper into their plight! How
cruel Mother Nature, can be! She knows
no boundaries and unleashes her fury,
whenever she can. Bestowing hardship
to man! Perhaps one day, technology will
be far enough advanced, to have ample
warning, to prepare. And being cognizant,
in no time, they can, get out of there!

Audrey Heller

Dieting

It's very hard, to go on a diet and resist,
all the things you adore! Your mind is
telling you, the right thing to do, but there
is, no why, or wherefore! You realize, it's
good for your health, but where do you
begin? Even if you look into the mirror and
gaze, at your double chin! It's hard to
discipline yourself, when food, has been
your comfort, for so long! You really know,
it's in your best interest, to loose some
weight and get back, to your old form!
There is no doubt you can do it, if you
keep in mind, how good you're going to
feel! I think, once you get the hang of it,
you'll find it easier, cutting down, on every
meal!

Audrey Heller

Differences

Everybody, takes things, in a different way. Some take it in their stride, while others, want to run away. No two people, think alike and that's where trouble, begins. It's like one enjoys, hearing loud music and the other, loves to hear violins. How much easier life would be, if two people would think alike and never have to bicker. You wouldn't have to go around in circles and things would come to you, much quicker. Alas and alack, that's the way it goes. Wouldn't you rather be on the same track, then consider yourselves, to be foes!

Audrey Heller

Diplomacy

A little diplomacy, goes a long way! That's why it's smart, if you think before you speak and be careful, what you say! A slip of the tongue, could have a negative impact and bring, unnecessary heartache, down the line! That's why it's important, to be careful what you say and to whom, then you'll save face, in the nick of time! A lot of things we say, are misconstrued and then, how do we make amends? You had no intentions, of hurting anyone's feeling, or even gave it, the slightest thought. Least of all, you never wanted anyone, to become distraught! If there is one thing to learn here, it's be careful what you say, when it's your turn to speak! For words, can come out sounding wrong and cut, very deep!

Audrey Heller

Disappointments

It's not easy to deal with disappointments,
as they happen, whether we like it or not!
We have to try not to let it get the best of
us, for it can tie you up in a knot. It would
be so much easier, if what we wanted or
needed, somehow would come our way.
Unfortunately, that's not the way life is,
but it could be there for us, one day. All
it takes is perseverance, stamina and a
need to hold on. If you give up on your
hopes and dreams, then all you've
worked for, will be gone. There are no
guarantees and never, will there ever be.
Just keep believing in yourself, then one
day, you're bound to be, home free!

Audrey Heller

Discipline

My mind, my body and soul, I
keep them under control. I work
very hard, everyday, until I reach
my goal. Discipline, is where it's
at, as it makes you work harder,
with cause. What it all boils down
to, is we all, have some flaws.
Keeping it all together, is harder
than you think. However, in the
long run, you can state, you're in
the pink. Keep yourself active, for
it can make you attractive and that's
what you're aiming for. Just know
when you've reached your goal, you
can slacken up and not, do as much
anymore!

Audrey Heller

Disconnected

When I got up this morning and tried to turn the water on, much to my surprise, the water was all gone. Going to the telephone, I called the water company, asking what went wrong and why, this happened to me? 'Just a minute was her reply, please give me your name, then I will check my files and see, who is to blame! When she looked at her files, she found a current order, that stating today, they should disconnect the water. Oh! No! 'How can that be! This order that you have, never came from me. She stated the persons name, who had made that call. Upon hearing who it was, I said I never heard of him at all. This, is really awful, something has really gone amiss, how could you make, such a mistake as this? like this! Next time, I said, please be much more thorough and check, before whatever you intend to do. Then, last but not least, please, keep that precious water, always, coming through!

Audrey Heller

Dividends

A grand child is a dividend,
that pays off in the end! They
know that you'll be there for
them and on you, they can
depend! They'll come to you,
and visit, stay for a little while.
Knowing, too well, they'll get what
they want, with only a little smile!
So should you ask your grandma,
for money to go to the store. The
chance are she'll always, say yes.
Now, isn't that, what grandmas,
are for!

Audrey Heller

Divorce

No one really plans, on having a divorce! In fact, we'll go through great lengths, before we take that course. It's a difficult time, for all concerned, but someone, for sure, is bound to get burned! At that moment, your whole world, has just come apart and all you're left with, is just a broken heart! There are changes you have to undertake, your head will start to spin. In the long run, no one, is going to win! It's never easy starting over, it's a hard road, we must take. If we're lucky, to have another chance, let's hope, we'll not repeat the same mistake. So, here's to all the tomorrows, may they turn out, better than before. No need for bitterness, it's time to move on, then live again, once more!

Audrey Heller

Do It With Your Heart

If you're doing something for someone,
do it with your heart, never, do it half way!
Should you proceed without caring, it's
bound to catch up with you, one day. If
you think you're fooling someone, nine
times out of ten, it's going to show. People
can see right through you, as I'm sure you
know. We have to be up front about our
feelings and not pretend. It doesn't serve
any purpose and it's quite confusing in the
end! Always, tell the truth from the very
beginning, it helps clear the air. Say what
you mean and mean what you say, it's
easy to take it, from there. Don't keep
anyone guessing, tell them how you feel
from the start. If you can follow through,
it's the right thing to do, so do it, with your
heart!

Audrey Heller

Do Or Die

Take the bad, with the good, as
that's the only thing, one can do!
Who, or what in life, is perfect? As
nothing, is coming, to you. You
know very well, you have to work,
your fingers to the bone, to be able
to say, you made it! I'm sure, you
can recall, numerous times, when
you were almost, ready, to quit!
We have to have, sticktoitiveness
and never give up, the ship. Going
along, with this thought, you'll never,
get any lip. Putting your nose to the
grindstone, in your case, was a must.
You proved, you can do just about
anything and it was do, or die, or
bust!

Audrey Heller

Doing Too Much

I've never been so busy, as I am right now, painting pictures, writing stories and poems! I haven't written a mystery yet, then again, I'm no Sherlock Holmes! Maybe I'll try my hand at it and see how well I fare. It's very possible, it will be so good, I'll continue on from there! Generally, I enjoy writing things, that are light and easy to read. But if I write a mystery, it will be a challenge, for me indeed! Perhaps, I'll start off with nothing too exciting, to keep you in your chair, then slowly, work up to something scary and keep on going, from there! Until I make up my mind, as to what kind of story, this is going to be. I'll just keep on writing, like I always have, just like, the same old me!

Audrey Heller

Doing Without

It's amazing, how you become used to
having the modern conveniences, at your
beck and call! Should by any chance,
something break down and needs to be
repaired, it's a big catastrophe, after all!
How quickly we get spoiled, with all the
new technology, which came our way.
Can you possibly imagine, how hard it
would be without it, if only for one day!
I've asked myself, what did we do before?
How did we manage to get along? We
had to rely on our brains and pretty much
on our brawn. We did what we found
necessary to do. Now, if we had to do
all the work by ourselves, we'd be finished,
before we're even half way through! I've
always maintained, you can never really
miss, what you haven't got. But once you've
acquired, a taste, everything you have,
means an awful lot!

Audrey Heller

Domestic Bliss

It's great, to have domestic bliss
and so nice, to get that morning
kiss! Getting along, is where it's
at, to give your life, more meaning.
I find this more conducive, instead
of some occasional screaming!
That for sure, we can do without,
for who really needs, to fight for
clout? So let's have, those
peaceful days, that make us,
happy and glow. It puts us back,
on the right track, to have, that get
up and go! Before you start a
commotion, just simply show your
devotion, as nothing could, top
this. Then look forward, with great
anticipation, to that good morning,
kiss!

Audrey Heller

Don'T Be Critical

I try, not to be critical of others,
as no one, is without any flaws.
We all have our way of doing
things. It doesn't matter, if it's
my way, or yours! How can we
say which way is best, when
there are issues, that have to
be faced? We all have our own
way of handling things and have
no intention, of being disgraced.
So whether it's your way, or
whether it's mine, it's best to
leave it right there. We have to
learn not to be critical of others,
as it really isn't fair!

Audrey Heller

Don'T Bite Off More Than You Can Chew

Don't bite off, more than you can chew! As there is no doubt, you'll come to regret it. If you do, a little bit at a time, it won't be necessary to have to quit! Of course, it's nice to get everything done and not show, any wear and tear. But, common sense tells you, you won't get anywhere. We have to do whatever we can, at our own pace, in order to get things done. Taking into consideration what we're capable of and not be concerned, about anyone. Never put yourself in the position, to do more than you could. And above all, don't bite off more than you can chew, because you won't do yourself, or anybody, any good!

Audrey Heller

Don'T Depend On Others

If there's something you want, make
it happen! Don't depend on others,
to do it for you! When you achieve,
whatever it is, you're looking for,
you'll be a whole lot happier too!
A lot of satisfaction, can be gained
when you don't have to rely on
anyone! It's a very good feeling, to
know you've become independent
and not have to wait, to get it done.
Once you you get into the practice,
of doing it yourself, a better person,
you'll be! Now, you know, for the first
time, how great it is, to feel free!

Audrey Heller

Don'T Give Up Hope

If at times your dreams go astray,
you can make them come true. It
doesn't happen all by itself, or even
come, out of the blue. You have to
want it bad enough and strive for it
everyday. That's how to do it, as it
helps to pave the way. Don't ever
give up hope, or fall into despair.
This is the worse thing, that can
happen, as your dreams, will go
up in thin air. Hold on to what you
believe in, never let it go. Make
your dreams your reality, then
everyone, will know!

Audrey Heller

Don'T Hesitate

If you see something you really want to buy, don't hesitate! If you have to think it over, by the time you make a decision, it's already too late. Past experience has taught me, if you find what you like, purchase in on the spot. Forget about searching for it elsewhere. Nine times out of ten, should you go back to the original place, it's no longer there. So don't procrastinate. If you like it, buy it, you'll be happier, if you do! It's not that often, you find exactly what you're looking for, that special something, that looks like, it was made, especially for you!

Audrey Heller

Don'T Look Back

Don't look back, on yesterday,
for what's gone, is gone! Just
look forward to today, then
quickly, move on! Looking back,
only brings you pain and sorrow
and what's the point, in that? You
have to think, about the new things
to come and that's, a matter of fact!
So much, depends on what you've
learned, in the past. You have to
slow down and not move, too fast!
In time, it can even itself out, so take
it with a smile. It's then, you'll become
quite adept and not feel, you're on
trial! Mistakes, can be costly, but what
can you do, once the damage, is done?
That's why, we have to be more cognizant
for the next time, for we really, don't want
to hurt, anyone!

Audrey Heller

Don'T Take Everything To Heart

You can't, take everything to heart! You'll hear, a lot of things, you won't like and that's only the start! Not everyone, has nice things to say. You'll find this out, in your own time and, in your own way! We can't please everyone, so it's foolish, to try! It's important, what you think about yourself and regardless, what's said, let it pass by! One, has to live with themselves, so it's best, to keep bad thoughts, at bay. Remember, you know, who you are and it shouldn't bother you, anyway! Liking yourself, helps you to get along in life and gives you, less stress. Don't be mindful, of what others think, as it can help you, to cope, more or less!

Audrey Heller

Don'T Upset The Applectart

Don't upset the applectart, as once
you begin, you'll be sorry you did
start! Leave things as they are and
don't look, for greener pastures, as
they're nowhere to be found! Stay
where you are, with both feet, planted
firmly, on the ground! Live life, to the
fullest, as you never know, what awaits
around the bend. Say less and mean
more, use your words sparingly, my
friend! Nothing stays, the way you
want it and it's up to you, to make or
break it. But in the end, you'll prosper
as you come to the end of your rope.
It's then you'll see, it was meant to be,
as now, you're filled with hope!

Audrey Heller

Dreams

We all have dreams, of things,
we'd like to see, come true!
Dreams, where we prosper,
that change our lives, so we
can start anew. Many of us,
have struggled, trying to make
ends meet. Wouldn't it, be
wonderful, if we could land,
back on our feet. To take life
easy again, enjoy, the good
things in life. To wake up
everyday, with no more
heartache and strife! No
doubt, that's everyone's
dream and there's nothing,
we'd like better, than to see
it come into play. So I'll just
keep on dreaming, with
hopes, there's going to be,
a better day!

Audrey Heller

Dreary Days

How I hate the dreary days, devoid
of any sun. It makes you feel kind
of bleak and it certainly, is no fun.
All you see are gray skies, staring
down at you. Leaving you in the
dumps, with not much, you care to
do. How you long, for just, a little
ray of sunshine, to help chase the
blues away. You have no idea when
it's going to happen, but chances
are, it won't be today. I hope when
tomorrow comes, I'll look outside
my window and be greeted, by the
warmth of the sun. What a difference
a day can make, if only that could
take place. I'll put a great big smile,
upon my face and be happy, like
everyone!

Audrey Heller

Dressing Up For Halloween

Dressing up, for Halloween, can be very charming! Some are nice to look at, while others can be alarming. Why is it, a lot of children, will want to portray a ghost? It's a very popular costume, that children pick the most! Then there are others, who have a natural flare, they'll create something grotesque, with hopes, they'll give you a scare. Now, here comes the little ones, who have makeup all over their face, trying to look quite mean. To me, they look adorable and I can see, right through their screen. Here comes someone else, who's dressed like a witch, who for some reason, forgot their broom. They'll make all sorts of cackling sounds and chase you around the room. It is by far, a grand old time and I'm happy, to be privy to this. When next year, rolls around, I wouldn't want to be remiss!

Audrey Heller

Drifting Off To Sleep

Whenever, I'm a passenger in a car,
I find myself drifting off to sleep. It only
takes a few moments, when into my
mind, you start to creep. I wonder why,
this happens to me? I just drifted off and
it's only you, I see. Sometimes, there are
other things, that try to break through, but
I just shoo them away. I'm so happy you're
so close and I want so much, for you to stay.
It's a recurring incident, I find. So asleep or
awake, I can never get you, out of my mind!

Audrey Heller

Each Day

I learned a long time ago, you have to take each day at a time! If you don't live for each day, really it's a crime! You never know what's in store for tomorrow, don't worry about taking a stance. Do what makes you happy, by giving yourself a chance! Life is too short, make each day a special one. It's never too late to enjoy it, so go out and have some fun. Letting things pile up and taking life too serious, is not in your best interest. Try not to let everything get you down, keep that smile on your face, it's better then wearing a frown! Try to stay in a good frame of mind, never let them see you brood. People, tend to notice you more, when you display, a pleasant mood!

Audrey Heller

Early In The Morning

As a young child, I loved getting up early in the morning. I couldn't wait to get out of bed! I tried to be as quiet as I could, but awakened my family instead. It goes without saying, they were really annoyed with me, as they enjoyed sleeping late. I was up at the crack of dawn, they never got up, till after eight. When you're used to getting up early in the morning, it's very peaceful, everything's fresh and new. There's a clean smell in the air and the ground, still moist with dew! When the sun comes out, it adds it's warmth, to help make it a beautiful day. If I wasn't an early riser, look what I'd miss. I'd probably still be in bed, sleeping the time, away!

Audrey Heller

Easter

Easter Sunday, was always a day,
you'd never evade! For people
dressed, in their finery, just to go
to the Easter Parade. Strolling
down Fifth Avenue, was a sight
beyond compare! Women, in their
fancy clothes and hats, came from
everywhere. Each one, outdoing
one another, assuming what they
wore, was truly the best. Some men,
not to be overlooked, donned their
best clothes and wore a fancy vest.
Where else could you see such a
sight and get all of it for free? I'm
lucky, I was able to take part of
this, as there's no place else, I'd
rather be!

Audrey Heller

Eating Out

I love to be taken out to eat,
relax and have a good time!
I like the idea of being served,
while I'm being wined and dined.
I enjoy puttering around in the
kitchen, I'm great, at what I do.
It's the change of scenery, I'm
looking forward to. Cooking
every day, that's okay, but it
can be a boring task. Going
out, can be a life saver, is
that too much to ask? What
a difference it makes, when
you can sit down at your
leisure, order what you like,
then eat at your own free will.
For me, this is a wonderful
treat, as it definitely, fills the
bill!

Audrey Heller

Echoes Of My Mind

In the echoes of my mind, I hear you,
call out my name. It's then I turn to
look, but it's slowly engulfed, in a
flame. There's a shadow surrounding
me and when I try to look, it's not there!
For some unknown reason, it vanishes
in mid air. Strange how this illusion will
come and go, yet I manage to see! It's
as if your spirit, is trying, to get close to
me! If this be true, then I'm not afraid and
long to hold you tight, even though I know,
it can disappear, into the night!

Audrey Heller

Election Day

Not everyone, is satisfied the way things are! We can talk about our views, express our opinions, but it doesn't get us far. How can we be certain, which is the right way to go? We've heard the good and the bad, which is more confusing than you know. The only thing we need, is for our country to become strong again and command respect, as it had before. We couldn't ask, for anything more! For far too long, we've been on a downward slope, but just the same, we dare not give up hope! Come election day, we'll be on edge, as to how the outcome will be. whomever is elected, we have but one thing to ask. Give us back, our unity!

Audrey Heller

Emotions Have Much To Teach Us

Let, your emotions flow, without
trying to analyze them, for now.
They have much to teach you, but
you'll get along, somehow. When
you let emotions, get in the way,
how can you function properly?
It can hold you back, then, you
can't look at anything objectively.
Our emotions, can flow and ebb,
like the tide, making you feel, like
you're on a roller coaster ride.
Try not to figure it out, you'll not
find the answer, that quick. For
when it comes to everyones
emotions, who knows, what
makes them tick!

Audrey Heller

Emptiness

I still feel this emptiness, since
you're gone., even though I know,
life has to go on! I've told myself,
what good does it do? But it really
doesn't matter, as I still can't stop
thinking about you. Just today, I
thought about some of the funny
jokes you, used to tell. They always
made me laugh, because you acted
them out, so well. So many things
about you, come into mind, because
as far as I'm concerned, you truly were,
one of a kind! Realizing what I had and
lost, made it even harder, to bear. So
I'm very grateful for all the memories,
as you'll always, be there!

Audrey Heller

Encouragement

Going out of your way, to offer positive words and encouragement, will give you a better chance to be heard. We all look forward, to acceptance and need to hear, a kind word. When you give encouragement, you actually steer someone in the right direction and alter their course. In other words, with your guidance, you're acting as a positive force! It's important in everyones life, to have encouragement each and everyday. And knowing you were part of this enlightenment, you can step back and go merrily, on your way!

Audrey Heller

Enjoy The Present Moment

Enjoy the present moment, fully without concern, about the past or the future, for now. I'm certain, you'll get by, somehow. Looking back, is not the right course to take. In doing so, it would be a big mistake. The future, isn't here yet and will take care of itself, in due time. Just enjoy the present and everything, will be fine. When you start to think about what was, or could be, it's then, you start to worry, to no avail. What does it matter, if at one time, you did fail? The here and now, is what you should be concerned about and let everything else ride. For when push, comes to shove, you still, have your pride!

Audrey Heller

Envy

I admire people who have a lot of will and determination, to see things through! They have a good head on their shoulders and always seem to know, exactly what to do. For them, nothing seems to get them down, as they manage to forge ahead with a good attitude. In fact, they'll let nothing alter their mood! How fortunate they are, to be like this. Whatever obstacle they face, they come through with flying colors, they just can't miss! Yes, I sure do envy people, who take things in their stride and look at life in a positive way. It's a wonderful way to be and I'd like nothing better, if some of it, would rub off on me!

Audrey Heller

Establish Boundaries

Don't be afraid to establish boundaries,
before you are pushed too far! Stand up,
to everybody and let them know, who you
are. Your inclination, is to fight for what you
want, no matter what the emotional cost!
However, it's best not, to push against, an
immovable wall of resistance, as you could,
easily, get lost. Patience, is a smarter
strategy, than reacting impulsively, for it will
only bring you pain and in the interim, there's
really nothing, you will have to gain!

Audrey Heller

Eternity

How many times, have you asked the question, why? Only to find, there are no answers, for you and I. We can search, as long as we want, but there is no help, in sight! No matter how many times, you ask why, there's no one, to help you, with this plight! What are the reasons, for the things we'd like to know? Who is responsible and who, deemed it so? You can ask from today, until tomorrow and still, an answer, you'll not find. Even though, if we knew, it would give us, peace of mind! I guess, there are some things, we can't question and just have to, let them be. We have to accept it, the way it is, for all eternity!

Audrey Heller

Even Less

There were times, I'd think about you
quite often, but as time went on, it
became even less! No doubt, it was
self preservation, it was easier for me,
I confess! They say absence makes the
heart grow fonder. I find this, not to be
true. When there's no contact of any kind,
feelings, change in you! If by chance,
you've had a falling out with a certain
someone, don't wait too long to make
amends. The longer you wait, the harder
it is, to get back to being friends!

Audrey Heller

Even More

When people have too much time on their hands, they tend to think a lot! Their memory, goes back to painful episodes, which in essence they should have forgot. When you're not occupied, the mind will wander, to a place where it normally wouldn't go. It's not where you'd like to be, but how can you tell it so. One should try to keep busy, it's healthier, in the long run if you do. Everyone, needs a purpose and have something, to look forward to! Get out of the rut you're in, be active as you had been before. You'll feel and act like a brand new person and you'll enjoy it, even more!

Audrey Heller

Even Though

Even though, you're far away, my thoughts, are with you, everyday! There isn't a moment, where I don't wish you were still around, to make me whole again. When I think back, it was, so wonderful, then! I've really never gotten over, the fact of losing you! I had the hardest time adjusting, but there wasn't anything, to help me through. I cried everyday and every night, it took a lot, out of me, but somehow, I had, to win this fight! In time, I settled down, a little bit more, but you'll forever, live on in my mind, as this, is how it will always be. And every time, I close my eyes, you're the first thing I see! To put it very plainly, I lost you, but in a way, you'll always be there. Now, I've finally, come to grips with my emotions and as long as I live, I'll care!

Audrey Heller

Everyday

Everyday without you, gets lonelier
and much harder I've learned. There
just wasn't enough time to be together,
as far as I'm concerned. Loving and
caring, go hand in hand, of that you
can be sure! I've always had the best
of you, which for me, was an instant
cure. How many people were as
fortunate to have had a father like
you? If I had to wager a guess, my
answer would be, very few. That's
why within my heart, you'll always
linger on. For no matter how many
years go by, I can't convince myself.
you're gone!

Audrey Heller

Everyday's A Gift

Everyday is a special gift, we
should enjoy it while we can! If
there's something, you want to
do, then go ahead, with that plan.
You never know, from one day to
the next, what could stand in your
way, so don't put off, until tomorrow,
what you can do today! We all say,
I've got time, to do it, unfortunately,
it's not always the case, as the
unforeseen, can happen, you'll never
make it to first base! Put aside,
some time, you owe it to yourself!
When you do, I promise you, you'll
never wind up, sitting alone, on the
shelf!

Audrey Heller

Everyone's Dream

One day, I'd like to say, I achieved, what I set out, to do! This is, everyone's dream, a dream, we hope would come true! How many people can make this claim and actually see it, come to light? We may try very hard to get there, but for some, it's a long and tedious, plight! It can be very frustrating, doing what you can, working towards that goal. There are many times, you, feel it's hopeless and end up, feeling, like some lost soul! You wonder why, for some, whatever they touch, works in their favor, they don't have to go too far. Then, there are others, who work real hard and never, reach that bar! That's the way life is, it's either meant or not, meant to be. But as long as we have will and determination, we'll not give up, so readily! !

Audrey Heller

Exercise

Exercise, that's what doctors advocate.
It's the way to stay healthy and help you
lose weight! It's never been my cup of
tea readily, I admit, just the same, I will
agree and go along with it. I've never
been the type to join a gym, or go about it
whole hartedly, I only do, what feels right
for me. Giving it some thought, I found
various things you can do. So listen very
carefully, while I pass them, on to you.
Cleaning the house, that in itself, is quite
a chore! You get plenty of exercise, just
mopping up a floor. Bending, we do that
so many times in a day. Don't you think that
constitutes, melting the pounds away?
Don't give up, keep on going and above
all, watch what you eat. Walk if you can
a mile a day and in no time, you'll look
smaller, in the seat!

Audrey Heller

Expectant Mother

As I awaited the birth, of my first
born, like any expectant mother,
carrying for nine months, I was
beginning to feel tired and worn!
When I awoke one morning, I knew
this was going to be the day. A feeling
of excitement came over me, my baby
was on it's way! It took much longer
than I had anticipated, but worth the
waiting for. When my daughter finally
arived, I was overtaken with feelings
of love, I had never felt before!
Feelings, I never knew could exist.
As I held her in my arms, I cuddled
her and tenderly, gave her a kiss. No
words can ever express, what I felt
deep down inside. All I could think
about, was this wonderful miracle,
God gently, placed by my side!

Audrey Heller

Express What's In Your Heart

Accepting the current circumstances,
just as they are, is your key to happiness.
Don't look back, on what your life was
like before. If you can express what's
in your heart, it can set the stage to
open, many a door. Try not to live in
the past, as it will get you absolutely,
nowhere. Take one day at a time and
you'll see, how you'll fair. Always look
ahead to tomorrow, as it can hold, a
lot of promise. It can give you that
chance, to have a new start. This
could be a new beginning, to
express, what's in your heart!

Audrey Heller

Express Your Thoughts

Holding on to negativity, only makes matters worse, so express your thoughts and then let them go. What good does it do, to keep rehashing and then have people say, I told you so. You don't have to sit on the side lines, change your mind and join in the game. When you do and follow through, nothing will be the same. All it takes, is a lot of courage and stamina, you'll be victorious in the end. People will gravitate to you and one in particular, will become your friend! There's no doubt this will make a big difference, as now, at last you're finally free. No more do you have to concern yourself, with holding on, to negativity!

Audrey Heller

Facing Issues

I think it's very commendable, when
someone faces issues, that plague
them, it's not the easiest thing to do!
Just to be able to admit, there's a
problem, makes a better person, out
of you. Being aware, is half the battle
won! You can look at life through
different eyes and not be afraid, of
what's to come! You have to be proud
of yourself, for coming this far, as it wasn't
the easiest decision to make. But right
now, it's a great feeling, for no more, will
you repeat, the same mistake!

Audrey Heller

Failures

Don't dwell on your failures,
eliminate anything, that isn't
working for you! If you keep
on this course, what good
does it do? Even though,
you're used to doing things
a special way, you have to
slowly, make a change! If
you alter your routine, there's
no doubt, you're going to feel
a little bit, strange! When at
times it's not going as planned.
you know, you gave it a shot.
But one day, it will come
together, believe it or not!

Audrey Heller

Faith

Life is not a bowl of cherries,
although it can be fruitful, It
depends, on what you hope to
attain! It's easy to give into
temptation and harder to refrain.
There are opportunities, for you
to take advantage of, so how do
we know, if we're going to make
the right choice? You can think
about it from today, until tomorrow.
you have to listen, to your inner
voice! Pay attention, to your instincts,
it never, will steer you wrong. Have
faith, in whatever you do, It's your
faith, that will keep you strong!

Audrey Heller

Falling In Love

How grand it is, to fall in love
and know, that it's returned! Too
often, it goes the other way and
you find, that, you get burned!
But, when you find someone who
cares and shows, what they are
feeling, you feel like you are
walking on air and can go, right
through, the ceiling! So here's, to
love, may, it always be! And through
time, may it remain like this, just,
for you and me!

Audrey Heller

Family Reunion

It's a blessing, when you have a big family, but sad when they live so far away! You don't get to see them often and have to wait for a special day. As luck would have it, my special day just came around. I went to my nephews wedding and was happy to be abound. It was great seeing everyone together again, after living so far apart. Meeting the new members of the family, was especially, dear to my heart. We all enjoyed this reunion and so wanted it to last. But like all good things in life, it went by, much too fast!

Audrey Heller

Family Ties

In the shadows of my mind,
you're near to me, not far,
for you have always been
closer, than you actually are!
In the corner of my eyes, I
see your look, so tenderly.
When I stare into space,
there you are, staring back
at me. In the shadows of my
mind, there's a place, only
you can fill and never, go
away. In the corners of my
eyes, they're showing how
much, I wanted you, to stay.
Now, if you take the shadows
of my mind, with the corners
of my eyes, how can you not
notice, I still have, family ties!

Audrey Heller

Fantasies

The realization of your fantasies, can sound too good to be true, but this, can also bring disappointment, for you too! Sometimes, you have to come down to earth and not let it get in your way, for they're only fantasies and fantasies, are known to go astray. On the other hand, what harm can it do, if you put them in their perspective one at a time? You've already established they're just fantasies, so where's the crime? I think fantasies are good for you, as you release tensions, you've stored up through the years. That's one way of letting things go and a great way, of getting rid of your fears!

Audrey Heller

Far Away From You

How hard it is and sad too, being
so far, away from you! I know we
talk on the phone, but it's not the
same at all, even though I have to
admit, I look forward to your call!
We catch up with everything, as
much as time will allow and I'll let
you in on a secret, I'd rather be with
you now! It's true what they say, the
people who are important in your
life, you miss the most, when they're
no longer close at hand. You need
a lot of time to adjust and ample
time, to understand. After
considerable time passes, it no
longer becomes an issue, as you
get used to everything. You just
look forward to that special day,
when you hear your telephone, ring!

Audrey Heller

Far Away Places

I often dream, of far away places, it
wouldn't matter, where I'd go! I'd like
to blend in, with all the masses, where
no one, would suspect or know. I'd like
to pretend, to be part of them, if only
for a day or two. What better way, can
one learn about their culture, when it's
all strange and new? It's exciting, just
to be an observer, there's so much to
see. It's virtually impossible, not to leave
a lasting impression, on me! Everything
I'll learn, will remain with me, it will always
be there to look back on. But for now, I'll
have to be satisfied dreaming, of far away
places, before I awaken and it's gone!

Audrey Heller

Fate

Fate is very fickle, it can go either way! It could make good things happen to you and then without warning, take it away! I've always felt, there's no use in worrying, for that gets you, absolutely nowhere. Whatever your goal is in life, go after it and eventually, it will get you there! If you sit back and do nothing, then you have no right to expect anything, at all, you have to realize, it's your call! Nothing ventured, nothing gained, that's how it's been and I don't think it's ever, going to change. If you want to be successful in life, there are many things, you can rearrange!

Audrey Heller

Fears

Everybody, at sometimes or another, experiences some type of fear! There's the fear of the unknown, losing ones job and the fear of being alone. In spite of the fact many of our fears are unfounded, we tend to worry just the same, it's called human nature, but we continue to play the game! We must keep our minds geared, to stay away from the wrong kind of thinking, as life is way too short. If you allow yourself to think about unpleasantness, redirect, your thought. Should you want to dispel your unwanted fears, learn to let go, it's then, you can look forward to, healthier and happier years!

Audrey Heller

Feathering Their Nest

I saw a bird, the other day, sitting
in a tree, it seems, as I got closer,
he kind of winked, at me! I'm not
very familiar, with our feathered
friends and had no idea, where
it originated from, but one thing is
certain, there is no creature, that
is dumb! Then just as I got closer,
he made this chirping sound, it
made me kind of wonder, was
there another bird, around? Was
this their way, of making contact,
so they shouldn't be alone, or was
it already in progress and they
wanted to fly back home?
Whatever it was, it was part of
nature and the part that I, like the
best. Two birds flying home
together, to their own, little nest!

Audrey Heller

Feeling Blue

There are times, when I'm happy and
times, when I'm blue, when I'm blue, it's
because I'm thinking about you! It's hard,
not to feel this way, for I miss you, so much,
since you were taken away! It doesn't matter,
that it's been so many years, as my eyes
well up, once again and down come the
tears! When, will I ever find peace, it really
isn't easy, as my thoughts, never, cease?
My heart is carrying, such a heavy load and
at times, it feels, it's about to explode! I've
come to the conclusion, there's nothing, that
can take, this hurt away, as no matter what
I do, in my heart and in my thoughts, is where
you're going to stay!

Audrey Heller

Feeling Sorry

Whenever I'm feeling sorry for myself, I have to stop and give it some thought. What has made me feel this way, why am I, distraught? Everything to my knowledge, is going along alright, there isn't any reason, for being so uptight. The more I think about it, we all have these days, they'll come and go. The thing to do, is not let it bother you, it will be gone, before you know. Just put it out of your mind, there's nothing radically wrong and if it should ever happen again, remember, it won't last, for very long!

Audrey Heller

Feeling The Pinch

As I sit here pondering about Christmas and New Years, I realize, it's just around the corner! It's time, for decisions, to be made, what to buy, for everyone on my list and can I really, make the grade? We all know it's been a very bad year and most of us, have felt the pinch. I would like to be as generous as I can, for I don't want to be called a grinch! I do have to be a little frugal, for there's not that much, I have to spare. I'll do, as much as I possibly can, with a little bit here and a little bit, there! When times were better, I didn't have these kinds of worries and went, merrily on my way. I'd shop till I'd drop, without giving it a thought and gave the nicest presents, on Christmas Day! How I hate, being in this kind of predicament, but I'm not, the only one, a lot of us, have to tighten our belts and believe me, that's not, fun! I hope whatever I'm able to get, for my family and friends, they'll understand how it is and next year, I'll try to make amends!

Audrey Heller

Feelings

I, never wanted you to leave me,
I thought, you'd always stay! You
have no idea how it hurts, since
you went away. I wish it could have
been forever, but wishing doesn't
make it so, there was nothing I
could do, it was your time, to go.
Nothing, can stop my feelings, it
goes on, like the endless tide.
Nobody, can ever take that away
from me, for that's how I'll always
feel, deep down, inside!

Audrey Heller

Feelings Can Ebb And Flow

Sometimes, our feelings can ebb and flow, more often than we wish, but that doesn't necessarily, put you off balance, as long as you don't resist! The most boring chores, can suddenly, transform into the very adventure you seek, without a twist. Concentrate, on the most practical aspects of your life, for it's here, that the most progress can be made. At times, you have to give yourself permission, to take it easy, so all that you have to keep up with, doesn't start to fade. Who ever said, life was easy? Of course, we know that's not so. But if we want to make something out of what we've got, we have to have, that get up and go!

Audrey Heller

Fewer Words

Fewer words, are better than too
many, for the more that's said, can
turn out, to be just like, a bad penny!
It's wise, to listen carefully, before
you open your mouth, to speak, as
you may not get the gist of things and
they'll be plenty of havoc, to reek. One,
has to be careful, what they say and
to whom, for not everyone, can take
criticism, as it's like talking, to an
empty room! Just keep in mind,
fewer words, are better than too
many and you're far better off too!
In a matter of speaking, it's your
savior and the smartest thing, you
can do!

Audrey Heller

Find Common Ground

Instead, of trying to win an argument, try
to find, common ground! Make sure, what
you're saying is, solid and sound! It's easy
to nit pick, but who needs it, anyway? Don't
you think there's much more important things
to do, so it's smarter to walk away! Some
things, are really not worth arguing about, for
you probably, won't get anywhere. Sometimes,
it's best to leave it, up in the air! What's the use
in continuing, as there is, no right or wrong!
Later on, when you look back, you'll be glad,
you moved along! Save yourself the aggravation,
for in the long run, you'll not win! At times, it's
wise, to let fall on deaf ears and take it, on the
chin!

Audrey Heller

Find The Time

Everyone, should have a vacation,
you owe it to yourself, to say the
least! You find time to do many
other things, so why not treat
yourself, to a feast? The excuse
often given, is always the same.
It's the good old standard, I can't
find time, to get away! But take
it from me, if you don't make time,
no doubt you'll rue the day! We all
need a change of pace, to get away
from the daily grind, it gives you a
new prospective and helps you, to
clear your mind! If you don't allow
time to enjoy, lifes simple pleasures,
you're not being fair. So stop your
stalling and make those plans, you'll
be a brand new person, once you are
there!

Audrey Heller

Finding It Hard To Say I'M Sorry

Some people find it hard, to say
they're sorry! It's one of the hardest
things, for them to do. But holding
back can make things worse, not
to mention the consequences, too.
When you know you're at fault, you
have to be big enough to listen, to
what the other person has to say,
of course it's helpful, if you meet
them, half way! Most times, things
said in anger, are foolish to start,
if we take this into consideration,
we won't, take it to heart! If you
really have feelings for someone,
never, let it get you to the point
of no return. We're only human
and there's always, room to learn!

Audrey Heller

Finding Your Niche

Everybody, has to find their niche
in life and when they do, it's going
to be a blessing, it's certainly so
much better, than sitting around,
second guessing! Whatever it is
you have chosen, it will change your
life dramatically, you'll reign supreme
and be, where you always wanted to
be. Hard work, never hurt anyone, that's
for sure, in fact if you ask me, I consider
it, an instant cure! When you give it all
that you've got, there's no doubt, you'll
come out ahead of the game. Then you
can sit back and be proud, for your life,
is never going to be, the same!

Audrey Heller

Finding Your Own Pace

Laziness, is not the same, as finding a pace, that works for you! Obstacles aren't meant, to prevent success, they slow you down, in order to get you through. You just have to work harder to to get somewhere, after all, you don't want to be a flop, if you keep up with what you know, you'll always, come out on top! It's a very competitive world we live in and no matter what, you have to go at your own pace. That will never be a deterrent, as it shows whatever you set your mind to, you never will have to worry, about saving face!

Audrey Heller

First Born

It's truly is a miracle, how a life
comes to form and even a
greater miracle, when that
child is born. All those months
of waiting, now I'll finally get to
see, the precious life, I carried,
there inside of me! I couldn't wait
to hold you and nestle you in my
arms and all it took was just one
look and I was captured by your
charms! There is no greater feeling,
no words, that can be expressed!
The only thing, that comes to mind,
is, how much I, have been blessed!

Audrey Heller

First Crush

We've all had a crush on someone,
when we were going to school, it
was difficult being around them,
without acting like, a perfect fool!
When you started a conversation,
it's then you became tongue tied,
making you feel so embarrassed,
but alas...at least you tried! Why
was it, that every time they were
near, your heart, would skip a beat?
And it never failed upon walking away,
you always managed to trip over your
feet! No need to mention how awkward
you felt, as well as clumsy too, wishing
you could hide, as you realized, all eyes,
were watching you! This was quite a
dilemma, to be in, thinking to yourself, is
there a chance, that one day, you could
win!

Audrey Heller

First Impression

When you look around you, it's plain to see, nothing is what it appears to be! You never can tell by looking at someone, the kind of person they are. The impression, that is given to you, is completely, different, by far! It's very hard to judge, when at first you meet, for chances are that many, are good at being discreet. Then of course there's the type, with just one look, their face is like, an open book! If and when, the time will come, you're asked to go on a date, don't let your first impression, get in the way. Always, give the benefit of the doubt, go ahead and enjoy, the day!

Audrey Heller

First Love

Can you remember, back to the time, of
your first love? You were so enamored,
with each other, the two of you, fit together,
just like a glove! Wherever you were, they
were right there, by your side. And whenever
you looked at each other, you felt a feeling
of pride! So many of your friends, were
interested in him too, but they got the surprise
of their life, when he chose you! This of course,
made you feel very special, knowing, you were
the one he clamored for, it was a marvelous
feeling, for he was, the one, you did adore!
How lucky you felt, that the two of you, got along
so well, whatever it was, you hoped no one, would
come along and break, the spell! He was, your
first love and it felt, so grand, when you went walking
together, you went, hand in hand! The two of you,
stayed together, for over two years, then came that
day, when he went away and down, came the tears!
It, was bound to happen, as it was, our first love and
then somehow, we grew apart. But no matter, it was
a beautiful experience and I'll always, remember him,
for he still, has a place, in my heart!

Audrey Heller

Florida Living

Living in Florida, the weather is always,
sunny and warm, but of course, you have
to look out, for that occasional storm! All
all in all, it's a state that can't be beat,
however it does have it's drawbacks, when
summer arrives and you're faced, with
humidity and excessive, heat! Still, I wouldn't
want to have it, any other way, as that's why
I love it and why, it's here, I'll stay! We have
many tourists, in the winter, who get away
from the miserable weather and bask in the
sun! They're happy to be here, where there's
lots to do and can have, a great deal of fun!
When I think about the cold wintry day's I too,
spent up north, I start to shiver, just at the
thought! I'm so delighted we were able to make
that change, to get away, from the onslaught!
Now, I'm living in this lovely, peaceful environment
where I can go outside, whenever I please, there's
no heavy clothes to don, you just walk around, with
ease!

Audrey Heller

Flowers In Bloom

Have you ever taken the time to see flowers in bloom? It's one of the most fascinating things to behold, just being present, to watch as the buds appear and slowly, begin, to unfold. Each day one can observe the changes, little things begin to show. It's truly quite amazing, how each flower, will prosper and grow! There are times we complain, when too much rain will fall, but without the proper rain, there wouldn't be any flowers, at all! Of course it goes without saying, the sun is needed too, if not for the sun and rain, no buds would ever make it through. There's nothing more beautiful than flowers, it's become a symbol, for so many things! Not only am I intrigued by their beauty, but the lovely aroma, that it brings!

Audrey Heller

Focus

The more you can focus your energy and resources, the greater the rewards will be! There's a lot to be gained but do it gradually. Sometimes, we're not aware of what's around us and let it pass right by, not realizing, if we would take advantage of it, we could ultimately reach the sky! In this world we live in, everything is possible to attain, you just have to want it bad enough, then there's nothing, you can't obtain!

Audrey Heller

Follow Through

Follow through, with anything you
start and forge ahead, without fear!
Why wait until tomorrow, when today,
is already here? Seeing the light of
truth, can impact your perspective,
so don't waste any energy, trying
to defend a worn out, point of view!
You have to go with your instincts,
as they can turn out, right too. Never
look back on yesterday, for yesterday,
is gone and today, is already here,
follow through, have no regrets or
doubts and get yourself, into gear.
One has to do what their heart tells
them, even if some may think you're
wrong, I believe in fighting for what
you want and in the end, they'll go
along!

Audrey Heller

Follow Your Heart

They always tell you, to follow your heart, but in many instances, it can turn out wrong! You can think you're on the right track, then find out, it's not, where you belong. Finding what you're looking for, isn't just a game, you can look from today until tomorrow and find, it's still the same! They say, love comes to those who wait, I've been waiting very patiently, but it must be up to fate! When at last, it will come my way, I'll be grateful for what it's worth, as it's then I'll be able to declare, I'm the luckiest person, on earth!

Audrey Heller

Follow Your Hunches

Follow your hunches, they, won't
lead you astray, it can sort out your
fears, so you can toss them, away!
Some hunches we get, can be on
our side, which to me, is definitely
a plus, for when that happens, it's
making us aware and it could, be
better for us! I personally, have acted
on hunches and it was, to my benefit,
to be sure. If I hadn't gone along with
it, things would be obscure! When you
have a hunch, don't, take it in your stride,
do, what it's telling you, don't wait, to
decide! Nine times out of ten, it's going
to be, the right decision, you ever make.
Don't be afraid for you'll have it made,
then life can be, just a piece of cake!

Audrey Heller

Food For Thought

If there were anything you could change about your life, what would it be? Would you change the way you live, find a new job, or just change your destiny? If it be the later, what would be different, than it is today? Would you stay where you are at present, or just simply move away? Would you choose another mate, or keep the one you have, or does the thought of you changing, make you feel sad? How do you access these things, what goes through your mind, are you happy, or are you still seeking and hope to find? If you take a moment and look around, no doubt, you will see, you're far better off, than you thought you'd ever be! Taking life for granted, one should never do, just remember, that in life, there's always, a place for you!

Audrey Heller

Foolish Pride

There are times, we have what's called,
foolish pride and then there comes a time,
when we should cast it aside! Having too
much pride, can stand in your way and in
many a case, it just doesn't pay! You have
to know, when to say, enough, is enough,
why wait, until it's worse and the going, gets
rough? In some instances, it's okay to have
a little pride, be aware, when it gets out of
control, as too much of anything, can make
you, a lost soul! Don't let pride, stand in your
way, if you want to get someone's attention,
do it, in the proper manor and you won't have
any, intervention. So there you have it, you
know what too much pride, can do, try to
be cognizant, of what is, the best for you!

Audrey Heller

Forever And A Day

If it were up to me, you'd never have gone away, I'd have you by my side, forever and a day! For here is where you belong, where I want you to be, never for a moment, do I want you far, away from me! Without you, life has no meaning, nothing would be the same, I can go on, hoping and dreaming, playing the waiting game. So if by chance you care, then always, please be there, I need you close at hand, to be with me, whatever comes, my way. For with you, I can make it, be it tomorrow or today. Just say you will never leave me, always, you'll remain, tell me that you love me, over and over, again!

Audrey Heller

Forge Ahead To Tomorrow

Stop wasting your energy, by feeling discouraged, by short term failure! Focus, on your long term plans and make them even better. Do this at your convenience, then follow it it through, down to the letter. Don't wallow in self pity, as it doesn't help in any way. Forge ahead, to tomorrow and make it a brand new day! Try not to be distressed, as that's not what you're looking for. Focus on your plans and open open, a brand new door! Put your energy, where it belongs, instead of wasting it. You'll see a dramatic change, in the days ahead. Stick to what you believe in and you'll come out, a winner instead!

Audrey Heller

Forget About Your Troubles

Wouldn't it be great, if we could go
to far away places, with strange
sounding names, just lounging
around and play all sorts of games?
Doing what we want, any part of the
day and in the evening, dance the
night away, not having to worry about
this or that, eating what you want and
not care, if you get fat! Just forgetting
all you troubles and leaving them
behind and let only the pleasant things,
come to mind. Wouldn't it be wonderful,
if we could relax, even for a short time
and throw our cares to the wind, then
never have to give it a thought, that
during this time, we ever have to recind!

Audrey Heller

Forgetful

There are times, we experience
being forgetful, in fact, it can be
quite disturbing to say the least!
But no matter what age, it's the
nature of the beast! There have
been moments, when I've put
something away for safe keeping,
but when I tried to find it, it was
nowhere to be found. I searched
every place I could think of, turning
everything, upside down. How
frustrating, this is to encounter, you
begin to feel, you are now at your
wits end! The best thing is not to let
yourself get into a dither, because
it happens to everyone, at some time,
or another, my friend!

Audrey Heller

Forgive And Forget

You, have to have love, in your heart and learn, to forgive and forget! You can't keep feeling all this anger and not ever, have one regret! Time is so precious, as before you turn around, it's gone and if you haven't made your amends, how can you, go on? No one is perfect, so don't look for every little flaw, look well beneath the surface and believe me, you'll find, so much more! There is not one person, who can live up to every standard, because that's not possible to find. Each of us, have our own special qualities, so accept who we are and don't, have an axe to grind!

Audrey Heller

Freedom

I never thought, I'd come to see our
lives, turned upside down! Now, with
all that's plaguing us, we cannot smile,
but only frown! I find it rather difficult to
fathom, what has taken place in this
wonderful country of ours, a country, if
you chose to, you could reach for the
stars! There isn't anything we couldn't
have, be it our choice, now, all has
changed, as we hear a different voice.
Our lives, have been threatened, we
face very uncertain times., something
none of us has ever known. But through
it all, we'll make it, for we are not, alone!
We live in the best country in the world,
which didn't happen over night. No one,
will ever take it away from us, without our
putting up, one hell of a fight!

Audrey Heller

Fresh Cut Flowers

There's nothing lovelier, than having
fresh cut flowers, on a table, it dresses
up any room! I love the aroma that fills
the air, with it's faint and dainty perfume!
Flowers, bring sunshine into your life,
no matter how bad you may feel, just
being surrounded with beautiful flowers,
can chase away any ordeal. They can
make a room come alive, with it's
colorful flow, it fills a room with so much
warmth, you can actually see the glow!
Whenever there's flowers adorning a
room, take the time, to admire their
beauty and grace. There's nothing
lovelier than fresh cut flowers, on a
table, it's guaranteed, to put that
smile, back on your face!

Audrey Heller

Friendship And Marriage

It's great when your spouse, can
also be your friend! This is the best
relationship, a couple could share!
It's not only love, that brought you
together, it's a feeling, beyond
compare. When you start out being
friends first, it's the best way to go,
it's so much easier to get along, as
there's not much about them, you
don't already know! In the long run,
you have a friend for life, so enjoy
being together, once you've become,
husband and wife!

Audrey Heller

Friendship Then Love

The distinction, between friendship
and love, can get a bit confusing,
however, when you get down to it,
it's anything but amazing! Where
does friendship end and love begin?
You're never quite sure, when this
takes place, but there's a difference
you feel, from within. Suddenly, you
feel quite different about this person,
than you did before, you have a great
admiration for them, but now, there's
a whole lot more! You ask yourself,
when did this all take place? One day,
they're your very good friend, the next
you find your locked in their embrace!
Strange, how friendships can turn into
love, as I've heard of this happening
and for me, it really feels so right! To
have someone who is your friend and
love you as well, that for sure, is a sheer
delight!

Audrey Heller

Frivolous Friendships

Let frivolous friendships fall
away, while nuturing those
that truly matter! Why waste
your time and give of yourself,
then listen to constant chatter.
If someone, doesn't treat you
right, stand up for your principals
and let them be heard, just be
true to yourself, without being
unkind, or absurd. One has to
let their feelings be known, not
take it on the chin. Once you
have made this very clear, good
things for you, are about to begin!

Audrey Heller

From Here On In

From here on in, try not to let
everything be a bother to you,
take it all in stride.! Life at
times, can hand you a lemon.
Remember, you still have your
pride! There's no use worrying
about things you cannot change,
or have no control of, I know that
all to well. Stop making yourself
crazy and sit around to dwell! Of
course, it's never easy, there is
no recourse, is it better to wallow
in self pity and feel remorse? Just
keep in mind, there are people,
worse off than you, it may not be
much of a consolation, but if you
can, take that gray sky and turn it
into blue!

Audrey Heller

From Sun Up Till Sun Down

A woman's work, is never, done,
from sun up, till sun down! She's
running here and running there, in
fact, she's all over town! With small
children and a house to be taken care
of, it's a wonder, if she even has a
moment to relax, in so many places
she's needed, she can't afford to be
lax! It's a tiring job, but a rewarding
one too, just the fact that you're
needed, does an awful lot, for you!
At times, we may get weary of this,
daily grind! But there's nothing in this
whole wide world, that could make us,
change our mind!

Audrey Heller

Frustrating

Don't you find it very frustrating, when
you can't remember a persons name,
no matter how hard you try? You wrack
your brain, which causes you a lot of
mental, strain and you feel, you could
just die! Funny, how it's there on the tip
of your tongue, but the longer you think
about it, the longer it takes, for it to come!
Under these circumstances, the best you
can do, is give your mind a much needed
rest. Let it go. When you're relaxed and
not under pressure, the name will come
back to you, as it's what you've been
waiting for and desperately, wanted to
know!

Audrey Heller

Frustration

There are many things in our lives,
that can be very frustrating! There
are those you wish, you could do
something about. We may find
ourselves, in a terrible bind, but
still we can't figure them out. At
times, the answers are right before
us, just as plain as day, but for
whatever the reason, it manages to
slip, away! Being frustrated, can
alter, the way you live and bring
you undue stress and strife. It's
important that you get rid of it, so
you can lead a more productive
life. Nothing is ever easy, but one
has to always try. Let things roll
off your back, like a duck then
kiss, your frustration, goodbye!

Audrey Heller

Fulfillment

Everyone should have a hobby, one that can give you fulfillment, when there's a need, to escape! Whatever it is that you choose, it should make life, a whole lot easier, to take. It's necessary to be able to just lose yourself, if only for an hour out of every day. It can be very therapeutic and help, in every way! Whatever you choose it doesn't matter, just as long as it gets you away from the daily grind. The pleasure, you derive, is never, a waste of time! In fact you can say it's vital, to keep yourself busy, as being idle has it's disadvantages, no doubt you can see. But having a hobby and being constructive, therein itself, lies the key!

Audrey Heller

Get Back To Reality

Take your cues from reality, it's telling
you, exactly, what you want to know!
Stop living in a dream world as it's
time, you let go. Don't let any kind of
discouragement, overtake your
enthusiasm, instead, remember some
things, may take longer and won't
happen over night. You can't snap
your fingers, expecting, it to turn out
right. Nothing was built in a day and
it takes time for it to change,
especially, the way you'd like it to be.
Don't be discouraged, show your
enthusiasm and then, come back, to
reality!

Audrey Heller

Get Yourself Involved

Don't let any situation, drag on
unresolved, you have to take a
stand and get yourself, involved!
Facing your own uncertainty,
doesn't mean, that you are failing,
it's just a reminder, to examine
your actions, with greater depth.
Once you face the things that are
problematic, no longer will you
have to wait, with baited breath.
Whatever we do, always, has it's
ups and downs and never the twain
shall meet. Just get yourself involved
and in no time, you won't be dragging,
your feet!

Audrey Heller

Getting A Break

Everyone needs one break in life,
even if we master, whatever we do!
That doesn't always help, as you need
a lot of luck too! It's most unfortunate,
it's not what you know, but who you
know, which happens to be so, if you
meet with the right people, that's the
only way, to go! If and when this
should happen at last, you can be
worry free, you can leave all your
cares, behind and gain your stability!
If by some chance, your problems
should be over, you'll feel a hundred
times better than before. Just think how
this, can change your life, all because
of that one, opened door!

Audrey Heller

Getting A Reprieve

Sometimes, when you think all is lost, you get another reprieve, you feel so accelerated, you find it hard to believe. You'll never know, when changes come about, but they're welcome just the same, it's time to put it all behind and forget who or what, was to blame! No more feeling bad, no more being uptight, everything as of now, is turning out, alright. I think it's best to keep things, on an even keel and just take it, from day to day. That to me, is the proper thing to do and in the long run, it will find, it's way!

Audrey Heller

Getting Along

In order to get your relationship on the right course, you can't put the cart, before the horse! If you both want to get along, you have to know, right from wrong! When making decisions, it's advisable they be made by two. If it's not heeded, they'll be a lot of conflict, between the both of you. If you do things together, it can bring you closer and that's what you're really aiming for. Why not do, what everyone knows, it's better to make peace, instead of war!

Audrey Heller

Getting Back To Normal

It's good to get back to normal,
after all the hullabaloo! I know
that I'm not the only one, I'm sure
you feel that way too! At the
beginning, there's always a lot
of excitement, not to mention,
preparations, to get everything,
moving on it's way. Then before
you turn around, it's over, now,
it's just like any other day! But
time has a way of fleeing and
once again, the holiday's, will
be at our door. We'll be back,
doing the same old thing,
perhaps not less, but even
more!

Audrey Heller

Getting Things Done

As the saying goes, if you want to do something, you better do it yourself! For if you depend on others, it will just remain, on the shelf. Everyone has good intentions, they will do it, as they see fit, however that's not good enough for me, as I'm anxious to get over with it! Why should I bide my time, when I can get started right away? I have a world of patience, so tell me, why don't they? Needless to say, the more I think about it, in order to get things done, there's nobody else to do it, so....I guess, I happen to be, the one!

Audrey Heller

Getting Your Message Across

Taking time, to effectively get
your message, across to others,
will surely help you move forward
and get you, where you want to be!
There are those who take advantage
of you and do it, automatically! They
put themselves first, in just about
everything, they do. Forgetting, there
are others, who deserve some
credit too. Just don't get affected
by their idle chatter, for in the long
run, it really doesn't matter. You'll
come through with flying colors
and prove who you are, by finally
getting your message across. If
they don't pick up from there, then
it's going to be, their loss!

Audrey Heller

Getting Your Work Done

There's no day, like the present,
for getting your work done, it's
right in front of you, so it won't
help, wishing there were none! If
you let it pile up, you will have, all
that extra work, to do, where if you
had done it before, you could have
been through. When something is
put before you, that needs to be
taken care of, it's foolish to shove
it away. It's then you have so much
more to do, so procrastinating,
doesn't pay! You only make it harder
for yourself, for now, your inundated
with work, that could have been
finished, at the very start. Now, it will
take you all that extra time, besides all
the wear and tear, on your part! When
something has to be done, in the future,
get on the ball, give it your immediate
attention and you'll be free, once and
for all!

Audrey Heller

Gift Certificates

Buying presents, can get to be a chore,
that's why gift certificates, appeal to me
more! Frankly, When I start out I haven't
anything, particular in mind, for when it
comes to choices I find, I'm in a bind!
I haven't a clue, what to even look for,
no idea, what it could be. It sure would
be easier, if I were choosing something
for me! Should it be an article of clothing,
that can be a difficult task, who remembers
sizes, I never thought to ask. Now, there's
the question of color and style. What I think
is appropriate, they may think is vile! It's then
I decided, a gift certificate is the best investment
to make. They can buy, whatever it is they choose
and under these circumstances, I really have,
nothing to lose!

Audrey Heller

Give A Little

Give a little, take a little, that's the way it's supposed to be! By doing this on a regular basis, you can live happily. Never expect too much. If you do, there's no doubt you'll get hurt along the way. Be grateful for what you have and be glad, when you make it, through the day. Life, can be a roller coaster ride, it goes up and down. You better be prepared, for one day you'll smile and the next, you'll frown! Just try to go along with these changes and do, your level best. And always keep in mind, everything in life, is but a test!

Audrey Heller

Give It Time

Everyone keeps saying, give it time!
We all know whatever happens whether
good or bad, you need to make things
right. But time, doesn't happen over
night. In some cases, time can be a
deterrent, when you're waiting for
something special, then you haven't
got the patience, to wait. Time is going
so slowly, you're in a hurry, to know
your fate. Be as it may, time is one
thing no one can move along. When
the time, is right, it will be there for you,
to keep you strong. So take this in your
stride and look forward to what time can
bring your way. When it finally rears it's
head, all good things will come, so they
say!

Audrey Heller

Give Me Back The Good Old Days

I can't help but wonder, when all is
asunder, what the future, will bring.
Of course we hope, only good, lies
lies in store and the best, of
everything! Life is hard, there's no
doubt, we struggle, as we meander
along. Trying to save, a little bit here
and a little bit there, helps build our
future and keeps us, strong! Who
ever would have imagined, we live
in such precarious times, where you
don't know, from one minute, to the
next. Just give me back, the good
old days, where life wasn't so
perplexed! I'm hoping not too far off,
better things should take place, as how
long, can we go on, like this? Just give
me back, the good old days, where
ignorance, was totally, bliss! !

Audrey Heller

Go For It

Decide what you want and go
for it, while you have a chance.
Even, if you're looking, for a new,
romance. There's no time, like
the present, for getting things
done, just let your guard down
and have, a little fun! There are
circumstances, that make it
necessary, for you to be the
aggressor and that's not a bad
thing. This may be, just the right
time, to snare that ring. It's not a
crime, to go after what you're
looking for, with hopes it can be
found. What better time, then now,
to start to look, for someone, who's
solid and sound!

Audrey Heller

Goals

We all have goals in life and some of us, are lucky to see them through! Is it a matter of perseverance, or is it, what they say and do? For some, things always seem to go their way and they don't even have to try. While others, work pretty hard to get somewhere but luck, just passes them by. I've often wondered, what made the difference and frankly, I could never figure it out. Many of us, work just as hard, but still have to do, without. Maybe one day, I'll find the answer and when I do, I'll work it out accordingly, for I'm not the kind of person, who can sit by, idly!

Audrey Heller

God Helps Those Who Help Themselves

You can, overcome any obstacles, if you just have faith and believe! Many of us, have some things, we have to face and it doesn't help, to sit around and grieve! No one, can help you, but yourself, with will and determination. I'm well aware, that to do this can bring about, a lot of frustration! But remember the words, that God helps those, who help, themselves! There is no magic here, or little elves! When you feel sorry for yourself, how can you get somewhere? You're so full of self pity, you'll never get, anywhere. It's important, that you push yourself towards, your goal. If you have a strong belief, with Gods help, you'll never become, a lost soul!

Audrey Heller

God Works In Strange Ways

God, really does work in strange ways! Just believe in him and he'll be there for you, the rest of your days! When things go wrong, he's there to offer a helping hand, He will not forsake you, even though, it's hard to understand. There is no power greater in the whole universe, than believing. This is a very powerful tool, that can get you through any past or present event. Just be positive and there will be numerous things, he'll prevent. Remember you're never alone, as God walks with you, to guide you in all ways. Just keep that in mind and you'll find, God really does work, in strange ways!

Audrey Heller

Going Back

Don't you wish it were possible,
to be able to go back, in time?
When days, were peaceful and
sublime! Those were the days,
we most likely, would never forget
and still today, we think of them
yet! Being able to remember,
well...it's great to be able to do,
as all good thoughts, always,
remain with you! There's also the
other side of the coin. There are
moments, we'd rather not recall.
Things to leave on the back burner
and not think about, at all. But here
we are, we have come this far, to
another time and place. And all,
the unpleasant memories, we
finally, get to erase!

Audrey Heller

Going Back Into The Past

There are times, when all is still,
I go back, into my past! I wonder
why, this happens, for now, the
dye, is cast! All the things, I think
about, happened so long, ago!
Things, I should have forgotten
about, but obviously, never let go!
Consciously, these thoughts, never
enter my mind! But, whatever
happens, during the time of silence,
is quite a mystery, I find! I really feel
uncomfortable, when these thoughts,
come back to me, for it puts me, in a
melancholy mood. But I've learned, it's
best to keep myself busy, than sitting
around and brood!

Audrey Heller

Going To A Party

It's been years, since I went to a party and I have to tell you true, it brought back so many memories and how the time, just flew! It used to be quite often, we'd celebrate many occasion and had ourselves some fun. Not many do it anymore and it's kind of sad, for everyone. Party's are for getting together, greeting old friends and new, but when you see your old friends, there's plenty of catching up to do! Everyone joining together, having themselves a ball. Going to a party, is just wonderful. For it's a happy occasion, for one and all!

Audrey Heller

Good Friends

Having a good friend, these days, I would say is pretty rare! There are those who pretend, to be your friend, but in actuality, they really don't care! Actions speak louder than words, words, come easy to some, you and I are proof of that, look how far, we've come! Always being there for each other, in good times and the bad, having our little differences, but never, staying mad. This is what friendship is based on, may it continue with the hope it never ends! This has been my sincerest wish, the day we became, good friends!

Audrey Heller

Good Genes

Some people are fortunate, they're
lucky to have good genes! They look
much younger than they are, all is not,
what it seems! To defy nature, is truly
a blessing, some will take a stab at
your age, but in retrospect, they're
only guessing! How you think and act,
has a lot to do with it too. If you keep
an active mind and do plenty of
exercise, time will, be good to you!
Age is only a number, you've heard
it many times before, I never pay
attention to how old I am, at least, not
anymore! As long as I feel good and
look good, that's very important to me.
If you want to stay young, never give up
what you're doing and keep yourself
busy, constantly!

Audrey Heller

Good Intentions

I had many things, I had planned to do,
but had to take a break, for even though,
my intentions were good, I found it was, a
big mistake! Some days, you find, it's hard
to unwind and it's best, if you leave well
enough, alone. I try, to take it easy and
don't even answer, the telephone! Just to
do nothing, can be a wise thing to do,
especially, when everything, seems to
bother you! Oh yes, we all have days like
this and it doesn't help, to ask why. Just
the way it comes, it also pass by! I guess,
we have to be grateful, when a good day,
is upon us and we can do, what needs to
be done. It alleviates, any, kind of pressure
and off we can go, in the mid day sun!

Audrey Heller

Good News

I get up in the morning, everything
is fine, have my breakfast, right on
time, read my paper and hate what
I see, whatever I read, gets to me!
There's no good news, at least, that's
what they're saying and I'm mighty tired,
of this kind of news, they're conveying!
Isn't there something, good and light to
read? It doesn't seem to be that way, so
desperately, I plead! I would like to start
the day, with something light and gay, to
give me, a chuckle or two, to put me, in a
better mood, instead of making me brood!
We need to have that laugh, instead of an
epitaph, for that's always, in the news! So
someone, get on board, you're bound to get,
your just reward, by giving us, brighter views!

Audrey Heller

Grab The Brass Ring

As you ramble on through life,
you're bound to meet up, with
some kind of strife! There's
lots of hurdles, you'll have to
cross, before you find, what
your suited for. It will take a
lot of perseverance, but in
the end, you're sure to score!
Life has a way of throwing it's
curves, but you have to be,
one step ahead of the game,
if you don't, then there's really
no one, you can blame. Grab
the brass ring and everything,
will turn out different, as day and
night. Just keep on plugging
and don't, ever give up, the fight!

Audrey Heller

Grand Parents

I never had grand parents, as when I was young, they passed away, I never knew the feeling, of having them watch me, at play. There are no memories and that in itself, is kind of sad, as I cannot talk about something I never had. I listen to others, talk about their grand parents and I envy them, until this day. I cannot help but wish, mine, were around to teach me and show me, the way. I miss not hearing the things, only grand parents can tell. All the things, about their life and how they met and having your parents, as well. I never had, this kind of luxury and of course, I never will. And those out there, who still have them, love them and treasure them, because you can never, get your fill!

Audrey Heller

Greeting The Day

I awaken in the morning, to greet the brand new day, with this feeling of contentment, I'm happy to say! The sun is shining, not a cloud is in view, it's just a perfect day, to wake up to. The way I see it, it's a wonderful day, for getting things done. If it were up to me, I could never have chosen, a better one! There's a calmness that surrounds you, when you have a day that's bright and clear, your disposition, is brighter too! You're eager to work at anything, nothing, will deter you! It's great when your filled with so much energy, with thoughts of good expectations to come. Now, is the time to do it, before the day comes to a close, then look forward to the setting sun!

Audrey Heller

Greetings From My Heart

Holiday greetings right from my heart, is coming to you today, to wish you all the very best, that life can bring your way! May you find peace and happiness, as we start a brand new year, with loved ones around you, to ring in, the holiday cheer! So here's a toast I offer, may we somehow see the light, to make this the very best year, where our future, will be safe and bright!

Audrey Heller

Growing Old Together

It would be wonderful, should we be
blessed to grow old together, the
thought of it, makes me feel warm!
Just knowing, you'd be by my side,
I can weather any storm! We've
been through so much, all these
years, that's the way life goes.
But it never hindered us, it kept us
on our toes! Nothing in life comes
easy, we found out the hard way.
If you have love, patience and
understanding, it can only get
better, each day! Every
relationship, has to be worked
at, it doesn't happen over night.
The best part of all is, it's worth
it, because everything, now
feels so right!

Audrey Heller

Growing Older

The thought of growing older,
has never bothered me! For
when I look in the mirror, it's
not a bad reflection, that I
see! A few gray hairs are
present, scattered here and
there, giving me quite a
distinguished look, while
adding highlights to my hair!
Checking on a little further,
around my lips, eyes and
skin, can't help but wonder,
what condition, they'll be in.
Examining very close, not
knowing what I'll find, only
to discover, nature, has been
very kind! There is no doubt, I
had been blessed and the
process of aging, I'll not let it
go to my head. I certainly can't
take any of the credit, as it's
all in the genes, so it's been
said!

Audrey Heller

Halloween

Halloween, is just around the corner!
Wherever you go, you see decorations
and costumes, on display. The children,
are getting excited, as it happens to be,
their favorite day! I too, look forward to it
and always go shopping, to purchase
all kinds of candy, for them to eat. I want
to be prepared, when they come knocking
on my door, saying trick or treat! It's
unfortunate, at times my judgement was
poor, as I didn't have a sufficient amount of
treats, on hand. I felt pretty bad about it, as
it wasn't the way, I planned. This taught me
a lesson, as now I buy, twice as much as I
did before. Next year, I'll not get caught off
guard, when they'll come back again,
knocking, on my door!

Audrey Heller

Halloween Will Rear It's Head

It's just a matter of weeks, before
Halloween, will rear it's head! It's
the time of the year, where kids
wear all kinds of scary costumes,
that some of us, dread! Some are
spooky, to say the least, while others
look like, some kind of beast!
Whichever one, it might be, I have to
admit, they frighten me! I'm not,
particularly fond of this holiday, as I
dislike, all the children, knocking at
my door. No matter how many times
you give, there's always someone,
wanting more! I rather like, my peace
and quiet, but it can never be, on this
night, as there's always, a lot of clamor
and it can be, quite a sight. I know, I
have to be patient, for it soon will
be gone, but the way time is fleeting,
it will be here once again, as time,
really marches on!

Audrey Heller

Hard To Understand

It's hard to understand, why some people click, the moment they meet. You can't put your finger on it, but something about them, makes you feel complete. Is it a look, a gesture, or the things they'll say? What is this magic, they seem to convey? Being in their company is a blessing. It's exactly as you thought it would be, as you hang on to every single word. Actually, you find it quite absurd! At one time or another, we've all met someone, who has a special way about them, it's like drawing flies, to honey! Being fortunate, to be in their presence, is like taking the darkest day and making it bright and sunny!

Audrey Heller

Have You Noticed

Have you noticed, the kind of clothing, they are showing for women today? I've looked through many racks, but eventually, had to walk away. What are the designers thinking of, when they bring out their new line? It's certainly has become apparent, it's the younger generation, they have in mind. How could I possibly wear a garment, that is skimpy, with the front cut so low? If I went to try it on, I'd look foolish, this much I know. Where are the things, made for the mature woman? Do we, not count anymore? Until they bring back, the kind of clothing, that's practical, I'll not patronize, another store!

Audrey Heller

Having A Purpose

We're all here for a purpose, Just
what that purpose is, most of us
don't know. We go through life
floundering, wondering which way
to go! Some, know exactly what
course they're going to take, for
them, there was never any doubt.
While they're making their way,
others are still trying to figure it
out. It's not easy, if you haven't
any idea what to pursue, take the
time to look, as there's many
opportunities waiting for you!
When you think about it, you'll
discover you're not alone, many
people, are in the same boat.
When you go after whatever it
is, you're looking for, make sure
there's enough in it, to keep you
afloat!

Audrey Heller

Having A Spat

I remember the day, we both had a spat and both of us, wanted, to leave it at that! It wasn't really the right thing to do, for any disputes, has to be, worked through! It's not in your best interest, to leave them there, or trying to forget, them too, they never, go away by themselves and eventually do damage, to you! You have to make time, to have a talk, instead of going around and squawk, as this is the only way, to handle a dispute. It doesn't do you any good, by walking around, like a deaf mute! Remember, there is no right, or wrong, for we all have our own perspective, the question being, where do we belong? It's never healthy to stay angry, you have to settle spats, by not letting them stay. Once you get to that plateau, all will be forgotten and it becomes easier, to shoo them, away!

Audrey Heller

Having An Open Mind

Some people go through life, not having an open mind! Whatever they do and say, happens to be unkind. They don't trust, most people they meet, in fact, I'd go as far, as to say, they never have been discreet. They don't think twice, blurting out, what never should be said. In a matter of speaking, it's due to the fact, they've never used their head! This behaviour is indicative, of a disruptive life before, and I think it's time, to put it behind, then finally, close that door! Remember the saying, you can catch more flies with honey? Well....it still holds true, I have to say. It's time, to turn over a new leaf, by becoming a better person, today!

Audrey Heller

Having Control

I used to be so even tempered,
nothing did I see, now, everything
that's said and done, seems to
bother me! I can be kind, edgy
and even snappy, all of this of
course, doesn't make me happy!
Control, I had it, not too long ago.
Where it's gone, I'd really like to
know? Do you think it's the times
we live in? It does get harder,
everyday and people, are not like
they used to be, they've become
indifferent, in every way! Everyone
you meet, is always in a hurry and
all you get to see, is the ever constant
worry! Well, now I think it's time for this
to stop. Begin to count to ten, then take
a deep breath and start all over again!

Audrey Heller

Having The World By The String

Some people, have the world by the string, just about everything, goes their way! They never have to worry about tomorrow, they have it neatly, tucked away. No matter what they do, it falls into their lap, they don't even have to try. Everything seems to turn out right and never, passes them by! It must be a good feeling, not to have to worry, when you know, you're very secure. I wish we all had that privilege, but chances are, the majority of us, will just have to endure!

Audrey Heller

Health

Health, is more important than
wealth, for you can't buy health,
with money! You can buy a lot of
things, but without your health,
days are no longer sunny! If we
enjoy good health, we're fortunate,
we should never take it for granted.
We have to nurture it, as you would
a flower, that already, has been
planted! You have to eat right and
get the proper rest and make sure
you exercise, as much as you can
in a week. Do all these things and
I guarantee you, good health, will
be yours to keep!

Audrey Heller

Heartache

There are times, we go through, a lot
of heartache, we try not, to let it show!
But no matter, how we try, just one look
and everyone, will know! Our face, is a
mirror and reflects, what we're feeling,
it's something, you just can't hide!
Whatever it is, that bothers you, comes
from, inside! Some, have a way, of
hiding they're emotions and you'd never
know it, at all. I have to give them credit,
for holding it in, as we're the ones, who
are heading for a fall! In a way, I think it's
best, if you don't fall apart and keep
yourself in tow! However, I find it rather
difficult, as I can't keep it in and have to,
let go!

Audrey Heller

Hello

I called to say hello, but to
my surprise, you weren't
there! A recording came on
to let me know, you'd gone
away somewhere. I sure did
miss hearing your voice,
saying how are you today?
Is there a possibility, you'll
be coming around my way?
It felt very strange, knowing
I wouldn't be stopping by.
But no need to worry, the
time will surely fly! I'll just
have to wait patiently, until
that day, when I'll pick up
the phone and hello again,
I'll say!

Audrey Heller

Here I Go Again

Here I go again, although
it's nothing new, as a day
never passes, without me
thinking of you! I know you're
no longer with me, but try telling
this to my heart! I still feel your
presence, as if we never were
apart. Time hasn't changed the
way I feel, or helped in any way!
Perhaps it's all do to the fact,
my love, is here to stay! I don't
expect, to see any changes, for
how could there be? For everyday,
in every way, you'll always be close
to me!

Audrey Heller

Here On Earth

Everyday, I miss you more, more than I did, the day before! It seems, it's never going to change, this feeling of emptiness! It doesn't matter, how much time has past, it never gets, any less! I sometimes wonder, if you can see me, how I wish, it were true, I'm sure you'd understand, why I feel, like I do! Many times, I get this feeling, you're not that far from me, even though, I know, there's nothing tangible, I see! Just the way I feel at times, is so different than other days, I can't explain, what it is, but I'll change in many ways! I've noticed at times, a feeling of serenity surrounds me, it's as if you're standing, by my side. At that moment, I feel nothing can perturb me and if it does, I can let it ride! I do believe at times, you come to visit, even though many, will dispute that fact, saying it's all in my head. They can proclaim, whatever they like, as I know, the difference, I'm not only wide awake, I'm already up and out, of bed!

Audrey Heller

Holding A Grudge

It's not good, to go around and hold a grudge, in fact, what would it take, to make you budge? You become the loser, if you keep on that path, for acting this way, is showing, your wrath! Take time out and think, things through, then the right decisions, will automatically, come to you! Holding a grudge, can only make your life harder, in many ways, something you may, come to regret, for the rest of your days! No one, is perfect and they will, make mistakes, so to judge them, isn't the right thing to do, you, have to be the bigger one, of the two!

Audrey Heller

Holding Back

Don't try to hold back, the
laughter or the tears, for
all of us at times, have
irrational fears! We worry
about, what may never
take place, but still, there's
always a doubt. If it remains
too quiet, we'll find, something
to worry about. I guess, that's
the way, of human nature, we're
always afraid, of what lies ahead.
We're much better off, if we take
it one step at a time, instead! Go
along with your feelings, if you
want to laugh, shed a couple of
tears. Don't you think it's a much
simpler way, than bottling it up,
for years?

Audrey Heller

Holiday Blues

When your family doesn't live close
by, the holidays, can bring on the
blues! You feel left out of everything,
even the latest news. It's not what you
hoped for, but you have to accept things
as they are, thinking, how nice it would
be, if they didn't reside so far! Holidays
are not meant, for us to be alone, it's
time for giving and to share and I'd give
just about anything, if I could be right there!
Even though it's this way, I'll fill my glass
and say a toast, so here's to my beloved
family, to me, you are, the most!

Audrey Heller

Holiday Loneliness

It's sad, when you're alone on a holiday, nothing, upsets you more!
The feeling, you're not part of festivities, or the warm greetings received at the door! You miss the part, not being there, not to mention, seeing the smiles on your loved ones faces, as that's, pretty hard to bear! How is it possible not to remember, the table set before you, one could hardly wait to have a bite. Everything was done so beautifully, as we ate our way, into the night. I recall, we lingered for hours, talking was non stop, we never gave a thought to time, or even looked at the clock! Now, I have only memories. There isn't anymore. Perhaps one day, it will happen again and I'll be greeted with love, as before!

Audrey Heller

Holiday Shopping

Holiday shopping, is an extremely tedious chore! You get up early in the morning, to wait on line, until the department stores open their door! It's a mad rush, everyone pushing and scrambling around. People running all over the place, looking for that bargain, to be found. This year, I made a list for everybody, it really should turn out to be a cinch. I hope I choose wisely, I don't ever want, to be called, a grinch! Many hours have passed, I think I did pretty well. My head is starting to ache, from the ringing, of Santas bell! I guess I really had it, I accomplished, what I set out to do. Now, it's back to the car, I'm heading for home. Thank goodness, my shopping, is through!

Audrey Heller

Holiday Wishes For Everyone

I'm sending you this holiday wish,
with loads of holiday cheer! With
hopes, you enjoy the festivities,
which is part off this time, of the
year! To give a toast, with glasses
raised, to family and good friends
and if you've had a falling out, it's
time, to make amends. We're all
looking forward, to the coming year,
with great anticipation, it promises
to be, an interesting year, across
the entire nation. So, let the horns
blow, the trumpets blare, let it ring
out, loud and clear! It's time for us,
to say goodbye and welcome in,
a brand new year!

Audrey Heller

Holidays

Holidays, can be very lonely,
when your loved ones live far
away, as that's the way life is,
especially, today! Gone are
the days, when families lived
close and holiday's were spent
together, it's really what I miss
the most, but try my best to
weather! All there is to look
forward to now, is just wait until
they call, somehow it will have to
surffice. For when I heard they
were moving on, I knew I'd pay
the price! Unfortunately, I'm not
the only one, who feels pretty
much alone. So.. if you'll excuse
me now, I have to go answer, my
phone!

Audrey Heller

Honesty

Honesty, is always the best policy,
it's worth pondering about! However,
one has to be careful what they say
and how, it comes out. The truth, if
chosen in the wrong words, can
bring on hostility, ultimately, they'll
be no gain. It's really the last thing you
want to do, is cause someone, grief
and pain! So by all means be honest,
but don't get carried away! For in the
end, all of us know, honesty, does,
really pay!

Audrey Heller

Hooked On The Lottery

I've got to admit, I'm hooked on the lottery, it's impossible, not to play! My goal is to win very big, so I can retire in a spectacular way! I've tried to give it up, many times, each time realizing, it would be a crime. What if by chance, I didn't play and the numbers that came in, were mine? It would be a total disaster, after I had played, all these years. Instantly I'd be a basket case, I'd shed a million tears. Whether you win, or whether you lose, it's the name of the game, as it doesn't matter how many tickets you buy, the odds, are still the same. Luck, has a lot to do with it, if you have it, you're more apt to win. On the other hand, if you're not, you'll keep losing, much to your chagrin!

Audrey Heller

Hopes And Dreams

We all have our hopes and dreams, It makes life seem worthwhile! If we can adhere to that thought most of the time, we'd go that extra mile! Everyone needs an insentive, in order to reach their goal, it's worth fighting for. To have someone who, will stand by you, could you ask for anything more? When you have encouragement, you begin to believe in yourself, there's nothing you cannot undertake or do. So...keep up your hopes, believe in your dreams, one day, it will, all come true!

Audrey Heller

Hoping Sleep Will Come

Many times, while in bed, a million thoughts,
go through my head! It makes it impossible,
for me to sleep, so out of bed I will creep!
I try to think, of what to do, to get myself
unwound, I'll go to the den, read a book,
this helps somewhat I've found. Now, I'm
feeling a little sleepy and should have no
trouble, so back into bed I'll go and do it,
on the double! I start to get comfortable,
once again, close my eyes, hoping this
time, sleep will come. But lo and behold,
I start thinking again, my brain, is getting
numb! I guess when all is quiet and still,
it's a conducive atmosphere. It can bring
upon the thinking process, for there's
nobody, to bother you here! Next time,
before I go to bed, I'll make sure I'm really
ready and able to sleep. And wouldn't it be
grand, if I had a dream, with a rendezvous,
I had to keep! So you see, there' not only
bad things that happen, when you retire at
night. There's also many pleasant dreams,
the moment, you put out the light! !

Audrey Heller

Horoscope

Reading the sign of my horoscope,
I do it every day, I try not to miss it,
as I'm intrigued, in what they say!
Whatever information, they give, is
accurate to a degree, but we're all
very different, so some of us will
disagree! Some things, we are able
to identify with, pertaining to our sign,
but there's bound to be discrepancies,
so bare that in mind! To have a synopsis,
of what we're really about, we'd have to
have a private reading, should we want
to find this out. This is more involved,
time consuming too, not to mention,
what the cost could be, to you! I'll just
be content, reading the newspaper, as
I normally do. It may not be precisely,
what I'd like, then again, how many
others, can there be, exactly like you?

Audrey Heller

House Work

They say doing house work, is a form of exercise, it can help you shed, a pound or two! Over the years, I've done my share, but I haven't noticed, anything new. When I get started, I work like a demon, there isn't a place, I don't reach. I have every kind of cleaning device, not forgetting, my trusty old gallon, of bleach. Before I'm finished, no corner is left unturned, I make sure everything, is spic and span. To me, cleanliness, is next to godliness, that's the kind of person, I am! So to squelch, all those rumors, about losing weight, as you go on a cleaning jag, the only thing you'll derive from it, is a dirty old mop and a rag!

Audrey Heller

How

How can you right a wrong, when
so much time has gone by? How
do you know where to begin? How
do you know when to try? How do
you find the courage, to say what
you want to say? How do you know
where to start, when you know you
lost your way? How do you find the
answers, to the things you want to
know? How do you undo, what has
taken place? How do you let things
go? How do you wait for time, to heal
old wounds, when it hasn't begun to
start? How do you manage to keep
your head up, when you feel you're
falling apart? How do you find a way
to believe, things will start to mend?
How do you find a way to convince
yourself, it has to come to an end?

Audrey Heller

How Can I Forget You

Today started out, like any ordinary day, but lo and behold my mind began to stray! I started to think, of the times we were together and how much, I missed seeing you! But no matter how much I may think about it, my wish, can never come true! Gone are the days, we'd get together, the thought of it, just makes me sad! If only you were still around, we'd have so much to talk about, as you were, the perfect dad! It's a very long time since you've gone, but my feelings for you, just go on and on! How, can I forget you? There's no way that can possibly be, for in my heart, we'll never part and that's alright, with me! So until the day we'll be together, my thoughts, will always stray. But frankly, I don't mind it, for it's as if, you never, went away!

Audrey Heller

How Is It Possible

How is it possible after all these
years, it still feels like yesterday?
How is it possible I picture you so
vividly, as if you'd never gone away?
How is it possible whatever I do, I
feel you close at hand? How is it
possible when the going gets rough,
I know you understand? How is it
possible should I make a mistake,
you guide me, helping to make it right?
How is it possible you can do all this
and be out of sight? Although you're
not here, you're never far away. I know
it's how it had to be. But as long as I'm
here upon this earth, you'll always be,
a part of me!

Audrey Heller

How Much I Miss You

It goes without saying, how much I miss you, with every passing day. It goes without saying, you'll always be with me, even though you're far away. It goes without saying, I wish things were different, but how can you change destiny? It goes without saying, no matter what, this is how, it was meant to be. It goes without saying, whenever I think of you, it's hard to believe, you're gone. It goes without saying, within my heart, your memory, still, lingers on. It goes without saying, how very special you were, warm and lovable too. It goes without saying, the day can never happen, where I, can ever, forget you!

Audrey Heller

How Much Longer Must I Wait

Life, as we know, isn't always fair,
you may do everything right, but
what you want, still, isn't there! What
does it take, to make your life, more
enduring? And how do you find, life,
more alluring? It should begin to
change, as we go along, for nothing,
stays the same, but I guess, life, still
remains, a guessing game! I must admit,
I do get restless, to be sure, so how much
longer, do I have to wait, for some kind of
cure? I'm eager to find, what life's all about
and can't do it, staying in one place. I need
to spread my wings, in order to experience,
whatever I must face! Then and only then,
can I say, I have learned, what life's all about.
It's something, no one can tell you, as you're
the only one, that can find that out!

Audrey Heller

How To Act

I learned when I was very young,
to treat others, as I would like to
be treated, naturally, I behaved
accordingly! But somehow, I've
met some who are inclined to
forget and aren't, what they
pretend to be! It seems the older
one gets, they tend to cast aside
the good things they were taught.
For me, this is not acceptable, as
relationships were not meant, to be
bought. Wake up before it's too late,
preserve what you already have, then
change the way you act. By doing
this, in no time, your relationships will
remain, in tact!

Audrey Heller

Hurricane Warning

Preparing for a hurricane, is never easy! Just thinking, what lies ahead, can make anyones stomach feel queasy! Going for groceries, that's a trip in itself, especially when you get there, there's hardly anything, left on the shelf! Not to mention the long lines, you have to endeavor, standing for hours, it's as if you've been there, forever! You made it to the cashier, all is being checked and packed, It's your turn now, to pay. You find it hard to believe, at last, you're on your way! Once you get home, it takes a few hours, before things get done, you're about ready to fall on your face! As you look around you, you notice, you've filled every available space. Satisfied, you gave it your all, now, you have to wait and see, when that hurricane, comes to call!

Audrey Heller

I Believe

I believe, in love, I believe, it, can,
last forever! I believe, if you work
at it diligently, the two of you, will,
remain together! Everything, you
wish to have in your life, doesn't
get there, without giving up, a
thing or two, some things, one
must put aside, in order, to get
what's right, for you! I, have my
reservations, if it were to go,
too smoothly, In life, it, doesn't
work that way! In order to get,
what you want, there are times,
we have no say! It's been my
estimation, that working together,
helps you, from falling by the way
side! It's an important factor, to
succeed. And when that's
accomplished, it will, fill you both,
full of pride!

Audrey Heller

I Care

Father, you were always very special,
my love for you, has never died, it goes
on, forever, like the endless, tide! Without
you, I'd be nothing, as you were all a father
should be. I'm so grateful, for the things you
represented, as you passed them, on to me!
I was very blessed, with your love and
friendship, it was all anyone could have hoped
for, the wonderful things, you did for me, no
one, could have asked for more! I thank God
everyday, for having you in my life, for you
showed me, how very much you did care. Now,
that you're no longer around, my love for you,
is eternal and my heart, will always, be there!

Audrey Heller

I Could Never Say Goodbye

I got to thinking about you the other day, but that's not unusual to do, for there's hardly a day that passes, when I don't think of you! You're always on my mind, that's where you'll always be. The day you parted from this earth, you took a part of me. You were so instrumental in my life, at times it's hard to bare, now all I can think about, is you're no longer there. When will I get over this feeling? Will it ever come to be? So many years have past and still, I long to have you close to me! I guess it will always be this way, no matter how hard I try, for deep within my heart, I could never say goodbye!

Audrey Heller

I Don'T Ever Want To Know

I don't ever want to know, what it would be like, not to have you, by my side! We've been through so much and it hasn't been, a smooth ride! When I was down and needed you, you were there to help me, in every way you could, it was a blessing, for who else but you, understood? What would I, have done without you? How, would I have made it through? That's when true love, comes to the fold! You're there in good times and the bad times, to ever have and to hold! When true love exists, you never think twice, when your loved one, is in peril and needs you by their side. No matter what must be done, you'll find a way to cast everything else, aside!

Audrey Heller

I Don'T Know Where Or When

I've finally came to the conclusion, you're not, an illusion, as I know, that we have met! Where or when it took place, I haven't, quite figured it, out yet! Your mannerisms, are familiar to me, but at the moment, I'm still, not sure. However, candidly speaking, you, have a certain allure! I can keep wracking my brain, but it's still all in vain, as nothing so far, has come through. It's really very intriguing, for I know in my heart, somewhere, somehow, I've met you! The longer I think, while on the brink, some clue, I'm bound to get, as I'll just keep on waiting patiently, as you're someone, who's not, that easy to forget! I'm sure, in time, I'll remember and it will all come back, to me then, the only trouble being, I don't, know where or when!

Audrey Heller

I Don'T Know Why

I don't know why, for no reason at all, a million thoughts, come to me, out of the blue! It happens at the weirdest times and there's nothing, I can do. I'm certainly not conscious of these thoughts and can't understand why they come to mind. In retrospect, I thought it had been forgotten and seriously thought, they were left behind. No one, wants to think about unpleasant things and would rather dwell, on the good. So if this should happen again, for no reason, I'll push these thoughts away, if I could!

Audrey Heller

I Feel Your Presence

I believe, you're around me, every single day, I can feel your presence and there's so much, I'd like to say! First, I'd tell you, how much I miss you, with all my might, then give you a great big hug and hold you close and tight! With the holidays near, it's even more distressing, as we congregate at Sheri's house, with the Turkey and all, it's dressing. As always, there was plenty of food, perhaps more than you could eat, but whatever was your pleasure, really was a treat! Never a dull moment was spent, as we talked, took pictures and a good time, was had by all. Now, it was time to leave, everyone kissed each other good night and said, before you turn around, once again, it will be next fall!

Audrey Heller

I Guarantee

There are times we tend to dwell,
on events that happened, in our
life, things that took place, a long
time ago. There's nothing in the
world, that can change it, we have
to accept it and let go. There's no
point in letting the past get the best
of you. When you dwell on matters,
that aren't important anymore, there's
not very much, you can do. What's
passed, is gone forever, at least,
that's the way it ought to be. Put it
all behind you and you'll be a happier,
person, I guarantee!

Audrey Heller

I Have Found

Why can't people, mean what they say and say what they mean? Whatever the reason may be, there's always that in between. Is it really so hard, to say what's on your mind? You should be able to let your feelings be heard, without it seeming unkind. Honesty is still, the best policy, but one must choose carefully, how it's to be told. You can still get your point across, without chaos to unfold. No one, is perfect and can live up to your expectations, all the time, things happen, where circumstances get in the way. Taking this all into consideration, there are times when it's best, to walk away! When you're upset and get to the boiling point, it's the wrong time to expound, you have to put everything in it's proper prospective, as it's the best remedy, up to date, I've have found!

Audrey Heller

I Have To Admit

For some people, things seem to fall into place easily! I have to admit, that's never been the case with me. Whatever I wanted, I found I had to work at it feverishly! When it doesn't come easy, somehow it's appreciated a whole lot more. You have to put your heart and soul into it and you know, what you're aiming for. Now, you can bask in the glory, for the things, you achieved with pride. It wasn't easy to do, but you pulled it through, as the odds, were on your side!

Audrey Heller

I Hear Your Voice

I hear your voice, as plain as day,
calling out to me, I look around, in
wonderment, but there's no one, I
can see! How is it, I can hear you,
but you're nowhere, to be found?
It doesn't matter where I look, I
can't make any ground. Yet, your
voice, keeps coming and it's quite
a disturbing fact. It's gotten to the
point, I don't know how to react.
Where is it coming from? Is it
something, I really hear? Or is it
an inner voice, acting out in fear?
Naturally, I gave it a lot of thought
and asked myself, how could this
be? Then I realized, whenever I
hear your voice, you're never that
far, away from me. I know there's
no need for concern, as I'm happy,
you're so close at hand. Now,
whenever you call out my name,
I finally, can understand!

Audrey Heller

I Hope With All My Might

As we get closer to the new year, I
hope with all my might, we should
have a dramatic change and pray,
it turns out right. I'd like to see a
better world, where peace once
again, can prevail! I'd like to see our
countries bind together for the meek,
the rich and the frail! I know it sounds
impossible, but someone, has to make
a start. We have to take a stab at it and
do it, from the heart! This year, will soon
be coming to a close, a new year is
coming in. I think this is the best time,
to make new things begin! I'm sure we
can do it, all we have to do is try. Let's
keep thinking positive thoughts and kiss
the old year, goodbye!

Audrey Heller

I Recall

It's strange, how I can be sitting
doing nothing at all, when all of
a sudden, there are memories
I recall. There's many, that are
vivid in my mind. And as I sit
here thinking, a lot of them
start to unwind. I can go back
to the time I was very young
and when I became a teen. To
me, you were very special and
there was no in between. When
I look back, I'm grateful, for the
relationship we had. That's why
I can recall, the fondest memories
of all. As you were always, a very,
special dad!

Audrey Heller

I Remember

Sitting alone and feeling blue, as
every thought, is focused, on you!
I feel this way, so often, it always
gets to me. I try so hard to forget,
but then, talk about you, constantly!
I remember everything, down to the
slightest, detail! Even though, I said
I wouldn't, somehow, I seem to fail!
It puts me through, a lot of heartache,
but then, it's always there! For no
matter when, I try not to think about
you, you happen to be, everywhere!
I know within my heart, there's no way,
I can ever forget. How can it be
otherwise, as still, I'm with you, yet!
I guess, no matter what I try to do, my
focus, will always, be on you!

Audrey Heller

I Should Have Listened

I guess, I should have listened to you Dad. No doubt, you had the insight I never had. You made your feelings known, a long time ago, but blindly, I couldn't see. Now after all these years, I'm finally able to agree. It takes something to go wrong, before a person opens up their eyes. But I can't really blame myself, it comes as no surprise! Of course there's always questions, which there are no answers for. We all try to do our best and can't ask for more. So if you can hear me, I want you to know, I'm going to be perfectly fine. Everything will be alright, I just need, a little time!

Audrey Heller

I Still Mourn

When you passed away, I was a very lost soul and after awhile, it began to take, it's toll! I found it difficult, to stop grieving and thought, when will this end? At a time like this, all I could think about, will I ever mend? Everybody, has their own way of grieving and with some, it doesn't take them long. As for me, I'm just the opposite. I can't seem to move along! There's no way, I can ever, put you out of my mind, for it's just impossible to do. You were not only my good friend, but a wonderful father to! When you've lost somebody, that was so much a part of your life, how can you help but mourn? There are times, I may forget about it, for a brief moment, then I'm back, feeling forlorn. Time is not going to help, as so many years have already gone by. There is no way, I can forget about you as I'll feel this way, till the day, I die!

Audrey Heller

I Wonder Where We Would Be

When I think about us, I wonder where would we be, if there were no you and there was no me? It's disconcerting, to think about this, especially, since we've found, such bliss! There are times of course, we may disagree, but that only happens, infrequently! Lucky are we, as we're the perfect pair, we're able to talk things through. If more couples would listen to each other, they could achieve the same thing too! Always listen, before you speak, hear every word, that's said. Clear the air, with whatever is wrong, before, you go to bed! You may think to yourself, this is a lot to ask, but it really isn't, a gigantic task! It's the best way, to have an open and above board relationship, making all tension, completely disappear. You'll be glad, that you tried, as when you abide, your relationship, will last, for many a year!

Audrey Heller

I Wonder Why

I wonder, why some people, wait
until the last minute, to do their
Christmas shopping? I'm certain,
it becomes exhausting, as they
end up going, store hopping! I
can't see the reason for this, as
there's plenty of time, all year.
It makes no sense, to do it this
way, when Christmas, is almost
here. No matter where you go,
you see more people, than you've
seen before. And the worst part of
it all, is trying to make your way,
into every store! To me, this is not
a pleasure and I'm so glad, I had
the good sense, to do it right. I'll be
the one to go to bed, with nothing on
my mind and I'll guarantee you, I'm
going to sleep, very sound, at night!

Audrey Heller

Ice Cream

From a scoop of ice cream, to a fudge pop, I love it all, but don't know when to stop! It's nothing for me to eat more than one, as it's always been my favorite. No matter how many times I try to resist, I just can't, get enough of it! Especially, when it comes to chocolate fudge sundaes, with plenty of whipped cream piled high, on the top, I can devour it, in no time at all. I eat it with such gusto, I have myself a ball! Ice cream has always been my weakness. I'd be very miserable, if I couldn't have it, anymore. I'd rather do without many other things, but not ice cream, for it's a delicacy, I simply adore!

Audrey Heller

I'D Like To Know

Good things come to those who wait,
so they say, so why, are some of us
waiting, forever and a day? For some,
they don't have to do anything and it just
falls into their lap. Whatever they do, is
a feather in their cap! What makes the
difference, I'd like to know? Is it what you
reap, or is it, what you sow? Is it really
luck, that plays a hand, in their destination?
Or was it their will and determination? It's
hard to figure these things out, but I'm sure,
there's a logical reason, beyond a shadow of
a doubt. We can think about it, as long as we
like, but the answer will not be known. Perhaps
one day, it will rub off on us and we'll come into
good fortune, of our own!

Audrey Heller

I'D Like To Turn The Clock Back

I'd like to turn the clock back, not only for
the change of seasons. I'd like to turn the
clock back, for a million different reasons.
I'd like to turn the clock back, where time
meant nothing to me. I'd like to turn the
clock back, when I was young and
carefree. I'd like to turn the clock back,
when there wasn't much to dread. I'd like
to turn the clock back, for there were no
tears to shed. I'd like to turn the clock
back, when things were right as rain. I'd
like to turn the clock back, when all was
not in vain. I'd like to turn the clock back,
the way things used to be. I'd like to turn
the clock back, when it was a better world,
for you and me!

Audrey Heller

If I Could Only See You

If I could only see you, for just a little while, to gaze upon your face, with that very friendly, smile! The way your eyes would twinkle, when a joke, you started to tell, you were so convincing, for you told them, very well! I remember the day you caught me off guard with this story, you had down pat. It was a very sad story, about this poor, unfortunate little cat! I fell right into it and asked, the right questions, I was baited for. After when I heard the answers, we laughed so hard, I almost hit the floor! Telling jokes, was your forte, for you managed to keep a straight face and if you would have entered a contest, it's for certain, you'd take first place! When I remember all these wonderful times, we had together, is it any wonder, I miss you so? Now, it's gone, but I carry on, till that day comes, when it's my turn to go! So until that day I'll keep remembering, all the happy and fun times, we shared. For I'm sure you knew, how much I loved you and still, love you dad!

Audrey Heller

If I Had My Life To Live Over Again

If I had my life, to live over again,
I wonder how it would be? Would
things turn out different, or would
it be exactly, the same for me?
I can't help wonder, if other choices
were made, would I have become
well known and somehow made
the grade? Thoughts like this
grow rampant, as we assess the
things we've done. How much in
life did we accomplish and in
many incidents, there might have
been none? There's no use, trying
to figure it out, we came this far and
If it was supposed to be different,
we'd not be, who we are!

Audrey Heller

If I Hadn'T Met You

Some times I wonder, how things would be, if I hadn't met you and you hadn't met me! How would it all, have turned out? Would there possibly be, someone else in my life, is something to really, think about! No one knows, from one day to the next, what the future may bring. I would imagine there would be, some changes, but at the moment, I can't think, of a thing! It's all just a matter of luck, so they say and what the cards, hold in store. If you're like me and believe, in destiny, well then, need I say, anything more! !

Audrey Heller

If I Ruled The World

If I ruled the world, it would be a world
filled with peace and brotherly love, as
that's what we're all deserving of! We've
had enough hatred, violence and adversity,
for so many years, it's about time, we stop
and wash away, the bitter tears! It would be
wonderful, to see people laugh and smile
again, as no one, should live in fear, of
what lies ahead. It's quite disheartening,
when one is faced, with constant dread!
If I ruled the world, all these would cease
to be. I'd never for one moment give up,
until I restored peace, love and most of
all, harmony!

Audrey Heller

If Only

If only the world would be different,
how happy I would be! To have it
back the way it was, is what I'm
longing to see. If only there weren't
any pressures, that plague us everyday.
If only I had the power, to make it go
away. If only for just one moment, I
could live in peace. Not let myself
think about tomorrow, or what it may
bring. If only I could laugh again and
listen to my heart sing. If only we could
all come together, let us pray for this
turmoil to end. If only this could be
accomplished, then for certain, we'd
have the chance, to mend!

Audrey Heller

If Only You Knew

If only you knew, it really doesn't
get better, as the time goes by.
If only you knew, when thoughts
turn to you, I lose control and cry.
If only you knew, how much you're
missed, every single day. If only
you knew, this ache in my heart,
will never go away. If only you knew,
how hard I've tried, to keep myself
in tow. If only you knew, no matter
what, I'm unable to let go. If only
you knew, when I'd come to pay my
respects, I think how life, isn't fair. If
only you knew and perhaps you do,
sense my presence there!

Audrey Heller

If We Had Everything

If we, had everything in life, that we wanted,
what would we look forward to? Our life would
be boring, with nothing much to do. No more
shopping, for that something special to wear,
because you have everything, already there!
The house you always wanted, now you occupy,
there's no more looking around, or making bids,
to buy. Even that special car, this too, you now
own, it's equipped, with just about everything,
including a telephone. You can take trips, all
over the world, eat in the finest restaurants,
wherever you go. But deep down inside you're
lonely, as it's only there for show! I'd rather have
a simple life and work, for what I need. It may
be strange to hear it, but this, I'm going to
heed!

Audrey Heller

If You Need Me

If you should ever need me, I'd do my very best, if I had my way. As I see it, there aren't many people, we can depend on, in this hectic world of today! Everyone, is so preoccupied, with their situation. It's not because they don't care. They have so much to contend with, they haven't the time to spare. Trying to make ends meet, is a constant concern, for some, it's something they can't do anything about, or even overcome. Things are not like they used to be, when it took only one, to be the bread winner of the family. Now, it has to be shared by two. To keep up with the cost of living, there isn't much one can do. Just keep in mind, if anything should go wrong, I'd be there regardless, what it would take. For a relationship, such as ours, I'd never, want to break!

Audrey Heller

I'LI Never Get To Know

Just recently, I saw a man who looked just like you! For a moment, I was taken aback and didn't know, what to do. I wanted to go over and talk to him, but thought, what would he think of me? So many things went through my mind, so I just let it be. They say everyone, has a double and it's so very true! When I saw him, my heart skipped a beat and if I didn't know any better, I was looking straight at you! A million thoughts went through my mind. Could this man, have been related to you, in some way? Maybe a distant cousin, I never met, whose path crossed with mine, that day. I have no answers, but when I saw him, I felt a warm and happy glow, to think somewhere out there, is someone, I'll never get to know!

Audrey Heller

Imagination

You can go almost anywhere,
your imagination takes you, it
can be, a wonderful tool! For in
your imagination, you never come
out, the fool. There isn't a place you
can't go to, or a person you can't
become, because it's all in your
imagination, you're not hurting
anyone! Think of the fun and
excitement you can have, but
be careful not to get confused.
For it's all in your imagination
and it should never, be diffused!

Audrey Heller

Imagine

Imagine, if the sky was never blue, how dull, everything would be. Imagine, if there wasn't any sun, to shine upon us, so brilliantly. Imagine, if the rain never fell, how would anything grow? Imagine having winter arrive, without, the falling snow. Imagine, if there wasn't any breeze, to cool us, on a warm summers day. Imagine, all of these precious things, were suddenly, taken away. It's hard to imagine, things such as this. I only know, we've all at sometime, been remiss. As I see it, we never take enough time, to enjoy lifes simple pleasures, we're so busy, we've forgotten, how beautiful, life can be. If anything so drastic, as this could ever happen, we'd miss all these things, wouldn't we?

Audrey Heller

Impact

It's the words left unsaid, that have
the most impact, for if you remain
silent, they're going to react! You
can get your point across, just by
a look, a gesture, or a stare. They're
bound to get the message and they'll
know, you still care. There are those
of us, who have a hard time
communicating, as we're at a loss for
words, for it's hard to get across, how
we feel. But it's the words left unsaid,
that have the most impact, that can put
your life back, on an even keel!

Audrey Heller

Impression

The smallest change of attitude,
can have it's effect. If we don't
pay attention, it then becomes
sheer neglect. Some of us haven't
the slightest notion, how we are
preceived by others and give off
a certain air. They're sending out
the wrong message, which states,
I don't really care! I found out in
many instances, this is not a true
fact. The person who's involved,
isn't even aware, of their impact.
There are many of us, who are
known to be, basically shy, which
in turn, gives the wrong impression,
to the naked eye!

Audrey Heller

Improve On What You Can

Rather, then trying to change, what's unchangeable, improve on what you can. Leaving loose ends untied, is okay now, you can always come back to it, with a better plan. Living in the present, is healthier, than seeking solace, in the past, it can only make you restless and feeling downcast! You have to shake disappointment, that comes, from feeling you missed the boat! You'll realize that a boat, leaves for it's destination, everyday. So it's up to you, not to let it, get your goat! Whatever you so desire, can be yours, if you go after, it the right way. Just keep in mind, that Rome, wasn't built, in a day!

Audrey Heller

Impulse

I guess when you're angry, about the way some people behave it's best if you just let it go. If you let it get the best of you, one way or another, it's bound to show. Your first impulse, is to tell that person, exactly how you feel. But if you give it some thought, it can cost you, a great deal! There are so many things at stake, so ask yourself, is it really worth while? Once you get started, it can get pretty vile! The best thing is to say nothing at all, you'll be much better off, I suppose. No matter how you access it, you'll come out, smelling like a rose!

Audrey Heller

Impulsive Choices

Impulsive choices, may not serve
you well. Taking your time, will help
you get it right, for when you act on
impulse, it can be a terrible plight!
Don't make plans, until you've thought
them out, very carefully. What must be
upper most in your mind, is it could
be done successfully. Many times
when one acts on impulse, it doesn't
fare well. It causes heartache, grief
and pain. So take your time, before
making any kind of decision. There
will be so much more, you'll have to
gain!

Audrey Heller

In A Pensive Mood

There are times, I'm in a pensive mood, just thinking of you! I can't seem to shake this mood, as it makes me, very blue. Time after time, I've said to myself, how long, can this go on? Isn't it, about time, these feelings, should be gone? It seems I can't pull myself together, not where you're concerned. Even after all these years, I still, haven't learned. There are moments, I talk to your picture, I know it may sound silly, but it always, gives me a lift. Then there are times, I stare into space, where my thoughts, become adrift. I sometimes get angry, because you left me, but I realize, it wasn't, of your choice. If I'd really listen carefully, I'd hear, my inner voice. No matter, I'll look at your picture and continue, talking to you. After all said and done, what harm, can it really do?

Audrey Heller

In A Spin

Just when you think, everything
is fine, another thing will creep
in! You thought you were out of
the whirlwind, but once again,
you're in a spin. Why can't it
remain peaceful, for it was so
heavenly? Now, here we go
again, there's something else,
to bother me. There never seems
to be, a dull moment, on that you
can be sure. I guess it happens to
everyone, at times, as we all have
moments, of feeling insecure!
insecure. Here's hoping I'll see a
new horizon as I'll certainly be
waiting patiently. No more worries,
no more care, only better things, I
hope to see!

Audrey Heller

In Another Life Time

I'm sure, we've met, in another time
and in, another place! I do believe, in
things like this, but for some, it's hard
to face! I'm certain, we've all lived before
as it seems, quite plausible to me! Who's
to say, it can't happen, who's to say, it
cannot be? There have been times, when
I've met someone, something about them
was special and I couldn't, understand why.
I suppose, there could have been a connection,
in another life, that had passed by! There's no
way, we'll ever know, but just a feeling, I get,
that in another life time, the two of us, have
met!

Audrey Heller

In My Heart You'll Always Be

The fourth of November, is not only an election day, but it also happens to be your birthday! It's a day, when I also feel very sad. I keep thinking about you more, on this day, as I miss you, so much dad. It brings back, so many memories of you, which is hard, for me to face. All I can do, is picture you and it's so difficult, to erase. I try very hard, to not let it get to me, but I'm afraid, it's impossible to do, for even after all this time, I still, cry over you! There is no way, I can forget you, as you're there before me, everyday, the image of you, just never seems to go away. I'm glad, that it's this way, as in my heart, you'll always be. So, no matter where I go, I'm taking you, along with me!

Audrey Heller

In My Looking Glass

Thinking how fast the time passes, you
can't help but wonder. It seems like only
yesterday, when I was so much younger.
Where did it go? I never felt it pass, now,
I see, a different me, in my looking glass!
Have I really changed that much? There
are some character lines upon my face.
Well, what can one expect, at this point
in time and place. I still have my sense
of humor, I still feel young and carefree,
no reason to let these little things, start
to bother me. I'm sure if I continue doing,
all things I've done before, that silly old,
looking glass, won't affect me anymore!

Audrey Heller

In My Opinion

When you meet, somebody new, just be yourself, first impressions, always mean a lot! You don't want them to walk away, thinking, you're something that you're not. People always, go on first impressions as that's what they see and base you on. Of course, in my opinion, you have to get to know someone first, then those first impressions, can be gone! Not everybody, appears to be, the way they seem, looks, can be deceiving. When you'll get to know them better, you may not be the one that's giving, but actually the one, that's receiving! It's not fair, to place judgement on someone, as they can be very different, than you perceive. Don't be so quick with your assessment, but on the other hand, don't be too naive!

Audrey Heller

In The Eyes Of The Beholder

Beauty, is in the eyes of the beholder,
you have to look beneath the surface,
to see, what lies within! Once you get
to know someone, that's when you're
feelings, start to kick in. You don't have
to be good looking, in order to catch a
beau, it's not what you look like, it's all,
in what you know! Personality, is very
important, as it gets you everywhere,
the moment you enter a room, they
know, that you are there! People
gravitate to you, as you're the type,
that's full of mirth, it's more than
having good looks, as you're the
kind of person, who's always, down
to earth!

Audrey Heller

In This Changing World

In this changing, world of ours,
something's will soon, become
extinct! It's kind of sad, they won't
be around, much longer and it will be
sooner than you think! Many will be
objects, we got used to, but I guess,
it's seen better days! They're coming
in with the new, that will serve us better,
in different ways! As for me, I'm not keen,
on changing, as when I like something,
it's good enough for me, I have no desire,
to experiment and would just as soon, let
it be! If it serves me well, that's the important
factor, in itself, for if I buy, any of these new
things, they're going to change, it will only
remain, up on a shelf!

Audrey Heller

Independence Day

On this glorious, fourth of July,
I'm watching the fireworks,
exploding, on high! Sparklers,
are also thrown up in the air,
over the entire city, lighting up
the sky, in beautiful colors, making
it, so very pretty! On the down side,
one should be aware of the dangers,
as they toss a firecracker in the air,
you should know, exactly what you're
doing and handle them, with care!
There's no doubt, everybody enjoys,
this splendid show, as it's quite a
sight, to see and as we celebrate
Independence Day, it's all a part, of
history!

Audrey Heller

Independent

It's a wonderful quality to be independent, as long as it's not carried too far! We need to do things on our own, not rely upon others, to put us, up to par. It's a great satisfaction, when you can achieve what you set out to do, knowing it was not met with intervention. It proves when left to your own devices, you did it, as that was your intention. At one time or another, you may have to ask for assistance, it's not the worst thing that could happen, so don't put up any resistance. When we have faith, just about anything can be done! So put your mind to it, believe anything is possible and you'll never, be over run!

Audrey Heller

Inevitable

There's no time like the present,
to start making plans. If you put
it off indefinitely, things can fall
into the wrong hands. I know,
it's never easy to think about
such a chore, but when you get
down to it, it's your loved ones,
you're doing it for! Many times
we say we'll get to it, then push
the thought away, you've got to
face reality, it's the inevitable
some day! It only takes a few
minutes out of your time, to put
things in order and have peace
of mind. It's the proper thing to
do, for whomever is left behind.
We'd much rather deal with
something of a different nature.
There's no doubt, we'd agree.
But you can't put off what's
inevitable, so just live your life
vicariously!

Audrey Heller

Inner Strength

As time goes on, we seem to get into a rut and accept the way things are. We know, it's not the way we'd like it to be, by far! When it comes to making changes, it isn't easy, but we realize it has to be done. Should we allow it to continue, it becomes harder to overcome. We all have our moments, when things are just too difficult to do, so we let it ride, but who are we fooling, when we're really dissatisfied. Life is too short, to stay in an unhappy situation, day after day, If you don't do anything, it will always be this way! We all have inner strength to call on, when needed, it's there, for you, to use. Just have the courage to take the first step, you have everything to gain and nothing, to lose!

Audrey Heller

Insecurity

There's no simple solution,
to insecurity, some fears,
may be justified. Sometimes
we over react and simple logic,
should be applied! Who hasn't
felt insecure, at one time or
another? It's not what we'd like
it to be, but in this world we live
in, there's so much uncertainty.
Don't keep harping on things,
which build up inside. Do what
it takes to regain your security,
that's the only way, to survive!

Audrey Heller

Inspiration

In everyone's life there is someone who inspires you and enables you, to grow! It may be a parent, sibling, or a dear friend who helps, with what you should know. A guiding hand is always needed, if and when you're in doubt. It's very comforting to have someone, who's ready to help you out. Everyone needs a push, in the right direction, done with a loving touch. It may not register at that moment, but in time, it can mean so much. After awhile, you'll look back and remember, when you finally made your way. You can never forget, the one who inspired you, the one, who made you, the person you are, today!

Audrey Heller

Instincts

Trust your instincts, by listening to your heart. It will guide you, to make the right decisions, that will give you, a head start! Instincts, rarely steer you wrong, in fact, they're known, to be of great help, to keep you strong! One, should always, follow their instincts, it's like a built in radar, on gigantic screens! It's advising you, in many ways, the why, wherefore's and in between's! I'm sure, there were times, you had plans, but something held you back. You didn't feel right, about what you felt and you didn't want to fall, beneath the crack! Always, let your instincts, be your guide and you'll never be taken, for a ride!

Audrey Heller

Integrity

It's your integrity and sincerity,
that are most important! Bare
in mind, people have a way
of judging you and will look for
anything, they can find. I know
it's hard to be on your guard,
twenty four hours a day, but if
you put a little effort into it, just
imagine, what people will say.
Try to consider others and the
things you'd expect them to do.
So if you make someone a
promise, let your integrity and
sincerity, come shining through!

Audrey Heller

Intimidated

Some things, may appear harder to tackle, then it actually seems, you can look it over and think you'll never be able to do it, in your wildest dreams! Nothing is too difficult, if approached with an open mind, it may take a lot of concentration, but it's the only way if you're in a bind. The reason a person fails to complete a task, is they are intimidated by what they see, they have to step back and look at it, objectively. When you no longer feel threatened, there isn't anything you can't do. At that moment you're able to take control, then proceed to carry, it through!

Audrey Heller

Introduction

A mutual friend introduced, us one day, but I had no idea, what was to come our way! Something about you had caught my eye and whenever you were near, one could hear me sigh! Your smile was warm, you were charming too, which made it very easy, talking with you. You knew I was in the midst of a divorce, but Your kindness and patience, helped me, to accept my loss! It was a time, when having a friend, was very important to me and having you to talk to, saved my sanity! As time went on before I knew, I realized, I had fallen in love with you! I didn't expect this to happen, as I certainly wasn't looking to get involved, once more. Whatever it was, I'm grateful, you had opened up, another door!

Audrey Heller

Isn'T It Silly

Isn't it silly to obsess, about your weight, when in fact there's better things to do. Nine times out of ten, it's not that bad, it just seems to bother you. Why is it so important, if you're plump or thin? It shouldn't matter, how you look. If you feel confident in yourself, who cares what is said in any book. As far as their concerned, for your height, you should weigh such and such. That's not always accurate and doesn't really mean, much! What's really important, is how you feel about yourself, do you like what you see? If your answer is a positive one, then live your life, happily!

Audrey Heller

Isn'T It Wierd

Isn't it wierd, whenever we have to see the dentist, we are suddenly faced with fear! I know we'd rather be somewhere else, than having to sit, around here. Of course, there's many reasons, to make you react this way. One of my pet peeves, is a frozen mouth, it lasts a good part of the day. Another one I could think of, is the noisy sound of the drill, it's enough to give you a headache, where you end up, taking a pill. The hardest for me, is keeping your mouth open, for such a long stretch of time, it's not that easy to do! However, when you can see the final results, it certainly, was worth being, put through!

Audrey Heller

It Doesn'T Matter

It doesn't matter, if it's
sunny or if there's rain,
for whenever I think
about you, I still, feel the
pain! There's always, this
lonely feeling I have,
whether it's night or day.
It's something deep inside
of me, that just won't go
away! I know it's not the
healthiest thing, feeling the
way I do, but I guess I'll have
to live with it, as I, can never
stop, loving you!

Audrey Heller

It Goes Without Saying

There are days, when there's this
ache in my heart, knowing you're
not here! I wish I could talk to you,
just to have you near. You'd think
after all these years, I'd be used to
you're being gone, that's literally
impossible, for your memory still,
lingers on! When things go wrong,
I long for your guiding hand, it always
was a comfort to me, for who else,
would understand? I try very hard, to
go on with my life, the best way I know
how. But it goes without saying, I'd find
it so much easier, if I had you, here with
me, now!

Audrey Heller

It Just Wouldn'T Be Me

Do you ever wonder, how some people manage to get things done on time? I wish I knew how they do it, for I keep falling down on mine! It must be nice, not having to push yourself beyond endurance, to be one step ahead of the game. I try very hard to keep up, but fail, so I have only myself, to blame. I guess, it's a question of stamina, if you have it, then everything's on your side, as for me, it doesn't matter what I do, I find it hard to abide. Well, there's certainly no use in complaining, I'm sure, this is how I was meant to be. I couldn't change even if I wanted, if I did, then it just wouldn't, be me!

Audrey Heller

It Never Worked Out

I wanted to come and see you,
it never worked out that way.
I thought it would change, but
it didn't, I'm sorry to say. Time
went on, in fact it flew, then
before you turned around, my
visit was long overdue. It's hard
to say why some things happen,
there are no answers at all. If I
truly had my way, I would have
come to call. I'm sure you knew
if I could, I most certainly would
have been there. But no ones,
sorrier than I, the way things
turned out, for as we know, all
in life, isn't always fair!

Audrey Heller

It Really Doesn'T Matter

It really doesn't matter, who's right or wrong, or who's the weak and who's the strong. What's the difference, which one it might be? Actually none, that I can see! Why do we have to go to great lengths, to make a focal point, in order to put our views across? We should be able to talk very freely, without anyone, getting offended or cross. We all have our way of expressing ourselves and that's quite logical to me. The one thing that matters, is how, it turns out, to be!

Audrey Heller

It Says A Lot To Me

There are people, who have the habit
of making mountains, out of mole hills,
they're never content, to let things be.
When they behave in this manner, it
says a lot to me! If you're happy in
your present situation, nothing, should
bother you or get in your way. On the
other hand if you're not, it has a lot to
do, with what you say. Stop for a
moment before you speak, listen
carefully to what is said, as no one,
is the way you'd like them to be.
Just accept people, for who they are,
then in no time, you'll perceive things,
differently!

Audrey Heller

It Seems Like Yesterday

If only you knew, how much I miss you! When I think of how much time has passed, it's almost impossible, to be true. Thinking about you, gives me an inner peace, as my love for you, will never, cease! It seems like yesterday, we reminisced, about life and the way things used to be, you have no idea, what all those memories, mean to me! I'll always cherish, every moment the two of us had. How can it be any other way, for you were and always will be, my very special dad!

Audrey Heller

It Seems So Far Away

When you start out in life, you can't wait to be a little bit older, as it seems so far away. Then before you know it, your wish is granted, you're finally grown up and on your way! At that moment you come to realize, how fast time has flown, no longer are you the person, you used to be. Now, you have to start facing, a lot of responsibility! You begin to wonder, why were you in such a hurry? Everything, was good at home, now, you have your share of worry. To all of you, who can't wait to grow up fast enough, this I have to say. Enjoy your youth, as much as you can, for all too soon, it's taken away!

Audrey Heller

It Was Not In Vain

It seems we are being besieged, by
one tragedy or another, once again,
our nation has begun to mourn. What
was supposed to be a momentous
occasion, in an instant, had turned to
forlorn! We watched in horror, as the
space shuttle Columbia, disintegrated
in the sky, leaving a feeling of utter
despair, there wasn't a person, who
didn't have a tear, in their eye! To have
lost so many precious lives, was
extremely hard to take, it's been said,
some kind of flaw, could have caused
this fatal mistake! My heart goes out to
all the families, left behind, for them, I
can feel their pain. There is only one
consolation I have, for I know, they
didn't die, in vain!

Audrey Heller

It Won'T Be The Same

When you're not near and far
away, it just won't be the same.
I know I'll be very lonely and still,
call out your name. It's not easy
adjusting, when for so long, you've
been around, what we had was
special and very sound. It's hard
to visualize, you not being here,
the way it used to be, now, all I
can think of, is how far away, you
are from me. If I could have one
wish, there's no question, I'd want
you back here to stay, instead I
have to live with the knowledge,
you're so very far, away!

Audrey Heller

It's A Mad World

It's a mad world, we live in, everyday,
something bad, is happening and it's
hard, to understand why! Things like
this, weren't heard of before, so what,
has gone awry? People, going berserk,
doing in one another, it doesn't matter
who it is, it could be a sister, brother, father
or mother! What is all this craziness, making
so many people go off, the deep end? Where
will it stop and when, will it start, to mend? I
hate to think, it continuing on like this, as of
this point, everything, is going down hill. It's
imperative, we get ourselves together, stop
all this craziness, then chill!

Audrey Heller

It's A Matter Of Time

Haven't you noticed, how fast, the week ends go by? Before you turn around, a new week, is starting and they too, will start to fly! Here it's Monday and then it's Sunday, as if there was no in between, at all. I hate thinking about it, but it seems the weeks, are getting small! I keep saying to myself, where is the time going to? It was only yesterday, I finished, all the work, I had to do. Now, here I am, faced with the same chores as before. How did the week pass so quickly? As many a time, it seems, there's a whole lot more! There's nothing we can do, to make time go, a little slower. I certainly, would be in favor of that. But being realistic, no one, can change the forces of time. That, we all know, is a matter of fact!

Audrey Heller

It's All In Vain

Being in love with someone, who brings you nothing but pain, is time to realize, it is, all in vain! So don't feel bad and don't feel blue, as there is no alternative, left for you. In order to make, yourself feel good, sometimes, we have to cut out, the source. This is, the only chance you have and there is, no recourse! Rejoice and be glad, it's finally over and look ahead, to tomorrow. You're going to see, happier days, they'll be no more tears and sorrow! Now, at last you're free, not only in body, but in soul. Look and see, all the good things around you. As once gain, you're whole!

Audrey Heller

It's Almost Valentine's Day

It's almost Valentine's Day and
I wish with all my might, that I
could see you, just one more
time, for it would be, such a
wonderful sight! I still see your
face before me, I don't think
that will ever fade. If you could
only walk through the door, I
surely would have it, made!
It's so many years, but you still
remain, so vivid, in my mind.
No need to ask why, as you
were truly, the best father, one
could find! If you only knew, how
much I miss you, as time goes on,
as I still, find it hard to accept,
you're gone! Even so, there's one
place you'll always be. And that's in
my heart, a very special, part of me!

Audrey Heller

It's Been Said

It's been said, life is what you make it!
Truthfully, I still have my doubt! For I'm
convinced, there's not much we can
say, in the way, it turns out! I'm a firm
believer, it's written at the time we are
born, the road we're supposed to take.
There's a reason for everything that
happens, regardless, of the decisions,
we make. The people who come into
our lives, serve a purpose, it was the way
it was meant to be. They are there, to
teach and guide us, it's all part of destiny.
Everyone we meet has something
different to impart. All of them giving what
was needed at the time, which comes
straight from their heart. It's truly a learning
experience, as it plays a part in helping us,
to reach our goal. After, when we finally
make it, we, are now the ones, in control!

Audrey Heller

It's Easier Said Then Done

I guess we all have aspirations, to better our life and not have to worry, from day to day. Of course, it's easier said then done, as some of us, pay the piper anyway. There's many a road to cross, before you get to the other side. That's not saying it can't be done, but it can be a long and tedious, ride. It takes a lot of courage, to stick to what you want, as it's the smartest thing, you can do. When you assert yourself, in the proper manor, good fortune, will come to you. Don't ever be a quitter, as you'll never know, what you eventually could achieve. If you want to get somewhere in life, it doesn't hurt, to have something, up your sleeve!

Audrey Heller

It's Hard To Believe

When you think about it, it's hard to believe, another year has almost past. I'd like to know, where does it go? It flies by, so terribly fast. Just the thought of it, is kind of scary. Why is it going quicker, then it did before? There was a time, I thought it was only the older generation, that felt it more. Whether your young or old, there doesn't seem to be any exceptions. Whomever I speak to, had the same to say. We have to make up our minds, to get used to it. Fom this moment on, time, is going to just run, away!

Audrey Heller

It's Hard To Break Old Habits

I think about you often, perhaps more often, than I should! I know it's not the best thing to do, as it doesn't do me, any good. It's hard to break, old habits as most of us, are aware, so how do you stop yourself from thinking, when that someone, is no longer there? You can tell yourself a thousand times, you're only hurting yourself, going on this way. But your heart, doesn't listen, it just seems, to run away! I often feel, I'm living in the past, but is that a bad thing, to do? I'm really very happy, when I can remember, the pleasant moments, I shared with you! Just because you're gone, it doesn't mean you're no longer a part of me. You were my father, a wonderful man, as everyone, was able to see! So I'll not really make a big thing, if I think about you, as often as I do. I only hope, in some way, my thoughts, come through, to you!

Audrey Heller

It's Hard To Know

It's hard to know where to begin,
when you're nursing a broken heart.
It's hard to know what to say, when
you feel you're falling apart. It's hard to
get to the bottom, as to why things have
gone astray. It's hard to find the answers,
to take the pain, away. You keep going
back in your mind, thinking you'll find a
clue, but no matter how you try, nothing
comes to you. Now, you're really quite
uneasy, it has completely gotten out of
hand. No use trying to vindicate yourself,
or try to take a stand. All you can do is
bide your time, with hopes it will somehow
turn out right. Then perhaps someday
when you think things over, you'll come to
see, the light!

Audrey Heller

It's How We Cope

All of us, go through difficult times, at one time or another! It's how we cope, that helps to keep us strong. We can't let it bring us down, we just have to move along. There are so many obstacles to cross, in order to make our way. After all, Rome, wasn't built in a day! No matter how bad it may seem at the moment, everything can change, once more, we'll be able to see the light. So don't give up and have patience, for it doesn't happen, over night!

Audrey Heller

It's My Belief

It's my belief, the things we were taught while growing up, remains with you! Your behaviour towards others, is an excellent clue. If you show kindness and respect, it will always be returned. If you don't, then there's a lesson here, to be learned! If you don't pay attention, to another person's needs and want to have everything your own way, you'll never have a friend! In order to get along, you have to know, right from wrong and learn, how to bend. In this world, it's a give and take proposition, if you want to make it through. Just give it a lot of thought, then remember, what you were taught, I have no qualms, that's exactly, what you're going to do!

Audrey Heller

It's Never Going To Happen To Me

On a cold and windy night, you can
hear the rustle through the trees.
The moon is shining, oh so bright,
as you make your way, through
the fallen leaves. The air is brisk
all around you, confirming, winter
is on it's way. You're very glad
you dressed real warm, to keep
the cold and wind, at bay. It can
be a beautiful time of the year,
when a blanket of snow, falls on
the ground. Lovely snowflakes,
with their odd little shapes, are
blowing all around. Yes, winter is
a wonderland, with the color of
white, glistening for all to see.
But alas and alak, because I
live down south, it's never,
going to happen, to me!

Audrey Heller

It's Not Like It Used to Be

We live in a world, with many changes,
it's not at all like it used to be! The kind
of world we live in, is full of uncertainty!
There was a time we went out, we did
it with a clear head, we didn't have to
worry and enjoyed ourselves, instead.
Everything, is different now, pick up
the paper and read the news. It doesn't
matter which article you happen to be
reading, it drives you crazy with their
point of views. It's far from a pretty picture,
knowing the kind of shape the world is in.
It puts you in a dilemma and makes your
head, start to spin. If we can take everyday
as it comes, enjoy the present for what it
is and for our sanity, leave it behind. It may
take a lot of doing, but I'm sure it will be
worth it, if only to clear, our mind!
doing, but I'm sure it will be worth it,
if only to clear, our mind!

Audrey Heller

It's Not My Style

Some people might agree, tackling
a problem won't hurt, if you wait just
a little while! But for me, waiting has
never been, my style! If something
needs to be attended to, I want to get
it out of the way. It serves no purpose,
to put it off, for another day! The longer
you wait, the harder it is, to get back
into gear. Things have a way of piling
up, so I'd rather take it from here.
Facing a problem, is best to do, while
it's still fresh in your mind. As you may
not remember all the details and find,
you're going out it, blind! If you have any
problems, my advice is, don't put it away
on the back shelf. If you do, I want you to
know, you're only fooling yourself!

Audrey Heller

It's Only A Dream

I awakened the other morning, feeling very blue! This is, not new to me, as it will happen, whenever I think of you! No doubt, this was a dream, because for a moment, I thought you were standing very near. But then I suddenly remembered, you're no longer, here. It's very depressing, feeling this way and twice as hard, to start my day! Dreams, oh how real, they seem to be, it takes a few minutes, to get back, to reality. When this happens, it's not a bad thing, as long as it doesn't throw you, out of whack. You have to keep telling yourself, it's only a dream and soon, it will draw you back. There's no doubt, it's nice to have this kind of dream, where you see your loved one, once more. Now, I won't be afraid, to go to bed and dream, as that's what dreaming, is for!

Audrey Heller

It's Over

Irretrievably broken, not a single
word was spoken, it's over! You
thought everything was bliss and
suddenly, you're faced with this,
it's over! There were no signs in
sight, not even a fight, it's over!
How could everything go wrong,
when you believed things were
going strong, it's over! Now, you're
stunned in disbelief, then comes
sorrow, pain and grief, it's over!
For so long, it affected you,
everyday you felt so down and
blue, it's over! Then one day
came the awakening call, no
more tears, once and for all,
it's over! Letting the chips fall
where they may, they'll be no
judgement day, it's over!

Audrey Heller

It's That Wonderful Time Of The Year

It's that time again, that wonderful time of the year. To look back and remember, the things we hold so dear. To never forget how blessed we've been, with good things that came our way. And hope it won't be very long, before peace is here to stay. It's a time for sharing and a time for caring, with family and good friends. It's a time to show forgiveness and a time to make amends. So let's put behind us, the things we wish to forget. And make this the very best year, the best we've ever had yet!

Audrey Heller

It's The Little Things That Count

It's the little things in life, that really count. Whatever you do for others, you're feelings are sure to mount. There are many of us, that find ourselves in a bind. If you can show empathy, you're truly, one of a kind! There's a lot of mistrust, in this world today and some people, actually have lost faith, in fact, they don't know where to turn. They have to start to believe again and this, remains a big concern. When you're down and out, how can you, see the light? How is it possible, to see a future, that's bright? It will take a long and tedious climb, to get back to the way, it used to be. But when it's their turn, a rosier future, they're going to see!

Audrey Heller

It's Time To Cast It Aside

Time, doesn't stand still. It
rolls on, like the roaring tide.
if you let unpleasant things
upset you, then it's time to
cast it aside! It makes no
sense holding on, to the
things that went wrong.
What's the use to reiterate,
when you know, you'll get
along. There comes a time
when you realize, you have
to get over the negative things
and now, it's time to turn over
a new leaf. You'll see the
wonders it can do, this is my
belief! Holding on to unpleasant
memories, does it's damage
after a while. Getting on with
your life, will make you feel,
like a brand new person, and
no longer, will you feel, you're
on trial!

Audrey Heller

I've Never Stopped Being Lonely

It doesn't matter the hour, or the day, all I know is, I think of you, wishing, you never went away! I've never stopped being lonely and wonder, when my pain will ease! It just doesn't seem to happen, as nothing for me, has ever been a breeze. How many times, I wish I had you, to help me make decisions and set me on the right track. I talk to you everyday, but unfortunately, no answer, is going to come back. They say you never appreciate something, or someone, until you lost it, but in my case, that has never been true. For the very day, God took you, I was completely lost, without you!

Audrey Heller

I've Often Wondered

I've often wondered, as most people do, is there life after death? It's been a question I've pondered about, but I might as well hold my breath! I'd like to think the answer is yes and how happy, I would be. Just to think it's possible and once again, my loved ones I'd see. I've heard many tales, regarding this subject and I'm sure, you have too. That there exists, another world, above the sky so blue! It certainly is very comforting, to feel there's another place, we'll eventually go. And the very best of all, is being with, my loved ones, who have departed a long time ago!

Audrey Heller

Jeans

The trend for men and women, for a long time now, has been to wear jeans! You can wear them, most any place you go and their cost, doesn't ever have to be, beyond your means! They're comfortable as you can dress up, or dress down! They're always in style and you see them worn, all over town! There are so many styles, you can get to fit, you personally! But what's really important here, is they fit you, comfortably! How great they look, when they hug your body tight and not too snug. If you're in good shape, they fit you, like a glove! So here's, to one of my favorite things to wear! And while on the subject, I think I can use, another pair!

Audrey Heller

Jot It Down On Paper

Sometimes, when you're upset with things you cannot say, jot it down on paper and add a little bit, each day. It's letting go of your tensions, which is exactly, what you want to do. In fact this is a very good way, not to let it take a hold on you! You can write down, whatever you wish and get it off your 's no one you have to face and tell you their way, is the best. Always, have a piece of paper handy and jot down what's on your mind. It saves you a lot of aggravation and you can leave your frustrations, behind!

Audrey Heller

Judgement

I've heard, other people pass judgement, on someone they really don't know. It's what they heard from others, that made them, do so. To me, this isn't a fair synopsis, for it's only hear say. I'm sure if they got to know them, they'd think a completely, different way. How can anyone, believe rumors and not find out the source? It may do a lot of damage and in the end, there's bound to be remorse. So never listen to what you're told and you, be the final judge. If you find their analysis, is way way out of line, forget it. Nothing in this world, will change the way they think, as they'll always, hold a grudge!

Audrey Heller

Judging People

Every so often you meet someone, who touches your life, in some way! You meet them accidentally, but they help to make your day! It's not easy trusting people, that you've never met before. As most of the time, they turn out to be, the kind you're not looking for. I'm sure as with most of us, there are people, we'd like to believe, only to find out, that their intentions, were meant to deceive.

It's not a very good feeling. There's a lot around like that, trying to find the opposite, is like pulling it out of a hat! I guess you have to use your judgement, be careful and not be fooled and when it comes down, to the nitty gritty, you will not, be over ruled!

Audrey Heller

Just A Little Pup

It wasn't that long ago, my dog,
was just a pup. Now, it's hard to
believe, he's all grown up! He
just turned one, but he still gets
into a lot mischief and creates,
a lot of fun! He has the cutest ways
about him and is smart, as can
be, when he wants to go outside,
he'll bring his leash, to me.
Affectionate, that's a gross
understatement, he kisses you,
whatever chance he'll get. He's
special, he's smart I love him with
all my heart, for no one could ask
for, a greater little pet!

Audrey Heller

Just Enjoy Life's Simple Pleasures

Taking yourself less seriously,
is a wonderful way, to reduce
stress! If you don't proceed
with caution, you could end up,
in quite a mess. There's enough
pressure we have to face, on an
average day, we should learn to
handle it wisely, then send it,
merry on it's way! Just enjoy life's
simple pleasures, it's all around
for you and me. Forget about any
kind of stress and live your life,
abundantly!

Audrey Heller

Just The Same

Even though you're not here, just the same, I wish you a Happy New Year!
It's hard to fathom, so many years have passed. Still, you're constantly thought of. There's no doubt in my mind, you'll be with me this night, surrounding me with your love! You'll see me laugh and smile, even have a ball, but whatever you'll see on the outside, is not, what I'm feeling, at all! Life goes on, as it has to. If it didn't, where would I be? I'd hate to think of the consequences and what might have become, of me. Time is a healer, it's true, but no matter how much time may pass, I'll never, get over you! If by chance you can hear me, I want you to know I'm alright. As you can see, I'm making a concerted effort, to have a Happy New Year, tonight!

Audrey Heller

Just To Say Hello

I wouldn't miss this opportunity, just to say hello, to tell you that I think of you, more often than you know. I'm always happy, to receive your call, whenever that may be, for it shows, your thoughts, are also there with me. How nice it is to hear, you're doing fine and everything's okay, as frankly speaking, you always to mke my day! Keep those calls coming, as I know, you will do, as there's nothing I like better, than receiving, calls from you!

Audrey Heller

Keep A Level Head

Don't let your fears blind you, to do
so, can put you in a sorry state. Keep
a level head whatever you do, be
positive about your fate! It's easy for
someone else, to tell you not to worry,
they are not in your shoes. Take the
time, listen to what's said, you have
nothing to lose. It's an important factor,
to put your mind at ease, don't give up
hope and most of all, don't give in. Just
believe, there will be many good tomorrows
and with that thought in mind, is there any
doubt, you'll win?

Audrey Heller

Keep On Smiling

With so many problems, that beset us,
it's not that often, we can smile. Even
if we have to force ourselves, we have
to do it, once in awhile! A smile, can
turn a rainy day, into a sky, of blue! It
can turn everything around and make
you cheerful, too! Nobody, likes to see
a face, that's full of gloom. For when you
see, that kind of face, it reminds you, of
impending doom! There's something
about a smile, that makes you feel warm
inside and chases, the blues away. It
makes you feel productive and you go on,
with a good feeling, for the rest of the day.
If we all smiled more often, the sun, would
always shine, for you, and when we get
right down to it, isn't that, what we'd like
it, to do? So put a smile on your face, as
often as you can, for no one, wants to look
at someone, who walks around, with a dead
pan!

Audrey Heller

Keeping An Active Mind

In order to keep your mind active,
you have to keep yourself, busy
as a bee! You also have to keep
pretty agile, to keep your body,
in harmony! You can't afford to
let up, as by doing so, you're
letting yourself, fall by the way
side. That's the one thing, you
want to avoid, for after all, one
has their pride! An active mind
and body, keeps you right up
there, with the best. Time, has
a way of catching up with you,
but you, have to do the rest!
Keep on going and don't let up,
as long as it's feasible to do.
An alert mind and a body that's
in good shape, now that, speaks
volumes to you!

Audrey Heller

Keeping In Shape

Trying to keep yourself in shape,
isn't easy to do, when everything
you look at, seems awfully tempting
to you! Keeping away from the food
you crave, becomes a most difficult
chore and even though you know
you shouldn't, you find yourself
wanting more! Why is it so hard to
resist, why can't you stay away?
You know when you eat that extra
piece, there's always a price to pay.
The thing you have to ask yourself,
is all this really worth it? Do I really
care? I know I've lost a little weight,
but frankly, I don't know where.
Truthfully, I'd much rather enjoy eating,
whatever I like, whenever I like, any time,
any place, anywhere!

Audrey Heller

Keeping Up With It

We all go through, so many changes in our lives. It's hard keeping up with it all! One minute you're up, the next you're down, it isn't always a ball! We somehow manage, to ride with the punches, that's the way it goes. In order to have a better life, you must be on your toes! If you want the best, life has to offer and all the wonders you have seen, there's only one way, I know to acquire it. Go and work, for some of the green!

Audrey Heller

Keeping Your Mind Active

It's so important, to keep your mind active, to enjoy good mental health! You may not have money, but keeping mentally fit is, like having wealth! Good health and a good mind, go together, hand in hand! One without the other, is like an orchestra, having no one, to lead, the band. Everything, is in tune with one another, to make it work the way it should. In fact, having both in good condition, does you, a world of good! Keeping yourself and your mind active, really isn't a chore. There are so many things one can do, just find out, what your suited for! Once you do and take control, you'll not only look better, you'll feel better too. So always keep in mind, whatever you do right now, is going to stay with you! If you heed this advice, you'll stay in good shape, throughout the years. You'll stay mentally alert and physically stable, which could take away, all of your fears!

Audrey Heller

Keys To Your Future

Trust the images, that pop up,
into your awareness, for they
hold the keys, to your future,
right now! If anyone is capable,
your the one, to show them how.
Use your imagination, to sail
past the obstacles, that were
in your way. You have what it
takes, so don't give a thought,
to what people say! Just
remember, you're in command.
Trust yourself and others will
follow along, willing to give you,
a helping hand! Remember
your future depends on what,
you decide to do. Use your
imagination and sail past,
those obstacles. There's a great
big future, just waiting for you!

Audrey Heller

Know Your Boundaries

Don't be driven, to push beyond your safe boundaries! Impulsive behavior, won't pay off, as it will hurt you more in the end. You'll do better, by focusing on long term goals, instead of striving for immediate gratification, as common sense, can be your friend! Keep, your wits about you, as it will bring you, the most happiness and stay with a more conventional approach. Don't fall into temptation, or easy short cuts, be careful what you encroach. These are some simple rules to govern yourself by. You can do it, if you want to see brighter days. Do this at your leisure and you'll discover, there are, numerous ways!

Audrey Heller

Knowing The Truth

Knowing the truth, is better, than
being kept in the dark. It may be
hard to fathom, but after awhile,
you'll be happy as a lark! Not all
things you hear, have to be bad
and can take on a new meaning.
When you know where you stand,
it can leave you beaming. It's the
first step, in the right direction,
that will put you, on the right path.
No more secrets, or wondering,
now, you'll have every reason, to
enjoy, a good laugh. It's so much
better, when everything, is out in
the open and no longer, do you
have to guess. Let the truth be
told and by and large, you can
find a way, out of any mess!

Audrey Heller

Last Minute Christmas Shopping

Just a few more days left, to get in
the last minute Christmas shopping!
You'll be running around like crazy, as
into each store, you'll be popping! With
list in hand, you start to look, to find what's
marked by each name. Hoping, you'll find
what you had in mind and if you don't,
there's no one, you can blame. It's really
not smart when you leave it to the last
minute, for when you do, it's harder on you
for you put so much energy, into it. Last
minute shopping, is the hardest thing to
do, it can leave you tired and run down.
Next year be smart, get a head start, so
you won't have to run, all over town. Now, it's
time to be on your way, as you accomplished
what you came for. Everything is complete,
despite your aching feet, but when you get
home, you'll kick off your shoes and watch,
them, fall to the floor!

Audrey Heller

Lasting Friendship

Friends are hard to find, harder to leave and impossible to forget! I'm sure when you think about it, you'll have to agree. You can acquire many acquaintances, not many are really true, as you'll eventually see! There's nothing like a lasting friendship, that goes on for many years. They're the type who will stand by your side, be it laughter or through tears! They're loyal, considerate and caring too, In fact, that's what friendship, is all about. Needless to say, they're the kind, you should never, have to do without!

Audrey Heller

Laughter

Laughter, is really the best medicine,
that saying is very true! Just try having
a hardy laugh and see what it can do.
Whenever you laugh, you're releasing
pent up emotions, accumulated over a
period of time. It will help alleviate your
troubles, so you can leave them all
behind! There's nothing like having a
hardy laugh, to help start your day.
By doing this, it also takes to take the
stress away. All of us should try, to laugh
a little bit more, it's healthier, when we
do. If you keep it bottled in, it can sure
make a wreck out of you. If you're
looking for a way, to brighten up your
day, laughter is your bet. And to the
best of my knowledge, no one, has
ever died, from it yet!

Audrey Heller

Laundry

I don't think many people, get pleasure
doing their laundry, actually speaking,
you have to know what you're doing, for
it to turn out right. The most important
things to remember are, colored
garments are put together, while whites,
are washed only with white! Never put
everything into one load, it's the worst
thing, you can do. It will save a lot of time,
but can you imagine what the clothes will
look like, when they're through? Colors,
will definitely run, if you try to remove it
from whites, the damage has already been
done! You also have to consider the fabric,
that too, needs special care. It has to be
washed in the delicate cycle, which is
made strictly for wash and wear! Doing
the laundry, is not as simple as you think.
But be as it may, there are several items,
I still, wash by hand, in the sink!
things I still wash by hand, in the sink!

Audrey Heller

Laurels

Act on what you want, rather than what others expect. Don't be afraid to assert yourself and learn to be more direct. It's not as easy as it sounds, but you have to be in command. Then you might be surprised, when you're offered a helping hand! Strength of character, will show, in just about everything you attempt to do. Because you acted on your laurels and you weren't afraid, to see it through!

Audrey Heller

Learn By Your Mistakes

Life, is a good teacher, at least that's the way, it should be! If you don't learn, by your mistakes, then your in, the wrong company! Not everything, can run smooth, all the time, but you should know, right from wrong. One has to take stock, to be certain if this, is where you belong! Change is never easy, but necessary at times, to survive. All most, of us want, is to be loved, needed and the feeling of being alive! Never feel, you're stuck in a situation and can't, get out. With will and determination, you can do just about anything, for that, is what life, is all about!

Audrey Heller

Learning

You never stop learning, as long as you live, everyday I find this to be true! Just when you think you know it all, along, comes something new. It's quite amazing, as you find out, how little you really know. I hate to admit it, but inevitably, this is so! Knowledge, is a wonderful thing, you can never know enough. That's what makes life so interesting, as it helps to keep you tough! As time goes on, I figure, if I could learn a little bit each day, I'll be broadening my horizons and pass it on, along the way!

Audrey Heller

Learning From Children

If you ever watch children while at play,
it's heart warming to see. They're not
the least bit intimidated, always happy
and carefree! Making friends is easy,
they don't need a reason to start.
Whatever they do, comes quite naturally,
as it comes straight from the heart. It's
the sweet innocence of youth, I find so
appealing, the trust, is always there.
They're happy to have a play mate and
most times, they're willing to share. We
can learn quite a bit by observing
children, as we got older, we lost our
values, somewhere along the way. It's
strange, just by watching and listening,
you can learn something new, everyday!

Audrey Heller

Learning The Lesson

Tomorrow, is another day, I
learned the lesson, the hard
way! You can't put your eggs,
in one basket, as it never works
out right. I'm sure, most of us
have tried it and ended up, in
some sort of plight! Everything
you do, has to be given a lot of
thought, you can't, jump right in.
For if you do, you'll find out,
there's no way, you can win! A
well thought out decision, is the
best by fa, you're taking the time
to access things that helps you,
you, raise the bar. Never, be in
a hurry, take it nice and slow,
make sure, before you come to
any conclusion, you're really in
the know! In that way, you can
rest easy and feel, quite sure.
They'll be no more doubts and
that's what it's all about, of never
again, feeling insecure!

Audrey Heller

Learning To Take Life Easy

I'm trying to learn, to take life easy,
not let every little thing, get to me,
as it doesn't do me any good, as
far as I can see! I'm constantly in a
dither, when anything goes wrong,
it doesn't matter what it is, it's
whatever comes along. I never used
to be this way, I never let things get
out of hand. Just what made this
change, I cannot understand! At one
point in my life, nothing would faze
me, I always managed to think with
a clear head. Now, at the slightest
provocation, I'm falling apart instead!
I don't like this feeling, as it's not the
way I want to be. In the meantime, I
hope I can emerge once more, like
the same, old me!

Audrey Heller

Let The Sunshine In

There's plenty of sunshine, if you
only take time, to let it in. You don't
have to go around with a scowl, just
let the good things, come out, from
within. I know, it's not easy, when you
have a lot on your mind. If you can
put it aside for a while, you have no
idea what you'll find. Life, as you
know it, has its ups and downs,
but you have to flow with the tide.
Just consider the facts first, then
it won't become a bumpy ride. It's
never a cut and dry decision and
that's that. You go around in circles,
looking for the right answers and
you feel, as curious as a cat. So
let that sunshine, into your life and
do it right away. There's nothing
that can be recommended more
for you, to see, the light of day!

Audrey Heller

Let The Sunshine Through

Let the sunshine through, for all
that you do, for others. Share
your dreams, with someone
special, then rather have your
dreams. If you can be completely
honest, you'll own up, to how you
feel and not, let the opportunity
slide by. Let those barriers down
and stop, being so shy! Speak up
now, or you're the one, who's going
to lose in the end. You have to be
more persistent and let them know,
you want to be, much more than just
a friend!

Audrey Heller

Let Your Conscience Be Your Guide

Sometimes, we have to let our
conscience, be our guide, then
do away, with foolish pride! Be
forthright, in whatever you do and
to yourself, always be true! See
things, exactly, as they are, then,
act accordingly. Don't keep the
blinders on, for if you do, what can,
you see? It's important, to be
cognizant, as to what's around you
and think things over, twice! Don't
jump into anything, use caution,
that's really, very sound advice!
Just let your conscience be your
guide and you can be assured,
you'll have a smooth ride!

Audrey Heller

Let Your Emotions Take It's Course

Let your emotions, run it's own course,
without, trying to control them, there are
times, when it's wise, to just, let it be. We
all have a lot, bottled up, in us and have
the need, to be free! We have to deal,
with one thing after another and
sometimes, we have to give ourselves, a
rest. No one, can do it, for you, it's a way,
of being put, to the test! We all have these
moments, when it gets to be, too much
and there's this need, to forget, about
control. If you do it, in moderation, then
there's no doubt, you'll be reaching your
goal. It's good every now and then, to
let your emotions, take their own course,
as whatever it was that plagued you, you
hope, will be gone. And if you give yourself
enough time, you should not, feel, any
remorse!

Audrey Heller

Let Your Instincts Be Your Guide

We all know, some people, come into our life, for a reason! There's no use, in wondering why, they may be there for a long time, or just be passing by! Everyone that comes into our life, is someone who in some way, is meant to be. They can be good for us, or bad for us, we just have to wait and see! It's strange, that some people we meet, help lift our spirits and become, our dearest friend. Being there for us, at every turn, for we know on them, we can depend! Others, may come into your life for opposite reasons and cause you, a great deal of strife. You may not realize it, until it starts to show. We have to be strong and use our head and not our heart, then let them go! It's best if we could surround ourselves, with kindness and those who mean well. Of course we're not a magician, so it's pretty hard, to tell! What it boils down to, is let your instincts, be your guide, then nine times out of ten, you'll not be taken, for a ride! !

Audrey Heller

Letting The Sun Shine Through

When I awaken in the morning, the
very first thing I'll do, is open the blinds,
letting the sun shine through. Watching
the rays, as they dance on my ceiling,
always gives me an euphoric feeling!
Seeing the sun does wonders, it casts
it's magic spell, whatever my undertakings
may be, I perform them, very well! I can't
seem to function in a positive way, if it
turns out to be, a dreary day! Whenever
the sun is present, I'm grateful, just to be
alive, for to me the sun shine is everything,
It's what helps me, to survive!

Audrey Heller

Levity Of Spirit

Levity of Spirit, is a cure for gravity,
of the heart! If, you can put these
words, into practice, you're off, to
a good start! Removing emotional
bolder's, will take the weight, off of
your shoulders, it can also lift, your
spirits high. And once they are lifted,
no longer, will you see, life pass you
by! One cannot take, everyone's
problems and hope to solve them,
charity, begins at home! It's your
place, to make a haven, then no
longer, will you have to roam! Take
heed, to this advice, my friend, it's
meant, for your own good. Let levity
of spirit, be a cure for gravity, of the
heart, then in no way, can this be,
misunderstood!

Audrey Heller

Lies Schemes And Promises

When asked to write, a poem for my girl friend, all about her beau, my first instincts were to tell her, my answer, was going to be no! But after she told me, the kind of person he is, I gave it another thought. It was then, I realized, the havoc, this person had wrought! Lies, schemes and promises, all go hand in hand. It's saying what kind of person he is, which makes him, less of a man! How, can anyone, believe in him, with anything he'd say? It didn't too long, before the truth, came out, any way! How many promises, have been broken? How many schemes, did you pull? How many lies have you told her, that you never could fulfill? How could you have the courage, to look her straight in the eye, knowing, everything you're saying, is one, great big lie? It sad to think she's wasted, so many years, of her life, with someone who doesn't have a heart. But I'm glad, she finally came to her senses, for she realizes, you've always, been acting a part. Now, it's time for her, to not look back, at all the things that hurt her so. She finally has the courage, to walk away and can now, let go!

Audrey Heller

Life

Life isn't easy, this much I know,
the longer you live, the more you
see, life gets harder, as we go!
You work real hard, to reach your
goal, fighting every step of the
way, but let me tell you, it's worth
it, for eventually, it will pay! Nothing
in life comes easy, if it did, it's never
appreciated, especially, if it was
handed to you. Working real hard is
an achievement. As it's something,
you personally, did do. When you
can see the fruits of your labor, it's
a satisfaction beyond compare.
Knowing you stuck with it, through
thick and thin and now, you're
finally there! All it took was patience,
a lot of courage too. But most of all,
what it really took, was that you,
believed in you!

Audrey Heller

Life Can Be A Bed Of Roses

Life, can be a bed of roses, but it doesn't work, that way and when you least expect, everything can go astray! We don't ask for trouble, but it finds us soon enough. It's when we have to deal with it, the going gets really rough. It doesn't matter who you are, or how good you may be, bad things can happen to people, like you and me. The first question, that crosses your mind, is why did things go wrong? Well, there are no answers, we just have to move along. With each day that passes, we have to believe in tomorrow and hope for things to come, our way. If we can put it all behind and not let it get us down, then we'll be ready to face, a brand new day!

Audrey Heller

Life Can Be Complex

Life, as we know, is quite complex,
but sometimes you feel, you're in a
vortex! It can go to the extreme and
get completely, out of hand and then
you realize, it's time, to take a stand!
It may take, a little prodding, to get
some people, to see things your way!
You know, you have a lot of experience
and can back up, everything, you say!
There are many people, who need to
take direction and are incapable, of
doing it alone. But with the proper
supervision, they'll do very well,
according to, your tone! Be direct and
be kind, for that's what it's all about.
People will go along, with anything you
say, when they aren't plagued, with
doubt!

Audrey Heller

Life Is A Challenge

Life, is a challenge. Whatever you wish to achieve, you have to work at it, night and day! If you put your heart and soul into it, most things will come your way. You can't get anywhere in this world, without the proper knowledge. If you don't have it, you'll always remain at a stand still. No matter what you'll go after, you'll never quite fill the bill. It's a hectic world we live in and in order to survive, you have to be one step ahead of the game. If you don't take advantage of furthering your education, you'll have only yourself, to blame!

Audrey Heller

Life Is A Journey

Life is a journey, you have to take it with a smile! Be nice to those around you and go that extra mile. It pays in the long run, as it can be returned to you, on any given day. We all like to be acknowledged and be told, have a pleasant day! Too often, we don't hear the good things, we only hear the bad. Now, it's time to turn it all around and make life, the best we've ever had!

Audrey Heller

Life Is But A Song

Many of us, live in the past and not, the present! We have a way, of remembering, what used to be. To my way of thinking, it does more harm than good and could be considered, unhealthy! One has to live for today and put their past, behind them.

Good things are okay to remember, but the bad, is best we forget! It only brings out, hidden feelings, possibly one, or two, we regret! I try to adhere, to that age old adage, live for today and not tomorrow! It makes a lot of sense, as all too soon, you're faced with sorrow! Take one day at a time and deal with each one, as it comes along. No one, is promised a bed of roses and life, is, but a song!

Audrey Heller

Life Is Complex

Life, is truly, very complex and you have to take it, in your stride! You must face it, everyday, as there's no place, you can hide! At times, you may feel defeated, but that maybe, just for a little while. It's best to put, what you can, behind you, instead of trying, to defile! There's a lot of adjustments, one has to make, in order to get it right! You have to make up your mind, to do it and it can, come out, alright! Even though, we try to make, the right choices, we don't always win. It happens, more than you know, much to your chagrin!

Audrey Heller

Life Is Full Of Surprises

Life, is certainly, full of surprises,
there are new things happening,
everyday! It may be hard, to keep
up with these occurrences, but we
do our best, come what may. Some
I can say, are happy ones, which all
of us like to get, then there are those,
I'd like to propose, we try very hard, to
forget! We'd much rather look forward,
to good things and take every bit of it
in., for who needs to worry and get
ourselves, in a tail spin! If there are to
be surprises, may they always be, of
the very best kind. Now, I feel so much
better, because I got, a load off of my
mind!

Audrey Heller

Life Is Too Short

I'm sure, when given a great deal
of thought, you begin to realize,
life is too short! We waste a lot of
time, over trivial things, when none
of us knows, what tomorrow brings.
We should do our best, to make
each minute count, be careful and
watch what we say. Just enjoy every
moment, for all too soon, it slips away!
All of us, at one time or another, has
taken life for granted, that's not the
way, it should be. Nothing, lasts
forever wake up to reality! Let's hold
on to all we cherish, let nothing, stand
in your way, remember, life is too
short, so get on with it, today!

Audrey Heller

Life Is What You Make It

Life is what you make it, so it's strictly up to you, if it doesn't meet your expectations, then change whatever you do! You don't have to accept the way things are, if it's not what you'd like it to be. You can make the difference, because of your individuality. Too often we stay in a rut, for fear of trying anything new. If you have faith and believe, that's all you need, to pull through. Never be afraid to take chances, as it doesn't come along everyday. Take the bull, by the horns and seize the opportunity, before it slips away!

Audrey Heller

Life Is Yours To Make Or Break

Life can be easy, or, it can be very hard, to take! Whatever it may be, it's yours, to make or break! Doing the right thing, is not always, easy to do, but just let your instincts, follow through! There are different things, we have to face, as we go along, some of them are helpful, for they make us stand tall and strong! Life, is a lesson, as there are different things, we're shown, on any given day and we have to be part of, whatever, it's trying to convey! So go along with your feelings, as it's trying to point you in the right direction and whatever you do, it's up to you, to make the right connection!

Audrey Heller

Life Isn'T Always Fair

Even when things look so bleak, try to look up and turn it around, if you let it get the best of you, it will only pull you down. I know it's not always fair, when bad things take place, you have to think on the positive side, in order to save face. Life goes in circles, at times, all is going well and you feel nothing will get in your way. Then along comes an incident, that will change your life, in just one day! Things happen to everyone, at one time or another, you think you can cope. This is the time you must be very strong and never, give up hope! As long as you believe in yourself, that's the cure, right there. Forget about what happened, for we know, life, isn't always fair!

Audrey Heller

Life Isn'T Really Fair

I've come to the conclusion, life isn't really fair! You put your heart, into what you do, but the things you want, just aren't there! What does it take, to make things, go your way? You strive very hard, but it still, doesn't pay! How, do you get it going? What do you have to do? What does it take, to be acknowledged and be noticed, too? I happen to be very talented and strive, for recognition, to stake my claim, to fame! But, in this world we live in, you're nobody, unless you have a name! How ridiculous, I find this, to be. How, is it possible to get well known, if they don't take, a chance on me? Well, I feel it's their loss, as I have faith, in what I do! And one of these day's, I'll become famous, as I'll not give up, or give in. I'll hold my head up high and heave, a great big sigh, because hook or by crook, in the end, I'm, going to win!

Audrey Heller

Life's Greatest Find

When you own a dog, you become so attached, it's just like having another child. You love it, you play with it and at times, they have you beguiled.

There's so much comfort, they give you and a joy to have near, just the thought, should anything happen, to them, fills you full of fear! We are all aware their life span, is shorter than we'd like it to be, so I give my dog, a lot of love and he give it, back to me. They seem to sense, when when you need them, as by your side they'll stay, nothing, at this point, will make him go away! If you're lucky to own a dog, always be gentle and kind, as no matter how you look at it, this is, one of life's greatest find!

Audrey Heller

Life's What You Put Into It

You get out of life, what you put into it, you can't expect everything, to come your way! One, has to apply themselves, in every aspect, of their life, in order for it, to pay. Working hard, for what you want to achieve, is a prerequisite that will take you far. It's basically saying, what kind, of person you are. Hard work, is good for you, contrary, to what some, may believe. Being who you really are, is another ace, up your sleeve! Do what you can, to erase that image, some people formed in their mind, let them see, once and for all, you're really, not that kind. Take it, to the next level and show them, what you can do, not only, will you feel proud, everyone else, will be too!

Audrey Heller

Like Vintage Wine

When you have a good friend, it's
like having a bottle of vintage wine,
It gets better with age, as we go
along in time! A good friendship,
can withstand any pressure if it's
built on trust, loyalty, not being
judgemental and a heap of caring
too. No matter what may happen,
they'll always be there for you. Many,
talk a blue streak, but when push
comes to shove, you find out who's
weak! In times of need, conveniently
they'll disappear and When they speak,
it's only words you'd hear. If you have
a good friend, be grateful, as good
friends are rare and hard to find. So
consider yourself lucky, if you found,
the right kind!

Audrey Heller

Listen

Why, won't people listen, when they're spoken to? In fact, what does it take, to make them aware of you? Finally, when you manage to get their undivided attention, along comes someone and causes intervention. It's frustrating because you're standing so close and yet so far. Some people, I guess are the silent type and keep to themselves, they'd rather not disclose, anything at all. However, I find it healthier to get things off my mind and should there be a next time, it's going to be, their call!

Audrey Heller

Listen To Your Inner Voice

Quiet your mind and listen, to your own,
inner voice! It's there for you and will help,
in making, an important choice! Sometimes,
we do things without thinking, then we pay
the price. If you would have listened to your
inner voice, it was giving you sound advice!
Never, act impulsively, it only, makes matters
worse, for you. When it comes to any important
decisions, your inner voice, will get you through!
So quiet your mind, listen to your own inner voice,
as it will guide you, as you go along! It's there
for you, in every aspect, just don't be afraid, as it
will keep you, from doing wrong!

Audrey Heller

Live Each Day

Live each day, as if it's the last day of your life, makes a lot of sense to me! For who knows, what the next day will bring, all of us have to agree. We use up so much energy, worrying about trivial things which in turn, gets you upset. It really doesn't do any good, if we sit around and fret. Life we know can be beautiful, it's all in your attitude, if you're constantly looking on the down side, then it's going to reflect on your mood! Turn your life around and start thinking, differently. It's not going to happen over night, but in the long run it's going to pay, just wait and see!

Audrey Heller

Live For The Moment

Live for today, as if it's the last day, of
your life! There are many bad things
that can happen, in the course of a day,
that can cut, like a knife! We never know,
what each and everyday will bring, so we
have to take advantage, of the here and
now! Life goes along so swiftly and you'll
never catch up anyhow! One has to to enjoy
everyday and take advantage, of whatever
it will bring. Pay attention, to small details,
as that could be the eye opener, that
changes everything! Live for the moment
and for every moment you should live!
Helping people, anyway you can and live
by the motto, it's always, good to give!

Audrey Heller

Live While You Can

If people would listen, I'd advise them,
to do whatever they want to do, now!
Don't wait, for some other time, as
it may not, be afforded to you,
somehow! Live while you can and
enjoy every single minute, don't ever,
have one regret. Time is a funny thing,
one day it's on your side, the next you
have no idea, what you're going to get!
If you have to take chances, then do it,
at least you'll have something to show.
Why wait, until things start to happen,
take advantage, of your get up and go!
We all, think in terms that there's still,
plenty of time, to get things done. But
that's only a fallacy, it could end up,
where you'll have none. Just live and
enjoy everyday, of course, don't go
over, your means. They'll come a day,
you'll be able to look back and be
grateful, you fulfilled, some of your
dreams!

Audrey Heller

Live Your Life

You have to live your life, everyday
and never worry, about, what others
say! Give of yourself, as that's the
greatest thing, one can do, as when
you're helping others, so much, will be
given back to you! Look around you,
it's then that you'll see how much better
off you are. You should feel guilty,
whenever you start to complain. How
many of us, have the privilege to have
a roof over our heads, that protect us,
from the rain? Let's reach out to others
letting them know, we care. It's very
rewarding, just letting others know,
we'll be there!

Audrey Heller

Living In Harmony

What a perfect world, this could be,
if we could live, in harmony! No more
hunger, no more strife, all of us living
a fruitful life! Caring about, our fellow
man, doing for each other, what we
can. Helping out, when the going gets
rough and not ever wondering, if we
did enough. The world, is in a horrible
state and it takes a little kindness, to
show we care. We have to do what we
can, to change what exists, then slowly,
but surely, we're going to get there!

Audrey Heller

Living Longer

People today, are living longer than they did years ago! It's because we take better care of ourselves and there's so much more, we know. We try to eat wisely, exercise at least once a day. Getting plenty of rest, is an important factor, they say! Drinking a lot of water, is also good for you, it helps keep you hydrated and is excellent for your skin. This keeps the wrinkles down to a minimum and makes you glow, within. If we take care of ourselves, in a reasonable manner, we can look forward to live longer, enabling us to enjoy, a healthier and productive life. But the most important thing of all, learn how to relax, free yourself of stress and eliminate, strife!

Audrey Heller

Lo And Behold

Haven't you had times, when you felt extremely, exhausted and just wanted to take a long needed rest? Times, when everything caught up with you, because you felt, you had no more zest? Lo and behold, times have changed and we work, more and more. It's hard to make ends meet, so we push ourselves, to the core. Whatever happened to yesterday, when we weren't always in a rush, to make ends meet? Just look at most of us now, as we can hardly manage, to stand on our feet. Maybe some day soon, we'll find our niche in life and get somewhere. If that should be in the cards, it will be a dream, way beyond compare!

Audrey Heller

Logic

It's hard to know, whether to trust
your logic, or listen to your heart!
This, isn't an easy choice to make,
for love and devotion, shouldn't
pull you apart. if you stick to
practical plans, your dreams can
flourish and can get you any place,
you want to be. Don't give up hope,
show what you're made of and it all
can come easily. It's best to trust
trust your logic, for the heart, can
lead you astray. But logic, tells you
just how it is and being the stronger
of the two, you can reason with logic,
any day!

Audrey Heller

Lonely

There's really no need to be lonely, for it doesn't have to be. If you'd give some thought, to adopting a pet, your whole life would change, drastically! Having a pet will help to fill any void in your life, reason being they're always there. The love they give is like no other, quite beyond compare! It's remarkable how they instinctively, know when you're not up to par, loving you unconditionally, just for who you are. You can never feel alone, as they will remain at your side, in all that you do. Imagine you can talk all you like, they seem to understand you. When you feel the need for a hug, there's nothing more soothing, than hugging your pet, they'll never pull away. One thing is certain, their kind of love, is a love, that's here to stay!

Audrey Heller

Lonesome Roads

We all go down, a lonesome road,
at some point, in our life! I guess
that's the way it goes, but just the
same, it cuts like a knife! These
are the times, when we also need,
a helping hand, someone to guide
us and show, they understand!
When you're lucky to have a person
who cares about you, in your corner,
a big difference, it's going to make.
They're there to guide you, so there
won't be, another mistake! Everybody,
at some time or another in their life,
benefits from some form of advice, if
taken how it's meant and put into
practice when it's given. You know
things weren't right before, so now it's
time, to do some thinking and sometimes,
ask to be forgiven! It's not a crime, to make
a turn about and change your ways, as
that's common sense and the right thing
to do. So if you have someone, in your
corner, listen to their own experience and
wisdom, as they're showing, they honestly
believe, in you!

Audrey Heller

Longing For A Home

When I think of all the homeless animals in shelters, it breaks my heart! Longing for a home and someone to love them, we should really do our part. There's nothing like an animal, to bring love and caring, into your life. If you're feeling bad as many of us do at times, they can take away, that strife! They're always there, so even if you're alone, you have someone, to talk to everyday. Believe me, they're better than some people, as by your side, they'll always stay! You never can feel lonely, for their love is for you only and think of the good deed, you've done. Not only do they love you, but they can also be, a lot of fun! They don't want much, only a tender touch and lots of loving care. Believe me, it will be returned, in every way, for more than anything, they're happy, to be there!

Audrey Heller

Look Ahead To Tomorrow

Stop thinking of the past, where
you've known, a lot of sorrow,
instead, look ahead, with the
promise of tomorrow! Nothing,
is as bad as you think and can
change, just like that. It's just
like a magician, pulling a rabbit,
out of a hat. One minute it's
there, the next it's gone, nothing
ever remains the same. Why be
so hard on yourself, as who knows
who's to blame. No one really has
a clue, why things happen and at
times, stay at a stand still. It's one
of those things, we have no control
of and it appears we never will!

Audrey Heller

Look On The Bright Side

Try looking, on the bright side of life give it a try, give yourself the opportunity and it won't, pass you by! Life can be cruel, that I'll admit., give it all you can and don't give up on it. There's always something to hope for, they'll always be, a new day, don't get discouraged, or let trivial things get in the way. Display all your courage and then follow through, if you can master this, my hat's off to you! Life can be very complicated, of that there's no doubt, it just takes a little while, for some, to figure it out. Once you reach the plateau, where you always wanted to be, it will take on a new meaning, for everyone, to see!

Audrey Heller

Looking Ahead

As days pass into weeks, months and years, nothing changes, everything, just seems to stay the same! Life goes on, but it's all just a waiting game. Sure, things, take place, here and there, but nothing earth shattering happens, we haven't heard before, I think it's time, something special takes place and gets us motivated, once more! People have become too indifferent and complaisant in just about everything they do. It's time for a change and start fresh and anew. Let's try to make the years to come, a great deal better than we've had before, because as far as I'm concerned, I'd love to see it surpass them all, with many good things waiting, in store!

Audrey Heller

Looking Back

Looking back, is never easy, It's the hardest thing, to do, so many good things to remember and a share, of unhappy ones too! There were moments, that brought us laughter and those that brought some tears, unfortunately, that's the way life is, as we go on through the years! Remember, all the positive things, life has brought your way, forget about the negative ones and be grateful they didn't stay! We all had our heartaches, at one time or another, it's the way we dealt with it, that says who we are. By putting things in their proper prospective, it shows. Now, we're satisfied, we were able, to get this far!

Audrey Heller

Looking Forward To A Wedding

In September, my grandson eloped and now, a wedding is going to be held in June! I'm really very happy about this, for now, I'll get to see a formal affair, with the Bride and Groom! It's something I'm looking forward to, as family and friends will be there. Time when we'll all be together, to celebrate the pair! These are precious moments, we don't want to miss, as they're aren't too many occasions, to get together, like this! These are times we all look forward to and savor, for who knows, when the next one, will be. So in the meantime, I'm happy and grateful, I'm able to be part, of the up coming, ceremony!

Audrey Heller

Looking Forward To The Holiday's

Looking forward to the holiday's, with great anticipation, as I do every year. When family and good friends come together, to raise a little cheer, there's a special warmth that exists, quite hard to describe, feeling how great it is, just to be alive! Holiday's are very special, whatever your troubles are, can be on hold for a while. It's that time of year, it becomes easier, to let go and smile. Being surrounded by loved ones, is the best kind of medicine, to say the least. As you sit at the table enjoying, this long awaited feast! Unfortunately, before you turn around, it's over, then it's back, to the same old grind. But one things for sure, we'll be taking with us, the fondest memories, of a happy and festive, time!

Audrey Heller

Looking Like Me

They say everyone in this world,
has a double, someone, who
looks exactly like you! I thought
this kind of preposterous, but
inevitably, it happens to be true!
It's a very eerie feeling, when you
see someone, you're positive you
know, only to find as you approach
them, it turns out, not to be so! Of
course you feel embarrassed not
knowing what to say, telling them
you're sorry and then be on your
way. You sill look at them in
amazement, wondering, how could
this possibly, be? Then the
realization hits you, knowing for
certain, someone out there, looks,
very much like me!

Audrey Heller

Looks

Too much emphasis, is placed on the way a person looks, if they're a little too heavy, or too thin, there's a lot to be said. People don't realize, it's only superficial, they should look what's inside them, instead! We all can't be born a raving beauty, be handsome, or have a body, to die for. If we're blessed with other qualities, then who really, needs more? It's nice when you can have an intelligent conversation, be treated with kindness and respect. These, are far more important, to get along in this world and It doesn't make a difference, be it a guy, or a girl! After awhile, looks have a tendency to fade, but being a decent person, that, always, makes the grade!

Audrey Heller

Losing You

To me, you were the most unselfish man,
I had ever known! Dignified, independent,
determined to be on your own. Asking so
little, but giving so much, that was the way
you were. Never creating a disturbance,
or even a little stir. Afraid to disturb me,
for fear you might intrude. Somehow,
you managed, to always be, in a
pleasant mood! That's what made you
so special, in all that you did. And even
today, it brings a smile to my face, when
I think of how you called me kid! They
say time heals all wounds, no doubt,
that saying is true. But until that time
will come along, my thoughts, will
remain with you. Of course, I know
this is quite natural, feeling as I do.
For I not only lost a very dear friend,
I lost a great father too!

Audrey Heller

Lost Without You

My thoughts, keep running away
with me, no matter what I do, it's
been so hard to bare, as I'm so
lost, without you! I long to see
your smile, to hear your voice,
once more, wishing I could pay
you a visit and wait impatiently,
until you open the door! To think
this will never, take place again,
has really taken it's toll, as I walk
around, most of the time, feeling
like, a lost soul! Oh how, I miss
you, it's more, than words can
say, you're so much a part of me,
then along came, that dreadful
day! I honestly tried to get on with
my life, but no matter what, you're
there! For in my heart, you'll always
be a wonderful father, way beyond
compare!

Audrey Heller

Love

How do you know, if you're in love?
How do you know, it's the real thing?
Is it really love you feel, or just another
fling? Sometimes it's very confusing
and perhaps a little amazing, to find
what you're searching for. Until one
day, when you least expect you meet
someone, with a positive effect, who
opens up that door! Now, there's color
in your cheeks, there's that certain
glow, your heart starts to beat faster,
warm feelings start to grow. This time,
you're really sure, especially the way
you feel. This time, there is no doubt,
for you know, in your heart, it's for real!

Audrey Heller

Love And Understanding

To have love and understanding, is truly a blessing, someone who understands your idiosyncrasies, instead of second, guessing! To be able to say, whatever is on your mind, without giving it, a second thought, knowing they'll listen, without becoming distraught! Everyone, should be able to say what they want to and never be afraid, what they want to reveal, it's healthier if you get it out in the open and let them know, how you feel! How else, can one maintain, a healthy relationship? Secrets, are not in style! If you stray from the truth, it will destroy you, after awhile! Always be up front, about your feelings, it's something you shouldn't, have to hide! Once it's out in the open, isn't it better, than keeping it bottled up, inside?

Audrey Heller

Love At First Sight

The moment I saw you, it was love, at first sight! I knew I'd adore you and my instincts, were right! There you were, in all your splendor, you looked at me, with eyes so tender, how could I resist you, as you were just what I was looking for? In fact, you were everything I wanted and I couldn't ask, for more! It didn't take long, before you nestled in my arms and I gave you, a great big hug! It all felt so right, the two of us, snuggling like a bug, in a rug! ! That was my final answer, I didn't have to give it, another thought. Then, when all was said and done, we left together and that my dear little puppy, is how, you came to be bought!

Audrey Heller

Love Conquers All

Love is the answer, to all that ails
you, so they say! A soothing word
and a tender touch, helps to pave
the way. When you're in love, you
feel like you're riding high, it's a
warm and wonderful sensation,
where you can almost, reach the
sky! Love can conquer, just about
anything, it's known to put you in a
euphoric state and all the wonders
it can bring. Ah, the sweet mysteries
of love, I know of nothing, that can
take it's place. Actually speaking,
what could ever compare, to a
warm and tender, embrace?

Audrey Heller

Love Cures All

Love, is one of the most important things in life, without it, we're just like flowers, that need to be watered in order for it to grow. It's truly an important factor, to give you that inner glow! It's so great to be needed, having someone show you how much they care, for what would life be like, if there wasn't anyone there? It's true what they say, love cures all that ails you, you just need to have that chance. I hope it doesn't take too long, before love comes along, then you're able to experience, true romance!

Audrey Heller

Love Doesn'T Come In A Moment

Love, doesn't come in a moment! It has to take time, to grow! For when it starts to happen, it's then, you're sure, to know. Everything around you, is so different, than it was before! It's great to be alive, as you're loving it, even more! Suddenly, you feel like a breath, of Spring. Whatever you do now, isn't hard at all, as you're capable, of doing, almost anything! How, life has changed and all it took, was to fall in love! Ah, the sweet mysteries of life, has found you and sent this wonderful person, from above! Life, can be very beautiful, all you need, is to have faith and believe. If you feel sorry for yourself, nothing good will happen, you'll only sit around and grieve. Now, there's no need, to search anymore, love, has finally come your way! Take it and embrace it, then never let it, get away!

Audrey Heller

Love Expressed

Love expressed. creates more room to receive it. Being open about your feelings, is a better way, than keeping it hidden all inside. When you find the proper moment, take that special someone, aside! There's a fine line, between determination and stubbornness, so why hold back, when it, can bring you happiness? It's not too often, we find the right person and when we do, we should find a way, to tell them so. In essence, I think it's a start, if you let them know. Nothing ventured, nothing gained, will get you absolutely nowhere. Confess the way you feel and then be ready, to receive it. For that certain someone, wants to tell you, they, also care!

Audrey Heller

Love Has To Be Earned

Love, is something, that has to be earned! It's not coming to you and it's not something, that has to be learned. When you give to somebody, you hope, it will be returned to you, it shouldn't be, a one way street. If it is, then there is no use, in vying for their affections, it then becomes, obsolete! Love, is a two way proposition and that's how, it should be at the start. If there's no response, then don't be a fool and give your heart. No one, wants to be hurt, but hurt you will get! So take your heart off of your sleeve and do your best, to walk away and forget!

Audrey Heller

Love Is A Glorious Thing

Love, is a glorious thing! You go around floating on air and you can actually hear, your heart sing! Everything you do, is easy, nothing, gets in your way. You're happy as a lark, wishing, it would last, forever and a day! What else in the world, could compare, to this euphoric feeling? Just the thought of being in love, makes your head, go reeling! Love conquers all, even things, that are persistent. All the negative things you felt, no longer, are existent! So take that chance at romance, don't be afraid, to start. The only thing, you have to lose, is giving away, your heart! !

Audrey Heller

Love Is A Splendid Thing

Love, truly is, a splendid thing! It puts
you in a happy state and makes, your
heart sing! The wonders of love, can be
seen, in everything you do, you smile
more readily and your demeanor, is a
whole lot nicer, too! Isn't it great, to have
someone, close at hand. To be there, for
you, in whatever you do and tell you, they
think you're grand! When you're in love,
the whole world, looks bright and gay!
You see things, through rose colored
glasses and it's so much better, that way!
So here's to love, may it always be. And
may we always, know such bliss, in the
rapture of a kiss, together, you and me!

Audrey Heller

Love Is A Two Way Street

Love, is a two way street, which means you both, have to put into, what you take out! For that, my dear, is what love, is all about! One cannot expect, to do all the giving, it has to work, both ways! If you both contribute to it evenly, chances are, you'll stay together, for the remainder of your days! Love, is fulfilling, rewarding and makes you feel, like you're walking on air! The reason being, you've found that special someone, with whom you're willing to share! It can be seen, in just about everything they do, it's there with the little things, where they try to please you! Just knowing, you're able to bring happiness into their life, is neither a chore, nor strife! Love is wonderful, if you have the right person, to share it with! It may be hard to find, but when you do, one would have to agree, you really are, a lucky stiff!

Audrey Heller

Love Is Blind

Love is blind, so they say, and actually speaking, it's better that way! There's someone, for everyone, in this great big world of ours. Men, don't have to go to Venus and women, don't have to go to Mars! They're right here on earth, where they always have been, closer than you think. Just don't be so fussy and you'll meet someone, even though you feel, you're on the brink. Keep looking around and don't, ask for too much. When you finally meet someone, no longer, will you need that crutch. Just be yourself and I'm sure, you'll make an impression, that will last. Now, your worries are over and you can say goodbye, to the past!

Audrey Heller

Love Is Just Around The Corner

Sometimes, love, is just around the corner,
you never even give it a thought! But it's
happened, so many times before, just think
of the wonderment, it has brought! How would
anyone, know in their wildest dreams, how very
close it was at hand? There it was, without you
realizing it, a brand new love, you could land!
Imagine, not having to go around, with an empty
feeling and begin to smile, once more. Most of
all, being able to face the day, just like, you did
before. A brand new love, can turn your whole
world around, add meaning, to your existence.
It's worth everything you have to do, just don't
be afraid, to go the distance!

Audrey Heller

Love Is The Answer

Love is the answer, to whatever
may ail you, it can make almost
anything right. A tender touch,
can mean so much, you'll find
yourself, being less uptight. A
little love, can go a long, long,
way. It can be seen in a look, a
gesture and most of all, in what
you say! The right words, can
take a gray sky and turn it into
blue. It's truly amazing, what
those words can do. We all
thrive on affection, it's like
music for your soul. So from
here on in, make a concerted
effort, to let this be, your
ultimate, goal!

Audrey Heller

Love Is Where It's At

Take charge of your life, by choosing love, over fear! There's nothing, so precious, or so dear! Fear, can do you more harm, than good and it's effects, can be misunderstood. While love, on the other hand, makes you blossom and grow, for what else, can cause you, to have, that inner glow? Don't let fear, get in the way, for love, is the best thing for you. I can't think of anything more effective, than what the miracles of love, can do! You see, it really wasn't that hard, to take your life in charge, by choosing love, over fear. Love, is where it's at and always has been and there's nothing better, than to lift you, out of this sphere!

Audrey Heller

Love Makes The World Go Round

Love is, what makes the world go round!
Without it, we're an empty shell. When we
have love in our life, it's very easy to tell.
Your whole demeanor changes, it reflects,
in all you do. You've become more tolerable,
somewhat mellower too. We all need to be
wanted, someone to show us they care. It's
a wonderful feeling, just knowing, someone
special, is there. It's an important factor, in
the way we conduct ourselves, if we're
happy, we have a glow. On the other hand,
if we're not, believe me, it will show. All of
us need to be accepted, it doesn't matter
our age, or who we are. And if we're lucky
to find that special person, we'll benefit
from it, by far!

Audrey Heller

Lovers Day

Once again, Valentines Day, is almost here! It's called lovers day, where you give something special, to that certain person, you hold, so dear! Many send flowers, as that's often a symbol, of love! A dozen, long stem roses, is what many, are thinking of! Then, of course, you have those who love to receive a Valentine, shaped box of chocolate, how, can one resist? For those who are crazy about chocolate, this, is, the perfect gift! Some young men, may wait, for Valentines Day, to propose. They'll buy their sweetheart, a diamond ring and the rest, you know how it goes! To lovers everywhere, on this special day, may all your wishes be granted, as you go happily, on your way!

Audrey Heller

Love's Like A Flower

Love like a flower has to blossom
and grow! With tender loving care,
it could happen, you know. For love
like a flower, must have a seed to
start, like the seed you implanted,
within my heart! Love like the flower,
needs it's time and it's space, to
unfold and behold, all it's beauty
and grace. But unlike the flower,
as the time passes by, my love,
will never, wither nor die!

Audrey Heller

Lust

There's many, kinds of love, we experience!
There's Maternal, Paternal, our siblings and
then here's lust! This kind, doesn't last too
long, for all too soon, it's a bust! At the
beginning, you feel quite adept, but after
awhile, it fades away, there is, nothing left!
There has to be more, than just a physical
attraction, to make a go of it. You need to
have things in common, or else it will go
adrift! Love, is giving and accepting, all of
our flaws, we work it out, for we honestly
care! There has to be, many interests,
that the two of you share! When you really
have someone, who's there for you, you're
the luckiest person, on earth. For nothing
in this world, can compare to what that
person, is worth! Never, take love, for
granted, give of yourself and you'll always,
come out ahead. Lust, is only an attraction,
but at all costs, avoid it, simply think, with
your head!

Audrey Heller

Maintain A Steady Pace

Try to maintain, a steady pace, to
keep from wandering, all over the
place! No one knows, what can
come knocking at your door, don't
wait for it to close and find out more.
Some things, have been known to
be found at your door step, but in
essence, we're too blind to see. If
we'd take the time and effort, we'd
relieve, all our anxiety. Stop putting
off tomorrow, the things you're
capable, of doing today. You can't
sweep it under the rug, as it's not
going, to go away!

Audrey Heller

Make A Decision

Make a decision to be happy with yourself, forget about the gloom and doom! Always put a smile on your face, when you walk into a room. Everybodys face is like a mirror, it reflects in all we do. If you think happy thoughts, it's bound to show on you! Some of us are unable, to hide our feelings, we wear them on our sleeve. It comes off, being vulnerable and a little bit naive. In this day and age, one has to assert themselves, not let anyone take advantage, or put you down. Make the decision to be happy, you'll see how good it will be, as in no time, you'll become, the talk of the town!

Audrey Heller

Make It Happen

If you plan, to get anywhere in life,
you have to want it, bad enough!
Do whatever it takes to make it
happen, even though it's going to
be tough! It takes a lot of will power
and determination, on your part, it's
not going to be easy, for you. There's
many things you will have to relinquish,
it's all in your best interest, if you do.
It's never too late in life, to set goals and
standards for yourself. If you work hard,
keep your nose to the grind stone, you'll
get where you want to be. Keep going on
thr right course, never waiver for one
moment, it will all come together, wait and
see!

Audrey Heller

Making Mountains Out Of Mole Hills

Why do most of us, have the inclination, to worry about every little thing? We really know, it makes no sense, at all. We somehow, allow ourselves to make mountains out of mole hills and this, becomes our down fall. Why do we look at a lot of things, in the wrong way? It may not be, as bad as we think. We should put rose colored glasses on, then maybe we'd see everything, in the pink. There's no reason, to always look on the dark side and not let, the sunshine through. We're the ones, who are making it a problem. So how do we handle it? Simply, by not letting it, get to you. Some of us are lucky and don't go further, than today, because if something plagues them, they'll take care of it, right away. So get a pair of rose colored glasses, put them on and you'll see a different point of view. Then before you know it, everything, will come up rosy, too!

Audrey Heller

Making Plans

It isn't easy to make plans, as the
best plans we know, can go astray!
No matter how methodical we may be,
it may not materialize, anyway. Many
times, our plans have gone by the way
side, even though we worked on them
diligently. There are no guarantees, for
anyone, It's all, just a waiting game to
me! Under these circumstances, don't
let yourself get discouraged, perhaps,
our timing was all wrong. Don't become
impatient, for automatically, we'll know,
when the right time, comes along!

Audrey Heller

Making Sacrifices

Nothing worth having, comes easily,
you have to make a lot of sacrifices,
along the way. Even though the going
can be rough, you'll appreciate what
you did, one day. When you want to
have something bad enough, all the
sacrifices you made, will pay off for
you in the end. When at times you
thought you'd never be able to make
it, perseverance, was your friend.
Which proves whatever you want to
achieve, there's nothing you cannot
do. Putting in a lot of hard labor,
never killed anybody and I'm sure
you found out, all of the above,
happens to be true!

Audrey Heller

Making Up Your Mind

There are people, that can't seem, to
make up their mind. They're never
quite sure, what they want and always
looking, for what they cannot find. Why
do they consider this to be a problem,
in the first place? They make it seem
like they're competing, in some sort of
race. They have to ease up and stop
looking, for awhile, unless, this happens,
to be their style. Actually, someone, can
be closer, than they believe, they have to
stop this urgency and not wear their heart,
on their sleeve. In time, the right person,
can come along and change their life,
perhaps, even today. And if that should
happen, all they ever wanted, is going to
sweep them, away!

Audrey Heller

Man Bashing

There are many women, who enjoy, man bashing! I, find this very offensive, for not all men, deserve, to be put in this category. There may be some I admit, that don't live up, to some standards, but then again, that's quite a different, story. If you treat a man with respect, there's no doubt he'll find this a requisite. It's what you show them, that makes the difference, when they see how you are, they will find it much easier and give back to you, what they get! Men are just as sensitive, as we are and they feel pain, just as we do! Why, would you expect it, to be any different? Remember, they have, feelings too! Don't judge every man, to be alike, as that's not, exactly fair. It takes all kinds and some men, are pretty much, on the square! Of course, there are those, who never live up, to what they mean, but that can be said, of some women too! So for heavens sake, give them a break, for you can be, one of the lucky ones, to find a man, that's perfectly suited, for you!

Audrey Heller

Mans Best Friend

They say, mans best friend is his dog!
It's also true, of the opposite sex. They're
wonderful companions and nothing, about
them is complex! Asking very little, they'll
give you so much. All they want and need,
is to have a loving touch. By your side they'll
stay, wherever you are. If you leave the room,
rest assured, they won't be far! there's nothing
in this world, capable of giving such loyalty,
they just want, you and that's where they want
to be. If ever you feel lonely, getting a dog is
the answer. It's the best company you could
ever hope for. It doesn't matter what you do
for them, it always is returned, by giving you
back, twofold, more!

Audrey Heller

Many Years Ago

Thinking about the tragedy, that befell us, many years ago, still doesn't go away! It still brings chills up and down my spine and I'm afraid, it's always going to stay! I'll never forget that moment, as I watched on my television screen, the most devastating pictures, I, had ever seen! My first reaction, was of complete horror. Was this really true? Was this really happening, in the land of the red, white and blue? I will never, get this picture out of my mind, to look back at the chaos, that was now, left behind. Even though, this all took place, many years ago, it's always going to stay. For I think something as powerful as this, can never, ever, go away!

Audrey Heller

Marriage

Marriage, should never be taken for granted. In order to have a good relationship, you have to constantly be on your toes. Lots of people think after they get married, just about anything goes. Of course, that's a foolish attitude to take, it's not always rosy, nor a piece of cake. Every marriage, needs attention. It doesn't get to be, the way you would like it to be, over night. Numerous adjustments, have to be made. If luck is in your corner, it will turn out alright. The most important factor is, be honest with each other. Always, say what you mean and mean, what you say. Should you abide by these rules, chances are, you're going to be okay!

Audrey Heller

Marriage Vows

When we take our marriage vows, it's supposed to be, till death do us part, but in this day and age, it can be over before it will start! Couples, don't try to work out their problems and give up, without even trying! They have no patience and all you hear, is their alibiing. If you give up too soon and don't try to listen to each other, how do you know, you're doing the right thing? What was in your mind and heart, when you accepted, your wedding ring? A good marriage, doesn't happen over night, you have to work at it everyday, until you get it right. So don't be so quick, to put an end to your relationship, as it can turn with the tide. Then once again, you both, can have a feeling of pride!

Audrey Heller

Maturing

For the first time, in a long time, I'm walking on air! For the first time, in a long time, I'm fully aware! All that's around me, I know had been here before. Why then now, do I see so much more? Everything seems so different, then it used to be, even clearer too. Changing in so many ways, like my point, of view. What miracle has taken place? What could it be? I'm no longer the same person, as I see a brand new me! Is it because I'm growing older? With age it is said, wisdom will come. If that be true, then I accept it, for I like who I've become! Days are now more precious, you notice things you never did before. Finding out, what life's all about, you begin to live and enjoy it, so much more!

Audrey Heller

Maybe It Can Happen

I can remember as I look back, the way life, used to be! People were so different, they were happy and more carefree! Today, most people, are nervous about their future and can't see, the light! They're constantly on edge and are more apt, to start a fight! Wherever you look, you don't see a smile, on anyone's face, they just seem to pout. I guess for them, the pressure is so bad, they can't find, a way out! For those, who have surmounting problems, I hope it soon will find it's level and disappear. Maybe, it can happen, slowly but surely, for this is, the beginning, of a new year!

Audrey Heller

Meditate

At times, one feels the need to be by themselves and not bother to do a thing. To sit in a chair and meditate and just let the telephone ring. You'll be quite surprised how you're going to feel and how your conscience, won't bother you one bit. For it's a way to get away from it all, to keep you mentally fit! With everyday occurrences, our minds and bodies, need to relax and just let everything go. So sit in your chair and meditate, it's a way, that will help you, to grow!

Audrey Heller

Meditation

When you start to feel edgy and
don't know what to do, then
meditation, is just for you! It's the
perfect solution, for all your woes,
as you begin to progress, your
confidence grows! If you do it on
a regular basis, it won't be long,
until you see the changes that occur
within. All you found pressing before,
enables you, to take it on the chin!
Meditation is a god send, it makes
all the difference how you perceive
things and what you actually see. If
you keep on mediating, in no time,
you'll know that feeling, of being free!

Audrey Heller

Member Of The Family

There's nothing, that's as loyal as
a pet! Their love is unconditional
and when you come home, they'll
never ask, what did you get! ! All
they want, is your love and nothing
more. They're so excited to see you,
the moment you come through that
door! It's a wonderful feeling, to be
greeted, in a manor, such as this.
They ask nothing from you and just
want a big hug and a kiss! They
depend on you, for food, shelter and
affection and it's not hard to do.
Just look, at what's returned to you!
To me, I can't see my life without a
pet, as it fulfills you and makes life
worthwhile. One thing is for sure,
if I'm ever feeling down, leave it to
them, to make me smile! !

Audrey Heller

Memorial Day

Today, on Memorial Day, we honor
the soldiers, that have gone to war!
Many, never came back and the ones
that did, suffered heartache and pain,
like never before! They gave of
themselves, in order, for our country to
be free! Fighting side by side, in foreign
places, over land and sea! How brave,
these men were and still, are! They came
from everywhere, to fight for freedom.
And they'll always be, our shining star!
May God, always protect them, for many
are from different ranks! To all of these
men, I salute them as they have, our
sincerest and deepest, thanks!

Audrey Heller

Memories Have A Place In Our Heart

It's nice to have memories, the
good ones, of course, the kind
that leaves you, with no remorse!
Remembering, the happy things,
will get you by, for sure, just
picturing them in your mind, will
add, to it's allure! Memories when
situations that worked out alright,
give peace of mind, with added
insight! There's the kind of
memories, we'll always cherish,
because they left us, feeling good
and if we can banish, the ones we
don't care to remember, we'd do it
in an instant, if we could! Memories,
have a place in our heart, where
they'll always stay and when there's a
time you're feeling down, memories
will help, to take your pain, away! !

Audrey Heller

Memories Of You

It's hard, to let go, of memories I have,
of you, for it's the very thing, that helps,
to get me through! What would I do,
without them? How, would I survive?
To me, they take the place, as if you,
were still alive! Especially, now that
Christmas, is coming, we'd be together
and celebrate the day. Now, of course
it's not the same, since you passed away!
Your presence is missed not only by me,
but the rest, of the family! We reminisce,
about all the good years we shared
together and the wonderful times we had.
That's where memories, come in handy,
as they'll always, keep me thinking about
you, dad!

Audrey Heller

Memory Lane

Take a little stroll down memory lane,
then see what comes back to you.
If you have already tried it, then you
know, what I'm referring to! It's uncanny,
how much is stored away, in the back
of your mind. And given the chance,
how surprised you'll be, at what you're
able to find. There are wonderful
memories, all of us have to cherish.
Many, no doubt we forgot. But sooner
or later it will come back to you, believe
it or not! Some memories we'd like to
hold on to, hoping they will never fade,
others, you don't mind if you forget,
they weren't that good, I'm afraid! But be
it good, or be it bad, to remember is great
if you do. For you'll always have your
memories and no one, can take that
from you!

Audrey Heller

Michael Jackson

What a shame, with all that fame,
Michael Jackson, passed away!
He was far too young, for this, to
take place, but it was bound to
happen, anyway! When you abuse
yourself and don't take care, you're
asking for trouble, right then and
there! It seems, fame, really doesn't,
bring you happiness! You still feel
alone, even though, you may be, on
top. No one, is completely satisfied,
with what they have and whatever,
they're doing that's wrong, they just
won't stop! It's a sad, sad, ending,
for someone, so young and with so
much, to look forward to. Now, it's
all over, so Michael Jackson, the
world, will always, remember you!

Audrey Heller

Middle Aged Spread

Now, I know what they mean, about
getting the middle aged spread! I
certainly, wasn't looking forward to
it, for it filled me, full of dread! I've
known many people, who have gone
through this before. Well, here goes...
add another one, to your score! If
for some reason, it was meant to be.
Then perhaps, someone can explain
it, to a slightly, chunky me! It seems
like only yesterday, I was slim and
feeling great! I wonder, will the time
ever come, I can go back, to wear a
size eight? It just seems to creep up
on you, when you're not looking. It's
got to be what I eat, with all of that
fancy cooking! I guess I'm acting
kind of foolish, there's worse things
one can face. No use in complaining.
My body, someday, will surely, go
back, into place!

1

Audrey Heller

Migration

Birds of a feather, do flock together,
when migrating time is here. It's a
ritual that still occurs, every single
year! They will stay up north, as long
as they can, until the first sign of winter,
begins to show. Starting with the
prevailing winds and the vey first trickle,
of snow! Time is of the essence, they
must be on their way! If they wait any
longer, they're bound to rue, the day!
It's now time for the journey, there's
miles and miles to go. They're all
happy in knowing, they'll soon be,
where the balmy breezes blow! How
much, they look forward to, the warm
weather, not feeling the chill in the air.
Now, they can hardly wait, wishing,
they were already there!

Audrey Heller

Mistakes

There are many roads we have to walk
down, some, we fare pretty well. Then
of course, there's others, that casts an
ugly spell! Not all can we handle, although,
we certainly give it a try. But somethings
will slip through our fingers, finding it hard,
to get by! In times like these, you think
about, why, this happens to be? I know
there is a moral here, for all of us, to see!
One, should own up to the mistakes, we've
incurred, in a vast majority, of ways. Then
hope we'll be more fortunate, looking forward,
to brighter and happier days!

Audrey Heller

Moments

There are moments when you'd like
to be alone, relax, not do much of
anything. Put on some music, read a
book, just let the ole telephone ring.
To get away from it all, far from the
daily grind, doing whatever you enjoy
the most, whatever comes to mind.
Momemts like these, are important.
It gives you time to reflect on your life,
be grateful what we have and not worry
about tomorrow. Tomorrow has a way
of taking care of itself, so forget those
fears and sorrow. Whenever you feel
pressure piling up, remember, just
take one single day. Put on some music,
read a book, relax those cares, away!

Audrey Heller

Moments Like This

What wonderful news, I received
today, as a brand new great grand
child, is on it's way! How wonderful
to be blessed, with all this joy and
it doesn't matter, be it a girl or boy!
It's a blessing to have your children,
when you're young and grow up, with
them too. It's then you see them get
married, have children of their own
and all the wonders of it all, are there
for you! To reach this plateau, is truly
a wonderful stage to be in and be
able to share, all that lies ahead. Life,
has it's good things and it's bad, but
it's the happy moments like this, we
relish, instead! Moments like this,
give you a reason to go on with your
life and be grateful, for everyday. Now,
there's something wonderful, to look
forward to, as we count the months,
until that wonderful, day!

Audrey Heller

Money

Don't confuse spending money,
with happiness! It may make you
feel good for the moment, but you'd
rather have more, than less! It's wise
to put away something, for the future,
as who knows where it may lead. Of
course you have to spend a little, or
else we're talking about greed. One
has to learn, how to balance, so you
can have a little bit, of each. But make
sure, when you need it, it's not that far,
out of reach!

Audrey Heller

Money Can'T Buy Love

Experts agree, intimacy not money,
increases bliss! You can have plenty
of money, but it can't replace what's
amiss! When money's no object, it
makes no difference what you've
spent. The question you have to ask
yourself, are you really content? You'll
be surprised, if you answer it honestly.
That's when you'll discover, how lonely
life can be! Money, as we know can't
bring you love, or happiness, this, you
must do, on your own. When that day
will arrive, you'll know it. It's the first
time, you can finally say, I'm home!

Audrey Heller

Months Slipping Away

April, is the beginning of spring, where
we enjoy the budding, of every little thing!
Then we go to the month of May, where
most days, are rosy and gay! June, is at
your door step and school is coming to an
end. Then there comes July, waiting around
the bend. Now, we have August, with it's hot
and blazing sun, enduring the heat, that plagues
everyone. Here comes September, a month to
remember, vacation time is through. October, is
just around the corner, with Halloween and a million
things, to do. November, has this crispness in the
air and we feel so good, having it there. Of course
we can't forget we have Thanksgiving, where familys
get together with all the trimming! December, is a
special month to be sure. This is the month of
Christmas, which no doubt, has it's special lure!
January, there's no way, we can forget, as it's the
start of a brand new year! February, has Valentnes
Day, that we hold so very dear. March, is the end of
the line, as we wait patiently for the sun to appear. It
was fun going through all the months, so let's do it
again, next year!

Audrey Heller

More Then Ever

More then ever, we need tenderness,
patience and understanding, which
has evaded us, for so long. At the
moment, we're trying to stay as calm
as we can, while doing our best to
remain strong! There's so much unrest
all over the world. Whatever you read,
wherever you look, it's depressing I
readily admit. It's getting to the point,
where all of us, are sick and tired of it.
Everyday, we hope and pray there
should be better things in store.
Perhaps, it will happen, then once
again, we can live our lives as before.
All of us need to have peace of mind,
feel secure, as we know it should be.
It's a wish I hope will be granted, it's
what all, are longing to see!

Audrey Heller

Mother Nature

Mother Nature, is on the rampage,
especially, in this day and age!
You just have to look at what she's
done, she's heaped her misery, on
everyone! Wherever you look, there
is despair and it seems to be
happening, everywhere! When will
it stop? How much more, can
everyone take, as it's gone, right
over the top! I hope it will start to
taper off and she'll give us, a much
needed rest. I want to see her
brighter side, where she's always,
at her best! So here's looking
forward, to sunny days, to lift our
spirits high. To feel the warmth,
upon our face and look up, to a
lovely blue, sky!

Audrey Heller

Moving On

If you can't determine your next step, it may not be time to take it. Make sure, when you make that move, you're feeling sound and fit. If you're thinking it's time to move on, mull it over very carefully! If you come to a decision too soon, it can end up, chaotically. No one could possibly know, when the time is going to be right. But when it will happen to you, it's going to be, a big break through and no longer, will you have to sit tight!

Audrey Heller

Much More

No one, said life would be easy, as
it has it's ups and downs! There are
times, when we feel like smiling and
times, when there's only frowns! When
we have a good day, there's no doubt,
it will show. What makes it different,
from any other day, it's hard to know!
Perhaps, we gave more thought, to
our predicament and our attitude, has
changed, we see things, in another
light. We're tired and weary, the way
things have been going and strive, to
make it right! We all, have challenges,
placed before us, the thing is, how do
we react? If we meet it head on, then
it becomes, a matter of fact! Just do
what you can, to make your life better,
than it was before. Smile, whenever
you get the chance and you'll find, you'll
be doing it, much more!

Audrey Heller

Music

Listening to music, when I'm not up
to par, puts me in a better frame of
mind! It really doesn't matter what it
is, I'll listen to any kind! Music has
been known to have a calming effect,
it can bring you through the worst kind
of day. Just imagine, what it would be
like, if there wasn't any music to play!
I've never quite understood what it is,
that makes it lift your spirits, even
change your attitude. Whatever magic
it has, it can definitely, alter your mood.
If you should ever feel you're at your
wits end, listen to any kind of music, as
you can't find, a better friend!

Audrey Heller

My Beloved Cat

It's a very hard task, when you have
to put your beloved pet, to sleep! It's
something we all dread, but thank god
for memories, for they're ours, forever
to keep! Now, it was my adorable cat
whom I had, for over eighteen years
She was so much a part of my life and
all that was left, was my heartache and
tears! It's never an easy thing, as you
watch them, knowing the end is near!
They become so much a part of you
and now, you have to cope with your
loss, something, we always fear! One
consolation, I know in my heart, she's
no longer in pain. And believing as I
do, I know for certain, one day, we'll
be together, again!

Audrey Heller

My Beloved Dad

There's a special, place within my heart,
that never, could ever, keep us apart,
always it will remain! For everytime I think
of you, there's still, a lot of pain! I try very
hard, not to show, exactly how I feel. I try
to smile most everyday, but even when
I do, the pain, just won't, go away! I miss
you now, as I did then and I always will.
For there's a place, in this empty heart,
that only you, can fill! Some day, I know
I'll see you again, the thought makes me
happy and glad. But for now, I know I must
wait. So I'll just keep thinking, about you
everyday, my beloved dad!

Audrey Heller

My Beloved Poodle

I held him tight, with all my might, as
my beloved poodle, was put to sleep!
I have etched in my mind, what was
left behind, memories, that go so deep!
He really was, quite a dog, so loyal and
true blue! A very special dog, who's
temperment, was extraordinary, too! Full
of love and devotion, he gave, with all,
his heart! Now, I'm sad and lonely, that we
had to part! One thing is for sure, I'll never
forget him, he was, so dear to me! I'm
happy now, he's at peace and out, of
misery!

Audrey Heller

My Best Friend

When I'm feeling a little down and out, I'll call up my best friend! She'll listen to what's on my mind and we can talk, for hours on end. It's very rewarding, to have a friend such as this, to tell your troubles to. When you need to talk, she's always there for you! It's great to be able to vent your feelings and not have to worry, what you say. If she doesn't agree with you, she'll do her best, to show you the way. We all need someone we can turn to, when the going gets rough. For me, it has always been my best friend and I could never, thank her enough!

Audrey Heller

My Daughters

The first time I saw you, they placed
you by my side. A warm and wonderful
feeling, swept over me with pride!
Counting all your fingers, down to your
little toes. Why all mothers do this,
heaven only knows! This moment, was
very special, as I held you so close and
tight. Not wanting to let you go, or let
you out of my sight! I loved every minute,
from there on in, for a mother, I was
meant to be! All I can say, it was well
worth it. Because all the love, I had
to give, eventually, was returned to
me!

Audrey Heller

My Easy Chair

After a hard days work, there is nothing more inviting, then my big old easy chair! The instant I sit down, it caresses me, I'm grateful, it's still standing there. My favorite position of all, is to curl up like a ball, relax and stay a spell. Even though this chair may be old, it has served me, very well. There's a lot to be said, about a piece of furniture, already broken in. Your body gets accustomed, to each and every crevice, molding you, like a second skin! No matter how old it is, this chair of mine, will always stay. I will repair it when needed, make it look like new, but it will never, be thrown away!

Audrey Heller

My Father

It's been many years, since you've gone.
And to spite my fears, I have carried on!
There were times, I thought I'd not make it.
I'd cry myself to sleep. But the wonderful
memories, I have of you, are mine, forever,
to keep. No longer are you here in body,
your spirit remains with me. I can feel your
presence around me, though nothing
tangible I see. I have no doubt, you're
watching, making sure that I'm okay. As
carefully you guide me, through each and
everyday. There are times I feel a sense
of calm and often wonder why. It's then I
feel, it must come about, as no doubt
you're standing by. As in life and in spirit,
together, we'll always be. For that's the
way it always was, together, you and me!

Audrey Heller

My Father And Me

Let me tell you, about my father and me. We were very close, as a father and daughter, could be. We had the kind of relationship, that was very rare. If one of us needed anything, we'd be there. He was extremely generous and helped me, when I needed it the most. He was everything a father should be, that's why it's easy for me, to boast. When the day came, he was taken from me, I took it very hard and until this day, I still mourn. I know this is not the way to be, but still I'm forlorn. How can you help but miss, the father you adored? It's easier, said than done. There are times, I forget for the moment, let the barriers down and try to have some fun. It doesn't last that long and once again, I'm feeling uptight and blue. But I know he's at peace and realizing that, it's the only thing, that gets me through!

Audrey Heller

My Forte

I love cooking, it's always been my forte!
However, when I'm finished, I hate to clean up,
or put anything away. I don't mind puttering
around in the kitchen, I can be creative as can be.
Nothing takes the fun out of it more,
when dirty dishes, are staring at me.
Cooking, I don't mind doing it, any ole time,
in fact, I can do it in a wink. But alas,
as you might have guessed, all those dirty dishes,
will just remain for now, in the sink!

Audrey Heller

My Grandson

Let me tell you about my grandson.
'Do you have all day'? For once I
get started, there's so much I have
to say! If asked to describe him,
well, it's very easy to do. For he's
the kind of boy, that endears himself
to you! He's warm, gentle and very
kind, with a wonderful wit and a very
keen mind! A heart that's made out
of gold, always polite and never bold.
He can charm the birds right out of
the trees and possesses so many,
fine qualities! Not to mention his
good looks too, with his wavy hair
and his eyes, gray blue. To sum it
up, I'd have to say, he's a wonderful
boy, in every way!

Audrey Heller

My Great Grand Children

How quickly, your grand children grow!
They're young men and young women,
before you know! It doesn't seem, the
time went that fast, but when you you
look around, indeed, all that time has
past! Now, there are great grand
children and they're certainly, a delight!
I have to say, my granddaughter, did
everything, right! Two beautiful boys,
almost three years apart, who happen
to be, very dear, to my heart! The only
thing, I do regret, is they live, in another
state. I can't see them, as much as I
would like, but like many others, this is,
our fate. I have to depend on pictures,
visits, or whatever the case may be. But
even though it turned out like this, all I
could think about is, how God, was good
to me!

Audrey Heller

My Heart Stood Still

I, always think about you and
find it impossible to stop! I've
gotten to the point, where I feel
like, a wound up clock! Every
minute and every hour, a clock,
keeps ticking away. And just like
a clock, I too, feel the same way!
Time, to me, has no meaning and
it never will. From the moment you
departed from this earth, it's then,
my heart, stood still! Time, will
always tick away and there's no
way, it can ever stop. And because
I'm wound up too, I've had to come to
the realization, that nobody, can ever,
beat the clock!

Audrey Heller

My Holiday Greeting's For Everyone

It's that time again, to send my holiday greeting! Time goes by, so very fast, in fact, you can say, it's fleeting! Christmas and the New Year, will be here in just a short while, time to get into the spirit. We'll party and drink a toast, then let ourselves, go along, with it! It's a time to be merry and a time, to let go, of the past. Wishing they'll be better times and hoping, it will last! Let's all of us, get into the holiday mood, with glasses raised on high. As we drink to a brand new year and watch, as the old year, goes by!

Audrey Heller

My How Time Does Fly

It's already, almost the second week
in August! My how time, does fly! It's
kind of frightening, as you realize, how
fast your life, is passing by! What has
created this change, I'd like to know?
Everyone feels it, how do you account
for it and what, makes it so? It doesn't
matter how old you are, for age, doesn't
have any bearing, anymore. Young or
old, there is no difference, there's no one,
who feels it more! All of us, can't help
but notice, the passing of time, or
talking about it, constantly. There's not
much, any of us can do about it, but for
now, I'll just accept, what has to be! !

Audrey Heller

My Love

My love, knows no boundaries, it goes on, like the tide, it's constant and prevalent, as long as you're by my side! With you I'll never falter, you're my guiding star! I am, who I am, because of who you, are! You give me strength, to make it through and life would have no meaning, if it weren't for you! You're my rock of Gibraltar, the stars up above, these I find, in you, my love! Without you, I'd find it hard to exist and hard to get around. For you are my strength and to you, I am bound! I'm grateful to you, in all that you do and that is why my heart, belongs to you!

Audrey Heller

My Shining Knight

Just before I retired for the night,
you came into my mind, before, I
turned out the light. Lying on my
pillow, I felt vey sad, for tomorrow,
was fathers day and I missed you,
dad! It's a time to celebrate, going
to dinner and such, these are the
things, I miss so much! Now, no
longer, can I take part in this, or
see your smiling face. If you only
knew, how I looked forward, to this
day, as you were my saving grace.
What it meant to me, just to sit with
you and talk. Even when you weren't
feeling well, I never heard you squawk.
Still you managed, to tell a joke or two
and kept the moment light. That's the
kind of person you were, as you are
and always, will be, my shining knight!

Audrey Heller

My Sister

My sister happens to be special and most fortunate for me, we could always converse, very candidly! She was always wise beyond her years. If something was on my mind, it was she, who allivated my fears. We are many years apart in age, but as far as I can tell, it never interfered, for we get along, so very well! she's extremely understanding and has the patience of a saint, something I've tried, to emulate! Her qualities, make her the most outstanding person, I know. When you're around her, every bit of it, will show! Now, without sounding redundant, I think it best, I stop right here. Only to say, she's a sister, I'll forever, hold so dear!

Audrey Heller

My Special Angel

The wind was blowing fiercely, making an eerie sound, then there was a clap of thunder, as the rain came pouring down. You could see the trees begin to sway, as some twigs began to fall. Before you knew what was happening, it affected one and all. Water was slowly rising, everywhere you could see. When I decided to see how deep it was, it had reached up to my knee. Gratefully, the power still remained in tact, we weren't immersed in the dark. Not far off in the distance, a dog began to bark. By now, the wind subsided and the rain began to stop. I took a survey all around, from the bottom to the top. When I found it to be in order, it's then I heaved a great big sigh. There can never be the slightest doubt in my mind, my special angel, was standing by!

Audrey Heller

My Special Wish

It's that time again, of holiday magic
and cheer! To be grateful for all the
things we have and look forward, to
the same, next year. May we know the
true meaning of peace, with family and
friends near by. May we never want for
anything and raise our glasses, on high!
May the year that's about to ascend on
us, bring comfort and harmony! This is,
my special wish, I pray, will come to thee!

Audrey Heller

My Theory

Every year, I say the same exact thing,
pretaining to how fast the months go by.
It never fails, when I say it, it happens to
be in July! My theory is the summer months,
don't stay around too long. For before you
know it, we'll be singing old winters song!
There never seems to be enough time to
really enjoy the fall. It's gone before you
know it, not having too much at all. It never
ceases to amaze me, before Halloween is
officially here, they're getting ready for
Christmas and making preperations, for
the New Year! I've often asked myself, why
is everything so rushed? Why can't we
savior each month, the way it was meant to
be? But I guess that's human nature to get
ahead, leaving less time, for you and me!

Audrey Heller

My Thoughts

My Thoughts are ascending, into
the boundless blue sky! On the
other hand, I'm aware of falling,
if I fly too high! Your mind can take
you anywhere, but one has to be
beware, of all of the mysteries,
that are hidden there. We all know,
how complex the mind can be, as
it absorbs everything we hear. We
might forget, some of what we've
heard, in self defense, I fear. I'll
just keep, the good thoughts close
at hand and not fall, into despair.
So I'll just keep ascending, in the
boundless blue sky and float right
through the air!

Audrey Heller

My Wonderful Daughter

Talking to you, always warms my heart! You have the knack of making me feel good. I know, whatever we may talk about, it's never misunderstood. It's so refreshing, not to have to walk on cracked eggs, with everything I say. You give me courtesy and will listen. There's never a chance, it will be interpreted, any other way. You're an extremely compassionate person. It's a rare and wonderful quality. Hence the expression, the apple doesn't fall far, from the tree! You're a wonderful and loving daughter. I couldn't ask, for anything more. I too, was blessed like you, for we both, have children, we adore!

Audrey Heller

Natures Disasters

Hearing about Natures disasters, sends shivers up your spine. It can render you speechless in what takes place, in this age and time. How can one express what they feel, seeing the suffering of others? Frantically searching, for their fathers, mothers, sisters and brothers. The thought of thousands of people perishing, in just a blink of an eye, makes your emotions run rampant, where you break down and cry! Those of us living, on the other side of the world take things for granted. We have our own problems, to face right here. Just look back to the hurricanes, that struck, this year. All of us, lived through precarious times making our way. Now, all we can do, is wish for happier occasions and count our blessings, everyday!

Audrey Heller

Needing Someone

Sometimes I get restless, looking
for that port in a storm. A place to
go, that I know, will keep me safe
and warm. I guess there's times,
when we have to face things on our
own. It's not a good feeling, when
you're out there all alone! This is the
perfect time when you need someone,
to be at your side. Helping you through
dark moments and restore, your sense
of pride. We all need people, without
them, it's a cold existence. Wouldn't you
rather have someone in your life? It
really can, make all the difference!

Audrey Heller

Negative Thoughts

Negative thoughts, can keep you out of sorts, it can bring you down and traumatize you. That's just a sample, of what negative thoughts, can do. Once they get to you, it becomes, a constant subject. Now, it's time to take a stance, time for you, to object! Don't allow them to run rampant, for thoughts like these, can do a lot of harm. It's time to get a hold of it and slowly, let them disarm. You have to be strong, while going through this transition, but, it can be done effectively, for now, you finally made an admission. The only tool you'll need, is keeping a more positive thought and in the interim, you'll be fine. There's no better way that I know of, for you nicked it, just in time. No more being negative, that's all in the past. From here on in, you're going to concentrate, only on the positive side and all thoughts, about being negative, will no longer be, your guide!

Audrey Heller

Never Be Idle

You should never let yourself, be
idle, with too much time on your
hands. It's best, if you keep busy
and make a list, of plans. When
you have things to look forward to,
it sets your mind at rest. And in the
interim, you're sure to pass the test!
One, has to have something to look
forward to, as it's a blessing in
disguise. It's then, your life will take
on meaning, as you'll see it, through
different eyes! Idle hands, are known,
to get you into trouble. Just get
yourself motivated and do it, on the
double! Once you get on this course,
life will take on, a brand new meaning.
It's like cleansing your mind, with a
thorough cleaning! Then, there's
nothing to stop you, from being the
person, you want to be. That's the
only way, to live your life, happily! !

Audrey Heller

Never Forget

Never forget to say I love you, i
it should be on your mind, every
single day. Too often, we want
to do just that, but for some
reason, the words will slip away.
Everyone, needs to hear these
words, it's as important, as
breathing in air. It lifts our spirits
dramatically and keep us from
despair. Some people, find it
hard to express themselves,
they never did learn how. If they
can put all those feelings behind
them, let them hear it now! You
never know when things can go
wrong, never, leave anything,
unsaid. Make their life a much
happier one and you'll never,
have anything, to dread!

Audrey Heller

Never Leave Me

Never, do I want you to leave me!
Never, do I want you to go! Life
without you, would be unbearable,
this much, I surely know! If you
weren't here, how would I make it?
I'd be totally lost. There would be
trepidation, not to mention the cost!
Just stay with me, by my side and
we'll make it, even at times, when
it all seems like it's going, down
hill! Give me your hand and stand,
by me and we'll make it together,
if it be, Gods will! Life as we know,
isn't easy, many unforeseen things
get in the way. We have to take
each day, one at a time, but in the
end, it will pay! Just promise me,
we'll be together, right to the end.
For there's more to it than love, for
also happen to be, my best friend!

Audrey Heller

Never Lose Faith

Wherever you go and whatever
you do, by your side I'll stay. It
doesn't matter what may happen,
I'll always feel this way. We've
been through good times as well
as bad, but we managed to survive.
We never once lost faith, that out
time, would someday arrive. Then
without warning, it seemed to come
from out of the blue. It all started to
change and it was for the better too.
Which makes me believe, if you have
faith and don't give up, all you've hoped
for, does come your way. Just try not to
waiver, as eventually, you too, will have
your day!

Audrey Heller

Never Say You Can'T

Focus on what you know, instead
of worrying, about what you don't.
Never say you can't, just say you
won't. There's nothing, one can't
do, if the desire is there. Just
apply yourself and you'll gain
knowledge, beyond compare.
There's so much one can learn,
if you really want to. It's not only
found in books, but it's all around
you. Learning is a privilege and
should never be taken lightly, as
eventually you'll see. Take it all in,
as much as you can and then go,
for that degree!

Audrey Heller

New Years Eve

There was a time, New Years Eve,
was important, to have some place,
to go. You didn't want to be left out
of the festivities, or have your date,
be, a no show! This was a big event,
as you counted the days, for it to
appear, as you wanted to be, with your
best beau, as they rang in, the New
Year! At that time, house parties, were
the big thing, going out, to fancy places,
was not! Just being together, with good
friends and people you know, really
thickened the plot! Everyone, always
had a wonderful time. There were no
crowds, or bumping into each other, on
the floor. There was only a specific
amount of people invited, so there was
plenty of space, galore! When you were
hungry, there was a lot of food, spread
out on a big table. You were at liberty,
to take whatever you desired and as
much, as you, were able! It really is my
kind of evening, without all the hullabaloo!
The kind of party, minus the fan fare, the
best, you'd want, to go to!

Audrey Heller

New Years Eve Party

New Years eve, is just a few nights away,
It brings me back, to the time, when out
late, I'd stay! There was always a party to
attend and if you wanted, you could bring
along a friend. There is nothing nicer, or
cozier, than a house party, because you're
with, all the people you know. There, you
can be yourself and don't have to put on a
show! Everybody, is feeling good and very
much at ease, as we've all been friends, for
a very long time. You can just be yourself
and not worry if you get a little, out of line!
It's great being all together, to usher in the
New Year. There's no greater feeling, when
you look around, having all your friends, so
very close and near!

Audrey Heller

New Years Resolutions

Many of us, make New Years resolutions, but never, really take it serious. I can't figure out, why this happens and find it, rather mysterious. Why bother to make a list, when you have no intentions, of carrying it through. It's just a waste of time when you know, it's something you won't do. Like many, there were things they wanted to change, hence the list. Now, all of a sudden, most of them act like, it doesn't exist. Take this advice I give you don't bother to do it anymore. You're only wasting your time and paper, as you're going to be, the same person, you were before!

Audrey Heller

No Let Up In Sight

Everyone, has complaints about the hot and humid weather, there seems to be no let up, in sight. If by chance you have air conditioning, you'll have no problems, sleeping at night. When your sleep is interrupted, you get up feeling more tired, than you were the night before. You have no pep or vigor and you know, what kind of day, is waiting in store. Very hot weather, has a tendency to make tempers flare. You can't let it take a hold on you, just do your best to take it from there. All too soon, the cold weather will be on it's way and we'll find another reason, to complain. So even though it's hot, believe it or not, I'd rather have it this way, than have a tremendous amount, of rain!

Audrey Heller

No Need To Ponder

Sitting here and thinking it over,
life is not, a field of clover! We
have our ups and of course our
downs, there's plenty of tears
and our share of frowns! Nothing
is assured to us, as there's always
the minus verses the plus! It can't be
always what we'd like, so why bother,
to create, a fuss? We have to take it
the way it comes and it's not, always
bad. There's so many good times,
which in turn, has made us, glad! No
need to sit and ponder, where we're
going and what, it's all about. Enjoy,
what you have right now and don't
try, to figure it out! As you go along, it
becomes apparent, nothing, stays the
same and you venture on, to a new
plateau. Stop your fretting, enjoy
everything at the moment, for if you try
to figure things out, you'll never, get to
know!

Audrey Heller

No One Likes To Say Goodbye

It's very hard, to say goodbye, to those you
adore! You can't help, being a little selfish,
for you wish they'd stay with you, just a little
bit more! That's the way it is, when your
loved ones, come to call. You have a great
time, while they're here and make, the best,
of it, all! No one, likes to say goodbye, although,
it's not, forever! It's just the thought, of being
apart, that you try, to weather! So, off they'll
go, with their goodbyes as you feel, the tears,
running from your eyes! In a matter of minutes,
they'll be on their way. But that's the way it goes,
until another visit is planned and you hope, it
won't be, that far, away!

Audrey Heller

No One There

The phone rings, I pick it up and
begin to say hello. All I hear is
silence, there's no one there, you
know. I can hold the phone, as
long as I like, close to my ear.
The longer I hold it, not a sound
do I hear. How strange it is, this
is really not the first time. Then
who is it, that calls me and keeps
me on the line? There's never a
dial tone, nor static of any kind,
all is quite still. I'd like to know
who's calling, but I'm sure I never
will. I guess whatever the reason,
for them to act this way, it will not
deter me, for I'll keep answering
my phone...and hello again, I'll say!

Audrey Heller

No Sleep In Sight

I tried to fall asleep, last night,
but tossed and turned, as no
sleep, was in sight! I find this
happens, should I go past the
time, I normally retire, as it's
then I become more awake,
which isn't my, desire! I've
tried many different things, to
relax myself and then give it a
try, once more. Then just as I
climb back into bed, all I can
hear, is my husbands snore!
What, do I do, now? There's
no way, I can concentrate on
sleep, I'll be just as restless,
as I was before! Now, I'm really
in a dilemma! What, do I do?
How can I, get him to turn, without
disturbing him, so he can sleep,
the whole night through? I thought,
about giving him, a little nudge, I
guess it doesn't hurt to try. To my
surprise, it worked very well and
as I got back, into bed, he let out
a very soft, sigh!

Audrey Heller

Not A Bed Of Roses

Life, is not a bed of roses, but
how can you, expect it, to be?
We have so much, to deal with,
it comes along subsequently!
There's the ups and there's the
downs, that we tackle everyday.
You never know, what's going
to happen, but we cope with it,
anyway! If it happened, to come
easy, we'd certainly, have a
question, in our mind. Most things,
we have to work very hard for, as
it becomes, a daily grind! However
it goes, it's good to be on your toes
and come out, ahead of the game!
You can look back, but nothing is
ever, going to be, the same!

-

Audrey Heller

Not Enough Time

The time is growing shorter, days
seem to rush right by. There never
seems to be enough time, especially
for you and I. All of us get caught up,
with so much that has to be done.
Leaving less time, to enjoy, for almost
everyone. Through the years I've
watched, how time kept going so fast.
Before I'd turn around, so much time,
had already gone past. So if I could,
I'd make one wish, for both you and me.
To spend more time together, the way
it was intended, to be!

Audrey Heller

Not Everything Is Fair

Not everything works out, the way you
want it to. They'll be many times, where
disappointment, is on the agenda,
instead. No doubt, this can be upsetting,
but you have to learn, to think with your
head! It's true, for some, all seems to go
their way! You can't help wonder, why this
is so, but who are we, to say. I at times,
feel it's not what you know, but who, you
know! Life for them, is easy as pie. We
may have all the know how, but it's a
shame, it passes us by. Not everything
in life is fair, that we know, to be true.
You just have to keep, believing in
yourself and maybe, in time good things,
can happen to you!

Audrey Heller

Not Quite Yet

Everything, isn't coming up roses! At least, not quite yet. However, I'm not one to let it go, there's a lot of fight in me, you can bet! I'll not give up, when it's not going my way. I'll keep trudging on, what else, can I say? Don't let it get to you, or let it pull you down, if you do, you're defeated, before you start. Never let past judgement, tear you apart. The most important thing, is to believe in what you're doing, if you don't, who else will? One day, you'll get to where you want to be, even if it takes many times, to climb, that hill!

Audrey Heller

Nothing Is Forever

Nothing is forever! Unfortunately, this happens to be true! As we get on in years, we see the changes, but there's nothing, we can do. We have to accept, what we are at the present, we've been, made aware. If we have acquired a few wrinkles, Mother Nature has put them there! It doesn't have to be traumatic, there's no need to get upset. It's not the end of the world, there's a lot of life in us yet. Just take it in stride, forget your foolish pride, remember, we've come a long way. Without any reservations, we can go on from here, to face a brand new day!

Audrey Heller

Nothing's A Piece Of Cake

Do, what makes you feel good,
about yourself, as it doesn't
matter, what it may take. After
all we know, nothing's a piece
of cake. Work with the flow,
instead of pushing against the
tide. You may find, it well worth
it, as it can turn out, to be on
your side. Don't put yourself
down, as that's the last thing
you want to do. Remember,
there's a great big world out
there, just waiting for you.
This, is only a faze and will
soon, disappear. Just have
faith in yourself and in time,
you'll have nothing to worry
about, or fear!

Audrey Heller

Nowadays

Nowadays, women can spend less time in the kitchen. There's many quick dishes, they can fix. They have access to all kinds of things, offering various tricks. Take frozen food for example. Who needs to fuss anymore? Not to mention the packaged goods, with their receipes galore. In fact, to put a scrumptious meal on the table, it's easier than you think. It can be put all together, quicker than a wink! Isn't it great to have all these conveniences at our disposal? Just look at all the time we save. Now, women who disliked being in the kitchen, no longer, have to feel like a slave!

Audrey Heller

Nurturing Your Dreams

It's okay, to spend time, nurturing
your dreams! After all, what in life,
is the way, it seems? It can be a
good thing, to go after and a small
change, is better now, than a large
one. It can make all the difference
in the world, once it's unfurled.

There's so much, you can encounter,
so many wonderful things. It can be
the time of your life, like riding on
gossamer wings! Don't be sorry for
anything, that you want to change,
for now, you've made up your mind.
You're going into it, with your eyes
wide open. You're not, going into
it, blind!

Audrey Heller

Observation

I've made an interesting, observation regarding weather. Believe it or not, it has a tremendous affect on you. If it turns out, to be a bright and sunny day, nothing, is difficult to do. It's a well known fact, the sun can alleviate suffering and pain. However, it's just the opposite, when we're exposed to a lot of rain. When the air is very dry and the sun is out, it enables you to forget your ailments, at least for a little while. You're apt to be in a better mood and a smile, becomes your style. Dampness has always been ones enemy. We've all heard that expression, I can feel it, in my bones! No need to ask how this saying came about. My guess is, it started, when you'd hear, those moans and groans!

Audrey Heller

Obsessed

Some people, are obsessed about weight!
There are the lucky ones, no matter what
they eat, they manage to stay quite thin.
Irregardless, they continue to worry, about
the shape, they are in. They can drive
themselves crazy, should they gain a pound
or two. It doesn't make any sense to me,
does it, to you? Then we have the exact
opposite, know they should watch
what they eat, but it never enters their mind.
Being over weight, doesn't faze them, for
them that's the way to go. Eating is their
source of pleasure, it's not important, if it
will show! Whether you're heavy, or whether
you're thin, does it really matter? Who cares
what people think, as to me, it's all, just idle
chatter!

Audrey Heller

Ode To A Husband

It's every girls dream to find a man,
the one she has in her mind. The
someone who, she can look up to,
that someone, so gentle and kind.
I can never forget, the moment we
met, how you looked and how I felt.
You gazed at me and suddenly, my
heart began to melt! It didn't take
long, for you were so strong, so
presistant and full of came
the day, I heard you say 'I'm hoping
you'll be my wife'. We made our
plans and joined our hands, on that
wonderful day. Vowing to each other,
our love...was here to stay!

Audrey Heller

Off And Away I'D Go

Sometimes, I'd like to spread
my wings and experience, lots
of different things. There's a
great big world, with a lot to see
and all of it's waiting, right there,
for me! I've never been to exotic
places, or sailed the ocean blue.
Nor have I, been to foreign lands,
to see what others do. It seems,
extremely fascinating, to be part
of a culture, unlike what I already
know. How nice it would be, if I'd
get the chance. Then off and away,
I'd go!

Audrey Heller

Oktoberfest

Coming up soon, is Oktoberfest,
Where you can eat, delicious foods,
with lots of zest! Weiner Schnitzel
and sauteed cabbage on the side,
is quite a popular dish. There's so
much to choose from, their they're
for you, if you wish! Not to forget
German potato salad, with bacon
and for dessert, their famous Apple
Strudel. Thinking of all these delicious
things, simply rocks, my noodle! Beer
is essential, as what would it be,
without a stein or two? It helps to keep
you happy and it's also good, for you!
It's a merry time for all, as everyone, is
in a glorious mood. How, can you not
feel this way, when you're surrounded
by, all this delicious food? So eat and
be merry and enjoy this time, of the
year. For that's the time you'll be waiting,
for Oktoberfest, to appear!

Audrey Heller

On A Diet

Have you ever tried to go on a diet?
Well then, you know how difficult,
that can be. You know you have to
be strict with yourself, because you'll
long for everything you see. For some
unknown reason, whatever you look at,
looks delicious to you now. Even foods,
that never tempted you before. Now, if
you could have just a teeny little taste,
you'd ask for nothing more. The
question is, who do you think you're
fooling? There's no way, you'll be able
to hold out. So stop feeling guilty.
Who cares, if you happen to be, just a
a little bit, stout?

Audrey Heller

On The Cheery Side

It's always best, to surround yourself with people, who are on the cheery side. They can bring out the best in you and can also, be your guide. Being with someone, who makes your life an easy task, is more than anyone, could possibly ask. We're responsible, for who we choose, to be our friend. Someone who's there for us and whom we can depend. When you think about it, it's so much nicer to be with someone, who gives you a lift and makes you laugh and is pretty sound. That's the kind of person, who's great, to be around!

Audrey Heller

Once A Year

Once again, it's Thanksgiving! A
most enjoyable time of the year.
Sitting round the table, with those
we hold, so dear! Filling ourselves
till we're stuffed, just like the poor
old bird! Why we tend to eat so
much, is really quite, absurd! But
alas we do it everytime, we never
know when to stop. If we keep on
eating in this manner, our buttons
are sure to pop! But be as it may,
no matter what, we'll do it again I
fear. It's very hard to resist, so
thank goodness, it comes, once
a year!

Audrey Heller

Once And For All

The most important thing in life, is to believe in yourself and what you're trying, to get out of it! Many of us, fail at our attempts, because frankly speaking, we're not equipped or fit! Sure we have great plans, but how many of them, materialize? In most scenarios, I'd say we all have, great exportations, but also, big eyes! If we could accomplish, just one, we're ahead of the game. But how many of us, get to that plateau and of course, there's always, someone else to blame! Rarely, do we take stock of ourselves and see, where the fault, lies. It's easier, to place the blame on others, with the sense, of false security and breaking, important ties! This, is your wake up call! Now, it's time, to turn your life completely around, then, you'll be happy, once and for all!

Audrey Heller

One Day

One day, we'll be together, as I
know, you'll be waiting, for me!
I honestly feel, when it's my turn
to go, you'll be, the first one, I'll
see! Some say, there is no here
after, I, strongly dispute, that fact.
There has to be another place,
where we go, where all of us,
interact! It's my belief, the soul
never dies and continues to live
on, in a different way. And with
that thought in mind, I know I'll be
seeing you, once again, someday!
It's a good feeling to think, such a
thing is possible and makes me
feel, light of heart. Just knowing this,
brings peace and contentment, for
never again, will we have to part!

Audrey Heller

One More Time

One more time! That's what, I'd like, to have with you! To sit and talk about the things, we used, to do. It seems impossible, so many years, has already gone by! Especially for me, as I was the apple, of your eye! How, I miss you so! It hurts so much, to think of you more than you'll ever know! If I could go back in time, I'd do it, as it was the greatest time of my life! Now, all I'm faced with, is the ever constant strife. Where did all these years go? I've asked myself this question, many times before. It just flew away, in front of me, but I'm reluctant to close, that door! Whenever I look back, I can't help remembering, what I had. For to me, you were very special and always will be, my Dad!

Audrey Heller

One Wish

If I had just one wish, I know what it would be. To make this world a better place, for everyone, to see! Things Things have been out of control, far too long! I think it's time, for all of us, to start to move along! We must learn over again, what has been out of reach. To love thy neighbor and practice what you preach! There is no greater reward, when you help someone. Regardless of color or creed. Someday, it could be your turn, when you'll be that one, who's in need! We all have to remember, how important it is to give. For that's the very essence, which teaches us, how to live! We must all pull together. Sharing in whatever we do. It's then and only then, good things, will come to you!

Audrey Heller

Only A Dream

Sometimes, dreams are so real, it's hard to believe they're not true. The other night, I had such a dream and it happened to center on you. There you were before me, a smile etched upon your face. You gave me a hug and kissed me hello, as I felt your warm embrace. Suddenly, it dawned on me, how could you be standing there, close to me? Then, it all came back, as if it were yesterday. This had to be only a dream, for it's many years, since you passed away. Instead of losing control, or let myself get uptight, I realized this had to be only a dream that you came to me, on this wonderful night. I hope you'll do this more often, for it makes me very glad. So until next time and I hope, they'll be a next time, I'll be waiting for you, dad!

Audrey Heller

Only Do What's Important

Accepting you can't do things,
as thoroughly as you prefer, is
like giving yourself a break!
Only do what's important and
never more, than you can take.
Of course, it's never easy, with
things you have to face. If given
the proper time, automatically,
they'll fall into place. Sometimes,
there will be set backs and we have
to take everything in our stride.
The thing you should remember most,
life doesn't give you, a carpet
ride!

Audrey Heller

Only Yesterday

It seems like only yesterday,
all was peaceful and serene.
Now, it's changed dramatically,
there is no in between. Lives
become uncertain, as we go
from day to day, you never know
what lies ahead, or what may come
your way. It's just like a guessing
game, that keeps you on your toes.
We have to be prepared and alert,
for that's the way it goes. Perhaps
in the near future, things will settle
down once more and life will start anew.
There's nothing better one could wish
for, then to see it all, come true!

Audrey Heller

Opposites Do Attract

Just because people have different styles, doesn't mean they won't have any common ground. It's all in the way you act and as it's generally known, opposites, do attract! In fact some of these relationships, work out very well in the end. They not only like each other, but have also made a brand new friend. It eases your mind before, you make a commitment of any kind. Sometimes before you realize it, love can grow and if it does, you'll be the first to know. Consider yourself to be lucky, if the right one came your way. Then without any further ado, you can start to plan for your wedding, day!

Audrey Heller

Oprah

Years ago, I spied upon the screen, an unfamiliar face, I had never seen. Her name was not familiar, at least not to me. But every scene she was featured in, I watched intensively. Something about her, made me feel she was destined for stardom, in what capacity, I didn't know. One day, as I was scanning my tv, I heard someone announce 'welcome to the Oprah Winfrey show.' There she stood, as I had predicted, with all her charm and grace. This lovely lady, called Oprah, with her beautiful smiling face! I wasn't at all surprised, to see the strides she had made, it was obvious from the start. The moment I saw her, it was evident, she had a great big heart! Today, Oprah is a household name. Most people, tune into her show, Oprah, you're a very special person and I hope you don't mind, me telling you so!

Audrey Heller

Optimism And Good Luck

Ultimately, the forces of optimism and good luck, are poised to overcome any uncertainty. I'm sure when you give it some thought, you'll have to agree. Choosing, a path of least resistance, can be a spiritual journey, all by itself. It can be enlightening, which in turn can make you, proud of yourself. There's no place for doubts, in this stage of the game. Even if you push your limits, it will not be, in vain. Always look at the bright side and it will make you, feel strong. It can also give you courage, to be able to admit, right from wrong. The path of least resistance, is a good way to go and ultimately, you'll find it serves you well. Just let the forces of optimism be your guide and don't have any concerns, if your under, it's spell!

Audrey Heller

Optimistic

Stay optimistic, even if you're facing a set back. There are many stages we go through in our lives, but we manage, to get back, on track. All good things are possible, if you have confidence in yourself and do as much as you can. No one has accomplished anything, in one day, there has to be, a plan! Establishing a routine, takes time, but it can lead to many big opportunities, down the road. At this point, you're bound to find a way, to unburden, your heavy load!

Audrey Heller

Organized

Whatever I do, I'm very organized.
Nothing, is done half way. If something
needs attention, I'll do it, right away.
I can't stand to have anything pile up,
it's easier, taking care of it now. It
can put a lot of pressure on me, but
it's the only way, I know how. Even if
I tried, I don't think I could do it
differently. But what can I say, I was
brought up that way and you emulate, what
you see. Perhaps one day, when I'm old and
gray, it won't be important, anymore. I'll
begin to see things, in a different light,
then gradually, close that door!

Audrey Heller

Our Choice

If you listen, to all the debates,
shows that you're not lazy. But,
when they start to cut each others
throats, to me, is just plain crazy!
One says something derogatory,
then the other, will pitch in. If you
were to ask my opinion, it's a
terrible way, to try to win. Why
can't they be civil? Listen to each
other, without slinging mud.
Prepare a speech, that we don't
mind listening to, instead of it
being a dud! They each have to
show their strength of character,
without blaming the other. We're
tired of hearing all this mess, about
someones father, or mother. I say
in time, the best man will win out.
For we still have, the final word and
that's what America, is all about!

Audrey Heller

Our Dreams

Our Dreams, can be useful, if analyzed. In fact, what we'd learn about ourselves, we shouldn't be surprised. Every dream we have, has a special meaning, which obviously we're not aware. Some of them can be complicated, while others, reveal what's actually hidden there. If you can remember a dream, when you're fully awake, it's trying to give you a clue. If you write each dream down, on a piece of paper, you'll find out, what's really bothering you. Don't be afraid to dream, as most of us do it every night. If you can take your your dreams, seriously, you'll also see the light!

Audrey Heller

Our Emotions

When it comes to the emotions, it's hard to concentrate and do the right thing. Your head is telling you something different, while your heart, is ready, to take a fling. We really don't know what would happen, if we'd go ahead and follow our heart. Then again, should we take that risk, our emotions kick in and start. Hence comes the dilemma, as emotions are harder to keep under control. If we give into them, we'd end up being, one lost soul. We have to use our head, when important decisions, have to be made. But don't forget, to put some heart in it to and our emotions, won't become, so grave!

Audrey Heller

Our Own Special Day

My daughter and I designated, a day
to be our own special day. One, where
the two of us could manage, to get away.
We'd meet in the morning, then arrange
to go shopping, at the mall. There isn't a
store, we haven't gone into. I pretty much,
know them all. Before we realized, it was
time to eat. It didn't matter where we went.
It was always a wonderful treat. Each place
was different. It gave me the chance, to try
something new. I not only enjoyed the food,
I enjoyed her company too. It's an excellent
idea, for mothers and daughters to spend
quality time together. It brings you closer
and warm feelings, remain within your heart.
As long as you make the time to be together.
That's the most, important part!

Audrey Heller

Our Predicament

As we look forward to the new year,
I'm sure it's in all our minds, for
everything to be better, than we have
right here! What a predicament, the
world is in and I still can feel, my head
start to spin! It doesn't matter, how much
time goes by, it still gets worse. It's as if,
we were given, a curse! For example, take
the weather, the way it's been, there's a
lot of frustration, right there. Next, look at
our economy, isn't that enough, to give
anyone, a scare? We really need a lot of
changes, as I think we're way, overdue.
I'm sure, if asked, most people will agree
with me and long, to start anew! It would
be great, to see people smile again and
not go around, with a frown. All it takes is
will and determination and for sure, we'll
be able to turn, everything around!

Audrey Heller

Our Ups And Downs

There are times things seem to go
right and times, they go wrong.
Times you feel weak, times you
feel strong. We do have these ups
and downs, for they come and go.
That's the way it is, that's life for you,
you know! When you're feeling up,
all around you looks so rosy. And
your relationships, well..they're comfy
and cozy! But should you be down,
well that's another story. That's the
time, you're certainly not in your glory!
I guess what's best to do, is go with
the flow, or perhaps we should say the
tide. Whichever one, you care to choose,
be it known, that time is on your side!

Audrey Heller

Out Of Sight

Out of sight, out of mind, isn't exactly true. Sometimes, it's the opposite, where you can miss them, a whole lot too. Some sayings, I grant you, can live up to what they actually mean. Then there are others, that there is no in between. I have no idea, where these sayings originated from. However, some people, take them literally. I, on the other hand, have always done, what's best for me!

Audrey Heller

Out Of Sight Out Of Mind

Out of sight, out of mind! Is it then, we become,
so blind? How, is it possible to forget? For I
still, think of you, yet! Time may go by, but it has
no bearing, on how I feel about you! As a matter
of fact, I would like to think, you feel, the same
about me, too. It makes no difference, how long,
you've been gone. As feelings stay with you, even
though, time, marches on! How can you get up,
one day, as if no one, was there? Even though,
you're out of sight, that doesn't mean, I don't care!
It's true, life does go on, but we have the
tendency, to forget! It's a good thing, if we're able
to get passed that. Otherwise, we'll experience,
many a regret!

Audrey Heller

Out Of The Blue

I wonder why some things happen.
Why, they happen out of the blue?
I search my mind, for some kind of
answers. But nothing seems to come
through. Some things I know we have
control of, others, we have not. Which
proves we just have to be grateful and
be happy with what we've got. It doesn't
help if you complain. No one wants to
listen to your woes. Try keeping it to
yourself and you'll not create any foes.
Just put your best foot forward, be happy
and carefree. Then you'll see how things
will change and how better off, you'll be!

Audrey Heller

Over And Over Again

How can I, forget you? It's just impossible, to do. For everyday I sit and daydream and long to see you too! Of course it's quite impossible, but in my heart, I'll forever care. You may have gone from this earth, but my love, is always, there! If I close my eyes, even now, I can hear your voice loud and clear. Talking to each other, about many things, but it doesn't take long, before it all will disappear. I try to hold on to it, but it doesn't stay and much too soon it's gone away! No need to fret, as I have the power to keep you close, as in my heart is where you remain. So whenever I choose I can see you there with me, over and over, again!

Audrey Heller

Over Sensitive

There are times, we're over sensitive
and need a lift, before whatever is on
our mind, becomes adrift. Moments
like these, we can do without, as it only
bring you down. You don't need to be
caught, in this web of frustration, where
you feel, you're going to drown. Of course,
we're our own worst enemy, but would
rather not, think it's true. When you get
caught in your emotions, it's a dilemma,
for where do you turn, to get through?
I guess, one has to have will and
determination, to pull themselves out
of this rut. You've got to be brave and
quite strong and feel it, in your gut. The
tides will turn, when you're willing to
admit, it's nobodys fault but your own.
Once you start to believe in this theory,
you'll no longer feel, you're alone!

Audrey Heller

Overcoming Stress

When we deal with too much stress, it causes a lot, of unhappiness! Eventually, we pay the piper indeed, for being out of sorts, is not, what we need! How do we overcome, these petty annoyances and how, do we keep them at bay? What do we have to do, to make them go away? We know, that too much stress, alters, the way we think and act! All of this is true and definitely, a matter of fact! One way, is to find something, to occupy your mind! When you're kept busy, the stress, will automatically disappear, for it's helping you, to unwind! Busy hands, also, does the trick! Whatever, you find that helps, remember, it's your pick! Don't, let stress be bothersome. Be aware, of the damage, it can do! Fight it, any way you can, but don't let it, get it's hold on you!

Audrey Heller

Parental Control On Computers

I think it's a wonderful idea, to have parental control on computers. My feelings are strong, about it personally. Unfortunately, there's so much around not meant for them to see. Every child has a natural born curiosity. They will stop at nothing, to find what they're looking for. Once it's found, they'll always come back for more. For ever so long they, had access to many sites which were off limits. They'd wait, until their parents were not at home. Once they left, they would surf the web, for now they were on their own. Parental control, keeps children from getting into trouble. You have the last say, what they can and cannot see. I bless the day, it came into effect. As it now takes a big load, off of me!

Audrey Heller

Parenting

There are no classes, of any kind
of lessons, on how to be a parent.
You have to learn, as you go along.
It's not the easiest task that's set
before you, in teaching your child,
right form wrong. If you set a good
example from the beginning, they'll
always remember what was seen
and heard. It will remain with them
forever, as they're prone to every
word. All we can do, is set the
standards from here on in. The ball
is in their court. With hopes, whatever
we did or try to convey, they'll never
forget, what we taught!

Audrey Heller

Passing The Grade

I can imagine, there are many of us,
who loved and then lost! I'm sure
most of us held on, as long as we
could, no matter what, the cost! But
unfortunately, not everyone, is meant
for each other and at some point, we
find it to be a true fact. We should have
seen it before, but we were blind, to
the way they did act! It was as plain
as day, right before your eyes, but you
just couldn't see. You wanted everything
to be perfect, so you went along, for you
were hooked, emotionally! Not everything
works out, the way you have planned and
it's very hard to face. But, you have to pick
yourself up, in order to save grace! In time,
things go back to normal and life goes on.
You get to the point where you forge ahead,
forgetting what you had before, is gone!
Nothing stands still and new acquaintances,
come into your life. You're a better person
now and you can put behind you, the misery
and the strife! Everyone, goes through these
changes, but it's important you learn from the
past and the mistakes you've made. Life is a
teacher and if you learned your lesson, then
you ultimately, passed the grade!

Audrey Heller

Passing Time

Sitting at my computer everyday,
is a great way to pass, the time
away. Playing games on the line,
like puzzles, trivia and such. All
help to keep my mind alert, I never
realized how much. Each day
becomes a new challenge. There
are questions, that need to be
solved. Putting my memory, to the
test, I get myself quite involved.
I'm amazed at what I remember.
Take pride in what I know. I still
have room for knowledge. There's
always room to grow. I'll never get
old and feeble. I'll keep on going
strong. If I continue to use my brain
everyday, how could I possibly, go
wrong!

Audrey Heller

Patience

Patience, is a virtue! You can't
expect to get what you want,
right away. As all of us know,
Rome wan't built in a day. Take
time to smell the roses, instead
of just growing them. There isn't
a thing, that will happen over night.
The same holds true, with patience.
You must put it into practice, before
it will turn out right. Don't be in a
hurry, let it take it's course. It may
take a while, until you get there. But
when you do, you did it, without any
force!

Audrey Heller

Pent Up Emotions

Here it is, another day and my thoughts,
are running, a mile away! It's not unusual,
as it happens, more than you know. I think
about you, all the time, there's nowhere to
hide and nowhere, to go! I have your picture,
in a frame and whenever I look at it, it's as if,
you're staring, straight at me! I talk to you, like
I always do and wish you, could hear me, too!
Having your picture near at hand, comforts me,
for I see you there, with a smile on your face,
as if, it was real! This is my way, of keeping you
close, with all my pent up, emotions. Which is
expressing, exactly, how I feel!

Audrey Heller

Persistence

Being persistent, can be a positive trait, but being stubborn, gets you nowhere. You have to stick to your convictions and by doing so, it can get you, just about anywhere. When you're stubborn, it's hard for anyone to get through. You're convinced you have all the right answers, but honestly speaking, do you? One has to have an open mind to suggestions and how to get along. You have to have the guts to admit, when you're wrong. There's not a person, who at one time or another, hasn't had a stubborn streak. To sum it all up, being persistent, is a sign of strength and not, being weak!

Audrey Heller

Personality

Some people, place too much importance on looks. At first glance, it's the first thing you're attracted to. If there's nothing else to back them up, then looks alone, will never do. Personality, is the key. It can take you pretty far. Engaging in good conversation, says a lot, about who you are. A sense of humor, is another requisite. If you possess one, it's very nice. I can't think of a better way, to break the ice. I found out a long time ago, you can't get by, on your looks. It's more important, what's going on, inside your head. Since it's up to me, I'd rather be with someone, who has a lot of personality, instead!

Audrey Heller

Pictures

For ever so long, I've kept my pictures in a cardboard box, on top of my closet shelf. Pictures taken years ago, of family, friends and myself. I thought I would get to them, arrange the pictures in a book, then put it away. My intentions may have been good, but like all good intentions, they sometimes, go astray. What made me realize this, was when I wanted a certain picture, it was impossible to find. I had to spill out the contents of the box and sift through all the photos. I thought I'd lose my mind. No more procrastination, on my part. I'm putting everything together, then you'll see, a perfect work, of art!

Audrey Heller

Pining For You

There are times, when all I can do,
is think of you, which puts me in, an
unhappy place. I'll sit and stare and
I'll not be aware, of tear drops,
streaming down my face. It's a very
long time, since you're gone, but to
me, it seems like only yesterday. It's
just so hard to forget you, for I pine
for you, everyday. Life without you,
hasn't been easy, of that you can
be sure. So much time, so much
heartache, that I have to endure.
I can't ever, see it getting better,
for I'm lost, not having you around.
For my love for you, is so deep,
so very solid and sound. One day,
we'll be together and I'll be happy,
as I was then. The question is, I
have no idea, when I'll be with you
again!

Audrey Heller

Plagued With Problems

There are a lot of people in this world, that are plagued with problems every day. I listened, to some where I thought I could help, but I don't know, if they heard what I had to say. There are a lot of people with anger issues, just why, is anybody's guess. There's so much hurt, built up inside them, they really are a mess. Where it all originated from, how does anyone know? All you can do is listen and perhaps they'll find a way, to let go. You feel so helpless, when you realize, there's not too much you, personally can do. You only hope, if they want to get on the right track, they'll find the proper person, to help them through!

Audrey Heller

Planning For A Getaway

Planning for a getaway, I guess you'll have to think about it twice! For when you go to pump gas, you'll cringe when you see, the price! It seems it keeps getting higher, which is a big problem, to say the least. There are many things, you'll have to cut down on, including, your occasional, barbeque feast! It's a shame all the concessions, we'll have to make. Life is getting harder and no longer, a piece of cake! In fact, it hasn't been that way, for quite a long time, as most of us, are struggling to keep afloat! Quite frankly, there's so much going wrong today, who can we count on, to stop, rocking the boat? And on and on, it goes, where no one yields or even bends and no one, tries, to make ammends! The unrestful days, the sleepness nights, the worries that are endless and the enduring plights! Maybe, there will suddenly be, an end to all this and we'll all go back, to living in bliss!

Audrey Heller

Playing The Game

When playing in a competitive game,
the main object is to win. You strive
very hard, to get to the top by never
letting go, or giving in. A lot of tension
starts to build, but that's when you're at
your best. The point is to concentrate,
so you do better than the rest. You
never waiver for a moment, always in
control. That's the way you've trained
yourself, so you, could reach your goal.
Your discipline has finally paid off, you
won as you hoped you would. Which
proves a point, if you apply yourself,
you too, can be just as good!

Audrey Heller

Plugging Away

Even, when things appear hopeless,
keep plugging away steadily and you
will soon see, the benefits of your
highly structured, methodology.
When you get it all straightened out
and do it your way, you owe no one,
an apology. Even if they don't agree
with you, you know what's best, as
you're the one, you have to please.
And that takes standing up, to what
you believe in. It may be a hard task
to perform, but just take it all, with a
grin. Nothing is hopeless, unless
you choose to turn the other cheek.
But if you keep plugging away
steadily, no one, could ever say
there will be havoc to reek!

Audrey Heller

Positive Changes

It's never untimely, to initiate positive changes in your life. Ultimately, it can help do away with any kind of strife. You can do anything you want, if you have the initiative, to see it through. There isn't another way, that can be a better help to you. It takes determination and courage, but it can be done. I've seen it happen before and you, just could be the one!

Audrey Heller

Positive Intention

Don't, try to patch up the past,
Instead, create the future with
positive intention. You'll feel
very good about what you're
doing, with hopes there will be
no intervention. There's many
things one can do, if you search
deep down inside. Everyone has
a purpose. It's up to you, to decide.
I'm sure when given some thought,
you'll be surprised what you're
suited for. Then it's time, to turn
it all around and change your life,
forever more!

Audrey Heller

Positive Thoughts

Staying positive, helps you work through any negativity, that crosses your mind. You have to push these thoughts away, so there's no interference, of any kind. One has to be strong, to stay one step ahead of the game. Results may not be seen right away, but as time goes on, it won't be the same. Positive thoughts are a blessing in disguise. It makes all the difference how you see yourself, because you'll see yourself, through very different eyes!

Audrey Heller

Pouring Rain

Listening to the eerie sound, of
the wind and rain, all around! It's
raining so hard, you can hardly see
and the noise of thunder, makes you,
jumpy as can be! Looking out the
window, it's really coming down, with
all it's might. Actually, there's nothing
but heavy rain, in sight! How bleak it
is, how much more, can we get? All I
can think about is, I'm glad I'm indoors
and won't get wet. How horrible it would
be, to get caught in this pouring rain.
When it rains this hard, it's difficult, for
all that water, to drain. At times like these,
it's best, to be where you're safe, warm
and dry. Looking out of the window,
watching, until it lets up and passes, by!
Let's hope, we'll have a sunny sky
tomorrow and if we do, it's sure to make
our day. For when the sun does shine,
somehow, we all feel fine and go merrily,
on our way!

Audrey Heller

Practice What You Preach

Too many people, don't practice what they preach. They can give you sound advice. But when it comes to them, it's way out of reach. For some unknown reason, they have a clear prospective, when they're not involved. They look at it, from a different point of view. If it's something pertaining to themselves, it's not easy for them to do. If people could take the time, not be judgemental, they can find the answers, in no time at all. Perhaps it may take a while. But in the end, they're bound to feel, ten feet tall!

Audrey Heller

Preparing For Christmas

I've always found it strange, before
Thanksgiving is here, they're already
preparing, for the Christmas holiday.
Wherever you go and wherever you
look, you're reminded that Santa, is
on his way. Pretty soon, the stores
will be packed. The people rushing
here and there. Trying to find the
perfect gift whether it be an object,
or something to wear. It's never an
easy task, as you go merrily on your
way. All you can possibly hope for,
that everyone's happy, with your
choice, come Christmas day!

Audrey Heller

Pride

All anyone wants in life, is to succeed,
in what they do. We'd like it to be easy
for us and somehow, get us, through!
No one, wants to struggle and we'd
like it, if things went smoothly along.
It helps to build our character, as we'd
know, exactly, where we belong! It's
always a hard climb, to get to where
you'd like to be. You have to be
diligent, be on your toes constantly, as
nothing, is, for free! But, when you get
to accomplish, what you set out to do,
it's a wonderful feeling, you have inside.
And to know, you did it, all by yourself,
is it any wonder, you're filled, with pride!

Audrey Heller

Problems

We all have problems, of one kind or another. They find you, whether you like it or not. At times it's not worth talking about, as all of us have our lot. It's strange how trouble besets you, at the least opportune time. But then again, it always strikes, when everything seems to be fine. There's no way it can be avoided. It happens to everyone. If you could have your say, no doubt, it would be to have none. Unfortunately, this will never happen, no one goes to do the best you can. Above all, don't be afraid!

Audrey Heller

Promises

Going to a party where food
is a plenty, you'll be tempted
an awful lot. Everyone starts
out, making a promise, but
they would rather eat, then
not. With all the tempting
dishes, placed before you,
it's not possible, to give it a
taste. Of course you know, if
you continue like this, it's all
going to go, to your waist. At
this point, you haven't given
a thought, as you're feeling,
so very good. Besides,
promises are made, to be
broken and quite often, they're
misunderstood!

Audrey Heller

Promises Are Made To Be Broken

Promises, are made to be broken, so they say! But I really wish, it wasn't that way! If you make a promise, in my estimation, you should see it through, as to my way of thinking, that's the logical thing to do. Why make a promise, if you have no intention of keeping it, it's better, if you say nothing at all? But when you give somebody hope and don't come through, to me, it's just a bad call! It's a big let down, to be sure, when you're relying on someone and they're just, not there. How, can they not, be disappointed and filled with despair? You better think it over, before you make another promise, you don't intend to keep. It doesn't show your strength, it only shows, that you're weak!

Audrey Heller

Protocol

Some things, are left better, unsaid!
As you can stir up, a hornets nest,
where lightly, you'll have to tread!
Everyone, wants to think, good about
themselves, as that's the nature of the
beast. No one, wants to be in trouble,
to say, the least! That's why, if you can't
say anything nice, don't say anything, at
all. It's what's commonly known, as
protocol! That's why, it's best, to leave
many things unsaid, you'll not regret it,
if you do. Silence, is golden my friend
and you'll find, what I'm saying, happens
to be true!

Audrey Heller

Psychics

Don't you love, the way these Psychics,
try to rope you in? Telling you, if you act
right now, a lot of money, is yours to win!
All you have to do, is listen to what they
have to say. By picking up the telephone
and for the first five minutes, you don't
have to pay! Once you're roped in, how
will you be able to quit? They'll have so
much to tell you, you'll want to hear all of
it! Included in what they want to inform you,
is love is waiting for you and it's not, that
far away. If he or she, knew all the answers,
they'd know I was committed, in a big way!
They try to tell you, how you'll find romance.
They see it happening, if you let your guard
down and take a chance. If they were so
astute, as they pretend to be, then they
would have to know, God already had,
blessed me! I'm married, so I'm not,
looking for the man of my dreams, as
he's already in my life. I'm not searching
for greener pastures, as we're still in love
and we'll forever be, husband and wife!

Audrey Heller

Pulling Up Stakes

As we get on in life, sometimes, we have to pull up stakes. The thing we have to be careful about, is not to make any mistakes. The home we lived in all these years, has now become a chore. Making it almost impossible, to do what we could before! Owning a big home is just too much, at this stage of the game. And the thought of leaving, can be quite a strain. Finding yourself a replacement, won't be easy. It will need patience, on our part. And no doubt, we'll go, with a heavy heart! Here we are, we're still looking. Hoping, the right thing will catch our eye. It will take a lot of searching, to find the one, we'd like to buy. Finally, it's found. It has everything, we've been looking for. Here is where, we intend to stay. Now, always and forever more!

Audrey Heller

Puppy Love

Having a brand new puppy, can be,
quite exhausting! It comes with all the
trimmings, minus, all the frosting! Lot's
of work, is involved here, from morning
until night! Trying, to get the puppy trained,
can sometimes, be a fright! Of course, the
pleasures you derive, from this little bundle,
is worth anything you do! They'll follow you
around, wherever you go and stay, very
close, to you! They're full of love and want,
more than anything to play! It it were up to
them, they'd have you going all the live long,
day! It's very hard, to resist them, but there's
other work, that has to be done. However,
I have to admit. Playing with a puppy, can
be, a whole lot of fun!

Audrey Heller

Pursue Your Dreams

Accepting the truth, doesn't mean,
you have to let go, of your dreams.
After all, what is, the way it seems?
Going after your hearts desire, is
admirable, I'd have to agree. If you
don't pursue your dreams, how
would you know, what could be?
Some, are afraid to take the risk
and still live in a dream world.
They're too timid, to make the first
move. How can anyone know, what
they can accomplish, if they don't
get in the groove. All you can do, is
give it a whirl, you never know, what's
at stake. Come on, don't be afraid,
show you have courage, for heavens
sake!

Audrey Heller

Put All Your Cares Behind You

With time passing by so fast, you
have to be grateful, you've come
this far! There are many people,
worse off than you, you have to
thank your lucky star! Just seeing
what's around you, it's very true,
what they say. If everyone, were to
put their troubles on a table, you'd
grab your own, right away! It may
seem bleak at the moment, but it can
change, down the line, as nothing
remains the same, all of the time!
As long as you have hope and believe,
life can change and take on, a new
meaning. Be optimistic and forget
about daydreaming! Look forward to
better things and there's no doubt,
it will find you when the time is
right. So put all your cares behind
you and you'll find, you'll be
sleeping better, at night!

Audrey Heller

Put On A Happy Face

In the times, we live in, just
about everybody, has a
problem, or two! The things,
we thought were safe, have
now, been taken away, from
you! Hard times, has fallen on
a lot of us and there's no way,
of knowing when, it will end. You
try to keep up, with it all, but so
far, nothing, is coming around
the bend! You go, from day, to
day, as that's all, you can do! It's
not a good feeling, that so much,
has slipped away, from you!
What's the use, in complaining,
it's not, going to make anything
better, at least, not for awhile. The
only thing you can do, is put on, a
happy face and smile!

Audrey Heller

Quick As A Wink

Even, when you think love, has evaded you, sometimes, it can be closer than you think! You may have experienced, a lot of disappointments, but when it happens, it will be quick as a wink! When you least expect it, that certain someone, could be very near and close at hand. Coming into your life so swiftly, that your heart, will beat, like a drum in a band! The meeting will be so intense, that you'll feel, you've met each other, somewhere before. Love, can come into anybody's life and reopen, a closed door!

Audrey Heller

Quiet Moments

There are times, when I crave
quiet moments by myself. I'll not
even take a call. I want the feeling
of complete relaxation, just do
nothing, at all. I'll sit in a room that's
dimly lit, so my mind can be clear
and free. To sit and think of nothing
and let nothing, be a bother to me.
When pressure builds up, you need
a way to let it go. You have to have
an outlet, if you don't it's bound to
show. Take some time out. It doesn't
matter where you choose. Just make
an effort, to be by yourself. You'll have
everything to gain and nothing, to lose!

Audrey Heller

Quite Enough For Me

I thought this year, things would settle down, but it appears another Tornado destroyed, another town! It seems, no matter how much we'd like to turn a page, Mother Nature, is still showing her rage! No need to say how scary this is, especially for those who are in harms way. She doesn't care, who's life she destroys, there's nothing to keep her, at bay! My heart aches, for all the people who are now homeless and for all those, who's lives were lost. It's a terrible thing, to see all the pain and suffering, imagine, what all this will cost. How does one start over again, when all that you owned is gone? Where is the hope? How do you carry on? In some places, who's to say this won't occur again, as they live in an area, that's not prone free. I don't know how they stay where they are, as once, would be quite enough, for me!

Audrey Heller

Rain

Sitting by my window, the rain
is falling down. Watching every
drop, as it slowly hits the ground.
Clearly, I can hear, as it hits my
window pane. Those tiny little
droplets, of rain! Now, so many
days have passed and there has
been nothing but rain. Making me
irritable and eager to complain.
'Enough already!' It's time for
it to stop! If it doesn't, I'll surely
blow my top. Let me awaken
tomorrow, look out and see
the sun! Not just for my sake,
but for everyone. Sunshine is
needed, to brighten up our day.
And how grateful I'd be, to see
all the rain, go away!

Audrey Heller

Rather Monotonous

Forever so long, we've had cloudy
sky's and then, down came the rain!
It's getting rather monotonous, giving
you a reason, to complain. It's so much
nicer, to awaken each morning and
face a sunny day, even if you're beset
by problems, it chases them all away!
It's much more pleasant, to go about
your tasks, when the sky is blue, it not
only raises your spirits, but makes you
feel, a whole lot better, too! Why would
someone choose to live, where they
have a long rainy season? For me, it's
totatly out of the question, as I've already
stated, my reason!

Audrey Heller

Ready To Roll

I believe this year, a lot of people had to curtail their plans, for going on a trip by car. It's a shame in a way, but the price of gas, is outrageous, by far! It seems they always wait for the summer, then raise their prices, knowing too well, the effect it's going to create. No one, is happy about this and many give up, for now it's just too late! It was great when we could pile into the car and it didn't matter, how close or far! We just went on our merry way, going wherever we wanted to, to enjoy the day! Now, of course, we can't do, what we did in the past, for whatever gas is in our tank, we have to make it last! Some day I hope it will change and it no longer, will take it's toll. Then once again, we all can be, ready to roll!

Audrey Heller

Reality

Whenever I enter a crowded room,
I see you everywhere. You could
be standing all alone, or sitting in
an easy chair. What is appearing
before me, is a figment of my
imagination and not what I actually
see. I've learned to come to terms
with it, for this is not reality. I may
live in a dream world, but for me,
everything, is still the same. If it
makes me happy, then is there
any shame? What harm can come
of this, as I'm very much aware. It
just gives me a very warm and
wonderful feeling, knowing, you
are there!

Audrey Heller

Realization

There are times I sit and wonder,
how would life be? If I never met
you and you, never met me? Of
course, nothing would remain the
same. I'd still be me, but I'd have a
different name. It's hard to fathom,
how life would turn out. I can't quite
picture it, in my mind. Everything I'm
used to, no doubt will change. It's an
eerie feeling, I find. Which brings me
back to realization. No one, knows
exactly what lies in store. It's up to us
to make it or break it. It takes a lot of
work, like anything else, when you get
right down, to the core!

Audrey Heller

Realize Your Mistakes

If you're not happy with your life,
don't just sit around and pout!
Letting each day go by and
doing nothing, is wrong. You
have to give it a lot of thought
and figure it out! Look at all
the precious years, you're
wasting. Time moves along
very fast. If you choose to do
nothing about your situation,
then, the dye is cast! It's up
to you, to make or break it.
Don't, let too much time, go
by. Take everything into
consideration, then, watch
the moments, fly! We alone,
are responsible, for the way
we conduct our lives. Sure,
we'd like to place the blame
on others, especially our
husbands, or wives! Of
course we all play some
part if it's a failure, but the
thing is, to realize your
mistakes and move on. No
harsh words should pass,
between the two of you, you
have to be big enough, to
let bygones, be, bygone!

Audrey Heller

Rebound

It's bad, to fall in love, on the
rebound! As this is a love,
that's not solid, nor sound!
Doing it this way, is only
trying to get even, on what
you have lost. But, you don't
realize, what it's gong to cost!
You go along and it's not long,
before you realize, your mistake!
You thought it would work out, but
eventually saw, it's not, a piece of
cake! Never jump, into a new
romance, when your life, is up in
the air! For to do so, you'll find out
in time, you're in despair!

Audrey Heller

Regrets

Sometimes, we berate ourselves, for the mistakes we've made, but who, hasn't had some regrets? You can't go through life, doing everything right, would you care, to make some bets? There isn't a person living, who can actually say, everything they wanted, went their way! Nothing, is as easy as pie. And if they told you that, it would just be, a big white lie! It's true, some may be luckier than others, but you still, must put some effort in. With most of us, it doesn't fall into our lap, we have to learn, where to begin! Working towards your goal, makes you proud of what you've done. You put your heart and soul into your work, making you a better person, bar none! Just forget about mistakes and regrets, you've made in the past. The point is, you've overcome them and now, you've arrived, at last! Learn to never look back, as that can be a hard thing to take. Live for the here and now, for life can and will be, a piece of cake!

Audrey Heller

Relate Your Feelings

It's good to talk about the things that bother you and get it off, of your chest! For keeping it bottled up inside, is really not the best. The more you let it go, the worse off, you're going to be. So if you want to do it right, then take a tip, from me! Let it all out, but in the proper way. Relate what you have to, but it's all in what you say! Choose your words carefully, no need to be sarcastic or mean. Get your point across with kindness and leave out, the in between! There's a right and wrong way, for having a spat, which helps you see it through, without all the fan fare and drama. You can both derive from all of this and spare yourself, the trauma! Now you found out, there is a right and wrong way to get your point across. You have to talk to each other civilly, for when push comes to shove, no one, is the boss!

Audrey Heller

Relationships

Relationships, no matter what kind,
doesn't happen over night! It takes
time, patience and effort too, for it to
turn out right. You get out of it what you
put into it, it needs to be constantly
worked on. Failure to do this, in no
time, your relationship will be gone.
Like everything in life, it has to have
attention, for it to grow! If we don't take
the time, then we're the losers and
rightfully so! We can't afford to be lax,
or take a devil may care attitude. Acting
this way, is not to your advantage, in fact,
it's rather rude. If perhaps some day,
someone should show interest, let them
know you care, by little gestures you do.
It's then no doubt it will turn out to be, the
perfect relationship, for you!

Audrey Heller

Relaxation To Me

I'm not one, to watch T.V. for
frankly speaking, there's not
much to see! If I happen to
decide to watch a show, then
it's got to be something, that
I know. I'm not into suspense,
or an alien plot, I'd rather hear
laughter, believe it, or not! I
want to be entertained and feel
real good and not break my head,
for something misunderstood. I
feel too many things in our lives,
go wrong and watching something
light and funny, is where I, belong!
I don't want to see murder mysteries,
shows with sad endings and someone
who has a twisted mind. I don't care
how long it takes me, to go from one
station to another, but I'll definitely
seek, until I find! Relaxation for me
is to laugh, feel happy, as the night
is coming to a close. After a hectic
day, we all can benefit from it. as
every one of us, knows!

Audrey Heller

Remembering Halloween

</>It's awfully quiet tonight! There's not one child, in sight! There is no knocking on the door, or any young child, asking for more! That in itself, is a matter of fact and I can't help but wonder, where they're all at! I've noticed a big decline, throughout the years, for I guess there are those, who have doubts and fears! Times I guess have made it so, for no one, has that get up and go! It's really too bad, for the youngsters of today, as they're missing out, on one of the scariest nights of the year. But that's what it's all about, when Halloween, is here! It's a day for fun, for everyone, enjoy the sights you see. Look there goes a skeleton, he can run pretty fast, at that. Quick, over there, I just saw, a big, black cat! Costumes here and costumes there, you try to get in a glance, but if you don't do it quick enough, you'll not, get another chance! See, what the children are missing! I ask myself, why is this so? There's got to be a change in attitude and parents, I direct this to you as it's time for you to make decisions, it's time to let, your little ones go! Now of course, I don't mean without you, by their side. They still need supervision and as their parent, you'll always be, their guide!

Audrey Heller

Remembering You Dad

I miss you, oh so much, I long
to feel, you're gentle touch! To
hear your voice, just once more,
is what, I'm really longing for! It's
been so very long, that you've
been gone, but this feeling, still
lingers on! Whenever I look at
your picture, I pick it up and hold
it tight. I gaze at you, with loving
eyes, be it day, or night! What a
handsome man you were,
everyone, has said so. I keep the
same picture, in my wallet and
show you off, wherever I go! The
minute they look at your picture,
then look at me, they'll remark
how much we look alike, for it's
very plain to see! I'm proud, to
say the least and honored too.
That I was very lucky, to resemble,
you!

Audrey Heller

Reminiscing

Many a time, I've reminisced about the past! Thought of all I went through, to make it to where I am today. There were bumpy roads I had to cross, but never let them, get in the way. You have to have the will and determination, to become an achiever should you want to succeed. Otherwise, you'll never make it, always you'll find you're in need. There's nothing we can't accomplish, should we put our mind to it. Of course, it takes a lot of work on our part. If you want something bad enough, it will come straight from the heart! If your heart isn't in it, then you're defeating your purpose. You will never get ahead. Just think, long and hard on this, then rule with your heart, not your head!

Audrey Heller

Remorse

If you're angry with someone, don't hold
a grudge! If too much time passes, you'll
both, never budge. It's not really healthy,
to stay on this course, for to do so in the
end, you'll both feel remorse. None of us
knows, what our future will hold. So we
don't need this to hang over our head!
No one, has a crystal ball, to inform us
what lies ahead. Someone, has to make
the first move and get themselves involved.
When this is put into play, it won't take long,
before everything, is resolved!

Audrey Heller

Resolutions

Why do we make resolutions, we know,
we'll never keep? Like losing weight,
doing exercise and getting the proper
sleep. For all intensive purposes, are
intentions are good. But often, they
manage to go astray. The minute we
talk about it, we lose sight, along the
way! We're so convincing, when it's
said. And for whatever the reason,
it's never, full speed ahead! I don't
like to admit, laziness on our part.
But it's quite apparent, we've never
taken it, to heart. I think, we just like
to hear ourselves talk, I'd have to
say. There is no doubt, if we really,
wanted it to be different, nothing,
would stand, in our way!

Audrey Heller

Respect

Respect, is what we strive for. It has to be taught, as well as earned. If you haven't any respect for yourself, you can't give it to others, I have learned. When you look into a mirror, do you like what you see? If you don't, it's time to do an about face. A change of attitude, can be your saving grace. When you acquire the knack, to give respect to others, automatically, it will be given back to you. People will, notice the difference, your behavior, is their cue. Whatever you don't like about yourself, can be worked on. The question is, do you care? If you can honestly answer yes to this, you're already, half way there!

Audrey Heller

Restless

If you become restless, while trying to sleep, don't stay in bed. Get involved in some activity, it's bound to clear your head. Should you lay there tossing and turning, it isn't good for you. Keep yourself occupied, that's the proper thing to do. In my experience, reading a book, always does the trick. Just be careful, when you decide which one, you will pick. It shouldn't be the kind, that's filled with excitement. As for certain, it can keep you wide awake. Find one that's kind of interesting and light, yet not too hard to take. After a while, your eyes will begin to get heavy. You're relaxed to the point, where you start to yawn. Knowing too well, it's back to bed now. Where you won't rise, until dawn!

Audrey Heller

Restraint

Although one may realize the importance of saving, it's challenging, not, to spend your money impulsively. It's a habit, one can get into, but holding back, is a necessity. With some, money, burns a hole in their pocket. They can't hold on to it, if they try. It seems, they're being pulled in the wrong direction, as they have this constant need, to buy. It's not the smartest way to be, as these problems don't readily disappear. In fact, they go on and on, until there's nothing left, I fear. One, has to reevaluate the situation and realize, it's got to stop. It's one way of getting in so deep, you find you're over the top. Take time out, rehash it over and change what's good for you. Give a little, take a little, that's the most sensible thing, to do!

Audrey Heller

Roll With The Paunches

Yep, good old father time is taking it's toll. I see it every day, as I gaze upon my roll. It's not a pretty picture, I can tell you that. And wonder where it came from, that little roll of fat. It wasn't there a short time ago. So how did it get there? I'd like to know. It then occurred to me time, has gone so fast. Why then, would I think, good things were meant to last. Realizing, we have to take everything in our stride and considering our age, forget about our pride. As long as we can grow old gracefully, we'll consider it an added plus. And try to get used to the changes, that occur with us. We'll just roll along with the paunches, as all of us must do. Forget about the trivial things and not let them, be a bother to you!

Audrey Heller

Rose Colored Glasses

Some of us, look at the world through rose colored glasses. Refusing to see the light. As far as they're concerned, everything's rosy and bright. It's not always easy to comprehend. On the other hand, it's not a bad way to be. If that's what makes them happy, then it's all right with me. Personally, I'm just the opposite. I feel it's important to be realistic, to be aware of what's going on. If you keep hiding behind rose colored glasses, you're whole prospective is gone. We all have a tendency to see things, in a different way. Not all of us can share the same views. However, no matter how you look at it, none of us, has anything to lose!

Audrey Heller

Rules

We all have to play by the rules,
if you think you don't, think again.
If you've never been a square
shooter, one day, you'll pay for it,
my friend. No one, like to feel they
have been taken, it goes against
their grain. It's something you'd
rather not deal with, it can cause
considerable pain. When someone
tries, to pull the wool over your eyes,
it cuts you like a knife. Especially, if
you happen to be an honest person,
all your life. Know what was inflicted
on others, will come back to haunt
you. You'll never know the feeling of
being free. Whatever you get, you'll
be deserving of. Frankly, it won't have
any affect, on me!

Audrey Heller

Running For President

Here comes, the great big race, to
see who's going to take, first place.
It's a very long and tedious grind and
many a trail, they'll have to wind.
Making their bid from state to state,
waiting patiently, to learn their fate.
As we all wait, with baited breath, to
see, who takes the lead. It's not easy
on the candidates, for none of them,
are ready to concede. It takes courage,
strength and moxie, to want so badly to
win. And as most politicians will agree,
they'll not give up, or give in. So onward
they'll go, across the country, in search
of their paries vote. And now, I think I've
said enough, so I'll let it go, on that note!

Audrey Heller

Sadly It's Come To An End

When you like someone, you never seem, to notice their flaws! I guess you only see, the good side. But then one day, something happens and you feel, you've been taken for a ride! How is it possible, you never saw their real character? You believed in them and thought, they meant you well. How could you believe, they weren't the person you thought they were? There were no clues, so how could you tell? It's disheartening, to say the least, when you find out, your best friend, isn't what you thought her to be! Now, when you needed a kind word, where was she? Now, true colors, rears it's ugly head! But you know what, it's her misfortune, instead! I have no compunction, as I've always been, a true friend! It's just too bad, that it was all for nothing and now, after all these years, sadly, it has come to a bitter end!

Audrey Heller

Satisfaction

Tell it like you feel it, for your best shot at satisfaction. Then sit back and watch, everybody's reaction. It's good to do what's best for you, from time to time. As far as I can see, where's the crime? What you feel is just as important and should be heard. What's the point, in sitting back and not utter, a word. Tell it like you feel it and don't concern yourself, what the consequences may be. You'll get your satisfaction and for the first time, you'll have a feeling, of being free!

Audrey Heller

Saturday Morning

Come Saturday morning, it's a mad dash to the beauty parlor. It's my day to relax and have my hair done. It's become a ritual, where I combine business, being sociable and enjoy a little fun. Every week, I see the same familiar faces. Some, I know quite well. It's a sort of a meeting ground. I call it, show and tell. They're my Saturday morning buddies. We have conversations, that are very stimulating, as I love to hear someone else's point of view. I must admit, it's opened my eyes, as I've learned a thing or two. Unless something urgent comes up, nothing can keep me away. As Saturday, will always be, our very special day!

Audrey Heller

Saving Grace

There are things, that happen in
our lives, we have no control over.
No one, know the reason why!
When trouble seems to hit you,
we try our best, to get by! No one,
is exempt and everyone, has their
share. Things will hit you suddenly
and seem to come, out of thin air.
It's then, we need all the strength
we can muster, to get us through,
these trying times and look forward,
to a brand new day. This is our,
saving grace, for we have to believe,
better things, are on their way! !

Audrey Heller

Say It As It Is

Just say it, as you see it and let
the chips, fall where they may.
Keeping it all inside, doesn't
help you, anyway. It's best, to
get things out in the open, for
you've got to take that chance.
For you really, have to brave
enough and take that stance.
You could be surprised, the way
it will be received, when you let
your feelings, be known. The
reaction you get, I'm willing to
bet, will be a positive one and
be shown!

Audrey Heller

Say It With A Smile

If only life were that simple, how wonderful it would be, everything would fall into place, naturally! We wouldn't need to worry about every little thing, that may upset the apple cart. We'd take it on the chin and not take it, to heart! Life is complicated enough, without adding extra burdens to it. In other words, we have to display true grit! If you want to, there isn't anything, you cannot do, to make it all worth while. In this world, in order to get along, you must be strong and above all, say it, with a smile!

Audrey Heller

Saying Goodbye

I hate when the time comes, we have to say goodbye! For everytime we part, I know, I'm going to cry. I loved having you visit me, as I always do. And needless to say, in every way, I'll sure miss being with you! It really was wonderful, the way we talked and laughed, about so many things. The best part of all, is the warm feeling that it brings! It's moments like these, you wish time would stand still. But in actuality, we know, it never will! No matter how we try, there's always that day, when we have to say goodbye! In fact it's the hardest thing, we have to do. Now, all that's left, are the memories we shared and those happy moments, spent with you!

Audrey Heller

Schools Out

School is finally over. At least for a little while. The kids are out for the summer, giving them a good reason, to smile! The feeling, they can sleep late is great, so they say. Staying in bed as long as they want, just to pass the time of day. It all seemed okay, for a couple of days, until they passed the first week. Then it wasn't long, for the light to dawn, when they realized, they were up a creek! How very strange. What made them think, they'd all have themselves a ball. What they thought they were going to enjoy, they never enjoyed at all! I guess like most kids, they had to learn the hard way. Promising, when they'll go back to school, they will pay attention, to what the teacher, has to say!

Audrey Heller

Seasons Greetings

Wishing you a Merry Christmas.
May the season, be merry and
bright. May there be peace, all
over the world, starting with
tonight. May we all be grateful
for our blessings, when there's
nothing else to do. We have
food on the table and clothes
on our back, just to mention a
few. There's a lot we have to be
grateful for, lest we forget. It's
the time of the year, to spread
good cheer. Have you done your
share of it yet? There's still enough
time to do it. Raise your voice loud
and clear. Have yourself a Merry
Christmas and a Happy and Healthy,
New Year!

Audrey Heller

Secret Hideaway

Close your eyes. Now, imagine whatever it is, that can make you feel calm. Soon you'll experience a sense of peace and tranquility. Where no one, can do you any harm. It's a place that's safe, where only you can go, to ward off pressures of the day. A place that's called, a secret hideway. Everyone needs somewhere to escape, at one time or another. Some place where we can rest, our weary mind. And as far as I'm concerned, what better place, can you find. Here, we know we're completely at ease, no matter what the cost. For here in our secret hideway, we never, can feel lost!

Audrey Heller

Seeing Your Way Clear

There's so many things, going on in this world today, it's impossible, to see your way clear. Prices are soaring, mortgages are hard to come by, so I'm hoping they'll be a drastic change, next year. Things, that once were obtainable, are no longer, easy to get. Life is increasingly harder and many of our obligations, are not met. Somehow, there has to be a solution, to all this frustration, that's being felt, across the nation. The most important issue, is to be able to get back, on our feet. It's going to be a very long haul, but I'm not willing, to face defeat. I hope and pray, it will all go away and everything, will settle down. You'd think we were asking for way too much, or seeking, a golden crown!

Audrey Heller

Seize The Moment

It's okay to be cautious, but don't wait so long, that you miss your opportunity. Sometimes, we're afraid to make a decision, too fast as it may fade, from obscurity. If something comes your way, don't ponder it, too long. It's not everyday, something worthwhile, will come along. You have to seize, the moment before it slips, away and it's gone. Act on your laurels, do what you can, to hold on. Be assured, if you take advantage now, the opportunity will still be there and by taking it, you have the chance, to go full speed ahead. It's okay to be cautious sometimes, but for now, you have to think, with your head!

Audrey Heller

Self Confidence

If you want to be beautiful, in just one week, give yourself a makeover, from toe, to cheek! Add new luster, to everything you do and it will make, a new woman, out of you! Whatever you were doing before, cast it all aside. Now, in all honesty, you're ready to go, on a brand new ride! first start out with a different hairdo, then work in, a change of make up too. When that's done, you'll love the new, you! Next change the style of clothes you wear, you'll see a difference, immediately! Here you are, a really different person, nothing, like you used to be! Now, your self confidence, comes to light, the change is easy, for anyone to see! All it takes, is to be willing, to want to be different then there's nothing, one can't achieve. Most of all, when going through this transition, you have to have faith and most importantly, you have to believe!

Audrey Heller

Selfish Actions

Selfish actions, can create unnecessary problems, so consider others in your process. Try giving more of yourself and think about yourself less. It's not a good way, to maintain a relationship, whether it be family or friend. If you ignore the things that are important, you'll be the one, hurt in the end. It can't always be a one way street. It's not fair to think that way. So if you're smart, you'll take it to heart and change yor actions, today!

Audrey Heller

Sense Of Balance

Whatever you do in life, has to be just the right amount. If it's too much or too little, it will never count. You need to have a sense of balance, if you want to stay ahead of the game. Failing to do so, can cause a lot of strain. We live in a very competitive world, therefore you have to be constantly on your toes. If you let things slacken even a little bit, your life will be full of woes. In this day and age, having knowledge is to your advantage. It can take you far. It never hurts to have this under your belt. It's a statement saying, who you really are!

Audrey Heller

Separate Your Head From Your Heart

Sometimes, it's smart to separate, your head, from you heart. Not everything, is the way it's cut out to be. At times, you have to trust your instincts, for there's a lot of things, you'll not see. We all have the tendency to put the blinders on and just look, the other way. For the moment, it's the easiest thing to do, but time slips away. Take control of your life and remedy, whatever seems to be wrong. The only way it can improve, is refuse to go along. Just learn to separate, your head from your heart, you'll be happier, in the long run. Remember, you are what you think. Now, start living and have some fun!

Audrey Heller

Set Free

There's a reason, for everything that happens in your life and you cannot question why! For you'll never find the answers, as life keeps passing by. No use in wondering, you'll not find a clue. You can try as hard as you like, but even that, won't do! No one, ever really knows what changes things, or how it comes about. I'm sure it began a long time ago, but it takes awhile, for it to come out! Your first reaction I'm sure is, what really went astray? Nothing happens just overnight, without you knowing, it was heading that way! Yes, it's sad to say the least, when you realize, it's not the way you expected things to be. However, sometimes we have no say in the matter and suddenly, we find, we're set free!

Audrey Heller

Set Your Standards High

Accuracy, is as important as
determination. By putting your
best foot forward, you can avoid,
any kind of frustration. In order to
get somewhere in this world, you
have to set your standards high.
It's all right to go for what you
believe in and not, just want to
get by. It takes a lot of work on
your behalf, but it will be worth,
every bit of what you'll give.
Getting it right, is your assurance,
you'll have a better life, to live!

Audrey Heller

Sharing The Day

With Father's Day upon us,
it's no wonder, I feel blue!
As I'd give up anything, if it
were possible, to share it
with you! It wouldn't matter
where we'd go, just as long
as we'd be together. Nothing
could put a kink in it, not even
rainy weather. Now, all that's
left are memories, that will
never fade away. So here's
to you, my wonderful father.
Happy Father's Day!

Audrey Heller

Shells

I love being by the ocean. I love listening to its roar. I love watching as the waves roll in and break, upon the shore. Seeing all the beautiful shells, that flow in with the tide. As carefully, I pick each one up and place them by my side. Gently, I'll put them in a pail, I have brought with me. Washing away, each grain of sand, that the eye can see. When I finally make my selection, they'll be added to my collection. It will be time to search once more. Watching as the waves roll in and break, upon the shore!

Audrey Heller

Shoes

Every woman, has a fascination with shoes! She wants to have, every kind to wear. Her closet may be filled with shoes, but will gladly make room, for another pair. When she goes shopping, she'll buy most every style, not to mention, every color, in the book. It doesn't matter what it looks like, she has to have, the brand new look. What is this obsession, with shoes? What is it all about? No matter, how I try to access it, I can't figure it out. I guess, there's no use in breaking my head, that's the way it will always be. If I happened to be near a shoe store, how could I, resist. Do you see that lovely pair in the window? Well...it must have been put there, just for me!

Audrey Heller

Shop Simple Shop Smart

Shop simple, shop smart. Don't put so many items, into your cart. If it's something you need, then try it on. If it's not, then you had better be gone. Many of us have the habit, buying whatever the eye may see. We'll look at it then declare, 'this ought to look great on me!' That's it, now your hooked. You can't pass another thing by. Sometimes, we even get courage to put it back, then heave a great big sigh. It's unfortunate, it doesn't always stop there. You keep searching for more. Not for a moment do you ever think. Some of these purchases will end up, in your dresser drawer!

Audrey Heller

Shop Until You Drop

Everybody is scurrying around, for
they don't want to wait, for the last
minute. Wherever you go, it doesn't
matter, the stores are packed to the
limit. Fighting your way, through the
crowds, isn't exactly what I call a treat.
I know, before I'm finished, I'll be happy
to get off my feet. Still, you keep on
going, until all your shopping is done.
When finally it's over, everything comes
to a stop. Now, at last I know the
meaning, when it's said, shop until
you drop!

Audrey Heller

Shopping Should Be Fun

Here we go again, the mad rush is on!
With list in hand, looking for all the
bargains, before they're gone! It's a real
rat race out there, to find all that you're
looking for. It's just ridiculous going in and
out, of every single store! Every year,
people gear themselves up to stay in line,
waiting for hours and hours, just to find the
specials, of the day. I'm not one of them, I
do it, the old fashioned way! To go shopping
should be fun and an art. Going around at
your leisure and put your purchases, in your
cart! Who in their right mind, would want to
be pushed around, where you have no space,
to walk, or even move? Frankly speaking,
that's not, my groove! I like to take my time,
sit down and rest, have a cup of coffee and
then continue on my way. I'll not be overtaxed,
I'll still, be in a good mood and that to me, is
worth everything, as what more, can I say? So
shop in style, with a smile, don't run yourself
down, it really doesn't pay. In the end, my
friend, you'll be awfully glad, you did it, my way!

Audrey Heller

Silent Letters

Who's idea was it, to put the silent letters in words? It makes no sense, to me. When the word is said, you hear it, phonetically. Why do we need the k in knee? If you leave the k out, doesn't it still sound, like it's supposed to be? How about the word plumber? What is the b, supposed to be there for? As far as I'm concerned, the b, shouldn't be in there anymore. Putting all these extra letters in words, is utterly confusing. For those trying to learn the english language, it's anything, but amuzing. Everything should be kept simple, so it's easier to pronounce and easy to spell. If they would have left it alone, without using those extra letters, we all would have done, very well!

Audrey Heller

Since I Lost You

The nights are long, the days are too, they've been this way, since I lost you! It isn't easy being without you, as I long to be in touch. Just to hear your voice again, would mean so very much! To say that I'm lonesome, that's a big understatement, as I think about you constantly. You were my rock, you were my dad and you meant, so much to me! I can't believe, so many years have gone by, how did I survive? All I can think about, is the wonderful feelings, I had being with you, when you were alive! We very seldom, had words, but if it came to pass, I just let you blow off steam. I never, would ever, answer back, for what would it really mean? You meant more to me, than letting a few words you said in anger ever, get me down. I knew it would pass over, as quickly as it was said and it wasn't worth it, to make me frown! Sometimes, silence is golden and in cases like this, it's the best thing to do. Because no matter if you were angry, it didn't make a bit of difference, for nothing could stop me, from loving you!

Audrey Heller

Since You'Re Gone

The day's seem much longer, since you're not here and it doesn't get any easier, with the passing of each year. It's hard not to think about you, as I so often do. In a way I find, it's therapeutic, for me too. There are so many wonderful memories I talk about often. Some, quite humorous, I must admit. We did have a lot of laughs together, now, that I think of it. I was very blessed having a father who's disposition was so rare. You were ready to help me at anytime and always, you were there! It didn't matter what it was, you found the time to listen to what I had to say. After hearing me out, somehow, you managed to show me the way. Yes, I miss you! As the time goes on, in my heart you'll stay. Always to remain with me, forever and a day!

Audrey Heller

Sleepless Nights

There are many people, who
have difficulty, falling asleep
at night. They may find solace
in reading, with hopes, it will
end their plight. Then there
are others, who find comfort
in eating. That's the worst
thing you can do. Whatever
you eat, you'll never digest
and that's very bad for you.
Try listening to soft melodious
music, I've always found that
to be the best. Before you
know, you're sleepy and calm.
But this time, you'll finally get,
the proper rest!

Audrey Heller

Slow Down

In this hectic world we live in, it's a mad rush everyday. No one knows how to slow down, it seems we're geared this way. We've learned to do far too much, in a short span of time. Not ever giving thought to the consequences, down the line. We need to take a breather, take things in our stride. Get rid of all the pressures, that eat us up inside. One has to learn how to slow down, change the patterns we set for ourselves, by taking on a new air. In due time, everything will be so different. It will become easier, for us to bare!

Audrey Heller

Small Packages

Small boxes are known, to contain
many an expensive thing. It could be
a heart shaped bracelet, or even a
diamond ring. These are just some
of the things, we can receive on St.
Valentines day. It may be a small
package, but I kind of like it that
way. When you receive it, There's
always that element of surprise.
You know it's going to be special,
because of it's size. Good things
they say, come in small packages.
A fact I know to be true. I've never
once been disappointed, can the
same be said, for you? Should
you receive a special gift on St.
Valentines day, don't fret it it
happens to be small. Just
remember, whatever it is, it
will be the greatest gift of all!

Audrey Heller

Small World

It really is a small world, meeting up
with someone, who knew you when.
Now, here it is another time and place,
as you run into each other again. It's
been many years, of course, you're
both no longer the same. It's strange,
because the face is still familiar. But
you can't quite place their name. As
you begin talking, certain things jog
your memory. All, starts to come back
to you. The incidents, you're being
reminded of, make you smile.
Invoking laughter too. As you
continue to reminisce, it's hard to
believe, you both had gone your
separate ways. Now, here you are,
the two of you remembering, the
good old days. Fate no doubt, had
brought the two of you together. It
doesn't happen too often, as far as
I can recall. Which proves, beyond
a shadow of a doubt, it is, a small
world, after all!

Audrey Heller

Smelling Like A Rose

The trials and tribulations, of everyday life, can be quite, unnerving! Naturally, we try, to keep on the right path, but at times we feel we're swerving! There are days, you feel it was a waste of time, to get out of bed and everything you touched, filled you with dread! Naturally, we can't help but wonder, why this is so, when other days, you experienced, that get up and go! Of course, we'd rather have the later, as it makes life, so much easier to bare. You're in better spirits and it didn't take much, to get you there! But you can't have it go your way, all the time. I suppose, we have to grin and bare it, take what comes along and hope we come out, smelling like a rose!

Audrey Heller

Smile

Just keep on smiling and you'll
get through! As those around
you, respond better, to you!
Everyone like, a happy face to
gaze upon. If they feel blue, by
looking at you, with a happy face,
those feelings will be gone!
Remember the saying, Smile And
The world Smiles With You. That
saying holds, a lot of truth! Many
things, that make us this way,
happened in our youth. You have
to put the past, behind you, then
live, for today. If you want to be
well adjusted, then believe me, it's
the only way! Live for every moment
and for every moment, you should
live. Make yourself, as happy as you
can and to do that, one has to learn,
to give! Once you get into the habit,
you'll see how much happier, you're
going to be. New horizons, will open
up and a new life, you're going to see!

Audrey Heller

Snow

It's lovely to watch, as the snow starts
to fall. It's a beautiful sight to see. But
I must confess, I'm only a spectator
and awfully glad, it's not meant for me.
Just thinking of cold weather, with all
the snow on the ground. I certainly have
had my share of winter, as it reared it's
ugly head. Then I made a decision, to
move down south, instead. I love warm
climate, I'll take it anytime of the year.
My intentions, are not to hurt anybody's
feelings, but I'm extremely happy to be
here!

Audrey Heller

So Much More

Today, tomorrow and always,
you're constantly on my mind.
I have to deal with all those
memories, sadly, you left
behind. There isn't a day
that passes, where I don't
tell myself, let it be. But my
heart just won't listen, it talks
right back to me. What can I
do, when this feeling inside of
me, gets to be this strong? It's
not easy, as I've tried so many
times, to close that door. And
everytime I do, I, miss you so
much more!

Audrey Heller

So They Say

Alls well, that ends well, so they say. Actually speaking, it never happens, exactly that way. It would be nice, if it were easy to make things, right again. Sometimes, you have a very long wait and who can say, where or when. With some, it takes them a long time to forgive, if they feel they've been wronged. They can make you feel, as if you never belonged. We all make mistakes, so that, should be taken into consideration, before we're so quick, to say no. Think it over, with your heart and my guess, is going to be, you'll not let them go!

Audrey Heller

Solitude

Everyone, needs some time for themselves,
some time to be alone. To find a spot, a cozy
spot, that you can call your own. A place where
you can go to, with little else to do. To clear
your mind and then unwind, a place of solitude.
It's a wonderful way, to deal with stress and the
problems, that remain unsolved. For it's hard to
know, what to do, when you're the one, that's
involved. Just taking time out, can do wonders!
Being alone, with every little thought. Thinking
things through, is a good thing to do. That, can
never be bought! It's just as important to be good
to yourself, with this time of solitude. For it's your
place, your very own place, where no one, can
ever intrude!

Audrey Heller

Some Dreams

Some dreams, can be very soothing. While others we know, can be quite confusing. If a dream is a pleasant one, you'll arise with a feeling of contentment, which in turn, will aid you to face the day. If it should be the opposite, get ready to chase the blues away. Dreams of this nature, whatever the reason be, never, seem to make any sense at all. The more you try to figure them out, the less you can recall. In actuality, it's better for all concerned, if your mind sets it free. It's more conducive and healthier. Not just for you, but for me!

Audrey Heller

Some Good Some Bad

In life, we go through many experiences, some good, some bad! However, it's wise to dwell on the good things and not, the unpleasant ones, you've had! We've all had moments of happiness, as well as sorrow. But it makes more sense, to leave them stay in the past, then concentrate, on tomorrow! Life, will always have it's ups and downs, it's impossible, for it to remain the same. There's always changes that prevail and any excuse you make, is lame! I've always maintained, you have to go with whatever is bestowed upon you, then take it from there. There are those, who love you and are in your corner, not because they have to, but because they really, care! So let's be grateful, look forward, to whatever the future has in store. In most scenarios, you'll find it will be much better, than it had been, before!

Audrey Heller

Some People Make You Feel Good

Some people, make you feel pretty good,
while others, you very well, can do without!
They add, nothing to your life and they hold,
very little clout! It's always a pleasure, to be
around people, you have things in common
with. You feel at ease, when in their company,
as you never have words, or get into a riff! It's
a pleasure, knowing you get along and not
have to watch, every word you say! They like
you, for who you are, come what may! You can
be honest and they'll listen, never at anytime,
being critical, for they value, the qualities you
show. You can't make that statement, about
everyone, as no doubt, this is something, we
all know! When you're in with a group of people,
it's great if you get along with some, from the
very start. Otherwise, you're just a pawn in a
game, acting out, a part!

Audrey Heller

Someday We'll Be Together

Here I am and there, you are!
We're in two different worlds,
that are not on par! You're in
a better place, where I'll also be
one day! But for now, it seems,
so far away. It's been so empty,
since you're gone and it's not so
easy, to carry on! I want so much,
to see you, talk with you and hear
your voice. But this is where, I have
no choice! You can't get used to the
fact, your loved one, is not coming
back and this is, forever! If nothing
else, I believe someday, we'll be
together!

Audrey Heller

Somehow We Manage

There are times, you start thinking about when you were just a teen, the way it was and how we all, were just a little green! You look back, on many a situation, some were pretty bad, some with adoration! Growing up, was not the easiest thing to do, but somehow, we managed, to get ourselves through. There are many of us, where things went well and a nice future, was in store. Then of course, there were the ones where nothing came easy and for them, it was always a constant chore! I personally think, you have to be born, under a lucky star. For these people, everything they touched, seems to get them, where they are! If it's not there for you, no matter how hard you try, you'll not win. You can be just as knowledgeable, talented and have what it takes, but for some reason, you'll never fit in! If someone would ask me, I most definitely would admit, luck, plays a big part of the game. If you have it, then beyond a doubt, you're destined, for fame! That doesn't mean, you should feel sorry for yourself and envy anyone, for making it to the top. Like many people, who never got there, I keep doing what I'm doing, enjoying it just the same and between you and me, I'll never, stop!

Audrey Heller

Somehow You Will Get By

No matter how bad, things may get, you
have to roll with the punches, to keep your
head, up high! There may be many problems,
you might encounter, but somehow, you will
get by! All of us, are plagued by worries, but
trying to keep afloat! No matter what we do,
someone is rocking, the boat! It really is,
quite a mess and how, do we get back on our
feet? It doesn't matter, where you turn, you're
constantly met, with defeat! All we can do, is
wait, for all this uncertainty, to come to an end.
And say a prayer, everyday, that something
good, is waiting around, the bend! There's no
use, in giving up, as perhaps there will be, help
in sight. Then we'll be able, to relax once more,
just knowing, we won, the fight!

Audrey Heller

Something About A Sunny Day

There's something about a sunny day,
it chases away your gloom. It makes
you notice little things, like seeing
flowers, in bloom. Things we probably
wouldn't see, on any given day, all
become important now, in a very,
different way. The feeling you want
to do, more than you previously have
done, surging with new found energy,
from the warmth, of the sun. The way
the sun, reflects on our moods, is
logical in thought. For when the day,
is dull and gray, somehow, we become
distracted. Now, whenever you feel down,
perhaps a little blue too, why not let the
sun, perform it's magic, for you? Changing
the way you feel, with just a blink of an eye.
Lift your head and look up and enjoy, that
glorious sky!

Audrey Heller

Something Good

Just when you think, everything is falling apart and the roof is about to cave in. Something good is bound to happen, to change that feeling within. Not everything turns out to be bad, if you have faith, you'll be shown the way. Learn to take your negative thoughts, then toss them all away. We all need to have peace of mind. Sometimes, we need a helping hand. Surround yourself with positive people, they have the ability to understand. There are some people, when in their presence, tend to make you feel blue. Stay away from them, if you can. For they're way of thinking, rubs off on you!

Audrey Heller

Something Magical

There's something magical,
about this time of the year, with
so much going on. Halloween,
Thanksgiving and Christmas,
it's almost like a marathon. We
go very quickly from one to the other,
there's little time in between. We
rush around to get everything done
and try not to create a scene. It's
really not that simple, with so many
things you have to do. But all said
and done, I must admit it was fun
and so grateful I was able, to see
it through!

Audrey Heller

Something New

Trying something new, can be, a bit frightening! However, it has it's merits, as it also can be, quite enlightening! You never know, until you try, what the outcome, is going to be! Like everything else in life, you just have to wait and see! We'd like to feel, that good things, are in store for us. And if that be so, then it's an added plus! We can't cower, when we have to make any changes, as it's got to be, full speed ahead! Do not regress, just say yes and watch all the good things enfold instead! Just never be reluctant, when it's time for something new, to enter your life. The reason it's happening, it's the right time, for a new beginning! you just have to realize, now, it's your turn, to come out, winning!

Audrey Heller

Sos

Isn't it getting just a little out of hand,
to see the gas prices soar? They
purposely wait for the right time to
hit, with summer at our door.

Imagine the hardship this will bring
for those, who work hard to make
ends meet. We'd have to give up
an awful lot, just to stay on our
feet. There's so many things we
must face, as we go from day to
day. Why must we have this extra
burden? Is there no one, to make
it go away? There has to be a
solution, to try getting out of this
horrible mess. If only to make
myself feel a whole lot better, I'm
sending this out to every politician,
this great big, SOS!

Audrey Heller

Sounds Of The Night

When there are times you can't
sleep and toss and turn in your
bed. You find yourself listening,
to the sounds of the night instead.
All are familiar, as you've heard
them before. The fact of the matter
being, this time, it bothers you more!
The crickets perform their symphony.
Not exactly, the kind of music, you'd
like to hear. Not to mention the frogs,
theirs, is worse I fear! Certainly, I can
do without all this commotion. I need
to have my sleep, in order to function
right. So all I ask, give me a break and
let me have peace and quiet tonight!

Audrey Heller

Speak From Your Heart

Start slowly and speak, from your heart! Think it over carefully, before you start! Be sure, your feelings, are in the right place, before you make a move and fall flat, on your face! If you make a commitment, you want it to be, the right thing. No more guessing, or it ending up, to be another fling! It's always smart, to take, as much time as you need and not, rush into anything, head on! If it's for real, it will be meant to be and that person, will not, be gone! No one, can know, who's the right one, for them. They only know, what they feel. They just want it, to turn out right, this time and end up, being for real!

Audrey Heller

Speak Softly

Speak softly, it can go a long way.
Try to be more sensitive, with the
things you say. Don't be quick to
speak, you can't hear the way it
sounds. If you did you'd realize,
you were out of bounds.

Remember the saying, you can
catch more flies with honey? Well
it happens to be true. If you rub
someone the wrong way, why should
they, be nice to you? Everyone, needs
to feel respected and are adamant,
when neglected. Your attitude will get
you nowhere. Learn to treat people
the way you, wish to be treated. Start
showing them, you really do care!

Audrey Heller

Special Moments

There are moments in life, when things get a little too much. It's then you realize, you're out of touch. It's good if you can be by yourself, just to think things through. With peace and quiet away from it all, with no one, to bother you. These can be very special moments, that can take you back, to reality. It's a perfect set up, to bring you tranquility. With all we have to endure everyday, it's truly a blessing, if we're able to find, our way!

Audrey Heller

Spring

Taking a stroll in the park, breathing
in the fresh air. Feeling very exuberant,
for I haven't got a care. You can see it
all around you, wherever you go.
Everything is budding and starting to
grow. All is peaceful, everything's serene.
If you look real close, the grass is turning
green. the birds are chirping and nesting
in the trees. And you can feel the warmth,
of the prevailing breeze. It's the most
wonderful time of the year. The reason
for all this, Spring, is finally, here!

Audrey Heller

Spring Fever

Spring, is just around the corner, you can feel it, in the air. The urge is so strong, to move along, it doesn't matter where. The first sign, is how restless you've become. There's this burning desire, to be free. Tired of the same old things, places you want to see. There's a special name for this affliction, it comes but once a year. It's called spring fever, but it's nothing you have to fear. It affects millions of people, in the same way. The long drawn out winters, are to blame, I dare say. The reason for this malady, is when a warm gentle breeze, begins to blow. It can throw you into a tail spin. Letting you know, it's time to go, until next winter, sets in!

Audrey Heller

Spring Is Here

Spring is here and it's wonderful
to have insight. For when you walk
down the street, your heart just
seems to take flight! All the
telltales of spring, is around you.
The warmth and the flowers in bloom.
The sun shining so brightly, that
creeps into every, room! The feeling
is one of contentment, which has
evaded you for so long. Now, it's all
around you and you feel, like bursting
into song. No doubt, it's a euphoric
feeling one, that you wish would stay.
When you feel so happy and carefree, you
don't ever want it, to go away! So take
a deep breath and take it all in, as it's
great, just to be here. Then it's gone
before you know it and patiently, we wait,
until it's back again, next year!

Audrey Heller

Spring Is Just Around The Corner

It's March and soon, spring will rear
it's head and for those of you, who
live up north, will now, have less to
dread! The sun will come out of it's
hiding and warm up the day and
children, now can come out doors
and resume, to play! It gives you
such a different feeling, when it's
warm outside, you no longer have
to dodge the weather, there's no
need to hide! The last bit of snow
is melting, you can actually see
the ground, all you have to do, is
just look around! Ah spring, what a
wonderful, time of the year!
Everything is budding and slowly,
starts to appear. The birds are
chirping, spreading their wings, to
fly and as you watch, they soar to
the sky! Nothing, is as exhilarating,
as this time of the year, it's just
wonderful the way it makes you feel!
Enjoy, every moment, because
everything right now, is on an even
keel!

Audrey Heller

Spring Will Soon Be Here

Here we are in the middle of March
and spring, will soon be here. The
very first signs we notice, is grass
as it starts to appear. Then the
lovely flower buds, are now getting
ready to bloom. A wonderful sight
for anyone, to chase away the gloom.
Days are filled, with more sunshine.
That in itself, can make you glow.
It has such a profound effect on you,
more then you could possibly know.
Spring is a wonderful time of the
year, where hearts are young and
carefree. Whatever bug that exists
in the air. I hope that it also bites,
me!

Audrey Heller

St. Patricks Day

Before you turn around, St. Patricks day, will be ascending upon us. The tradition, is wearing something in green. Not wanting to break with tradition, I always wore something, easily seen. Somehow, the legend of Leprechauns always intrigued me, even though, it's an Irish folklore. These tiny elfin cobblers, were supposed to own hidden treasures and perhaps, so much more. Of course we know, there is no truth in it, but we still enjoy the myth. So let's enjoy, this St. Patricks day and if anyone asks, I'll take the fifth!

Audrey Heller

Stand On Your Own Two Feet

There comes a time, you have to
stand on your own two feet! There
should be no more excuses and no
more complaining, about defeat.
You have everything to accomplish,
if you go at it, whole heartedly. Then,
you'll know the meaning, of security.
There's no reason to doubt your
capabilities, as I'm sure they're just
hidden away. There isn't anything
one cannot do, if you don't let anything,
get in the way. Remove all the doubts
you have and once you do, it will become,
a new ball game. That's how it's done
and that's how you, get a name!

Audrey Heller

Starting Life Anew

If asked to describe you, where would I begin! I could start, with your lovely black hair, with tan and white, blended in! How beautiful, you were and quite a sight, to see. I knew at that very moment, that you, had to belong, to me! I felt sad, seeing you locked up, in your cage. Especially when they told me, about your age! Here you were, already four months old and so many, had passed you by! But then I started thinking, there had to be a reason, as we were meant to be together, you and I. I had heard about Party Poodles, but you were the very first one, I'd ever seen. That explained the different colors, the black, tan and white in between! Well he turned out to be quite a handful, full of relentless energy. But he's so very loving and gives so much, to me! So I'm very happy, I found him and I'm sure, he's just as happy too. For here we are, the both of us, starting life, anew!

Audrey Heller

Staying Fit

Most of us, try to stay fit! And staying
away, from the food we like, get's us
in a snit! How is it possible, not to eat,
what you like and not, have it show?
Your mind, is telling you one thing, but
it's awfully, hard to say no! We're aware,
what is good for us, but how, can you
turn away? There's so many tempting
foods to eat, so how can you keep them,
at bay? I guess, you have to go, with
blinders on and not, admit you looked!
For if you do, you're in a whole lot of
trouble. And it's then, your goose, is
cooked!

Audrey Heller

Staying For The Wrong Reasons

No one, wants to admit defeat, but in many instances, it's best if you give up, before you give in! Some things no doubt, are worth fighting for, but in some scenarios, you know you'll never win! There are situations, where a person will stay, for all the wrong reasons, thinking it's the right thing to do. But unfortunately, situations seldom change and only makes a wreck, out of you! You have to ask yourself, where is your self esteem? Why put up, with this unacceptable behavior? Wake up my friend, it's really, not a dream. It's time you started asserting yourself, let them know in no uncertain terms, you'll not take it, anymore. If within a given amount of time, nothing has changed, then walk yourself, right out the front door! Don't look back, keep on going, it the best thing you can do. Have no regrets, life is bound to change, just be ready, to start anew!

Audrey Heller

Stepping Aside

A mother in laws role is a difficult one, especially, when she has a son. She doesn't want him out of her life, but will step aside, when he takes a wife. She'll always be there when you need her. A friend of yours, she'll be. Doing all this, with poise and grace, because of her maturity. So be grateful, the way that she is, you couldn't ask for anything more. She's a dear and wonderful lady, your mother in law!

Audrey Heller

Stepping Out

Going out for dinner, every now
and then, is really a very nice treat.
As long as you don't bicker about,
where you'd like to eat. To me, it
doesn't matter, as long as the food
is good and the atmosphere, is fine.
I'll order what I like from the menu,
including a glass, of sparkling wine.
Conversation, is a very important
factor, to keep the evening, from
getting dull. I like to converse about
everything and hate it, when there's a
lull. It's time to relax, forget about your
troubles and not think, of what it's all
about. I just want to look forward, to
this special time. The day, when I'm
stepping out!

Audrey Heller

Stick To Your Beliefs

You may know what you want,
but it's difficult, when others,
don't share your point of view.
Even though, you're willing to
go the distance, don't let anyone,
make a fool out of you. Stick to
your beliefs, even, if you must
face disappointment and take
it with a smile. It may take time,
for some to come around, but
it will happen, after a while.
In the interim, keep on the path
you're going, as it's the only
one you feel, you can take. You
know exactly what your ideals
are and you're sure, you'll not
be making, a mistake!

Audrey Heller

Still I Grieve

They say, time is the best healer, but
I, don't find that to be so. It's been so
many years, since you have gone and
still, I grieve more than you know! There
are days where all is quiet and fine, but
not for long. I'll start thinking about you and
wish with all my heart, you could be here,
to make me strong! I felt secure and that
was a good feeling, when you were still
alive. I knew, if anything went wrong, you'd
always be, by my side! It doesn't take much,
for tears, to fall from my eyes. Even though
it's so long, it doesn't come, as a surprise!
How can I not feel this way, when you were
so instrumental in my life and gave so much
to me, in fact the best, anyone could have.
And as far as I'm concerned, no one, can
hold a candle to you, as you were and always
will be, my wonderful and loving Dad! !

Audrey Heller

Stress

Unfortunately, stress plays a big part in our lives. We face it every day. The more we see, the more we want and in the end, we'll pay. At times, we feel out of sorts, somewhat out of place. Living life the way we do, at such a hectic pace. We haven't time to sit and relax, we're constantly, on the go. Trying to get things done, we forgot how to take it slow. If we could learn to enjoy, simple things in life, not worry should it crumble or fall. Life would take on a new meaning, for you, for me and for all!

Audrey Heller

Stressful

When you're feeling stressful and out of sorts, think quiet thoughts. Imagine you hear the sound of waves, breaking upon the shore. It can bring complete relaxation, making you calmer, then you were before. There are various kinds of sounds, that are very effective. Not everyone, responds to the same thing. Some enjoy listening to soft melodious music, while others prefer hearing someone sing. Listening to sounds that are peaceful, is one way, of not letting it get the best of you. Especially, in this day and age. Finding an outlet, is better, then flying into a rage. We are all prone to stress, it doesn't matter who you are. Keep on listening to whatever soothes you. You'll certinly be better off, by far!

Audrey Heller

Stretch Your Horizons

Stretch your horizons, while you feel the inclination. Once you do this, you'll be able to let go, of your frustration. We all, feel some frustration, as it's part of everyday life. Things that we want to achieve and can't, can cause a fair amount of strife. The trick here, is to not get yourself, in a quandary and let it get to you. You have to be able to cope and cope, you will. If you let it get to you, in every aspect of your life, you'll never climb, that hill. Remember, he who hesitates, is lost! It doesn't matter what you have to do, do it, at any cost. I guarantee, this eventually, will be a thing of the past. For when you stretch your horizons, things will start to happen fast!

Audrey Heller

Suddenly

Suddenly, without rhyme or reason,
I saw you standing there. Not being
cognizant of your existence, you seem
to emerge, out of thin air! I know I've
never met you before, you took me
by surprise. When you looked at me,
I could see, that certain look in your
eyes. There was something very
special about you, it was apparent
to see. Before I realized, there you
were, beside me. Not knowing your
intentions, or what you were planning
to say, all you did was say 'hello' and
my heart, just melted away. We all
have heard of love at first sight, frankly,
I never thought it to be true. At least
not till you said 'hello', then somehow,
I knew!

Audrey Heller

Suffering A Loss

When you suffer a loss, many of us find it hard to cope! The devastation, is very real, but given time, there is, hope! You'll never forget the one you lost, they were so much a part of your life! No matter what you say or do, at times, it will still, cut you like a knife! There isn't a day that passes, that you don't feel the pain. And wishing they were still here, is wishing in vain! It's a hard and lonely road to climb and it's not easy, as you face the empty, days ahead. If you think about all the good qualities, this person had and what they gave to you, you'll not face it, with dread! You'll always have wonderful memories, to look back on, which at times can put that smile, back on your face. Just give yourself, as much time as you need. You'll know when you're ready, as that always, seems to be, the case!

Audrey Heller

Summer's Coming

Summer is coming, I'm glad to say,
as I look forward to it's arrival,
in every way! The sun is with you
most all of the time and not to
take advantage, is really a crime!
So many activities await you, that
only the magic of summer brings.
The outdoor concerts, a day at the
beach, these are among my favorite
things! Staying out late, in the
warm summer air, with your favorite
beau at your side. Walking along
holding hands, feeling a deep sense
of pride! Just everything about it
is magical, the moon shining, oh so
bright. Feeling so special and great
to be alive, strolling under the
moons heavenly, light! Enjoy every
moment, from this day on, don't wait
another minute. Take in the sights,
enjoy those wonderful nights and be
grateful, your privy, to it!

Audrey Heller

Summers End

I'm looking at the calendar and watching,
time fly by! It seems like only yesterday,
it was, the month of July! Now, here I sit,
staring at, one more day to summer. I
can't help but think to myself, this, really
is a bummer! Here we go again, it's back
to school for some and then, before you
turn around, the holiday's come! It seems
like only yesterday, we faced this and
once again, it's near. How is it possible,
that time, is almost here? You have to
admit, the time is running away and
reluctantly, we go along with it! There's
no alternative, so you might as well keep,
trim and fit! The way I see it, it's going to
go even faster, or so I'm told. No one is
extinct, bet it the young, or the old!

Audrey Heller

Summer's Gone

I can't believe, how fast the seasons come to a close. If you feel as I do, you haven't the faintest idea where it goes. Summer, was just here and now it's already gone. It doesn't feel like fall, but time marches on. I've already seen Halloween costumes, lined up in the stores. Which means it won't be long, before the children start knocking, at our doors. This is one of the holidays, I personally don't look forward to. In fact, it can be quite annoying. But I gladly make the sacrifice, just the same. As long as I know, all the children, are thoroughly enjoying!

Audrey Heller

Summer's Haze

How I wish, for some sunshine, it's evaded us, for so long! All we have is cloudy skies, ending up, with a thunderstorm! It put's you, in a depressing mood, to have this, everyday. You'd like to see, the sun stay out and chase, the gloom away! How, can you make a plan, to go and get things done? No matter what time of day, you try, oops there goes, the sun! Down comes the rain, there's thunder and lightening, too! It's getting so monotonous, it's making a wreck, out of you! So if you please, all I ask, is bring back, the good old, summer days! I promise not, to complain anymore, about the heat and the summer's, haze!

Audrey Heller

Summers Heat

The days, are now, getting hot and humid, as summer, is almost here! It's time, to put on lighter clothes and get rid, of your heavy gear! How hard it is, to move about, when it gets to be, like this. You feel like spending time indoors, for air conditioning, can be, such bliss! The worst part about it all, is, there's hardly ever a breeze! Nor do you ever hear, the rustling, through the trees! All you feel, is tired from the constant heat. When dinner time rolls around, you have no appetite, to eat! Drinking water, is another thing, you do more than before, to quench your thirst! At times you feel so full, you feel you're going to burst! How, hard it is, to get going, but you know, there's a lot that has to be done. So you better get a move on, before you're caught, in the noon day, sun!

Audrey Heller

Sundays

Sundays, should be, a day of rest,
with nothing special, to do! But that's,
not the case with me, as a thorough
cleaning, I have to look forward to.
There was a time, I didn't mind it, but
now, I look at it, with distain. It seems,
I just got finished doing it and now, it's
Sunday, all over again! The weeks just
fly right by, it seems, I just did all my
chores. Now, here I am doing the same
old thing, oh how I detest, the mopping of
floors! There's a lot of things I'd rather do,
but alas, it has to be done. I always liked,
a very clean house, but the older you get,
it no longer, is fun! So I simply take my
time, sit down, go on the computer, to gain
back some zest! After I've gotten my second
wind, now, I'm able to finish the rest! There's
no use to complain, because before you know
it, the week will fly right by. Then, once again,
I'll look at all that has to be done and between
you and me, I could cry!

Audrey Heller

Suppressing Your Emotions

Suppressing your emotions, can cause more trouble, then you realize. Wouldn't you rather talk about it and rationalize? If you keep it all to yourself, you're bound to explode, so it's smarter, to clear the air. Don't be afraid to reveal what you feel, if you don't, you'll not get anywhere. If you constantly, surpress what you feel, it does more harm, then good. You have to let it out and let it go, before you're misunderstood!

Audrey Heller

Swine Flu

As if we don't have enough, we're now, faced with an epidemic, of Swine Flu! It really is, quite scary and you can only hope, it stays away, from you! The first thing is, don't panic. Stay calm, cool and collected, as there is, no other way! But most importantly, whatever you touch, wash your hands, no matter, how many times, in a day! We hope, it won't stay around too long and soon be, a thing of the past. When things, like this take place, we'd like it, to move on fast! Let's all pray, it should go away and all will be normal, once more. And with Gods help, it should stay away and not, come back, anymore!

Audrey Heller

Tackle Your Chores

The sooner you tackle any of your chores, the more likely you are to finish. The longer they happen to stay around, it never will diminish. Things have a way of piling up, faster than you know. It's hard to keep on top of it, when you're always on the go. Ultimately, it's best, if you set aside one specific day. And when it rolls around, you'll get it done and out of the way. To me, that's the only way to get your chores done and have extra time to spare. Now, don't you think that makes much more sense and it's a better way, to fare!

Audrey Heller

Take A Tip From Me

Try a little tenderness, take the time
to show you care. If you put it off
until tomorrow, your loved one, may
not be there. Let them know how
you feel, with everything you do.
Most of all, never be afraid, to tell
them, how much you love them too.
No one knows, what lies ahead, or
what may happen over night. Why
not make someone happy, by
telling them tonight. The longer you
put it off, the harder it gets to be.
Just say what's on your mind right
now, take a tip from me!

Audrey Heller

Take It On The Chin

Things may go sour in your life,
but you have to take in on the
chin. Keep yourself as busy as
you can, that's the only way, to
win. We've all had set backs, at
one time or another. There's not
too much, you can do. You have
to take it, for what it's worth and
not let it, bother you. We should
take things at face value and not
get our hopes up, too high.
Forget about wishful thinking, or
reaching for the sky. Come down
to earth and just take it, kind of
slow. When something is going to
happen, believe me, you'll be the
first, to know!

Audrey Heller

Take One Day At A Time

If we could all, learn to take one day at a time, how much better off, we'd be! Trying to go ahead of yourself, is the cause, of your misery! You have to take it slow, not jump to any conclusions, give it time, as there's always, tomorrow. If you think about your problems constantly, it can only lead to sorrow! No one, knows what each day will bring, we can only hope, all goes well. By letting go, of your worrisome thoughts, it's a way to break the spell! If you're one of those people, whose thoughts go astray, stop, take a deep breath and in a little while, it will go on it's way! I'm sure you'll have to agree, that to worry, is really a waste of time, it gets you, absolutely nowhere. It makes a complete wreck out of you and in the interim, you feel like pulling out your hair. Just relax, make yourself lax, take one day at a time! Follow through, whatever you do and in the long run, you're going to come out, fine!

Audrey Heller

Take The Time To Say I Love You

When I think about it, there are few people who bother to take the time, to say I love you. I find that pretty sad. If one would realize how fast time goes by, I'm sure they wished, they had. No one thinks about what could take place, on any given day. If bad thoughts come to mind, we tend to push them away. Saying I love you, really does mean a lot. Isn't it better knowing you said it now, then having regrets later on, because you forgot? When you know you're loved, you feel secure and whatever may happen, be it good or bad, you can face it head on. No longer to you have that feeling of frustration like before. Then whatever you felt in the past, will be gone!

Audrey Heller

Taking A Friend To Lunch

It's great when you can plan a day, to take your friend to lunch. Sitting with her, chatting away, between every munch and crunch. We don't do this too often, as we both find it hard to get out. But when we get together, there's so much, to talk about. It's not that we haven't tried before, each time circumstances, got in the way. Now, whatever the reason, the timing was perfect. We managed to get away. The time we spent together, went by so fast, before we knew, it came to an end. I enjoyed every moment we shared together, let's do it again soon, my friend!

Audrey Heller

Taking A Risk

It's time to take a risk, throw your caution
to the wind and make something important,
happen. The only way to do this, let go of your
fear, throw yourself into gear and don't let
yourself, get trapped in. All you have to do, is
take that first step. The rest, will be easy as pie.
No longer, will you have to sit around and watch
the world, go by. Jump on the band wagon and
let it take you, as far as you can go. And where
it will stop, how can anybody know. Just imagine,
it will take you, to great places, where you always
wanted to be. Here's your chance, don't look
back with a glance. It's your time, right now,
you'll see!

Audrey Heller

Taking Advantage

When people know you're trustworthy, they have a tendency, to take advantage of you. This of course, isn't fair. They find an excuse, to get out of their obligations. Then you end up doing, more than your share. Which brings me to the issue at hand. You have to assert yourself at the very beginning. If you don't, then you'll always be at their command. What it actually boils down to is, if you're not happy, you have only yourself to blame. Once you take a stand and your feelings are known, you can be assured, it's another ball game!

Audrey Heller

Taking Aim

You are the archer, aiming, your intentions with consciousness, will increase your chances, of hitting the mark. Whatever you've done up till now, is like taking aim, in the dark. One should never be caught off guard and always be made aware. As it doesn't matter, what lies ahead. Take it all in your stride and conquer your fears, instead. All your intentions, should be aimed, at hitting the mark you've set. Just don't let anything, get in your way and they'll be nothing, you'll have to regret!

Audrey Heller

Taking Everything Lightly

I try very hard to take everything lightly, as I know, it's the proper thing for me to do. I can say this to myself and mean it, but somehow, it doesn't penetrate through. When I'm troubled and can't think clearly, decisions at this time, should never be made. If I proceed with them, I know it won't be the right ones, I'm afraid. At this point, it's smart to let it go give it considerable thought, another time, when I'm able to think more rationally. Then whatever conclusions, I reach, will turn out to be, the best decisions, for me!

Audrey Heller

Taking Forever To Get Over You

Why, is it taking forever, for me to
get over you? Why, do I let myself,
be unhappy and so blue? Why, do
I keep you, in my thoughts, every
single day? What is it going to take,
to make this pain, go away? Nothing,
I've done, has made any difference,
believe me, I have tried! Nothing stops
this ache, that I feel deep inside! All I
can say is, I miss you, more than you'll
ever know. When you were taken from
me, it was such a terrible, blow! Knowing,
I'll not see you, has had it's effect on me!
For I long to hug you, but for now, it cannot
be!

Audrey Heller

Taking Good Health For Granted

Good health, is something, most people take for granted! When you're young, it goes without saying, you feel ten feet tall. It then changes, as we get older, as you're no longer on top of it all. It doesn't have to be alarming, just because we can't keep up the pace, we had before. Whatever took us an hour, now, it takes us more! It doesn't have to be, the end of the world, or put you in a stew. Just look at it this way, there's still a lot, you can do. Don't sweat the small stuff, take it on the chin. Remember, there's a lot of people out there, who's in worse shape, than you're in!

Audrey Heller

Taking Life For Granted

Never take life for granted, as you never know, what awaits you on any given day. If you do your best to be kind and considerate, you'll find in the end it will pay. Everyone, at sometime in their life is beset by trouble, no one is immune. Regardless what you may do, we all dance to the same tune. Just live your life to the fullest, make the most out of every day. Enjoy your life, while you can, by spreading good will, along the way!

Audrey Heller

Taking Things For Granted

It's not right, to take things for granted
and go on your merry way. Feeling the
way you do, will bring disappointment
to you, some day. You can't be on the
taking side, you have to also learn to
give. It's the proper thing to do and the
only way, to live. It never can be, all one
sided as it can bring resentment and
grief. It's a give and take proposition,
that is my belief. The sooner you start,
it will be better for the both of you and
the happier, you will be. No more taking
things for granted, it's time for reality!

Audrey Heller

Talk It Over

It isn't good to bicker, it isn't good to fight! It isn't good, to say nasty things for it causes, a sleepless night! It's better to talk things over, in a pleasant way. Instead of yelling and screaming, for it doesn't help you, anyway! When having any kind of confrontation, it's best if one can talk it over, without getting into a huff! For if you don't heed this, things can get, pretty rough! Each one, has their own views, on whatever took place. In some cases, it's a matter of saving grace! One has to be open to discussion, in a friendly manner and listen, to each others lament. You'll find after awhile, the time wasn't wasted and in fact, very well spent! No doubt, there's a lesson here, all of us could learn. By far, it's important information and should be of everyone's, concern!

Audrey Heller

Talking

When talking to certain people, it's as if they don't hear a word you say. I know, I speak very clearly, but I'm not heard anyway. I could raise my voice, but it may sound, a little too shrill. If I wasn't heard before, who's to say, now I will. I wonder what they could be thinking about? Has their mind gone off, to another place? If they're experiencing a problem with hearing, we should be informed, it's far from being a disgrace. Engaging, in conversation, where there's no response, is like being ignored. The party should realize how rude, they are, acting, as if they were bored. In the future, if you cannot hear, show some courtesy. If there's a problem, let it be known. Nobody's feelings, will be hurt, nor the situation, become, overblown!

Audrey Heller

Tasks

Tasks, that you put off today, will still be there tomorrow. Don't think they'll go away, by themselves, as it's bound to bring you sorrow. I know you think, by putting it off, it gives you a lot more time. But that's not true, for what you're doing, really is a crime! When your tasks start piling up, it gives you, extra things to do. If you would have done them right away, it could have been, just a few. Now, you're inundated and it's gotten to the point, you're over your head. It's really nobody's fault, but your own. So next time, do things systematically, instead!

Audrey Heller

Tear Drops In My Eyes

Whenever I think about you and I
constantly do, there's tear drops
in my eyes! I automatically expect
it, so it comes, as no surprise!
You're always on my mind, no
matter, what time of day. Even if
I'm engrossed in something else,
you're still there, I can't shake, that
image away! How many times, I
keep saying to myself, why, did you
have to leave? I had hoped you'd
have many more years, instead
your time was up and still, I grieve!
Not everybody takes the loss of
their father, as I did and still do!
Will there ever come a time, when
I'll get over you? Honestly, I don't
think that will ever happen, as you
meant and still, mean the world to
me. So there's no use in my trying,
for you're engraved in my heart,
through all eternity!

Audrey Heller

Tears

There are tears of joy and tears, of pain!
Each one, has a different meaning. The
effect, may be not quite the same, but
down your face, they'll go streaming! To
have joy, is an emotion, which pleases
you and plays a part in how you feel. Where
as pain, is not what you'd wish to have, but
we know, can be very real! There are two,
different reasons, for tears! All of us, would
rather have tears, of joy! Who, wants to
experience, those of pain, or with it, even
joy? Happiness, is where it's at! That gives
a lot of meaning, to your existence. No one,
wants to go through pain. Therefore, we put
up, a tremendous, resistance!

Audrey Heller

Tears And Sorrow

I'm glad the 11th. of December, is over, as
it brought back, all the tears and sorrow!
Remembering on this day, fifteen years ago,
I thought I'd never see, tomorrow! They say
time heals all wounds, but for me, it never has
and never will! For every moment of everyday,
I think about you, still! How can I forget you?
It's just impossible to do. You were my world
and now, you're gone, it's so hard to function,
without you! I can still feel the chills when on this
day, early in the morning, you called to say you
were ill and I rushed, to be by your side. I was
just there for a few minutes, when together, we
took that ambulance ride! There was no doubt
in my mind, you waited for me, before it was
your time to go. It didn't happen then, but
somehow it's something I felt and it turned out,
to be so! What a wonderful father you were and
what a loss I sustained, all these years. But to
spite it all, I'm still trying very hard, to fight back,
my sorrow and tears!

Audrey Heller

Temptations

Avoid temptations, to move too far and too fast. You have to know what it's all about, for anything to last. Any kind of change, has to be contemplated, without causing any grief or pain. If you move too quickly, there may not be, any gain. A lot of things look good and sound good, but that's where it may end. As you really don't know, what's awaiting around the bend. Avoid temptations, if you can and move in the direction suited for you in the past. Once you make up your mind and continue on. You'll not move too far or too fast!

Audrey Heller

Tense

Try not to get overly excited, take everything in your stride. You'll never get anything accomplished, when you're all tensed up inside. Do a little bit at a time. Take time, out to rest. Knowing, whatever you do, you're giving it your best. There's no need to get everything done, some things we can let stay. It will still be there tomorrow. Tomorrow's another day. Forget about the hassels, along with all the strife. Learn to take things easy. Get back to enjoying your life. If you give this consideration, in due time, you will see. All those changes, will come about, the way it was meant to be!

Audrey Heller

Thank You God

Thank you God, that I can walk.
Thank you God, that I can talk.
Thank you God, that I can hear
and see. Thank you God, for
watching over me. I may not
worship, as others do. But never
for a moment, am I not aware of
you. When I'm down and everything
around me seems bleak, you're the
one I always seek. I tell you what's
on my mind and hope you'll point
the way. Like many others, I tend to
be a little blind, I'm not ashamed to
say. I need you in my life, just like
many others do. Just knowing you
are there, helps to get me through!

Audrey Heller

Thank Your Lucky Star

Life, is precious and we should
enjoy, every moment we're here.
We have to learn, not to let the
small things, upset us, for everyday,
is very dear. Why worry, about what
we have no control over, nothing we
do, can stop it. Take good care of
yourself, to keep healthy and fit.
Staying active, is one way of letting
your mind be free. Don't sit and sulk,
for whatever will be, will be. Just
enjoy every moment and be grateful,
you've come this far. Always look on
the bright side and thank, your lucky
star!

Audrey Heller

Thanksgiving

Thinking about Thanksgiving, gives one an appetite, with all the good things to eat! Even now, my mouth is watering, for all of it, is a glorious treat! There's Turkey, stuffing, sweet potatoes not, to forget the pumkin pie. Then of course theres the cranberry sauce, without it, it's a case of do, or die! To me, it's one of the festive times, of the year. We all gather around the table and are happy to greet the folks that are here! It's nice, getting together like this, to catch up, with what we don't know. We can spend a great deal of time talking, until we realize, the time has come, to go. After we leave, who can walk, for we filled ourselves, to the brim. We continue to talk, about the wonderful evening we had. And the good feeling, that still lingers, within!

Audrey Heller

Thanksgiving Dinner

I love being invited to a Thanksgiving dinner! The minute you arrive, the aroma emanating from the kitchen, hits you as soon as you walk in. It makes you feel you can hardly wait, for the chance to sit down and dig in. The table is set so elegantly, a lovely sight to see. Everyone's kind of hungry now, all eyes are on, the turkey. Looking across the table, there I did spy, yams, stuffing, cranberry sauce and lots of pumkin ess to say, we stuffed ourselves, we're full up to here! That's the way it always is and we'll do it over again, next year!

Audrey Heller

That Lost Feeling

There are times, you get that lost feeling and your heart and mind, will go reeling. You're in a quandry, as what to do, as slowly, it takes it's hold on you. Why you feel this way, is anybody's guess? It comes on so suddenly, more or less. When this takes place, you have to fight it, with all your might. It's not the way you want it to be, hence your plight! Perhaps it will go away, the same way, it came. You hate feeling, like this, and there is, no one to blame. I suppose the best way to handle this, is to keep yourself busy. Then avoid at all costs, getting yourself, in a tizzy. I'm sure, it will diminish and be there, for only a little while. Then in no time, I'm sure, you'll be able to look back on it, with a smile! -

Audrey Heller

That Saying Is Quite Clever

Marriages come and go, but divorce
last forever! It's a serious thing
to ponder about, for that saying is,
quite clever! When we first start
out, it's by far the farthest thing,
we have on our mind. But if you think
about it, it happens to be so true, as
for some of us, love, can be blind! No
doubt, we can't say this holds true,
for everyone, as for many, it works out
fine. Lucky for them, as they go on,
their star continues to shine! Marriages
aren't made in heaven! It takes two to
make or break it and a strong desire, to
make it work out right. It takes two heads
and not one, to get to the bottom of any
problems. Even if it means talking things
over, into the night! You can't sweep things
under the rug and let it lie. You have to be
strong and get it all out in the open, before
giving up and saying goodbye!

Audrey Heller

That's As Good As It Will Get

No matter how you try, when certain thoughts come into your mind, you find it, hard to put it asunder! Why it happens at certain times, how can we help, but wonder! We've all experienced when all is quiet and still and the days pass by, without a hitch. Then it can be the exact opposite, where you're uptight and you raise your voice, to a pitch! Obviously, something's amiss, but you don't always know, the reason why. I guess, we all have our moments and if lucky, they'll pass right by! Everyday, can't be the same, as the day before. Some days, your needs are less and other days, they're more! So if you feel, a mood coming on, don't get yourself into a sweat. Take it all in your stride, as at times, that's as good as it will get!

Audrey Heller

That's Good Enough For Me

Having your family come for a visit,
is wonderful. You can hardly wait,
until they arrive. It's been a long time
since you've seen them, you start to
feel nervous inside. It's a pity when
families are split apart, by the miles
between them. It's a hard thing to bare.
That's the way, it is today, it happens
everywhere. We never can quite get
used to it, although we pretend it's
all right. Imagine how happy they'd
make us, if they'd changed their
minds over night. It's only wishful
thinking. I know in my heart, it will
never be. I'm extremely grateful,
they make time to visit us. And for
now, that's good enough for me!

Audrey Heller

The Ache In My Heart

At times, I feel so very lonely, because
I think, of you only! It's then, I feel this
terrible ache, as I'm quite certain, my
heart will break! It's hard, going through
the years, with such a heavy load. I try
to grin and bare it, but at times, I'm sure,
it's about to explode. How, does one
keep, from falling apart, every single day?
I try with all my might, to feel different, but
these feelings, never, go away! It doesn't
matter, how long it's been, I'm afraid, I'll
not change at all. Whenever my thoughts
go to you, I know, I'm heading for a fall! I
keep hoping, with time, I'll finally come to
a place, where I can accept, that you're
gone. Perhaps, one day, that can happen,
but for now, this ache in my heart, will go
on! !

Audrey Heller

The Act Of Giving

Recently, I saw a handicapped man, in his wheel chair. He held a paper cup, in his hand and sadly asked, do you have a dollar to spare? I hated to tell him no, but what could I say. I never kept any money with me and used my credit cards, to pay. I felt so guilty, but what could I do. Then I looked for my wallet and began, searching it through. It suddenly dawned on me, I had a change purse, but had no idea, what'd I'd find. When I openend it up, I suddenly had, peace of mind. I counted it very carefully and by some miracle, it came to exactly a dollar. Just what he had asked for. You can imagine how exuberant I was, but I wished, I could give him, so much more. When I went back and handed him the change, his face lit up, with a great big smile. I felt ten feet tall, knowing I did, something worthwhile. Now, a big load was lifted, as in my heart, it's a way of giving. Knowing, that you helped a person, who was in need and you enabled him, to go on living!

Audrey Heller

The Apple Of Each Others Eye

You're very fortunate indeed, if you still have your mate, by your side! For when you get on in years, it sure can be, a bumpy ride! Just knowing you have each other, is half the battle won and you can dispel, any of your fears. You're there for each other, through thick or thin, through happiness and tears! You have help, when needed, which is amongst a lot of things, the two of you share. Not to mention, there's always, someone there! You're never alone and have each other, which makes it a warm and comfortable place, to be. And best of all, it makes life worthwhile, as you're in, the best company! So may we continue on like this, as each day, we do our best, to get by. We'll never change in our feelings, because even up to today, we're still the apple, of each others eye!

Audrey Heller

The Apple Of My Eye

My pet poodle, is quite a guy!
He's smart, loving and the apple
of my eye! Always he'll stay, very
close at hand and everything I say
to him, he'll clearly, understand.
What a comfort and joy he is, just
to have him near. He understands
everything I say and feel and
alleviates, any fear! He's a perfect
watch dog, I have to say and
responds to any sound. Alerting me
with what he hears, so I know,
someone's around! Yes, he's quite
a dog, full of love and loves to show
it, by constantly kissing me whenever
he can. And there's no doubt I'll
reciprocate, because I'm happy to say,
I'm his favorite fan!

Audrey Heller

The Arrival Of 2009

As we await the arrival of 2009, we still have hope, in our heart. We've seen the worst of 2008 and most anxious, to see it depart. There's not much good to look back on, as it was a tumultuous year. We can only pray it will get better, when 2009, gets here. We have to believe somehow, it will bring us, the stability we've been searching for. We've had our share of trauma and certainly enough, of war. Perhaps this year, will hold promise, for one and all. It would be quite a feather in our cap, to once again, stand tall. It's time for us to flourish, time to start anew. May we all have a great deal of faith, as we see, what 2009, will do!

Audrey Heller

The Artist

Taking a trip across Alligator Alley,
got to keep the speed up, I musn't
dilly dally! I'm on my way to Naples
and hopefully, I'll work my way,
through the community. Being an
artist, I have lots of paintings to
show, subjects of every kind. Colors
done so beautifully, they really, can
blow your mind! All it takes is just
one person. who will like what they
see. The rest, I know will follow, very
assuredly! All I need is to be lucky,
sell one picture every day. There's
no doubt, I can make a name for
myself and then, definately, be on
my way!

Audrey Heller

The Awakening

Did you ever look up at the sky,
watch the birds, as they soar on
high? Did you ever notice the cool
breeze that rustles through the giant
trees? Did you ever hear the oceans
roar, or watch the waves upon the
shore? Did you ever see the setting
sun, waiting until it was over and
done? Have you ever smelled the
fresh clean air, that's all around
you everywhere? Now, if your
answer is no, this much I can say,
for if you don't do it now, there may
never be another day. So do all
you can, while yo can. Enjoy
whatever you do. Tomorrow will
not wait, it may not be there for
you!

Audrey Heller

The Beach

Strolling barefoot, on the beach,
leaving foot prints in the wet sand.
Frolicking together, going, hand in
hand! It's a delightful sensation, the
water flowing over your feet. A feeling
of contentment, that's never obsolete!
Being by the water, has a great affect
on me. Filling me with an inner peace
and total serenity! There is nothing,
more theraputic, I could ever find. To
put me so completely, at ease and
help me to unwind. Everyone needs
an escape, to get away from their
daily chores. And what better way to
do it, then to spend your time, outdoors!
Whatever it is, you may beseech. Just
ask that special someone, to take you
strolling, along the beach!

Audrey Heller

The Beat Of Your Heart

When you're in, a quandary and don't
know what to do, listen to your heart,
it will always, be true! It won't steer you
wrong, as it doesn't want to break! It's
telling you, in it's own way, not, to make
a mistake! Your head, of course, will
tell you one thing, but your heart, feels
the pain! It tries to convey to you, that
some things, are all in vain! Take the
necessary time, listen, to the beat of
your heart! With every beat, that it's
taking, it's saying, venture out and give
yourself, a brand new start! Now, it's
not really that complicated, as you will,
eventually see! Your heart, really does
know best and the rest, will be history!

Audrey Heller

The Best Intentions

You can have, the best intentions, in the world, but they can also go astray! You may think, you've got a hold on it, but somehow, it can get away. In matters like these, you, have to be one step ahead of the game. It's best, to keep your eyes wide open, as not to cause you, any pain! We all deal with things differently, as it's the only way, we know how. Some, are more adept and deal, with the here and now! To me, it makes sense, to take one day, at a time, then, you'll see, what you were able to achieve. So even if you had, the best intentions and they might have gone astray. It all, can come back to you, as if it never, got away!

Audrey Heller

The Best Medicine

How can anyone, understand the love
of a pet? They love you unconditionally
and never get upset. They're happy to
see you when you're out for the day and
run to your side, ready to 'll
give you kisses on your face or your
hand. They're always there for you, at
your command. So little they ask and
so much they give, life without them,
would make it hard to live! If you happen
to be one, who owns a pet, always be
loving and kind. For they're there for you,
no matter what and it's the best medicine,
you'll ever, find!

Audrey Heller

The Best Remedy

It takes a special person, to show
their gratitude, in the nice things
you do! They're always there, to
raise your spirits, making you laugh
too! How good it is, to laugh where
tears start to flow. It's the best picker
upper more than you know. When you
laugh, it makes you forget, just about
everything, that's bad! You're too busy
laughing, so how, can you feel sad?
I guess that's why it's said, laughter is
the best medicine, on that I'll have to
agree. It changes your mood, as well
as your attitude and it's all, for free!
When you're feeling out of sorts, laughter,
will bring you to a place, where you want
to be. So just keep it in mind, laughter, is
always, the best remedy!

Audrey Heller

The Best Sleep

Sometimes, you feel so tired, you can hardly make it, into bed! You have to drag yourself, to get ready for the night, as you're one, big, sleepy head! Just a while ago, you fell asleep, in your chair! As you picked up your head, you had no idea, you were still, sitting there! When you fall asleep like this, you feel very rested, as if you had a full nights rest. It's happened to me before, so I've put it, to the test! This kind of sleep, is extremely restful and too bad, it's only for a short while. Imagine, if you could do this all the time, there would be, a good reason, for you to smile! Most times, when we are ready, to go to bed for the night, we don't fall asleep right away. It doesn't come that easy, for most of us, I'd say! So, if you fall asleep, in a chair, while doing nothing at all, it's the best sleep you can have, before that wake up, call!

Audrey Heller

The Blistering Summer Heat

Oh the blistering summer heat!
You can feel it, from the top of
your head, way down to your feet!
There's no way, you can beat it,
regardless what you do, as the
blistering heat is going to bother
you! You can ply yourself with ice
cold drinks, that's one way to stay
calm, cool and collected. However,
that doesn't last too long, just as
you might have suspected! Going into
air conditioned places, that's really
your best bet. You'll cool off mighty
quick, even though you're soaking wet!
Once there, in the cool air, you'll
want to stay as you're able. So off
you go to the food court and grab
yourself, a table. There you'll sit,
taking advantage of it and at the same
time, buy another cold drink. For now,
you have solved the problem but come
tomorrow, it will be the same, don't you
think?

Audrey Heller

The Bond Between Us

Sometimes, I think it's only a dream,
then I realize, it's not. For little by
little, it comes back to me all the
things, I wish I had forgot! No doubt,
I'm feeling this way, as November
fourth, we'd be celebrating your
bitrhday. Every year, when it gets so
close, I'm filled with a lot of dispair!
It's a very difficult time for me, just
knowing, you'll no longer, be there.
I find it so hard to believe that time,
has gone sa fast. But even though
it has, I still, live in the past! Just
thinking about you, as I always do,
the pain never ceases, as you're
right there before my eyes. I knew,
it wouldn't be any different, so it
comes as no surprise! The bond
between us, was always very
strong as that's the way it was
meant to be. Right from the
beginning, I was Daddy's little
girl, as anyone, could plainly see!

Audrey Heller

The Brain

The brain, is responsible, for everything you do! it will give you commands, that makes you, follow through. It sends you signals, when it's time to eat, by the hunger that you feel. It also will let you know, by making you full and you had, enough of your meal! It will let you know, when you're tired and it's time, to go to bed. You'll begin to rub your eyes and feel like, a sleepy head! If you're feeling under the weather, it's telling you, that something is wrong! It's then you realize, into the bed, is where you belong. The brain dictates whatever you do and say! Just pay attention, to it's signals and in the interim, you're bound to be okay. It's vital, that you feed your brain, with the proper food and rest. And it will never fail you, when it's being put, to the test!

Audrey Heller

The Bride

There's nothing as beautiful as a bride, on her wedding day! She's absolutely radiant, everyone will say. What makes the difference is apparent to see. She's extremely happy, as anyone can be. Waiting so long for this occasion, finally it's here. As you look around, your family and friends, are standing very near. Everyone has begun to take their place. The wedding, is about to start. All you can hear, is the pounding of your heart. What seemed like hours, the ceremony is over. This is a day, to be remembered, the rest of your life! As you revel in the thought.... you're now, officially, Husband and Wife!

Audrey Heller

The Bubble

Sometimes, you're in a good mood,
sometimes, it's reversed. There's no
use trying, to look for answers, for
whatever the reason, the bubble, has
burst! If things go along smoothly, you
can't help, but wonder why. For usually,
it's a question, of do or die! Life, is not
at all easy, we don't live, in a fairy tale.
We, have to put our nose to the grind
stone, then, perhaps our ship, will sail!
You, have to keep believing in yourself,
in whatever you do. Then beyond a doubt,
many good things, can come to you! Keep
your head up high and keep yourself, in a
good mood. Not for a moment, should you
allow yourself to brood. Soon you'll be
feeling, content and on your way. The
bubble may have burst, but it's back in
place, today!

Audrey Heller

The Burden

At times the burden we carry, is really quite too much. And what we'd like to accomplish, we may never be able to touch. There are times we feel defeated, throw in the towel and just give in. But should we yield to that temptation, it's a situation, we never can win. Whomever, said it would be easy. It never works that way. Every goal, you were able to reach, it was you, who made it pay. It's really just a matter of time, before that burden will get lighter. Knowing this can all come about, when you, become a fighter!

Audrey Heller

The Calamities Of The World

The terrible calamities, that go on in this world, seem to be getting, much worse by far! You can't look at the news, or pick up a paper, without it being ajar! It's very disturbing to say the least, as there's much needless suffering we hear about, every single day. You wish there would be an end to it all, you wish, it would go away! Some of the tragedies could be avoided but when it comes to Mother Nature, these I'm afraid will forever go on! She's certainly been on the rampage this year, but her fury, will never, be gone. The other senseless things that occur, how do we find a cure? We get sick to our stomachs reading about them and find it, hard to endure! One day, maybe they'll be a more peaceful world to live in and I'm sure, we all look forward to that time, when it will arrive. But for now, we have to take what's happening, whether we like it or not and be grateful, we're alive!

Audrey Heller

The Candle

With the hurricane season upon us,
nothing is hum drum. We already
had a taste, of what was yet to come.
Suddenly, without warning the sky
opened up, with all it's fury. It gave us
everything it got. The rain kept pelting
us, with gusts of wind. It tied your
stomach, into a knot. At that moment,
we lost our power. With the air no
longer running, you could feel the
sweltering heat. It was just about supper
time, but no one, cared to eat. We were
now in total darkness, there wasn't any
means of light. By some miracle, I found
one beautiful candle. When it was lit, it
guided our way, into the night!

Audrey Heller

The Changing World

The world is forever changing! I don't like the things I see. I preferred the way, it was before, as nothing affected me! It's virtually impossible to read the newspaper, for what you read, can make you sick at heart. It seems to me, like the whole world, has started to fall apart! Wherever you look, there is utter chaos. It can be felt, almost everywhere. People have become so complacent, they just don't seem to care. What about the premise, to live and let live? Lending a hand to your neighbor, letting, them know you forgive. What example, are we setting for the children of tomorrow? Living in a world, built on mistrust, hate and sorrow! I pray for peace, once again, to prevail, And with it, bring dignity, to the weak and the frail!

Audrey Heller

The Choice Is Ours

Sometimes, looking back, is a joy to behold! There are so many memories tucked away, you long to unfold! These are the ones, that stay, upper most in your mind. Just thinking about them, you realize, they're one, of a kind! You'll never have them again, so you hold on to them, for they're very precious and dear. How can you help but wish, these wonderful times, were still here? Of course, we have quite the opposite too. These type of memories, we're awfully glad, are through! It's a good thing, we have the choice, to remember them, or not. For if some of them were brought up, I'd simply reply, I forgot! Some things are best, if you leave them be, for they only create, a bad memory! So since the choice is ours, let's put behind us, the ones we choose to forget. For there's a lot of living ahead of us, it isn't over, yet!

Audrey Heller

The Christmas Spirit

Christmas is the time of the year,
when we should be happy and gay.
Unfortunately, for some of us, it
works the opposite way. Many are
alone and don't experience, all that's
merry and bright. For them, it's just
as any other, another silent night.
When you encounter situations like
this, it's hard not to let it get you down.
Wishing it was in your power, to spread
some cheer around. Whatever it was,
that made their life this way, I'm certain
we'll never know. If wishes could be
granted, my wish would be, for all their
troubles to go. As an added thought, I
hope with all my might, may they all
have a Merry Christmas and may
their future, somehow, turn out right!

Audrey Heller

The Circus

Whenever the circus, comes to town,
every boy and girl, can't wait to go. I
can't say I blame them, for where else
can you see, such a spectacular show?
The favorite of all, is watching the clowns
perform. They make you laugh. by the
silly things they do. To see how they
dress is very funny, there's always one
foot, hanging over their shoe. The hats
they wear, are comical. It's either a little
cap, or a big top hat, perched on top of
their head. Their faces made up with a
lot of white paint, their lips, the brightest
red. Whatever they do, always outshines
the rest. For me a clowns performance,
is by far, the very best!

Audrey Heller

The Cold Chill Of Winter

The cold chill and the whirling winds of winter, the melting snow is indicative, spring will soon be here. The endless bleak days and nights, can make anyone happy to see it disappear. There are many, who love the glorious winter months, but sadly, I'm not the kind. Give me the sun's warmth, beating down and let me romp through the sand, for me, no better life can you find. I love to feel the warm ocean, underneath my feet. A feeling of euphoria, comes over me, for now, I'm complete. I was made for this type of life and here's where I'm going to stay. I can't think of any other place, I'd rather be, so don't even try, to lure me away!

Audrey Heller

The Comet

As I looked up in the sky, I saw
a comet streak right by. An
exciting phenomenon it was to
see. A most unusual, rarity.
Because this is an occurrence,
that takes place so seldom, I'll
talk about it, for years to come.
No matter what nature has to
display, it never is, humdrum.
From here on in I'll be aware,
more than I've ever been before.
For I wouldn't want to miss,
another night like this. As who
knows, what the next time, has
in store!

Audrey Heller

The Coming Of Summer

Time is running away, the summer is just around the corner! Of course you all will welcome that, as the days and nights, will be so much warmer! After the horrible winter most people had this year, it's a welcome change for all! Whoever you looked and whatever you read, it became just everybody's down fall! It really was a terrible mess, one would think, it was never going to end. The only thing that kept you going, was waiting for summer, to arrive around the bend! For some, they're still dealing with some harsh situations, which we hope, will be put to rest. I think everyone's, had just about enough, this time around and frankly speaking, they've all been put, to a mighty, big test! Let's all look forward to summer and enjoy the warmth it's going to bring. Even if you get some hot days, remember what you just left behind and open up, your heart and sing!

Audrey Heller

The Coming Of The Holiday's

Once again, time has slipped away,
as this coming Monday, is Labor day!
From here on in, it will go so fast,
as once again, the dye is cast!
Halloween, is just around the corner,
it will be here and gone at the blink
of an eye. Next, comes Thanksgiving,
with all of it's trimmings and that too,
wil fly right by! The Christmas
decorations, come out of storage, pretty
quick, I'd have to say. Reminding all of
us in no time at all, Santa is on his way!
From here on in, it becomes a whirlwind,
trying to keep up, with all the cheer! But
lo and behold, before you turn around, in
pops the New Year! This is the time we all
wait for, but all too soon, it too will
disappear. So here we go through, the old
and the new, as once again, the cycle starts
over and repeats itself, once more. Time
waits for no one and before you know it, here
comes the holiday's. They're already, knocking
at your door! So keep on your toes, for that's
the way life goes, you hardly get time to rest.
But you'll never win, as you'll forever be in
a spin, so take it in your stride and do, your
very best!

Audrey Heller

The Crest Of Love

It's wonderful, if you can ride
on the crest, of love. For in
it's boundaries, you're sheltered
and it fits, just like a glove. A
feeling no one, can describe,
or even compare. I, am the
recipient and happy to be there.
It's a feeling, as if you're being
protected, from a storm. What
can be better then nestling in
their arms, where it's cozy and
warm? There is no greater
feeling, then to be loved and to
give it, in return. If not anything
else, this much, I have learned!

Audrey Heller

The Day I Met You

I searched for you, until I found you!
You weren't that far away. In fact
you were closer than I anticipated.
When I met you, it made my day!
Who would have thought, you'd be
just around the corner? Certainly,
not I. When we met, something
about you, happen to catch my eye!
You were extremely, charming and
very debonair. You had the warmest
smile, a smile that says, I care. How
could I resist you? You made it plain
to see. That you were very interested
and wanted to get to know, me. We
chatted for a while and it was then, I
knew. It wouldn't be that hard, to fall,
in love, with you! And fall for you I did.
I've never had one regret. And all I
can think about, is how grateful, that
we met!

Audrey Heller

The Days Dwindle Down

The days, have started to dwindle down,
as it reminds me, the summer months,
are gone! Soon, the cold months will start
to appear. For time, really marches on!
It goes so fast, you hardly have time, to
catch your breath! Soon you'll be facing
snowy weather, where the snow, piles up
in depth! The summer was wonderful, while
it lasted, basking in the noon day sun! Who
doesn't enjoy out door activities, as we all,
have a great deal of fun! Now, you have to
face, the long, cold days and nights of winter,
which never seems to end! If you're the out
door type and like to ski, then this time of
year, definitely, is your friend! For some
reason, the winter months, always drags
on. You find yourself, counting the days,
wishing, it soon, would be gone. However,
wishing, doesn't make it so, it seems it's
here to stay. And as we always do, as we
did in the past, we wish it would go, away!

Audrey Heller

The Decision

The world we live in today, is anything, but great. Most everybody you know, is in a confused state. The mere fact, that elections, will soon be on it's way, puts a lot of us, in a dither, I'm sorry to say. We listen to the debates, hear their different points of views. Making you indecisive, about who, you should choose. It's very important, to make the right choice, for our country, is pretty much at stake. We want to be, as certain as we could be, for we don't want to see another mistake. We have to weigh this, very carefully, before we make, our final decision, on election day. We just have to pray, who ever wins, will help the economy and say what they mean and mean, what they say!

Audrey Heller

The Desires Of Your Heart

Allow yourself, to fully experience, the desires of your heart, without making anyone, responsible, for your happiness! Whatever you want, is really up to you, more or less! Being happy, is what's inside you and no one else, can put it there. It's how you think and feel, that will make you fare! Don't depend, on someone, other than yourself, to bring you that peace of mind! It all comes from within, as you, will find! Next time, you think it's up to someone else, to make you happy, stop and take a pause. You'll see, that only you have this power and it's always been, one of your flaws!

Audrey Heller

The Dictator's Fall

Years after the Dictator's fall,
we're still at war, blood shed
and all. It makes you wonder,
why hasn't anything changed?
I guess no matter how we try,
there are those, who are still
deranged. It's depressing to
pick up the paper, read the
head lines stating, fighting is
very much alive. It gives food
for thought, how will we survive?
We're all looking forward, to the
time when we'll see, that ray of
light. For those of you, who have
loved ones serving, I'll say a
special prayer, each and every
night!

Audrey Heller

The Dog Days Of Summer

June arrived just yesterday, or so it seemed to be. All that's left is one more day, then June is history. July can hardly wait to get here, it's almost at our door. The days will get much hotter, then it was the month before. Just as we're getting used to July, it too, will be on it's way. Around the corner lies August, which can make you rue, the day. If you think July was hot, August is the worst by far. It's hard to escape it's sweltering heat, no matter who you are. You can take a dip in the ocean, if you enjoy having a steam bath. The water will never be cold, as August, unleashes it wrath. Here it is, the wonderful days of summer. Even though we look forward to it, it can also be quite a bummer!

Audrey Heller

The Economy Today

How hard it is and scary too, the shape
the economy, is in. You try your best to
economize, but you find, you just can't
win. With the prices of gas soaring and
housing, becoming far out of reach.
We can hardly make our expenses and
we're tired of listening to everyone preach.
Times, have become extremely difficult
and it doesn't seem like it's going to
change. At least, not just yet. We have to
use our own strategy and let our demands,
be met. A perfect example, is this coming
election, where our voices can be heard.
Listen very carefully, to what each candidate,
is saying. Weigh every, single word. We all
know, our country, needs a lot of changes,
to put it back on its feet. The only way it can
be done, get out there and vote and above
all, be sure you remain, descreet!

Audrey Heller

The Empty Nest

Due to the changing economy, life
is not what it used to be. Family ties,
are no longer the same. And it makes
you kind of wonder, who's the one to
blame? Our children, when grown, go
out on their own, eventually, take a mate.
Then before you know it, move on to
another state. Naturally, this is never
easy. We're now miles apart. We don't
see each other as often as we'd like,
but feelings never change in our heart.
It's become, quite an adjustment. There
really isn't much we can do. All that's
needed is time and time, will see us
through. It's up to us, to try our best,
while we grope with the syndrome,
of the empty nest!

Audrey Heller

The End Of September

It's almost the end of September and in most places, fall is in the air! But I live down south, where the heat persists and still, lingers there! At times, it can get to be monotonous, but when the chill of winter and the snow, comes your way, how great it is, to be here. No worry, about cleaning up drive ways, to make the snow, disappear! Here I am, still running around in shorts and enjoying the warmth, of the sun! I'm feeling happy and carefree. If you could change places, wouldn't you change, places with me? Who, needs the snow piled up high and the cold, that bites at your nose? You can hardly, make your way walking, as parts of your body, have already froze! Not my cup of tea, to be sure! For me, there's only one, simple cure. Pack up your gear and drive down here, to enjoy, the warm and breezy nights. Stay as long as you can, get that golden tan and take in, all the lovely sights! Perhaps like me, you'll like it so much, you'll make this, your permanent home. And once you do, you'll get that feeling and no longer, will you want, to roam!

Audrey Heller

The End Of The Rainbow

There's a pot at the end of a rainbow
I'm told, one that is shiny and full of
gold. Does it really exist? Well..I'd
like to think so. For if it did, then away
I'd go! Wouldn't it be great if there
was such a thing? I'd buy me a house
and a big diamond ring. All the things
my heart would desire, I could then
afford. Just thinking about the
prospects, I'd never again, be bored!
Isn't it wonderful, what the imagination
can do, it would really help make your
day. But we all know there's no pot at
the end of the rainbow, I'm afraid we'll
still have to pay. So back to reality it
has to be and it's off to work, for you
and me!

Audrey Heller

The Error Of Your Ways

Trust, is very important, between two people and if a relationship, is to survive! If you keep having doubts, about their whereabouts, it's going to eat you, alive! You can't keep imagining, they're doing something wrong! You have to believe, they're being truthful and move along! To always have doubts, can't make your life run smooth and therefore, you'll find yourself, an unhappy camper, as time, goes by. Put these negative thoughts, out of your head. Then allow yourself, to take a deep breath and heave, a sigh! Distrust, is a sickness and can actually destroy, a relationship in no time, at all. You're being your own worst enemy, which can make everything crumble and fall! Learn to have faith and use that faith, to see the error, of your ways. Trust is very important and don't look, for what isn't there. Then you'll see, your love, will never fade, into thin air!

Audrey Heller

The Ever Changing World

In this ever changing world of ours,
it makes you wonder what lies ahead.
You read about so many bad things, it's
hard to close your eyes, while in bed. So
much that's taking place in this world, is
needless I have to say. Will there ever
come a time, it will cease, then go away?
My heart is heavy for the suffering, of all
the innocent people everywhere. No one
is spared, be it young or old. It has taken
a toll on me, to see so much tragedy,
unfold. It's times like these, I feel helpless
wishing, there was something I could do.
All I can feel, is extreme anger. And there's
many of us, who feel, the same way too!

Audrey Heller

The Facade

When I meet someone new and they
come off too sweet, I know, that's not
how they really are. Many times, I've
been fooled by this facade, as they
carry it, just a bit too far. It's not
possible to be sweet all the time.
You can pretend, just so long.
Something has to show, that's when
their true colors, come along. You
learn from experience, to trust your
instincts. Remember, first impressions
are usually right, when you first meet.
Just keep in mind and don't be blind,
if someone comes off, too sweet!

Audrey Heller

The Fair

Going to the fair, is something,
I'd never miss! Where else can
you find, the wonders, such as
this? There's excitement all
around, you can feel it in the air.
And the people, seem to come,
from just about everywhere!
Walking past the booths,
underneath a sunny sky, smelling
all the delicious food, as slowly,
you pass by! So much to see, so
many things to do. It will take a
whole day, before you'll ever get
through. Now, we pass the rides,
some I don't mind at all. Others
scare me half to death, fearing, I
might fall. After what seems like
hours, you're ready to call it a day.
Time to go home now, until the
fair, comes back, our way!

Audrey Heller

The Fall Is Setting In

Here it is, another day and the
summer, is about to fade away!
The summer months, are grueling,
the heat and humidity, get you down.
You'd just as soon remain at home,
instead of running all over town. How
fast the time, seems to fly, as before
you know, it's passing by! Now, the
fall will be setting in and we all, look
forward to that. We'll feel the wind,
upon our face and don a sweater and
perhaps a hat! It's bound to feel
refreshing, for a change, is what we
need. Now, there is no excuse for us,
to put on, a little speed! We'll feel more
invigorated and have that get up and go.
There is no reason now, to be a no show!
This is the time of year, you can enjoy
whatever you do. The weather is in your
favor, it's not too hot or too cold, it was
tailor made, for you!

Audrey Heller

The Fight Inside Of Me

Every now and then, I get a crude awakening, that you're really gone! I push this thought away, as much as I could, but no matter what, it still, ingers on! There's such a turmoil inside of me, trying to reason with all that I feel. I still have to face the facts, that this is, for real! The hurt still wells up inside of me and I try my best, it shouldn't show. But no matter what I do, it follows me, wherever, I go! How can it ever be any different, as you meant the world to me? You were my father, an unselfish man and whom ever knew you, they surely would agree! How can I help, but miss you, as I do? And what's even worse, how can I get over, the loss of you? I have to reason with myself, everyday to take it slow. There's a fight that goes on, inside of me constantly, but no one, will ever know!

Audrey Heller

The First Date

We all, have some recollection about our very first date! Something, none of us ever forgets. As we looked forward with anticipation and hoped, there would be no regrets. It was natural to be apprehensive, thinking, would we both hit it off well. But, my mind kept telling me, that only time, will tell! I was hoping he's be prompt, when he'd pick me up, for our date. Or was he the kind, when you said seven, he'd arrive at eight. This was one of the thoughts, that had occurred to me. For being nervous, I know, I'm definitely going to be! The day finally has arrived. You hear a knock on the door. It's answered. Your parents let him in. Just one final look in the mirror. You're ready! Time now, time for your date to begin!

Audrey Heller

The Flea Market

The flea market, is the place to go,
when you have plenty of time to spare.
Whatever it is you're looking for, you
will probably, find it there. It really is
quite an experience, with it's tents
filled with merchandise, galore. The
prices are more reasonable, then you
can find in any store. There are so
many choices to make. You can buy
old things or new. Of course, whatever
you decide, is entirely, up to you. Many
times, I was successful. I had nothing
special in mind. It's then I'd spot an
item, which happened to be, one of a
kind. I love going through every section.
Especially, where all the merchandise,
is spread upon the ground. I've picked
up such lovely things, where nowhere
else, can they be found!

Audrey Heller

The Fleeting Of Time

Days, seem to run into, one another!
It's running away, so fast. What has
made it, this way? As we really want,
time, to last. It seems even though we
have plans, it's upon us, before you
know! Especiallly, when you're having
a good time, it's up and away, we have
to go! When did it get, to be this way?
Time, means nothing, anymore! You
take a lot of patience, to get ready,
but somehow, it goes faster, once
you're out the door! You can look
forward to an ocassion, with great
anticipation. But it's over, in no time
at all, much to your trepidation! Give
me back the days, when things were
normal and you looked forward to just
getting away! I guess no matter how you
access things, it never will go back, to
be that way!

Audrey Heller

The Fourth Of November

The fourth of November, is a date, I shall always remember. A sentimental time of the year, that's the day of your birthday, but you're no longer here. There wasn't a time I didn't come by, as I was the apple of your eye. We'd celebrate your special day. How I wish we could do it over again, but of course there is no way. If there's a chance you can hear me, I'd like you to know, everything is okay. And with all my heart, I'm wishing you, a very happy birthday!

Audrey Heller

The Garden

It's great, to have a hobby, working
in a garden! To get on your knees,
do some planting, whether it's
vegetables, flowers, or trees.
Working outdoors, is very good, for
what ails you. Being with nature, as
your guide, is very satisfying to do.
When you plant flowers, trees, or even
vegetables, it's just like watching a
show. You become so committed, you beam,
when anything starts to grow. There's
a lot of work involved, tending to it
everyday. The garden, has to be watered
the weeds have to be pulled, then they
have to be carted away. In the end, it's
well worth it, as you see the fruits of
your labor. Not only, is it for you to
enjoy, but it's also appreciated, by your
neighbor!

Audrey Heller

The Garden Of Roses

I passed by and saw this lovely garden. It had the most beautiful red roses, planted neatly in a row. They were indeed, so very special, they could have been entered in a show. The rose, has always been my favorite flower. It's sweet aroma, is what makes it so easy, to have around. It's a very special flower, when sent to you by a suitor, is conveying their love, is abound. Nothing, says it quite like a rose! Should you have an argument, it can be mended, I'm certain that everyone, knows. Always send roses, should you need to get back, in some ones, good graces. You'll not only strike a chord, but from there on in, you'll only see, smiling faces!

Audrey Heller

The Glow Of A Candle

If you watch a candle, while it will flicker and glow, it will create an illusion, of some kind, of show! The shadows displayed, as the candle burns on, can reflect almost anything. It can look like animals, or some kind of bird, trying to stretch out it's wing! Interesting forms, take shape, as you watch the fire swirl. It could be, whatever you want it to be, even the shape, of a boy, or girl! It's truly amazing, what's in the eyes, of the beholder! It doesn't matter, if you're younger, or older! We'll all see something different, as the light, continues to glow. Whatever it is, you, personally might see, is very interesting, I know!

Audrey Heller

The Golden Years

Not too many of us, look forward to aging, there's still a lot, we'd like to do. But when you get on in years, time catches up, with you! The things that were once so easy, now, take longer than before. Your mind tells you one thing, but your body holds you back, even more. Gosh it seems so simple, but these old bones have a mind, of their own. Every time, I do too much, I ache and pain and groan! Who ever gave it the name of the Golden Years? I think they were clear out of their mind. I sure have to laugh, for it's anything but that, it's just the opposite, I find! Most of us have some health problems, a little bit here and there. We used to love our crowning glory, now, we're minus, some of that hair! But, we still have to be grateful, for there's always, somebody worse off than you! So as long as we're still around and our minds are pretty sound, why complain? Somehow, we're bound to get through!

Audrey Heller

The Good Old Days

When you think of modern times, I'd gladly take yesteryear! Everything was so simple, then what's going on around here. With all this new technology, it's far too complicated for me. I remember when I enjoyed my life, the way it used to be you needed was close at hand, especially the grocery store. Now, in these modern times, the grocery stores no more. It's replaced with supermarkets, all over the place. Shopping, isn't any pleasure anymore, it's become a real rat race. It was all so easy back then, you were greeted with a smile. We didn't have to go up and down, each and every aisle. Of course, I'm glad some things have changed. I realize, it's changed for the best. But for me, just give me back the good old days and you can keep the rest!

Audrey Heller

The Good Things

Getting the good things in life, isn't
hard to do. But sometimes, things
can happen, when it's taken away
from you. It's times like these, you
wonder. Where did you go wrong?
As you struggle with your feelings,
to keep remaining strong. Everyone,
shares these moments, when nothing
seems to work out right. Whatever you
try to reach, seems further out of sight.
Why and how, it got to this point, I'm
certain I'll never know. There must be
a more powerful source, that makes it
so. If I'm being tested, then so shall it
be. For there will come a day, when
this too shall pass and back on top,
I'll be!

Audrey Heller

The Grass Isn'T Always Greener

Don't become too attached, to past decisions, for you may need to change your course, in mid-stream. Nothing, ever remains the same and life isn't always, what it may seem. The grass isn't always greener, on the other side, until you get there. Then you see it's really no different and it happens to be, the same, everywhere. Take stock, forget about your past. Think about your future and whatever it takes, to make things last!

Audrey Heller

The Greatest Gift

If you have the ability to love, it's the greatest gift by far. You can forgive much easier, be more tolerant and accept others, for who they are. You'll never find fault, with what they do. For in your heart, you believe, there's good in everyone too. Love's a very powerful weapon. It can calm a persons fears and sorrow. It restores ones faith and encourages them to realize, they'll always be a tomorrow. It's amazing, when you know you're loved, how far you really can go. Never under estimate the power of love. It can give you strength and courage. Which in turn, will help you to grow!

Audrey Heller

The Greatest Time Of All

When our children were small, it was the greatest time of all. Don't you wish, you could go back again? It's a time we'll never forget, as it still lingers on yet, it's wonderful to recall. Those were the happiest days, having your children close at hand. It was a warm and cozy feeling, but I'm sure you understand. Somehow, we thought time would stand still. We never paid attention, how fast time really goes. It certainly was a crude awakening, when your child came to say, 'look how tall I am and I'm not even standing, on my toes'! It made you realize, nothing stays the same. It changes before you know. That's the way of life and it's time, for letting go!

Audrey Heller

The Havoc We May Wreak

Sometimes, we say things and wonder why!
You felt at the moment, you said everything
right, but it manages, to slip right by. It's hard
to keep track, of all the things you say! If indeed,
you said something wrong, it wasn't meant, to be
that way! If someone really knows you, they'll not
take offense, if what you said, came out wrong. It
probably, was a slip of the tongue and they should
realize that and then, move right along! We all have
moments, when we say things, without thinking
before we speak! Never realizing, the havoc, we
may wreak! Next time, we have to put into practice,
to think before we utter a word. So, that whatever
comes out, shouldn't be, absurd!

Audrey Heller

The Here And Now

Most people are afraid, to
live in the here and now.
They're forever dwelling in
the past. But what good does
it do? It can be a detriment to
you. Change the way you think
and do it fast. Today is here,
yesterday is gone. Accept that
fact. The longer you procrastinate,
how can yo get your life back, in
tact? Learn to live for the moment.
Enjoy, everything at hand. Then you
can finally declare, life is really,
grand!

Audrey Heller

The Holiday's

The holiday season is upon us,
once more! Time to get out the
decorations and get busy, as we
did before. No doubt, it's quite
time consuming, but when it's
done, it's a delight. How lovely
to see, how it brightens up, the
night! Nothing is as warm and
filled with good cheer, as we
wait very patiently for the
holiday's to appear. Once again,
we're filled with brotherly love and
all the good things that come our
way. So enjoy what you can, while
you can, before it fades away!

Audrey Heller

The Horrors Of Mother Nature

Mother Nature sure has been angry,
just look, at the damage she's done!
Whatever it is, that's driving her, she's
taking it out, on everyone! How horrible,
to see the devastation, the many lives,
she has taken. It's hard to look, where
houses once stood, it can leave anyone,
quite shaken! If you think about a war
zone, believe me, this looks pretty much
the same. The only difference, in this
scenario, not one gun, not one bomb,
has caused these people, this amount
of pain! Although, the aftermath, is
heartbreaking and the loss of life, a
tragedy, people have a way of banding
together, giving each other, comfort and
sympathy! There's no doubt, they'll rebuild,
but it won't happen over night. It's going to
take a very long time, but one by one, they'll
not give up, the fight!

Audrey Heller

The Howling Wind

Have you ever tried to go to bed at night, with the wind howling outside? It can keep you from falling asleep, all kidding aside! The more I paid attention to it, the louder it would sound. I even put my radio on, but to no avail, I found. Trying to keep my mind off of it, wasn't easy to do. The harder I tried, the good old wind, just kept howling through. There's no use trying, to sleep. Now, I'm wide awake. I'll get out of bed, to clear my head, it's much more than I can take. Maybe I should give it some time, lets say about an hour or so. Perhaps, the wind would have died down by then. Will I be happy, to see it go!

Audrey Heller

The Key

Love, is something you can't explain.
A feeling, that's hard to express. All
you know when you're in their presence,
it brings you happiness. It's a warm and
comfortable place to be. Not even you,
can understand. All it takes is a tender
touch and the clasping of each others
hand. It's a secure and wholesome
feeling, you've never quite felt before.
That's what loves, all about and it
found the key, to open your door!

Audrey Heller

The Key To Happiness

The key to happiness, lies, in your ability to communicate! Think it over seriously, before it becomes, too late! A positive attitude, will help, pave the way. Stop procrastinating and get on the ball, today! Communication, is a necessary step, for one to be happy and thrive. Keeping things in, is detrimental, making it hard, to survive! Don't be afraid, to let your feelings, shine through. And in the long run, it's the wisest thing, you can do! always try, to be above board and don't, hold what's important, back! show them, you have the courage and the art, of communication. For those, are the two things, you never did, lack!

Audrey Heller

The Key To Success

If applying for a job, be selective with what you wear. First impressions really do count, if you want to get somewhere. Of course there's other determining factors, you will be judged on. Qualification, is what they'll be looking for. Self assurance, is another thing. It's been known to open, many a door. If by chance, you should the one that's chosen, be friendly, know your limitations. Never take it to access. If you follow these simple guide lines, that's the key, to you success!

Audrey Heller

The Kitten

I needed someone to talk to, so God,
I spoke to you. I felt so very downcast,
I didn't know what to do. You see, I
found this little kitten, who was left
outside to die. It made me very angry,
all I could ask, was why? How could
anyone be so callous? They didn't
even care. How in all humanity, could
they have left this kitten there? I know
in my heart God, I did what was right.
I took the kitten home and watched
over it, that night. All I thought about
was to save it, hoping it would be all
right. But unfortunately, that wasn't to
be so. I had to put it to sleep, I had to
let it go. Somehow, I realized there
was nothing, anyone could do. I felt
it in my heart...It's something, I just
knew!

Audrey Heller

The Last Minute

When you have to get something done,
don't wait until the last minute. You have
to go at it with a vengeance and put your
heart and soul in it. When you procrastinate,
everything, is pushed away. What you're
doing, is letting it wait for another day. It
doesn't take long, for it to pile up and then,
you don't know what to do. And when you look
around, there's so much, facing you. A person
has to be organized, before everything gets
out of control and you just don't know where
to start. Think about what you're doing,
before you let it fall apart. Before it's too
late, you have to get back on your feet and
do things, the way they're supposed to be
done. You'll feel good about yourself and
so will everyone!

Audrey Heller

The Legacy

I wish I could send a letter to heaven
and tell you, how much I miss you. I
wish you were able to receive it and
be able to answer me too. Ever since
you left, I think of you constantly. Even
though life goes on, I still wish you were
here with me. When the holidays are
upon us, it's then I feel your absence,
so much I want to cry. All I can see, is
you, smiling at me, with that little twinkle
in your eye. One of the things I miss and
can't forget, is the many stories you loved
to tell. I listened so intently, I'd dare not
break the spell. There are many things
that keep going through my mind. But the
most wonderful thing I think about, is the
legacy, you left behind!

Audrey Heller

The Light In The Tunnel

There's a light at the end of a
tunnel they say, but thus far, it
hasn't come my way. Wherever
it's supposed to be, I hope it
hasn't evaded me. I'll keep
looking for that light and maybe
soon, it will brighten my night.
When it comes, I'll be ready.
There's much, I want to do.
Somehow, I hope that light,
will keep shining through.
There is a light, out there
somewhere. When it comes
to be your turn, that wonderful
light, will surely burn!

Audrey Heller

The List

Time is a wonderful thing! There is so much you can do. So here's a list, I've prepared, especially, for you!

Don't Waste Time: Are there things, you always wanted to do? Well..it's very simple, now's the time to get it done, before the day is through!

Saying I'll do It Tomorrow: This too is a big mistake. Get it out of the way now, it's the best commitment, you can make!

Call Your Parents: They'll be so glad, you made that call. And think how happy, you made them feel, after all!

Make Time For Your Children: They're very important too. No matter what the age, they still, have a need for you!

Most Of All Be Kind To Yourself: We all need a pampering or two. When we get to do it, our attitudes will change, this I, promise You!

Just follow this list and you will see, what a different person, you'll be. Everything will fall into place and it will happen gradually!

Audrey Heller

The Little Things

It's always the little things in life, that seem to count. For whatever reason, we tend to let them mount. We should try to shrug off things that are said, by not making a mountain, out of a mole hill instead! For some, it doesn't take much, to get their dander up. They're strictly the hot headed kind. I've found the perfect remedy, tune them out, with your mind. If you choose not to listen, in no way, can you get involved. By doing this, it's easier getting problems solved. Silence is golden, I would have to agree. Not answering when someone's angry, seems mighty sensible to me. Try not to take everything to heart. It will all fall back into place. In the long run, you're the one, who's going to save, face!

Audrey Heller

The Little Things In Life

We all seem to forget, the little things in life. In fact, it seldom enters our mind. It never occurs to us, to be grateful. Why are we, so blind? We're quick to complain, if we're unhappy. It's then, we make sure to be heard. On the other hand, if something good should take place, we never say a word. It's been said, it's the little things in life, that count. If we were able to add them up, it would reach a substantial amount. In life, we set the standards on what we expect and are solely responsible, how it turns out to be. If we pay more attention, the little things in life, will bring us health, happiness and prosperity!

Audrey Heller

The Longer We'Re Together

The longer we're together, the more I see, what it's like having you, there for me! You're solid, you're strong, in all that you do and frankly what would it be like, if there were no you? Lucky in life, one has to be, that really is no lie! We were very lucky to have one another, as we're there come do or die! No doubt we'd be lost, if one of us would depart, as we're stuck together, like glue. The thought is one we'd don't ever want to think about, for what would either of us, do? Here's hoping, as the years go by, we'll remain blessed as we've been. Let's grow as old as we can together, cherishing every moment as we have and always still feel, that contentment, within!

Audrey Heller

The Love Of A Pet

Never can you feel lonely, if you have
a pet by your side. The comfort, they
give you, is hard to describe! They're
loyal, loving, a great companion too.
Forever, remaining, extremely close
to you. There's so much to be gained,
by owning a pet. When you're feeling
out of sorts, so much love, you're bound
to get! The wonderful thing about them,
is they accept you, for who you are.
Never, will they try to change you, or
wander off too far! They'll never give
cause for concern and from them,
there's so much, one could learn!
Their very existence, has a calming
effect, so my advice to all of you,
become an owner, of a pet! You'll
never regret it, I can promise you
that. Whether you end up with a
precious dog, or a adorable, little
cat!

Audrey Heller

The Magic Of Summer

Those magic days of summer, how
I longed for them to appear. The
waiting is finally, over it's now,
officially here. I get into my car, head
on down to the beach. Once there,
I find all, within my reach. I'll get myself
a perfect spot, settle down in my chair.
Put on a bandanna, to keep the sun
from my hair. Last, but not least, I'll
apply a sun tan lotion. Making sure
the sun's rays, won't harm me in the
ocean. The water is very cold, when
first I try to go in. But once you get
passed a certain point, it feels great
against your skin! There's nothing
more relaxing. You can feel your
tension disappear. Thinking, isn't
it a shame, summer, comes but
once a year!

Audrey Heller

The Mardi Gras

I always wanted to go, to New Orleans
and see, the Mardi Gras! With all the
wonderful festivities, I have to watch,
from afar! What a thrill it must be, to
be part of this grandiose, show! Oh,
what I wouldn't give, to be able to get
up and go! I can't tell you, how many
times, all these things, I've seen. Right
up there, every time, on my TV screen!
I've watched, the floats pass by, many
times, decorated to the hilt! The air,
filled with so much laughter, listening
to the wonderful lilt! When they pass
by, in their splendid costumes, let me
tell you, some are quite, unique! And
there's always, a special gentleman,
who will show off, his magnificent,
physique! It's truly a most wonderful
time, for all! And even though, I can't
be part of it, literally, I'm having myself,
quite a ball!

Audrey Heller

The Mistakes We've Made

Time, has a way of fleeting and we,
have to stop repeating, the mistakes
we made, up till now! It's about time,
we've learned, to keep from getting
burned, for it's something, we shouldn't
allow! Is it because we're weak, that we
let havoc wreak and possess, our every
thought? Surely, if we knew, what it was
leading to, we'd not let ourselves, become
distracted! There comes a time, when you
have to take a step, in the right, direction
and make a new stance! When you do,
don't look back, even with a glance! No
more making mistakes, it's time, to start
anew. Time, to keep your head, above
water and let, the sun, shine through!

Audrey Heller

The Moment I Saw You

The moment I saw you, there wasn't any doubt, you were something, to rave about. While looking you over, it was then I knew, how very special, you were too. Cute and cuddly to say the least, anyone could see. This was one, of many things, that really got to me. Your eyes never left me. They watched every move, I made. When I finally took you in my arms, you nestled there, unafraid. This was the final test, no need to search anymore. As far as I was concerned, you were the puppy, I would always, adore!

Audrey Heller

The Moment Of Truth

Many times, my thoughts stray back,
to yesteryear! Thoughts, when I was
happy, knowing you were still here.
Taking things for granted, was very
natural to do, but how different I felt,
after losing you! Each day, we know
is a gift, but we don't realize it, till
something precious is gone, then
comes the moment of truth, life
does, go on! It's not easy to face,
but you manage to pull through it
just the same. As we all know, life
is, a waiting game! No matter how
much time passes, how can I forget?
I'll always have thoughts of you and
that's something, I'll never, ever
regret!

Audrey Heller

The Month To Remember

Just four more days, until November, the
month, that's always painful, to remember!
For on the fourth is when you were born
and now, it leaves me, very forlorn! No more,
can I celebrate this day, for it's such a long
time, since you passed away! How hard it is.
at this time of year, always wishing, you were
still here! But you see, even in death, you're
always with me, I can never, let go! I think
about you all the time, I'm sure, somehow,
you know! So on the day of your birthday,
there's no doubt, I'll be vey sad. For that
day, we always got together to celebrate,
which is gone forever. But just the same, I'll
drink a toast to you, as you were the best
father, a girl ever had!

Audrey Heller

The Movies

Whenever I go to the movies, I want to be entertained, I don't mean by violence and such. I'd rather see one that has substance and meaning, the kind with a golden touch. If I'm going to sit, for an hour or two, in my estimation, it has to be worthwhile. When the movie is finally over, I'd like to leave, with a smile. Many that are featured today, are not entertaining, at least not for me. Why would anyone, subject themselves, to all that misery? I wish they could bring back, the good old fashioned musicals, they, were always a delight. If one were playing in a theater right now, you can bet, I'd be there, tonight!

Audrey Heller

The Music Of Today

When you listen, to the music of today,
it's not, what I like to hear. I don't
understand a word they say, as it goes
in and out, of one ear! Give me a song,
with a beautiful melody, with words that
have some meaning. Not all this crazy
stuff, which to me, is quite demeaning!
Rap, Rock, or Hip Hop, you can have
them all! Where are all the decent songs,
like the ones, I used to recall? How I
remember, the good old days, when
you danced the night away. Listening
to, the great bands, where you could
swing and sway! Oh how times have
changed and certainly not, for the
better. I wish someone, could write
something tangible, so it can be
understood, down to the letter! But
that's the way it goes, as time marches
on. We just have to get used to it, for
what was once a great era, is now,
completely, gone!

Audrey Heller

The Mysteries Of Love

Ah, the sweet mysteries of love, can be, so exciting! In fact, from here on in, it's all so inviting! Every look and every touch, gives you chills, up and down your spine. You need no words, to convey, that now, you're mine! The love light, that gleams in your eyes, says, how much you care. It's as if, it always, had been there. What a glorious feeling, it is to be in love, like this. I've never known, such bliss! Why, was it not there, for me before? And what took it, so long? What made it happen and how, did you suddenly, come along? Whatever the answer may be, I'll not question it and accept it, for I've never been, this happy before. Now, I have someone, to share my life with and I'm loving it, more and more!

Audrey Heller

The New Generation

As one gets on in years, there are a lot of changes we see. Some of course we welcome and others, we just as soon, let them be. A lot of things we know, are due to the new generation. It's not exactly what we'd like, but I'm afraid it's here, for the duration. Actually, we've all gone through many different fazes and I'm certain, it will happen over again. In fact, history has a way of repeating itself. But who knows where or when? I guess all one can do, is sit back, relax and take it in your stride. As far as I can determine, it looks like we're in for, a long and bumpy ride!

Audrey Heller

The News

Everytime I listen to the news, it has it's affect on me. It doesn't matter if it's in the paper, or while I'm watching the TV. Just once I'd like to hear some good news. Something different, then what we hear everyday. It's getting to be too much, I wish it would go away. I can't help but think, how much better we'd be, if we didn't hear, or know as much as we do. It puts a great deal of pressure on us, which isn't really, that good for you. However, on the other hand, we can't close our eyes and be oblivious to what is going on. No matter what we would like to see happen, the news, will never be gone!

Audrey Heller

The Only Place For Me

When I hear, about the weather up north, I'm so happy, to be living here! Where it's warm and the sun will shine, practically, all year! I don't have to worry, about changing to heavier clothing, as there is no need, for that. We can wear the same kind of clothing, all year round, as a matter of fact! It's a great way of life and also beneficial, in every way. Having the sun shining through, makes you happier, I must say! If we have a change of weather, you might need to put a sweater on. But it could be for only a few days, then of course, it's gone! Florida, is really the place to be! Life is simple and uncomplicated and it's the only place, for me!

Audrey Heller

The Opposite Sex

A man and a woman, can have a
friendship, with no strings attached.
They can be very fond of each other,
but not looking to be matched. Some
say it's impossible, but why can't it be
true? They just have a great relationship,
that didn't come, from out of the blue.
They've known each other for a very
long time and in each other, they
confide. It's like any good friend that
matters, there's nothing there to hide.
I don't listen to idle chatter, where they
say, it can never be. For I'm one of the
people, who has a friend of the opposite
sex and it works pretty good, for me!

Audrey Heller

The Other Side Of The Coin

Sometimes I think about getting older and wonder how will it be? For time doesn't stand still and eventually, will catch up with me. I don't think you can ever really be prepared. Just the thought of it, can get you a little scared. Then of course there's the other side of the coin too. When you think of all you accomplished and no longer have to go through. There's a great deal of satisfaction, knowing you are able to come this far. For the first time in your life, you know, exactly who you are. Summing it all up, there truly is so much to look forward to, not worry about what lies ahead. Just be grateful for everyday and forget all your fears and dread!

Audrey Heller

The Passages Of Time

If I could turn back, the passages
of time, a happier person I'd be.
I'd never again, dwell on the past,
for it hasn't been that good to me.
Like most people, I've had my ups
and downs, but managed to stay
on top. It wasn't very easy, but it
was do, or die or flop. I'm glad
I'm made out of the good stuff,
as it helped make me the person,
I am today. You have to have a
lot of guts, to make sure you'll
come out okay. You have to give
yourself, a constant pep talk.
Saying, I'm as good as the rest.
And given time, it's going to
show. You proved to everyone,
you are, the best!

Audrey Heller

The Passing Of Time

Time is passing by so fast, isn't it a shame? No matter whom I'd ask, everyone felt the same. It seems to be going so much faster, for no apparent reason. Everytime I turn around, there goes another season. For the longest time, I was under the assumption, as one grows on in years, they would feel it so much more. However, that doesn't seem to be the case, at least not anymore. I guess what's important, is to take advantage of each and every passing day. And enjoy what's around us, before, it slips away!

Audrey Heller

The Past

Haven't you ever felt, you wish you could undo, some of the mistakes you've made? I know I have, but there's nothing that can be done, I'm afraid. It may prey, on your mind at times, but it doesn't want to go away. You may try to get rid of it, but there is where it's going to stay. How many times I've said, it isn't worth it. I should let only good thoughts, come to mind. I'm going to try very hard to achieve it. And when I do, I'm going to finally leave, the past behind!

Audrey Heller

The Past Lingers On

Soon it will be November, a month I'll always remember, for it will forever be engrained in my heart! I always looked forward to the fourth day, for that was your birthday and how much I miss you, since we've been apart. What a year that was! We just got through November and on the 11th of December, which was a little over a month, you passed away. I cannot forget the agony I felt, on this particular day! At least you lived to see your birthday, but who knew so soon after, you'd be gone. Dad, it was so devastating, I didn't know how, I'd carry on! One thing makes me happy is knowing the wonderful relationship we had. It was the icing on the cake! For everybody knew my feelings about you, it was always, first rate! Now, I feel like an empty shell! Even though it's been fifteen years, you'd be surprised, down come the tears, for I cannot hide it very well! So when these two months roll along, I'll always be downcast. For unfortunately, it will always remind me, of the past!

Audrey Heller

The People Of The United States

The United States is over it's head,
which gives all of us, much to dread!
We're all in a terrible state, for none
of us, really knows their fate! We've
all been sitting, with baited breath,
to hear how we'll manage, to get out
of debt! As far as I'm concerned, this
has been going on, way too long.
What happened America? We used
to be looked up to, as we were, so
solid and strong! Now, it's gotten
out of proportion and there seems
to be, no end in sight. We the people,
of the United States, will not give up,
without a fight! So get your act
together, a solution is, a must! Stop
all this procrastination, for right now,
it's do, or die, or it's a bust! ! !

Audrey Heller

The Perfect Day

Sunday, is the perfect day, to
relax around the house, doing
nothing much at all. I'd rather be
left alone, so please, don't bother
to call. I can make plans, strictly
revolving around me. It can involve
reading a book, catching up with
correspondence, or just watching,
the good old TV. This is one time,
I refuse to do any kind of labor. It's
a complete, day of rest. If you have
any doubt in your mind, that I truly
mean it, why don't you try and put
me, to the test!

Audrey Heller

The Perfect Remedy

Should you have words, with a friend
or spouse and find it difficult to talk to
them, I've got a perfect remedy. Write
whatever it is, you want to tell them on
paper. It works like a charm, I guarantee.
This is a very good way to release the
anger, you've built up inside of you.
Putting it down on paper, can be
therapeutic, too. The object here, is to
avoid any kind of confrontation, If words
pass between you, it can escalate and
you'll have no idea where it may lead.
Therefore, isn't it wiser, to give them your
letter to read? To my way of thinking, it's
best for all concerned. For in the long run,
there is, a lesson to be learned!

Audrey Heller

The Perfect Summer

There are wondrous places to find, to help you unwind, under trees, that have ample shading. A place within reach, close to the beach, making it accessible to go bathing. The kids are excited now, as we approach our destination. They're talked about it constantly, since their summer vacation. It's invigorating, being outdoors, breathing in the fresh salty air. As a matter of fact, I'd rather be here, then almost anywhere. When it's time to eat, it's a special treat, there's lots of good things, we brought from home. Everything, tastes so delicious, because now, you're not eating alone. The day starts to dwindle down, it's time for us to go. It was a perfect day, in every way and I don't mind, telling you so!

Audrey Heller

The Person That You Are

Whether it be near, or whether it be far,
I love you, for the person that you are!
You're the kind of man, who's not ashamed,
to show his feelings and will say, I love you a lot!
Of course, I'm extremely, lucky and appreciate,
what I've got! When it comes to showing affection,
you certainly fill the bill! I know I'll never tire of it
and I doubt, I ever will! It's great when you find someone,
who shares, the same qualities as you. And that is the perfect reason,
for anyone, to say, I do! If you don't get back, what you give,
it can cause, a heap of trouble. It's then, you should give it a lot of thought
and do it, on the double! A person doesn't change their ways,
they are, what you see. And that's your clue, right there,
as how your life, is, going to be!

Audrey Heller

The Piano

Ever since I can remember, I've always wanted to play the piano. However, in order to learn, you have to own one to practice on. Unfortunately, we couldn't afford to buy a piano, so all my hopes and dreams were gone. Whenever I heard someone play, I'd listen intently. In my mind, I'd make believe that someone, was me. Every opportunity, I'd listen to recordings featuring piano solos. I'd sit back, relax, close my eyes and slowly drift away. I'll never give up hope to own a piano. If and when I do, it would be a dream come true. Do you think, you'd like to hear me, play?

Audrey Heller

The Positive Side

Very often, I hear people say, think on the positive side, it's the right thing to do. When you think on the negative side, nothing good will happen to you. I must admit, while pondering this, it actually makes a lot of sense. If you don't look up and smell the roses, you'll always be on the opposite side of the fence. It's easy to get into a rut and think nothing good is ever going to come your way. But if you do a complete turn around, the sun will shine for you, everyday. Just have a little faith, in what tomorrow can bring. At least it's a start and once again, you'll be, a part of everything!

Audrey Heller

The President Elect

With all the hullaballo, the elections,
came and went! It was a tedious
moment and most of us, were spent!
For months, we wondered what the
outcome, was going to be. Who was
going to get in and who, would claim
victory? Now, it's finally over as we look
forward to the new administration. We
all have hope in our hearts, that we'll see
improvements, across the entire nation.
Yes, it's been a long bumpy ride, as we
all waited with baited breath, for all the
votes to come in. Sitting glued to the TV,
seeing which one, would win. Would it be
McCain or Obama? It then became a full
fledged drama, as we went on through the
night. It was a very touching scene, as they
both put up, a tremendous fight. The evening
finally came to a close and the votes were
tallied, one by one. It now became evident,
which candidate, had won! As we enter this
new faze, we have to stand behind our new
president, with hope in our heart. For we all
look forward to a drastic change and can't
wait for the new, term, to start!

Audrey Heller

The Pressure Of Change

Once you feel, the pressure of change,
if you put your mind to it, it won't be hard
to arrange. Being used to the way things
were, of course, is a comfortable feeling!
To start and do it differently, is enough to
send anyone, reeling. Take it, one day at
a time and just go along, with the flow.
When you reach the point where you're
comfortable, it's then, you will know. No
one, but you, knows their limitations and
it's up to you, when you feel the need to
stop. There's no reason to doubt yourself,
if you have faith, how can you flop?
Change, is a good thing, as too often we
grow stagnant and stay, where we are.
But once you make your mind up, not to
stay in the same position, how, can you
not, go far?

Audrey Heller

The Procrastinator

Did you ever have an experience with a procrastinator? Well they can blow your mind! For every excuse in the book, they'll invariably find! Whatever they can do today, they'll look at you and say, tomorrow...I'll get everything done. But when it comes to tomorrow, it's the same day as everyone! Days, weeks, months go by. Then once again, you'll say, 'by any chance, did you get to do, anything today?' Of course you know the answer. It's the same one as before. No need to bother, you already know the score! Never, will you be able to change, the things they do not do. And I'm afraid, it's going to be, pretty much up to you!

Audrey Heller

The Prom

Have you ever reminisced, back to the days, you were asked to go to the prom? Remembering, how excited you felt, you couldn't wait to tell your mom! The weeks that followed, you were walking on a cloud. You couldn't believe, it was really true. As the boy you had a crush on, finally, had approached you! There was lots of work ahead of you, so much to prepare. Looking for the perfect gown and wondering how you'd do your hair. You thought about this moment, for ever so long. Before you turned around, it soon rolled along! This was a very momentous occasion. Everything, had to be just right. Especially, since this was about to be, a very, special night!

Audrey Heller

The Proper Time And Place

When you're feeling on edge and need to expound, think of others who are around. Even though you feel upset, it's not the right thing to do. It's best if you control your emotions, you'll be better off, for it too. No one, like to be caught up, in another persons conflict. It isn't pleasant to see. Whatever it is that's on your mind, make sure you say it, privately. At times we all need to let off steam, but we have to know, when and where. What does it say about you, when it's your, dirty linen that you air. If you should ever get to that point again, simply walk away. Save it for the proper time and place. Then it doesn't matter, what you say!

Audrey Heller

The Prospect Of War

How hard it is to say goodbye, you
linger as long as you can. It's the
mere uncertainty of it all, it was
never part of your plan. So many
thoughts race through your mind,
making it hard to concentrate. You
know how rough it's going to be,
especially, without your mate. Who
would have ever thought this would
happen? We've been through this
so many times before. It's not easy
to digest, to send your man, off to
war. Will there ever be a time, where
we can live in peace and harmony,
feel secure and know the feeling of
being free? The tensions we carry,
makes it hard to bare. All we can do
right now, is hope that God is listening,
to our prayer!

Audrey Heller

The Puppy And The Cat

I bought a brand new puppy, which makes me very glad! But as much as I love him, he'll not replace, the one I had! You can't erase, the years you had, with your other pet. But everyday, with his loving ways, it helps a little, to forget! I've forgotten what it's like, having a frisky pup around! He's really quite adorable, but how do you drown out, that whimpering, sound? He wants a lot, of attention and I don't mind giving, that. He runs around with so much pep, he menaces, the poor old cat! He's not quite sure, just what she is, as he's never seen, a cat before. He looks at her very strangely, but she hisses at him and strikes out, with her paw! It will take some time, before the cat, will accept him, as she's mourning the loss, of her old friend. But given enough time, she'll come around. And nothing, can please me more, than seeing her, on the mend!

Audrey Heller

The Rainy Season

The clouds are rolling in, the sky is getting black. When all of a sudden, there's a tremendous crack! Thunder and lightening, has just hit and I don't like it, one single bit! Just a few moments ago, everything, looked so neat. Now, I find it impossible, to see across the street. I had completely forgotten, it's the rainy season. Not my favorite time, to be sure! Since I haven't any choice, I'll simply have to endure. So much rain, is falling down, giving a legitimate reason, for me to frown. The way it looks, I won't be going anywhere, for sometime. I guess it wouldn't hurt to pray, for the sun, to come out and shine!

Audrey Heller

The Realization Of Your Dreams

You can see, both sides of any issue, but it's your willingness, to make a decision, toward the realization of your dreams. After all, nothing, is exactly the way, it seems! You can dream big, or you can dream small. Or you can choose, not to dream, at all! It's up to you, how your life, will be. So, if you want to get somewhere in this world, nothing, is for free! Whatever you want, you have to work very hard, to get what you're after, as it doesn't get there, by twiddling your thumbs. You have to be o the ball and stop feeling sorry for yourself and not let yourself, get caught up, in the doldrums! Take it, in your stride, for there's nothing to hide and go after whatever, is your dream. It can come true and can, happen to you, for life, can be, peaches and cream!

Audrey Heller

The Road Of Life

There are many things, down the road
of life, we have to encounter. Some are
easier than others, I must admit. But we
know, we have to work hard, to achieve
what we want and never, tire of it!
Working hard, to meet your goals, gives
one satisfaction. There's nothing, quite,
that can compare. You put in, a lot of
sweat and toil, but what else, can get you,
somewhere? Hard work and perseverance,
never was a deterrent, as far as I can see.
In fact, it makes you a better person and that's,
what we're all aiming to be! Remember, we
all have to take chances. If we didn't, we'd
never know, how life would turn out. You have
to have, a lot of will and determination and
that my friend, is, what it's all about!

Audrey Heller

The Royal Wedding

The Royal Wedding, was the most talked about affair, as we all could hardly wait, to see, the famous pair! There's no doubt, Diana was watching from up above and filled with so much pride and plenty of motherly love! Now, we're reminded, as we watched on our television screen, that some day, Kate, will become the future queen! How very romantic this has all been, to be part of history in the making and as we watched them take their vows, was truly quite breathtaking! Now, that it's over all the festivities, planning and waiting, are gone! The only thing that's left to say, may their love for each other, always, carry on! Somehow, I get the feeling, the two of them have a very solid foundation and their love, will continue to grow. When you see the two of them together, it's a look, a gesture, they're aglow! I'm sure, now Diana's at peace for she's glad when she looks at William, he's a wonderful young man to see. And now, she'll look forward to that day, when a father, he will be!

Audrey Heller

The Same Old Grind

School is just around the corner. The summer is almost at an end. Every year, it goes faster and faster, there's a lot of things to tend. Getting ready for the holiday's is a hectic chore. Before you know it, it will be upon us, with lots of work in store, Every year at this time, the same thoughts run through my mind. I can't help but notice, how we're back again, to the same old grind!

Audrey Heller

The Same Old Song

There are those we know, who
always think, they're right and
never wrong. It doesn't matter
what you say, they refuse to go
along. No matter what you say,
they'll never agree, which is
pretty hard to take. To their way
of thinking, they never, make a
mistake. You can tell them a
color is black and they'll tell you
it's white. They're so very
stubborn, they refuse, to give in.
It's like knocking your head
against a wall, as you're just not
going, to win. I wonder if they
realize, the frustration, they afflict
on others, always having to prove,
they're never wrong. As for me, I'm
really tired, of hearing that same,
old song!

Audrey Heller

The Second Time Around

They say love is better, the second
time around and I agree! For it's then
I found, the perfect man, the man, just
right for me! It's never easy to embark
on a romance, you have to be willing
and to take a chance. There are many,
who had gone down that road before.
Of course, there is a difference, as now,
you know the score! It took a long time to
find him, years to be sure. But when I
finally found him, I never felt more secure!
My life is ten times richer and filled with
warmth and love. And if I didn't know any
better, I'd be convinced, he was sent
from above!

Audrey Heller

The Shade Of Blue

I wonder why, as I'm sure you do too,
why the sky, is the shade of blue? Why
is snow, the color of white and what
makes the sun, yellow and bright?
Why is the grass, the color of green
and the earth below it, hardly ever
seen? What makes some trees,
grow so tall, when many others,
remain so small? What gives some
flowers, a beautiful fragrance, that
smell, just like perfume? What makes
some flowers, so lovely to look at,
while some, just never bloom? How
can any of these questions, really be
answered? They've got to be sent,
from above. To bring beauty into our
lives and give us something, to
appreciate and love!

Audrey Heller

The Shower

I love to take a shower, with the warm water cascading down my skin. It's a feeling so relaxing, it can alter the mood, that I'm in. Every ache and pain you have, will slowly disappear. For there's no better therapy, then what you're experiencing here. It doesn't take too long, before the room is filled with mist. I can feel the moisture, upon my face and I just can't resist. My body, immediately reacts to this type of pampering, as if I were in, the most expensive spa. The most wonderful thing of all, is, I didn't have to go that far!

Audrey Heller

The Sky

Have you ever taken the time to look at the sky, on any given night? If you haven't, you're truly missing, one beautiful sight. Watching the stars twinkle, as they fill the darkened sky, is wonderous to see. It's surrounded by the moon, with an illuminating light, shining so vividly. Where else can you see a picture such as this? It's nature at it's truest form. Just to be able to be privy to this, makes me feel cozy and warm. Instead of sitting home every night, your eyes glued to the TV. Take a stroll under the stars, it's much better company!

Audrey Heller

The Smell Of Rain In The Air

As the wind, picks up and blows through
the trees, it creates a stir, with it's forceful
breeze. Leaves, are scattered all around,
as it makes a circle, upon the ground.
Particles of dirt, are swept through the air
and some of it manages, to get in my hair.
You can smell the rain, it's on it's way and
you know, it will be there, come what may.
This, is the time of the year, where we have
lots of rain and it doesn't do any good, if
you start to complain. Just get up early, to
do youe chores, those of course, that are
done, out doors. That's life's little draw
back, when you have a rainy season and
it's hard, to venture out. It's just one of those
things, I rather do without. However, patience
is a virtue and we have to wait until this time
of the year, comes to an end. Then, there
will be plenty of sunshine, waiting for all of
us, around the bend!

Audrey Heller

The Solicitors

Doesn't it make you very annoyed,
when solicitors start to call? They
get you when you're busy, or doing
nothing at all. No matter how many
times, you tell them, you don't need
anything, they just won't give up and
again, the phone will ring. What is it
going to take, to make them go away?
It's apparent, regardless how many
times you say you're not interested,
it's not enough, to keep them at bay.
So to all of you out there, please be
so kind, take me off your list and set
me free. I know you have a job to do,
but please, just stay away, from me!

Audrey Heller

The Song Of Love

When darkness falls and I'm
all alone, I think of you darling
and place you, on a throne.
And on this throne, to me you
are king, the one that rules my
heart. The night passes swiftly
and dawn soon appears.
Suddenly, out of nowhere, there's
a song, that rings in my ears. This
song makes one wonder, what
does it mean? To me it's a
symbol of all that is honest and
true. And all of these things my
darling, I, have found, in you!

Audrey Heller

The Span Of Time

It's the holiday season, once again.
How the time, does fly. It seems like
only yesterday, but calendars do not
lie. The span of time gets shorter, as
we go from year to year. I guess we'd
better get used to it, because it's
already here. The hustle and bustle has
started. Just about everyone's on a
shopping spree. When you arrive at
your destination, it's amazing what you
see. People are there in droves, looking
for bargains the stores have advertised.
You begin to have the strangest feeling,
as if you've been hypnotized. It's crazy,
how every year, we do the same old
thing. But when next year comes, we're
inclined to forget. We get right back, into
the swing!

Audrey Heller

The Spirit Of Christmas

Christmas is upon us, you can feel it in the air. Wherever you go, wherever you look, the holiday spirit is everywhere. The houses look so beautiful, done up so lavishly. Adorned with so many decorations and lights, a truly spectacular, sight to see. There had always been something magical, about this time of year. It's a time we can forget our troubles and spread some holiday cheer. So..here's a toast to all of us, may this Christmas, be merry and bright. Then here's hoping, in the years to follow, we'll all have our silent night!

Audrey Heller

The Spiritual Side

There are those of us, who were gifted with a spiritual side. It's a rarity, but it's always been our guide. Of course, many are non believers and look upon it, very inquisitively. However, I know it exists, as it's always been there for me. There have been many unexplained situations, that unraveled before my eyes. I never let it get the best of me, as it came as no surprise. I've learned, how to accept it and realized, it's not a bad thing, after all. It had to be sent, from up above. And if I was chosen for this special gift, it came from someone, with lots of love!

Audrey Heller

The Sunny Side Of The Street

Walk, on the sunny side, of the street
and let your positive thoughts, set the
tone, for the days ahead. It's then you'll
realize, there isn't much, you have to
dread. Stop searching for security,
through the outer world. Seek it, within.
Only then, will you find the courage, to
begin. Once you're satisfied with
yourself, you can be happy, no matter
what circumstances, you have to face.
Then you'll be ready, to take your place.
When you walk, on the sunny side of the
street, it can lift your spirits high. Positive
thoughts, are now in action and you can
reach, for the sky!

Audrey Heller

The Sweet Smell Of Jasmine

You can feel the humidity, hang heavy!
The sweet smell of jasmine, permeating
the air. It's the night blooming jasmine
constantly, lingering there! At times the
air remains so thick, you can cut it with
a knife. Making it difficult to breathe.
Somehow, you get used to it and still,
I'll never leave. I love the warm, sunny
climate, along with all it may bring. I
never did miss, the changing of the
seasons. Warm weather for me, is
the thing! Ever since I was very young,
I remember summer, was my favorite
time of the year. For whatever reason,
it may be, I feel better, living here! The
south, was made to order, for people
just like me. And here is where I intend
to stay, quite contentedly!

Audrey Heller

The Sweltering Heat

Hot! Hot! Hot! It doesn't matter,
whether you like it, or not! That's
the way this summer has been
and it's awfully hard, to take it,
on the chin! The sweltering heat,
makes you want to retreat, but
where are you to go? In fact,
wherever you think you'd like to
be, it's the same, everywhere,
you know! Who ever thought,
you'd be longing for the winter,
with it's chilly and cold days. But
right now, it sure looks good to
you, to get away from this terrible
haze! Unfortunately, we're never
satisfied and our nature, is to
complain. Snow, heat, or whatever
it may be, we even balk, at the rain!

Audrey Heller

The Tried And True

Shining the light of awareness, into the shadows of consciousness, may be hard work. But it can be exactly what is needed, to prevent a conflict from getting out of hand. It will take a lot of concentration, but eventually you'll understand. It's best to stay on top, of what's going on, then led around on a string. When it all becomes clear, you'll be free of everything. Instead of using words, let your actions, speak for you. Don't be afraid to take a chance, on something other, then the tried and true!

Audrey Heller

The Truth

Don't be so quick to judge,
for the truth will find it's way,
into the open. You may be
surprised, when it's revealed,
only good things about you,
were spoken. I guess, it's a
common reaction, if you think
you were talked about, in an
unorthodox way. You know the
truth, so don't be mindful, of
what they say. Put your mind
at ease, hold your head up
high and stand tall. You don't
have to prove yourself, to
anyone. For you know who
you are, after all!

Audrey Heller

The Ultimate Reward

When I hear someone say they're bored, with nothing to do, I can't understand. There are so many things, one can get involved with. It's right at your command. If you stop feeling sorry for yourself, you'll find there are a lot of people in need. Wouldn't it serve you purpose, if you started by doing a good deed? You could be a big brother or sister, to some unfortunate child, who hasn't a soul in this world to care. Do you have the remotest idea, what it would mean, to have someone to count on and always be there? When you give of yourself, it's a feeling of tremendous satisfaction. Never again, can you ever feel bored. Knowing you helped to make a difference, in a child's life. That, is the ultimate reward!

Audrey Heller

The Unexplained

No one can explain, why certain things happen, at a certain time. It's bewildering, to say the least. Then from out of the blue, it will suddenly change. It's either a fagon or a feast. You wonder why things can't go along on an even keel? If it did, how great it would be. However, we know it's virtually impossible, as no one, ever gets off scott free. Needless to say, these are the pit falls, we must face. There are times, we know happiness, sorrow and strife. There isn't a person I know, who hasn't experienced all of these. As that my friend, is what we call, the way of life!

Audrey Heller

The Unrest In Egypt

It seems the world, can never, be in
peace! For here we go again, in Egypt.
Where we hope, what's taking place, will
cease! We have to always be on edge,
there is no existing quiet and every time
you look around, there's some place,
starting a riot! The world is in a turmoil,
that much I can say and the only thing to
do, is hope, it will go away. It's unnerving,
that people can't live together as one, as
we all breathe the same air and share the
prevailing sun! Why must there be, such
unrest? What's more important than life
and what really, is their quest? It's tiring, to
live in the kind of world we live in and never
see, the light of dawn. Everything, just keeps
getting worse and we all, get tired and worn!
When will there come a day, when we can
rest easy, without too much, of a care?
Especially, in the countries, that are over
there! !

Audrey Heller

The Ups And Downs

There are times, when you feel on top of the world, everything is rolling along. But sometimes, things can change in a minute and you no longer feel, that strong! In life, there are the ups and downs, you have to go, with the flow. Why these things happen, how are we, to know? When things are going right of course, it reflects on everything we do. We dance to a different tune and we feel, so much better too! However, this is the way it goes, they'll always be the good and the bad. It's up to us, to take it the way it comes and never, let it make us, sad! We have to remember, there's always tomorrow and who knows, what that day, will bring? Just have hope, it's within our scope to have the best, of everything!

Audrey Heller

The Visit

When you told me, you were going to visit, I was thrilled, as can be. I didn't even realize, it was two years, since you've seen me. I counted the days, before your arrival and suddenly, it came around. I drove to the air port and waited for your plane, to touch down. Both of us, looking forward to this visit, as it was long overdue. And when friends get together, there's plenty of catching up, to do. We sat and talked, all hours of the day. Listening very intensley, to what each other, had to say. It really was a wonderful visit, the best I can recall. And being together, with my best friend, was the greatest gift, of all!

Audrey Heller

The Way It Is

Today, with the economy, the way it is,
one has to be conservative! We have
to learn, to do with less, even though
it's hard to take. There are many things,
we have to cut down on and believe me,
it's not, a piece of cake! There's no
doubt, a lot of us have been spoiled, for
we did and bought whatever, we could
afford! Now, all that has changed, for
some of us, find ourselves, overboard!
It's an adjustment, in many of our lives,
but we're strong and we'll manage, to
find our way! There is no use in
complaining, for truly, it really doesn't
pay! It will take a while, but I'm certain,
in due time, it will get better and we'll
do, as we did, before. But for now, we
just have to be patient, by buying less
and not more!

Audrey Heller

The Way That I Miss You

Isn't it sad, when you miss someone,
the way, that I miss you! No matter
how many times, I say to myself,
there's nothing, I can do! If I had my
way, you'd still, be here today and
life would have, so much meaning.
I'd be as happy as a lark, I'd have
some spark, in fact, I'd be positively
beaming! It isn't easy, learning to
live without you in my life, I think
about you, every single minute. Life,
surely hasn't been that great, not
having you, in it! But as everyone
knows, there comes that moment,
when we have to face reality, for no
one lives on forever. You're still in my
heart, as it's so difficult to part, I'll not
forget you, ever!

Audrey Heller

The Way Things Are

Have you ever, thought about all the people you knew, that no longer are a part of your life and where, they could be? If you're like me, then I'm sure, it fills you, full of curiosity. You'd like to think, everyone you knew, especially those who meant something to you, fared well. But everyone, goes off in different directions, so there's no way, one can tell. It's nice to sit back and recall, the good times you had and just reminisce. Things that were upsetting, there's no need, to think about this! Everyone, had incidents, they'd rather not think about and just let it be! There comes a time, when you must let go and let yourself, be free! It doesn't pay, to think about something we had no control of, which made you unhappy and feeling insecure. You have to pick yourself up, get back on your feet, throw all caution to the wind, then, once again, you'll endure!

Audrey Heller

The Weather

Nothing can compare, to a day that's filled with glorious sunshine! It's magical, how it can lift you out of a dreary existence, that cuts like a knife. It has the ability to put a smile back on your face, which enables you to get on with your life. When you're faced with long periods, devoid of sunshine it has an adverse reaction on you. It won't take long, before it will show. It doesn't matter, what you do. It's not unusual for the weather to affect us emotionally and physically. It can play havoc with your mind. When I see the sun, I know, I can leave everything behind. There's little we can do about the weather. We can talk about it, which all of us, have done. Regardless, it's a continual topic of conversation, bar none!

Audrey Heller

The Week End

Like most people, I look forward, to
the week end, as it's a time to get
away from your daily
it doesn't always work out that way,
as some of us, still have cleaning to
do, including the mopping of floors!
What can't be done during the week,
we have to make it up, now. Unless
you like a messy house and dirty
linens, you're certain to get to it,
somehow! If you're smart, you'll do
it early in the day, so you'll have
time to yourself, later on. Then, you
can make some plans, get yourself
dressed and be gone! The best part,
is you're done and you feel, completely
free. So now, one of the greatest things
has taken place, I can do what I like, go
where I want, as there's nothing more
at home, waiting for me!

Audrey Heller

The Windows Of Opportunity

There are windows of opportunity galore, that sometimes will come, knocking at your door. You must be ready at any cost, for he who hesitates, will soon be lost. It's not that often, it will present itself to you. The question is, are you ready for it too? Often, we're not aware what surrounds us. We're oblivious to what's going on. Should you not seize the opportunity at the moment, before you turn around, it's gone. If you want to get somewhere in this world, you have to work hard at it, giving it your all. Doing it haphazardly, you're headed for a fall. Make up your mind, as to what you want. Pursue it with all your might. Knowing this time, whatever you do, it's going to turn out right!

Audrey Heller

The Wonderful Times We Shared

I thought about you yesterday, today
and most probably, I will tomorrow!
And every time I think of you, there's
still, a great deal of sorrow. No matter
how I may try, to just, let things be, I
feel I'm doomed, as you're still, so
much a part of me! My heart was
broken into a million pieces, the day
you died. I didn't want to talk to
anybody, I sat down and cried! How
could I face each day, knowing you're
no longer here? You were my father,
my rock of Gibraltar, how I longed, to
have you near! We had a great love
and respect for each other, which very
few can attain. Even today, as I think of
you, those wonderful things we shared,
always, will remain!

Audrey Heller

The World

The world is truly beautiful! There's so much to see and take in. We should find the time to explore it. But most of us, don't know how to begin. We're always preoccupied, with one thing or another. Forgetting, that time is not standing still. If we don't try to make an effort when it's feasible, then I'm afraid, we never will. Our priorities, are on wrong things. Some, I'm quite certain can wait. We just have to do some planning ahead, before it's too late. Should you let enough time slip by, at some point in your life, there's bound to be regret. Give it some thought, while it's still fresh in your mind. You've got a whole lot of living, to do yet!

Audrey Heller

The Worst Blizzard In Decades

Listening to the news and looking around the country, it's the worst kind of weather, in history! I may be selfish, but I'm awfully glad, it's not, affecting me! The best decision I ever made, was to come live in Florida, where it's sunny and warm, most of the time. We may have some cold days here and there, but it certainly beats, the slush and grime! Cold weather and all that snow, is a thing of the past, I couldn't take it anymore, for certain, I wouldn't last! Just looking at the news, I'm aghast, at what I see, snow piled up, where no one, can get around. In fact, it's piled up so high, making it impossible, to find the ground! It certainly is a horrible plight and I feel sorry, for those who must endure. But I have the perfect remedy, come to Florida, chill out, for that's the greatest cure! No more shoveling of snow, no more nerves to feel taut, this is the kind of life to live and a life style, that can, be bought!

Audrey Heller

The Wrath Of Mother Nature

The wrath of Mother Nature, is truly beyond belief. For when she's done, she brings a lot of grief. It doesn't take long, before the damage gets under way, she'll show you no mercy at all. Her winds are very strong and the rain beats down so hard, you can hear the trees, when they fall. All one can do, is wait and pray, with hope in their heart everything, will be okay. When it's finally over, you can heave a great big sigh. For I'm certain tomorrow, we're going to see, a clear and sunny sky!

Audrey Heller

The Younger Generation

Here's to, the younger generation!
May they somehow, find some kind,
of inspiration. It's not the best of times,
we live in and it can put a damper, on
what lies ahead. They have a lot to
contend with and an awful lot, to dread!
Who knows, what the world will be like
as they try to make, their way? It's
certainly, not a pretty picture, that much,
I, can say! However, let's try to look on
the brighter side and what may, lie in
store. We can only hope, that in due
time, we'll be able, to even the score!
A new president, is coming in, so that
in itself, can be a big plus! We have to
believe, it will get better. And in the long
run, it's going to be good, for all of us!

Audrey Heller

There Are Times

There are times, things happen to you and you don't know why! While you're searching for the answers, time is passing, you by! You're no better off, than you were before and it's something you'd like to shake. But, there are some things in life, like it or not, we, have to take! There's no use, letting it get, the best of you, as that won't help at all. You have to remain confident, who said, life is a ball? We have to take, what's doled out to us, whether we like it, or not! If you don't accept it, it will tie you up, in a knot! We know, the smartest thing to do, is just let it be and go on, from there! For if you let it, get the best of you, then you'll never fare!

Audrey Heller

There Comes A Time

There comes a time, our children have to make a decision, when to leave home. It's a time, when they need to find themselves, become more independent and make it, on their own. It's never an easy adjustment, for all concerned. But it's the only way to find out, how much there is to be learned. For one, it builds character, gives them a sense of worth, which enables them to grow. If they don't venture out, they'll never know. As much as we'd like to have them around, it's not in their best interest, if we do. How can they fend for themselves, when they depend on you? It's not at all easy, when you really want them to stay. But deep in your heart you know, it's the only way!

Audrey Heller

There Is No Night There Is No Day

Ever since you went away, there is
no night, there is no day! All around
me, reminds me of you and there's
nothing, I can do! Many times, I'll say,
I wish you were still here, how different,
life would be! You made everything so
tolerable, especially, for me! It gets so
lonely, when I know I can't see your face,
or talk to you, anymore. The years, have
not changed, the way I feel, I love you,
just as much, as I did before! You were
and will always be special. It doesn't
matter, that you're gone. For the feelings
that I have for you, will forever, linger on!

Audrey Heller

There's A New Day Coming

There's a new day coming, just you
wait and see! A new day to bring us,
peace and harmony. How long can
we continue on this destructive course?
All it manages to bring us, is misery
and remorse. Radical changes have
to be made, if we are to live side by
side, with our fellow man. If we put our
heart and soul into it, I'm certain, all of
us can. Time is running very fast. It's
frightening to realize, a year has
already upped and gone. We must do
everything in our power to stand tall,
not waiver from what we believe in.
Then forge ahead, from this very
moment on!

Audrey Heller

There's A Time

There's a time, for giving and a
time, for sharing. A time for loving
and a time, for caring. These words,
ring honest and true. For what would
life be like, if there was no one, there
for you? Having someone to come
home to, makes it all worth while.
Especially, when you open the door
and you're greeted, with a smile.
Having a person, that you care about,
who's there for you, through thick or
thin. Who makes your house a home
and always, welcomes you in!

Audrey Heller

There's A Time To Say Goodbye

It's very sad, when two people, find themselves, on the opposite side of the fence! No matter how you access it, there is no, defense! It's all about, two people, drifting apart! You never realize, when it happens, or when, it actually did start! It crept in, through the years and no one, was even aware. Now, here you are, faced with despair! Sometimes, we can find our way, back again and sometimes not! You didn't ask, for it to be this way. I guess, what we once called love, we now, forgot! It happens down the road, to a lot of people and there's no use, in asking why! Somehow, we slipped up and now, it's time, to say goodbye!

Audrey Heller

There's Always This Feeling

It doesn't matter what I'm doing, or where I happen to be. There's always this feeling, you're standing close to me. Something must change in my appearance. Immediately, it has to show. Everyone around me says, my face has a special glow. I've always felt this way, when you were still alive. I loved being with you and felt safe, at your side. I guess it doesn't matter, how old I may get. As all of these warm feelings, remain with me yet. I want to thank you dad, for watching over us, making sure no harm will come our way. It's very comforting to know, you're close at hand and everything, will always be, okay!

Audrey Heller

There's More To Life

There are times, we lose sight of what's really important. We're too busy filling our lives with monetary things. But there's more to life, than possessing money and all the problems it brings. Having family, is a blessing. That's, where the riches lie. If we don't have them, where would we be, you and I? They'll make you feel wanted and needed. Taking time to listen, to our tales of woe. They'll always be there for us. It doesn't matter where we'll go. Monetary things, can't give you love or stability, regardless how you try. Being a part of family that cares and shares, no money in this world, can buy!

Audrey Heller

There's No One Who Could Take Your Place

Today, isn't like any other day! It's the fourth of November, which would have been, your 102nd. birthday. Now, you're no longer here and all I can do, is remember! And ironically your passing, was one week, after the fourth, of December. It's always, a difficult time for me, during these months, as it's a lot to have to face. Especially realizing, there's never going to be, anyone, to ever take your place! I thought to myself, how will I face the days, months and years to come. At this point, all I could feel, was numb! Life, was very hard to bare, as each day, my thoughts automatically, turned to you. It was still fresh in my mind, there was nothing I could do. Even now, after so many years, there's still so much sorrow and a lot of tears! But the things that keep me going is how fortunate I was, having had, a father, who's love was true. And you let me know, in so many ways, I meant the world, to you too!

Audrey Heller

There's No Place Like Home

Wherever you go, wherever you may roam,
eventually you'll find out, there's no place
like home. It's necessary, to get away, when
the going gets rough. Especially, when you've
worked very hard and you've had enough. A
change in scenery, at this point in time, is
extremely good for you. Plan to take a trip,
like millions of people do. The moment you're
out the door, you can start to feel your tension
disappear. Feeling very excited, for soon
you'll be gone from here. Time has a way of
moving very fast and furiously. You hardly can
wait, to get back home. Now, you'll be contented,
for a long time to come, no more will you want
to roam!

Audrey Heller

There's Nothing I Don'T Like

Some people eat to live, but I, live to eat! Everything I look at and see, to me, is one big, treat! Food, has always been, my down fall! Lucky for me, I can eat what I want, as I never gain weight, at all! Call me, one of the lucky ones, I can attest to that. I can eat as much as I like and never put on weight, or get fat! There's nothing, that I don't like, I can have it all, while I'm doing this, I'm having myself, a ball! I guess I was blessed, to be able to eat as much as I want and not worry, that it's going to show. I believe this is genetic and this, I'm happy to know. So I'll keep on enjoying my food, eating whatever I like, whenever I can. For as far as I'm concerned, I'm foods, number one, fan! !

Audrey Heller

There's Nothing That Can Compare

Long time friendships, are indeed
very rare, and if you have one,
there's nothing, that can compare!
Being together, through thick and
thin, irregardless, of the shape you're
in. Knowing you have a good friend,
to tell your problems to, is half the
battle won! Because they're loyal,
they'll always be there, regardless,
of what you've done! Who else will
take the time, to listen to your woes?
Everybody else, is too busy to listen,
but that's the way, it goes. But a good
friend, will always be there for you, in
every way. Letting you know, in no
uncertain terms, their loyalty, speaks
louder than words, can say!

Audrey Heller

There's Something About Holiday's

There's something about holiday's, that makes you feel aglow! Most people are in a jovial mood, wherever you go! Everyone, is looking forward, to spend time, with family and friends. And when we finally get together, our wish is, it never ends! We may not see each other, as often as we'd like, but when we're together, there's a lot of catching up, to do. In fact, you don't even realize, you talked the whole night through! Besides, all the wonderful food that's at your disposal, everything in general, is going your way! Times like these, you hate to see, come to an end, but come to an end, they will. For now, all the fanfare is over and once again, all, will remain quiet and still! However, even though we don't get together, we make a concerted effort, to stay in touch, as time will permit. Not letting too much time pass, we make sure, we keep on top, of it! Before you turn around, the year will pass and once more, the holiday's will beckon. We'll be there, as we always have, as nothing, can keep us away, we reckon!

Audrey Heller

There's Such A Thing As Too Much

Everyday, it thunders and everyday,
it rains! And here I am, feeling bad,
with all, these aches and pains!
There is such a thing, as too much
and this, happens to be it. When
each day, comes along, I hope the
rain, will quit! What a miserable
feeling, looking out your window,
seeing the streets flooded and wet.
It's been this way, for so long. When
did the sun shine? How soon, we
forget! I'm hoping this spell, will soon
be over and the drying process, will
begin. To tell the truth, I've become
very edgy and hate, this mood, I'm in!
Let's see some sunshine, to brighten
up, our days. It can perform, it's miracles,
in so many, ways! Now, let's hope this
won't go on, too much longer, for I'm ready,
to blow my top! So please, no more rain
for now, just do your magic and make it,
stop!

Audrey Heller

There's Things We Can Learn Everyday

Look at life, as a challenge, don't give up, or give in! Don't ever feel sorry for yourself, or you never, can win! Each day, has something new to unfold, there's something you're bound to discover! There's always things we could learn each day, just take your head out, from under the cover! Be cognizant of all around you, there's more to life, than what you see. You can be happy, if you choose to, just let yourself, be free! Don't put off tomorrow, what's waiting for you right now, as you'll keep shoving it aside. Putting it off until another day, may seem tempting to say the least, but what does it say, about your pride? You've got to change your ways and get organized, even though, it's the last thing, you want to do. learn to think differently, assert yourself, in the long run, it will say a lot, about you! There's nothing more gratifying, than realizing, you need to change your ways and start to change your plan. Time is fleeting, you've got to catch it, while you can!

Audrey Heller

There's You

Whenever I look, wherever I turn,
there's you. When I'm walking
down a street and a friend I
happen to meet, there's you.
I've asked myself so many
times, how can this possibly
be? So far there are no answers
it just keep happening to me.
How strange it is, to have this
illusion, that never goes away.
To have your image around me,
is more than I can say. To tell the
truth, it makes me happy, a
wonderful sight, for me to see.
There you are as plain as day,
always, close to me!

Audrey Heller

These Are Moments I Dread

Deep in my heart, is an ache as
vast as a river, the only way to
describe it is, it sets me all a
quiver! I honestly try to control it,
but it comes and goes, just like
the tide, it's right there inside of
me and I find it hard, to hide!
There are times, I have to
commend myself, for I manage to
do, very well, then all of a sudden
it changes, as if I'm under a spell!
I go up and down like a see saw,
trying my best, to keep my head,
but these are the moments, that I
honestly, dread! There's no way it
will ever get better, it's something
I can't deny. If I had to say, I'd ever
forget you, then I'd be telling, a
a great big, lie!

Audrey Heller

These Moments Together

Most of us, look forward to the holiday's,
as it's when we spend time, with our
family. A lot of us, are busy working and
it's not that often, that we're free! So,
when the holiday's roll around, we cherish
these moments, we have together. How we
wish, it can go on, forever! There's always,
plenty of food to eat and we, don't know
when to stop. It doesn't take long, till you're
full to the brim and you feel, you're ready
to pop! Even though, we feel we can't eat,
another bite, out comes the dessert, which
is everyone's delight! All of us, no matter how
full, make room for this wonderful treat. How,
can we pass it up, as we all, go back, to our
seat? When the night is over, we hate to see
it end and say, goodbye. As in all good things,
it ends too quickly. And this is the only time, we
can't wait, to see, another year, go by!

Audrey Heller

They Never Give Up

Don't you just love, these contests,
that come in the mail and they never
give up, to no prevail. Practically
once a month, they're sent to you
and tell you, this one is the last. But
all of us know this isn't true and the
time, isn't running out that fast. I
can't understand, why the dates
keep changing, to find out who the
winner might be. Of course being
so vulnerable, I can't help but hope,
it could be me. This sort of thing,
goes on and on and I'm now ready
to explode. I wish they'd stop
sending, all their paraphernalia,
with their special code. All I ask,
if you're not sincere, please, let
me be. Cease and desist, this
moment and send, no more
future things, to me!

Audrey Heller

They Say

They say the best things in life are
free! Who's kidding who, anyway?
If you want to have the best, you
know you have to pay. One way, it
can be achieved, is either be an
heir. Or work your fingers to the
bone, until you had it, up to there.
If that feeling starts to plague you,
much to your chagrin. Then it's time
to change your life and maybe your
ship, will come in!

Audrey Heller

They Say Love Is Blind

It's been said, that love, is blind,
as all looks rosy, in our mind! We
choose, not to see, if one has flaws
and tend, to look away! We rather
not know, if any exists, for it's much
better, that way! Love, can put you,
in a tail spin, make you giddy and
carefree! You feel so very much
alive and whatever will be, will be!
Who, wants to break this spell?
Surely, it's the greatest feeling, on
earth! You want to hold on to it, as
only you, know it's worth! I guess,
it will always be said, that love, is
blind and I will have to agree!
Nothing, that I've ever experienced
before, has given, so much, to me!

Audrey Heller

Things Change In Time

Time, doesn't stand still! It rolls on,
like the mighty sea. Nothing, stays
the same, as is evident, to you and
me. How strange, where once a tree
was planted, was so small. Now, it's
fully grown and there it stands, mighty
and tall! In the garden, little buds, are
no longer. They've blossomed, into
beautiful flowers and their roots,
became so much, stronger. Time, has
a tremendous change on everything,
around you! Some good, some bad.
But I'd rather concentrate, on the good
things, for they make you happy, not
sad! Let's rejoice, with the passing of
time, as many wonderful things, come
your way. And I never, cease to marvel,
at it's blessings. for it's all around me,
every single day!

Audrey Heller

Things Happen For A Reason

Some things happen for a reason!
We dare not, question why! We
may not ever know, the answer
and time, just passes by. No
matter how we access it, these
things, still remain a blank. If it's
bad, we don't want to know, but
should it be good, who, do we
thank? Whichever it may be, we
have to take it, on the chin. For
if you wager a guess, chances
are, you'll not win. Just keep in
mind, whatever happens in our
lives, is all about destiny. There's
not much you can do, to change
it, so live your life, in harmony.
Perhaps, one day down the road,
it will not be of concern, anymore.
For life, keeps you constantly in
it's spell and there is, no why, or
wherefore!

Audrey Heller

Things That Go Awry

No matter, how you try, it's hard to understand, why things go awry. You think, you've gotten them figured out, but it just seems, to pass you by! You start questioning, what's the reason, for all this? And the only thing you can see, is never a hit, but always, a miss! It's kind of mind boggling, for there is nothing tangible that you can see. But still, good old lady luck, just isn't there for me! There was a time, that it was just for the asking. Everything I touched, was at my finger tip. Now, for some unknown reason, I seemed to have lost, my grip! No longer, am I, that lucky person, I used to be, a long, long, time ago. I'd like to get some of it back, but who can say and who's to know. I hope, not too far off in the future, I'll regain, that lucky streak. And when it happens, I'll be happy as a lark, to see it once again peak!

Audrey Heller

Things To Think About

Don't ever say you can't! Simply say
you won't! For if you really wanted to,
there's nothing you cannot do! Never
say I don't like it! At least give it a try!
If someone should ask, you'll not be
telling a lie! Never say it's impossible!
Pondering this each day, you will find
the answers, somewhere, along the
way! Never say I don't need it! For one
day you might be happy, you didn't
throw it away! Never say I don't want to!
that's a delicate one! If you don't
participate, you'll miss out on all the
fun! But always say you're sorry, when
you know you did something wrong!
It's not a character of weakness, it
proves you are strong! If you follow
these simple rules, when put to the
test. You'll begin to realize, you fared,
better than the rest!

Audrey Heller

Things We Used To Do

There comes a time, when you can't do the things you used to do. In essence, everything seems to catch up with you. It's a way of life, which there's no escaping from, but we have to meet it, just the same. It's not the end of the world. It's just another faze and another, game. If we're reasonably healthy and have a good frame of mind, we have a lot going for us, in every way. so even though we can't do, what we used to. We're still blessed, to be able to get out of bed, everyday!

Audrey Heller

Things You May Try To Forget

Some things you may try to forget, but stay prevalent, in your mind. You can try to think of different ways, but still you can't unwind. I think we bury, an awful lot, as if it doesn't exist. I'm sure if we had to, it wouldn't be hard, to make a list. There are many things, that stay with you and never seem, to go away. Keep it under wraps and don't let it ever, get in your way. In life, one has to learn to cope, or it can make a wreck out of you. Learn to be a fighter, put your best foot forward, as that's exactly, what I would do!

Audrey Heller

Think Along Positive Lines

It's hard to look, at the positive side,
with all that's going on. But if we don't
think along positive lines, then all our
hopes and dreams, are gone! Sure it's
hard to be optimistic! How, can we be?
When you read the morning papers, you
think good times, is history! It paints, such
a dreary point of view with little hope, to go
by. But somethings have to change, real
fast, for you and I! It doesn't show signs of
getting better, which puts us, in a slump.
The only things that we can see, are the
prices changing, at the pump. Where is
this all leading to? It is no doubt, quite
frightening. There has to be changes made
pretty soon, for it to be, enlightening! Just
don't spend, more than you earn, as this is
a lesson, you'll undoubtly, have to learn. Yes,
these are hard times, we live in! But there's
not much, we can do about the economy.
We can only hope with time, there's better
days ahead, for you and me!

Audrey Heller

Think Before You Speak

There are times we say something we shouldn't say, when we're not in the best frame of mind. After it's said, we can't take it back, we know, what we said, was unkind. When we're angry, we tend to forget and say many things, we often regret. Of course, if we'd learn to think before we speak, it would come out differently. Unfortunately, that's the price we pay, when you can't think coherently! The lesson here, is ver clear, don't get yourself into a snit. Think twice, before you say something unkind, you'll be better off, for it!

Audrey Heller

Think Good About Yourself

Don't talk, about your insecurities,
just move on. You can't let them,
get the best of you, or they'll never
be gone. Always think good things
about yourself, it's not that hard to
do. When you have these thoughts,
others, will have them too. People
always see you in a different light,
even though you think not. Stop
all your negative feelings and be
happy, with what you've got. I firmly
believe, everyone at some point in
their life, has been plagued with
insecurity. You have to move right
past it and realize, you are that
person, you always wanted to be!

Audrey Heller

Thinking About Consequences

Thinking about consequences,
is better than having to deal with
them, after the fact. Watch what
you say, before you have to make
a retract. No one, has intentions to
inflict pain, on those who are dear to
us, if it happens, it's because we're not
aware. Sometimes, we tend to get so
involved, with what we're doing, it's not
that we don't care. So pay attention to
details now and prevent delays later on.
Everything, can get back to normal, just
let bygones, be bygones!

Audrey Heller

Thinking Negative

If you have a negative attitude,
nothing, will turn out right. You
have to start to think on the
positive side and things, will
start looking bright. Your mind
controls, not just your thoughts,
but your body too. So if you start
feeling sorry for yourself, the
negative side, is coming through.
People who remain positive,
have a better out look and enjoy
life, so much more. And in the
long run, isn't that, what all of us
are looking for?

Audrey Heller

Thinking Of You Dad

Thoughts of you, may come and go.
Like the blinding rain and the fallen
snow. For way down deep inside of
me, here is where you'll always be.
Regardless, how many years have
passed it seems like yesterday. I
see your face before me, as if you've
never gone away. Sometimes, I feel
you're watching over me, just like you
used to do. Who's to say it's not
possible, I'd like to think, that it's true.
Believe it or not, I still talk to you, it
comforts me when I'm down. I know
you can hear me, even though you're
not around. It really doesn't matter,
for you live within my heart, here to
forever remain. Until that time will
come, when we two, will be together,
once again!

Audrey Heller

Thinking Positive

As each day comes to a close, I'm grateful all went well. For we know not, what the next day will bring. For all intensive purposes, as far as I can tell, it could be almost anything. Upon arising the following morning, I'll be ready to meet the day. With a positive attitude, I'm certain, most everything will go my way. I dare not even think negative thoughts. If I do, I've already planted a seed. No matter what I'd like to accomplish I know, I'll not succeed. It's all in the way you perceive things, mostly your outlook on life. It does have a bearing, how it will turn out to be. If you honestly want your life to become a better one, then just keep on thinking, positively!

Audrey Heller

Thinking Things Through

Whenever I feel out of sorts, it's a
time, when I'd just rather be. To
sit alone and do some thinking,
about what really is bothering me.

When you have time to yourself,
it's easy to think quite clear.

Finding you can do a much better
job, not having anyone near. Just
being by yourself, is a very good
way, to air all your frustrations.

Put things in their proper
perspective too. Giving a better
chance, to look deep inside of you!

To me, it's like a well needed
cleansing. Getting rid of what you
had to discard, a long time ago.

And now, that you've spent this
time by yourself, you're no longer
afraid, to let go!

Audrey Heller

This Is What I Hope

This year, will soon be coming to a close and I think we'll all sigh, with relief! It was a very frustrating year as it brought, a lot, of grief! We now, look forward to a brand new year, with hope in our heart. As we'd like to think, better things are in store, from the moment, the new year will start! The most important thing, the economy, should take an upward, swing. I'd like to see people, have a smile on their face, once more. I'd like to see, a big turn around and let prosperity, reign, like it did before! We should all, feel the tensions lifted and once again, we should carry on! Until each day, we feel better about our surroundings and all the uncertain feelings are gone. This is what I hope will happen, it's my dearest wish, come true. But it's not only for myself, for it's my wish, for everyone, of you!

Audrey Heller

This Thing Called Love

What does it really take, to be happy? If you ask that question, different answers, you're going to hear. Some will say health, others will say wealth, but a little bit of both, won't hurt, I fear! Without health, of course you can't enjoy, lifes simple pleasures. Then again, think of having wealth, then imagine, all of lifes beautiful treasures! A little bit of both, would be the perfect solution. After giving it considerable thought, I've come to that conclusion! Wouldn't it be grand, to have what most people, would give anything to have access of? I'm afraid I'm leaving, one important thing out and that my friends, encompasses all. It's the most important thing we thrive on and that is, as we all know, the miraculous thing, called love!

Audrey Heller

This Time Of The Year

It's either too hot, or too cold and both of these conditions doesn't, help us at all. It's then we look forward, with great anticipation, to the coming, of fall! This, is the perfect time of the year, where balmy breezes blow. It still is sunny, but never too hot and Mother Nature, will give you a show! It's the time of the year, when the leaves start turning, from green to red and yellow. It's a beautiful sight and fills you with delight which makes you happy and mellow! It's only for a short time, so take advantage while it's here. For before you turn around, old man winter will appear! If you have the time and inclination, take advantage of everyday. Take all this splendor in, before, it slips away!

Audrey Heller

Those Aches And Pains

Getting older, doesn't mean we have to give up all the things, we're currently involved with. We have to take it, some what slower. As all those aches and pains, can cause you, to become a little bit stiff! We just take it in our stride and learn, to meet it head on. Once we begin moving about, those aches and pains, miraculously are gone! It's really a small price to pay, when you see, what others go through. It makes you wish, there was something, you personally could do. Now, no longer will I complain and take those aches and pains, here and there. For I'm still very fortunate, to be able to go, just about anywhere!

Audrey Heller

Those Days

It's wonderful to have plans. It's wonderful to have dreams. It doesn't always work out that way, all is not what it seems. For some, all goes along smoothly. For others, it's a bumpy road. But be assured, all of us at times, carry a heavy load. No one has it perfect. We all have those days. Affecting, all of us, in different ways. So should you think that someone, is better off than you. Just remember, it's more than likely, they have had, their share of it too!

Audrey Heller

Those Wonderful Times We Had

Today, like every other day, you're very close, to my heart! I feel this even more, for the holiday's, soon will start. It will be very lonely, as it's been, since you, departed. You have no idea, what it's been like for me, for I'm still, very broken hearted! I used to look forward, to this time of the year. It was all so wonderful then, as everything, was in full gear! We got together, with the family and had ourselves, a merry old time. We talked, we laughed and sat down, to dine! Those, were wonderful times, we all had. Now, unfortunately, it's over and I miss you, so much dad! I'd give anything, to have things back, the way they used to be. But most of all, I, wish I had you, once again, with me!

Audrey Heller

Thoughts Of You

Never a day goes by, that thoughts
don't turn to you. Thinking about the
talks we shared, the nice things you'd
always do. I miss coming to see you,
finding you asleep in your chair. Not
wanting to wake you up, to let you
know I was there. When you'd
awaken, there was always a smile
on your face. Telling me, without any
words, no one, could take my place.
Now, there's this void inside me,
since you are gone. Somehow, I
manage, to keep going on. I have
all the fond memories, that get me
through, each day. Something, I
know, will never go away!

Audrey Heller

Three Important Words

Get into the habit, of saying I love you, to those you hold so dear. It's three of the most important words, we all want to hear. Just to know you're loved, makes a big difference, in how you react. You feel you can cope with anything, after the fact. I love you, is three of the most powerful words and can perform miraculous things, to those around you. It will get to the point, they'll not be afraid, to say it back to you too. No one, is immune to these words and if they tell you they are, it's because they fear rejection. If we're really honest with ourselves, we all need to have love and affection!

Audrey Heller

Through The Corner Of His Eye

He looked at me, through the corner of
his eye, with a smile etched on his face!
He's done this, many times before, as he
thought I walked, with so much grace! One
day, he got up the courage and approached
me. He then asked my name! We exchanged
pleasantries and after that, it was no longer
the same! He'd wait for me everyday, as he
knew, what time I'd pass, his way! Getting
acquainted, was easy as pie! He was so
very charming, I made it my business, not to
pass, him by! It didn't take very long, before
he asked me out on a date! He gave me a
time, he'd pick me up and I hoped, he
wouldn't be late! My fears of course were
groundless, as he made sure, he'd be on
time. This showed, he did have character.
This brand new beau, of mine! We got along
quite splendidly, which made it all worthwhile!
As I fondly remembered, how it all came about.
When he looked at me, through the corner of
his eye, with a smile!

Audrey Heller

Through The Years

Through the years, with laughter and tears,
somehow we managed to hold on. Even
though there were rough times, we held
fast, before it was gone. Nothing comes
easy in life unless you happen to be born,
with a silver spoon. We must learn to
appreciate what we have, for it's taken
away, all too soon. There are wonderful
memories to cherish. Look back,
remember them all. There were days
filled with sunshine, not rain. Days when
we, had ourselves a ball. Whomever said,
life is a bed of roses? Of course, we know
that's not always so. Whatever is supposed
to be your fate, believe me, you will know.
Just take each day as it comes, be happy,
make the best of it. Don't tie yourself into
a knot. You have but only, one life to live,
so give it all that you've got!

Audrey Heller

Through Your Eyes

Pretty as a picture, you always say.
Even if my hair, is in disarray. Through
your eyes, you always see, a perfect
picture, when you look at me. How
wonderful it is, that you see such
perfection, everytime you gaze in my
direction. It's sure an ego booster
and does wonders, for my moral.
Frankly speaking, it would for any
gal. So keep on looking at me
through your eyes, as you always
do. And I will always feel special,
just because of you!

Audrey Heller

Thunder And Lightning

Sitting at the computer, the sound of thunder and lightning, almost, threw me off my chair. The sound, was so very close, it gave me a terrible scare. I've always been terrified of these sounds and very grateful, I never had been caught outside. When you're at home, you're safe and there's no need to hide. Most people, are not at ease, when they hear that awful sound. It can strike almost anywhere and you don't, want to be around. When it finally passes, I'm relieved and glad, it's over and done. Grateful, there was no damage sustained, to anyone!

Audrey Heller

Tied Up In A Knot

Another day, another thought, my feelings are still with you, which causes me distraught! For whatever the reason, it's always there which ends up causing me, despair. I keep thinking, it should not be this way, after so much time has gone by. I can think it, but nothing changes, no need to wonder why! How can I not miss the sight of you, the fact we were so close and talked everyday. The bond we had, was beautiful no one, was able to ever, take that away! You know these things are going to happen, but we never really prepare. We grow up, thinking our fathers are indestructible and will always, be there! But life, isn't what we'd like it to be. Reality has it's own way, of setting in, whether you're prepared or not. As for me, I'm afraid it can never be any different, as I'll always remember and be tied up, in a knot!

Audrey Heller

Time

Take time out to enjoy, the little things
in life. We're so busy, trying to cram
everything, in just one day. Take the
time to appreciate what you have,
before it slips away. Time is precious.
It shouldn't be wasted for one single
minute. You get out of time exactly,
what you put in it. Find some time
to do things, you always wanted to
do. Make every moment last. Before
you even turn around, so much time
has past. You can never make up for
the time lost, what is gone you never
can replace. Now, it's time to go on
from here, with a future, you're ready
to face!

Audrey Heller

Time After Time

Time after time, when I find myself in a bind, I try not to get upset. Although, it's not easy to do, I try my best, to follow through. As of now, I haven't quite succeeded, yet. There have been times I felt, all will be solved and simply go away. But alas, it never happened, so I had to learn, the hard way. I just keep asking myself, does it honestly really matter? In the long run, it could end up, alright. Most of all, as I recall, it doesn't pay, to get uptight!

Audrey Heller

Time Flies

Here it is, another day and as always,
it's slipping away! It's hard to keep
up, with old father time, he's forever,
on the go. Why he has to move so fast,
frankly, I don't know! Doesn't he ever
get tired, the way he rolls along? I
know I do, for I keep singing, the same
old song! What's his hurry, is my lament,
where is he rushing to? I barely have time
to get everything done, there's an awful
lot, to do. I wish he'd take a moment and
slow down, just a little bit. We all need
that extra time, to keep abreast of it!
Now, father time, I've let my feelings be
known and said what I had to say. Wouldn't
it be nice, if you take this little advice
and slowly but surely, did it, my way!

Audrey Heller

Time Goes By Fast

Looking forward, is often easier,
than analyzing the past. For what
has taken place then, is no longer
of concern. And frankly speaking,
time, does go by, very fast! Focus
on one thing, until it's done and then
think about, what to do. Don't let
unnecessary thoughts, be a bother
to you. Take one day, at a time and
things will fall into place. Actually,
that usually, is the case. There is
no sense, in going ahead of yourself,
as everything will still remain the same.
It takes time, for things to change,
regardless, of who's to blame. Just
keep your focus, on one thing and it
will see you through, whether it be
good, or bad. You can't be worse off,
then what you, already had!

Audrey Heller

Time Has A Way

Time sure has a way, of not standing still, it seems to go faster than I thought! With all of it's trials and tribulations, there were still many good things, that it brought. We have to count our blessings for the good things we encountered on any given day. These I call the bonus's of life, that helps us, pave the way! Every day is truly a gift, as we know not what lies in store. And as you get along in years, we become grateful, even more! The so called Golden Years, can bring on some pain and strife. But we have to meet it head on and make the best out of life! Even though there are many who suffer the toils of what some aches and pains brings. To us it's not that pleasant, but you still find out, there are far worse things! Try to put a smile on your face, as no one wants to be in the presence of a person who's always down. Even if it's hard to do put a smile upon your face and do away, with that frown! So try to smile, whenever you can, even though it's not, that easy to do. People will look at you in a different prospective and gravitate to you!

Audrey Heller

Time Heals All Wounds

Breaking up is very devastating, but in time you'll be just as good as new. It happens to everyone at some time in their life, it's something we all, had to go through. At the moment, no doubt you're feeling depressed, but this will pass as the days go by. Just keep your spirits up and hold your head up high. There are no valid answers, as to why this had to be. In fact, you'll probably never know. Take it all in your stride and don't be afraid, to let it go. When the time is right, someone will come along, who's meant especially for you. Until that day comes your way, you've got an awful lot of living, to do!

Audrey Heller

Time Is Precious

Getting old can be fun, for some,
but it doesn't hold true, for everyone!
If you're in fairly good shape in body
and mind, you won't find yourself,
lagging behind! I'm sure, you can
keep up with most things, if you tell
yourself, you can do it! If you think
along positive lines, you'll never get
into a snit. There may be some
activities, which might take you a
little longer to do, but the most
important aspect, is you're going to,
see it through! That's the secret of
staying young, you can't sit back and
let life, go by. Be a fighter, take part
in whatever you feel, you're able to
achieve, for time is precious and it
certainly does, fly!

Audrey Heller

Time Keeps Slipping Away

Here it is, another day and time,
just keeps slipping away! The
summer has just begun and it's
a time for frolicking, out in the
sun! We know how fast, the
days will fly, so don't let them,
pass you by! There's so much
to do, just make a plan and go
on your merry way. Don't
hesitate, do whatever, you
please, for if you put it off, it
doesn't pay! Don't let little
annoyances stop you, from
having the things, you want to
do or see. Life, is short and if
don't do it now, when will it ever
come to be? The less you think,
the better you are, just do, what
your heart tells you to do. Then
one day, when you'll look back,
you'll be content and happy, you
did, what you always, wanted to!

Audrey Heller

Time Moves On

Time, can do, a lot of things, if
you give it, a try! Just don't dilly
dally, for it, will pass you by! You
need to stay on top of it, because
before you know, it's gone! Best
to get going, then, just carry on!
Time, keeps moving, it doesn't
stand still! You can't catch up with
it and you, never will! It will always
be, ahead of you, it never stays the
same. For time, as we know, is
just a waiting game! Don't
procrastinate, get everything done
today! Take advantage of every
moment, before, it slips away!

Audrey Heller

Time Of My Own

I lie in bed and try to sleep, but thoughts keep running through my head. It's gotten to the point, I can't stay there and get myself up, instead. It's nice and quiet, with everyone asleep. I have all this time, to my own. No body to ask me little things to do and certainly I'll not be bothered, by the telephone. It's really quite delightful, when all is still. You can think, clearer too. In fact it's a perfect time, if there are several things, you find you'd like to do. I just wait until I get sleepy again and back in my bed, I'll go. No one will be the wiser and it's only me, that will know!

Audrey Heller

Time On Your Hands

It's a terrible thing, to have time
on your hands. To sit around, with
nothing to do and not be able, to
make any plans. Oh, how slowly it
moves. In fact, it's actually creeping.
I can twiddle my thumbs, to stay
amused, to keep myself, from
weeping. Time, doesn't stand still,
it never will, it rolls along. time, is
what all of us need, to become
strong. You can never get ahead,
no matter how you try. Let the time
go by and you and I, will make the
moments fly, in time!

Audrey Heller

Time Shared By Two

Special moments with someone you love, is time shared by two. To be by yourselves just to talk, is healthy to do. We're all busy with our daily routines, we haven't got time to spare. We need these special moments, to remind each other we care. We don't realize, how much is given to our jobs, which consumes us to no end. At the end of every day, when we make our way home, there's so little quality time to spend. So when it's feasible, we'd be smart to make time for these special moments, they can add so much to your life. And there's nothing quite as rewarding, then to spend them with your husband, or wife!

Audrey Heller

Time Should Be A Healer

Time, should be a healer. However, in some cases it proves not to be true. You may extend the olive branch, but it's not extended, back to you. Some people, are not willing to forgive and forget. It seems they still have anger, in them yet. To me, it's a waste of energy to hold on to things, that took place a long time ago. There comes a time, when you should let it go. It serves no purpose for all concerned. And if you look at life, what have you learned? To waste time, to me is a crime, for it goes by so fast. That's why I say, think for today and forget about the past. Live your life, the way it was meant to be. Put all negative things behind you. That's the only way, you'll ever be free!

Audrey Heller

Time To Get In Touch

Times today, sure are rough, making
it hard, to get by! Wherever you go,
wherever you look, you can hear, the
people sigh! How to make ends meet,
is the topic of everyday! If we could find,
an easy way out, it would take, the bad
taste, away! You wonder, how long it will
last, as it's getting most of us, in a snit!
We cannot be happy, as before, as we're
mighty tired, of it! How long will it take, to
see, the light? It's hard continuing on like
this, being in, this terrible plight! Something's
got to give and it better be soon, for we've
all had, enough! It's time, to hear less talking
and it's time, to really get tough!

Audrey Heller

Time To Put The Light Out

It's time to put the light out, time
to go to bed. Lay my head, upon
the pillow and then, put bad thoughts,
out of my head! If I'm going to get, a
good nights rest, there should be
nothing on my mind. For should there
be something troubling me, sleep
won't come to me, I find! I need
complete quiet and no distractions,
that's a perfect prelude, to sleep!
Everything, nice and cozy not one
sound, or even a peep! This to me,
is a perfect setting, in no time, I'll be
drifting away. And when I awaken, it's
going to be, a perfect day!

Audrey Heller

Time To Say Goodbye

It's time to say goodbye! How strange,
life turns out to be. For here you are my
good friend, close at hand, yet far away
from me. You're in another world of your
own at present, not by choice for sure.
As I stand watching over you, I wish there
could be an instant cure! Looking at you
there's a peaceful look upon your face.
You're breathing, but not on your own. I
know it won't be long, before God, will
take you home. There's no doubt how
much you'll be missed, your memory,
forever will linger on. Always, you'll
remain in my heart, never, will it be
gone!

Audrey Heller

Time Waits For No One

Time waits for no one, it passes you by!
It goes faster, then a blink of an eye. One
thing for sure, you'll never catch up with it.
It's impossible to do. Whatever it may be,
rest assured it's always ahead of you.
Once it's passed, there's no way to hold
on. When it's on your side, make the most
of it, before it's gone. We all wished, we
had more time. Whether it was to finish a
job we didn't complete or reveal something,
to a loved one. To our way of thinking, there
was always enough time, to get it done.
Take time as needed. Don't let anything get
in your way. Above all, take advantage of
every moment you have. Never let it, slip
away!

Audrey Heller

Times Change

As you get on in years, many things,
that seemed important when you were
younger, no longer are! You have a
completely different perspective on life
and you don't want, to look ahead, that
far! Everyday, is more precious, than the
previous one and you look forward to the
simple things, you're able to do. You
savor every moment, whatever is allotted
and try to look forward, to them too! Times,
of course have changed and in some ways,
we went along as best we could. If we
hadn't, it wouldn't have done us, any good.
Looking back, not everything was bad. We
have to admit, there were also wonderful
times, we had! Now, we'll just go along and
enjoy the things we can and try our best, with
what we have and take it, a little slow. It's the
best creed to live by and the most sensible,
way, I know!

Audrey Heller

Tired

Tired! I guess you can say that's so.
Trying to get to bed early, is more
difficult, then you know! Every night
I tell myself, this has got to stop. Then
invariably, I'd look up and see that darn
old clock! I'm so engrossed with what
I'm doing, not thinking some things can
be over done. Looking up, once again,
it's now a quarter to one! Just a little
more time, is all I need, to continue
on a few. Where did it go? Now, it's
after two! I came this far, so I'll go on,
just a little bit. A little touch here, a
little touch there, got to finish, before
I quit! Even when I try my very best,
I'll never get, the proper rest. So the
way I see it, tired I'll always be.
Getting to bed early, is just not in the
cards for me!

Audrey Heller

To Be A Millionaire

How nice it would be, to be a millionaire! To
walk around, with nary, a care! To go wherever
your heart desires, for money, doesn't mean, a
thing! And go on a shopping spree and not worry,
about anything! Imagine, being able to purchase
whatever you want, whatever your heart will desire.
Not worrying about credit cards, for money, doesn't
expire! Doing what you like, as long as you like, for
the world has now, become your oyster! Living it up
big, in marvelous places and not have to live, in a
cloister! Oh! the good life, is really made for me!
Should you get a taste of it, it's the only place, to be!
Who says, that money can't buy you, everything?
Just ask those, who have more than enough to spare.
They live a life of luxury that get's them everywhere!
If I had my druthers, I'd like to have enough to burn.
So maybe one day soon, it will also be, my turn!

Audrey Heller

To Dream

Never a night goes by, where I don't dream!
At times they're so complex, I haven't the
slightest notion, what they mean. Have you
ever tried to decipher one? If you have, you
know it's not easy putting the pieces together.
Nothing seems to fit. In fact, I never can make
heads or tails out of it. Most of the time, I can't
remember my dream. The moment I'm awake,
it's clear out of my head. Yet at times, it remains
so vivid, I don't want to get out of bed. Some
people will tell you, they never dream. I don't
believe that, to be true at all. My guess is they
do, but find it difficult to recall. Dreaming is an
outlet. It helps you understand some of your
strife. Never be afraid to dream. For to dream,
is a part of life!

Audrey Heller

To My Wonderful Daughter's

Talking to both of you, always warms my heart! You have the knack, of making me feel good. I know, whatever we may talk about, it's never misunderstood! It's so refreshing, not to have to walk on cracked eggs, with everything I say! You give me the courtesy and will listen. There's never a chance, it will be interpreted, any other way. You're Both extremely compassionate people. It's a rare and wonderful, quality! Hence the expression, the apple doesn't fall, far from the tree! You're loving and wonderful daughters! I couldn't ask for anything more. And I was totatlly blessed, for you're daughter's I truly adore!

Audrey Heller

To Spend Your Life With Me

There are many lonely people in this world, looking for someone special to meet. They go through all sorts of channels, hoping to find the one, to make them feel complete. Actually, too much emphasis is put on sex appeal. Qualities of this nature, can be nice but not always practical or ideal. There's nothing wrong with looking at a nice face, but what constitutes the rest? Do they have the ability, to make you feel special? Or do they bring out in you, your level best? A nice face to look at, isn't what it's cracked up to be. Just give me, a warm and caring person, to spend the rest of their life, with me!

Audrey Heller

To Tell The Truth

It doesn't hurt to tell the truth, as long as you are kind. Saying things you want to say, to get it off your mind. Remember to be careful, for what you'll say, will count. If not done the right way, tensions, are sure to mount. Not everyone is aware, of the things they do, where others talk about. It's our place to tell them. Instead of them trying, to figure it out. Giving them all the confidence you can, to guide them through, this moment of truth. Being there, to show you care and never trying to be uncouth. There's no doubt, they'll be grateful, for all the assistance you gave and avoid, further pain. Now, they're going to watch what they say and do, so it will never, happen again!

Audrey Heller

Today Is Gone

Today is gone, so we have to look forward to what the next day, is going to bring. Each day, is a new day and that's a very good thing. If you think about it, each and every day, gives a new perspective and changes what transpired, the day before. If it didn't turn out right, we have the chance, to even the score. I find it makes no sense, to get in a tether, when there's seven days in a week. Every day, can't be a bad one, so to speak. Take each day and enjoy, what it has to offer, with hopes, you were up to task. Then look back and see, it really wasn't, too much to ask!

Audrey Heller

Together

I find myself drifting, over white pearly sand, with you and I walking, hand in hand. A beautiful place, by the sea, especially made, for you and me. Here, we can get away, from every day strife. It's the kind of atmosphere, that enriches your life. Everything is peaceful and all is calm. There's nothing around, to cause any harm. Just being free, is a wonderful delight, as we gaze at the stars that twinkle, in the night. There's nowhere in this world, that I'd rather be, than being here together, you and me. When the time comes, we have to depart, sadly I'll miss it, with all of my heart. As soon as it's feasible, we'll come back again and walk hand and hand by the shore. Drifting through the white pearly sand, just, as we did before!

Audrey Heller

Toil And Sweat

There are many hardships in life,
but just the same, we go on. We
dare not even stop, then what
we've worked for, will be gone.
You toil and sweat everyday, to
bring in, the necessities. There's
very little, we can do without, I'll
just name a few of these. You
have to make sure, your rent is
paid and there has to be food on
the table. You need to have
electricity and then of course
there's cable. What about the
telephone, you need to have it
desperately. How can anyone
get in touch with you and how,
will they reach me? To sum it
up, work is where it's really at.
Just don't give in, take it on
the chin and finally, you've got
to go to bat!

Audrey Heller

Too Busy

Some people are constantly busy,
they're always on the go. But that's
not very wise, which all of us know.
There has to be a limit, on the things
you do. Before all the mayhem, catches
up with you! You can't be all things to
everyone, or get everything done in one
day. It's virtually impossible, it cannot
work out that way! Doing too much can
take it's toll, you'll not realize it right away.
And should it happen, it's the price you'll
have to pay! Just try as hard as you can,
to take each day a little slower. Stop
running around so fast. Give yourself a
much needed break, make each moment
last! If you can heed this advice I'm
passing on to you, you'll be far happier
person and live, much longer too!

Audrey Heller

Tough Love

There are times, when tough love can be appropriate, but don't cut off your support. I think a lot of us, have been down that road and there's no reflection, on what we've taught! It's easy to get involved, in things that are not meant for you to do. But then again, no one is perfect, you have to have plenty of love and patience, to see them through. Everyone, has to look away and give them a second chance. Just offer them your total support and don't look back, with even a glance!

Audrey Heller

Tradition

Eating, has become a tradition, at holiday time. Food is more abundant, whether it's your house, or mine. All of us, are kept busy in the kitchen, morning till night. Cooking and baking, making sure things go right. It's a busy scenario, as you can well understand, that sometimes you wish, you had a helping hand. It goes on for hours, till your'e ready to drop, until the last thing, you've made is done. You're happy, it's finally over, for now comes the holiday fun. The next day, your family and friends arrive, taking their places around the table. The wonderful aroma of food, permates the air. Then one by one, they thank you and tell you, they're grateful, for inviting them, there!

Audrey Heller

Traveling

There are people who love to travel. Consequently, it's the only way they want to live. They don't like being tied down, for they haven't too much to give. The only time they're happy, is when they're on the go. Taking them just about anywhere, the wind will blow. Adventure, is what they're after, the excitement of new places, fills them with wanderlust. Making plans to go on a trip, is a must. They couldn't possibly, stay in one place too long. They's pick themselves up, pack their bags and once again, move along. At times, I envy them and wish I could do the same. But knowing me, it can never be. I enjoy my comfort, but that's, the name of the game!

Audrey Heller

Tread Lightly

Tread lightly and cautiously,
for the best results. Try to be
cognizant of the things you
say. You don't want to hurt
anyones feelings and keep
them, at bay. There are many
sensitive people around.

Making it impossible not to
slip up, now and then. But it's
only human nature, should you
forget and do it again. Try very
hard, to be on your best behavoir,
with hopes you'll succeed. Just
let it be known, you're doing your
best, in performing, this precarious
deed!

Audrey Heller

Trial And Error

Life, brings us down many roads and not everyone, is good. We have to go through many adjustments, that's clearly, understood! It's impossible to have a bed of roses, although we'd like it to be. We just have to take, what comes along and we do it, reluctantly! There's no guarantees in what you do, it's all trial and error. No one knows the outcome and I doubt they will ever! We just hope with time and patience, we'll eventually, make our way. For we know if you don't succeed at first, you keep trying, anyway! Never give up hope, your turn will come along and you'll be in that very special place in time. Sometimes, we have to wait for the right moment, for things to fall, in line!

Audrey Heller

Troubles

When troubles, seem to beset you,
hold your head up high. It may not
be easy, but you have to give it, a
try! Everyone, has their share, at
one time, or another. It doesn't
matter who it concerns, it could be
your father, mother, sister or brother.
There's always some dessionion, as
that's the way it goes. And it's not
always possible, to be on your toes!
Life, doesn't always hand you a bed
of roses and lemons, you might get.
Still under the circumstances, one
has to learn, to forgive and forget.
As we go along, we hope for better
things in store. And we won't give
up hoping, as that's what hope, is
for! !

Audrey Heller

True Friends

There's no better way to spend
your time, than with your very
best friend! But like everything
else in life, too soon it comes
to an end, The time we spent
together, was really great in
every way. We talked about
everything and listened, to
what each other, had to say.
This, is what true friendship
means. Knowing you can
be candid, about all your
hopes and dreams. It's
really sad, we live so far
apart, but as true friends,
we'll always touch, each
others heart!

Audrey Heller

True Grit

It's been said, life is what you make it, but personally, I don't agree. For sometimes things can happen, things you can't foresee. No one knows, which way the wind blows, it can go in any direction. If you happen to be the recipient, I'm sure there's no objection. Who says, there's no turning back and what is done, is done? If that were to be the case, we'd all be on the run. If you want to change, some aspects of your life, go ahead and do it. Then everyone will know, you're a person, who has true grit!

Audrey Heller

True To Your Heart

Being true to your heart, is an admirable goal. But, it can be tricky business, once another person is involved. Being honest, is easier than dealing, with the consequences of defeat, so it's best, if you get it solved. As time goes on, you'll find it will become a different issue, if you're not being true to yourself. You can't take someone else's feelings and toy with them, by putting them neatly, on the back shelf. Think about what's in store and don't let it ride. We're talking about feelings here, so forget about your pride. Once you're completely honest, everything falls into place and that's as it should be. Just be true to your heart and accept it, admirably!

Audrey Heller

Trust

A little trust, goes a long way and it could, give you a positive attitude, that in the end, will pay. At times, you may find it difficult, to trust others, but you should, let the guard down. You can't always be suspicious and walk around, like a clown. Everybody, has their good side, on that you have to agree. Be willing to take that, into consideration and by and large, you can't help, but see. Trust, is something one must build, over a course of time. Then, it will earn the respect and confidence, of your peers. It may have taken a long time to get there, but at least, it didn't take you, years!

Audrey Heller

Trust Me

Not everything in life, runs smoothly.
It has, it's ups and downs! Some days,
you feel like smiling and other days,
you can only manage, frowns! That's
the way it goes, for nothing is a sure
thing. You don't know, what's around
the corner, or what it's going to bring!
There's no way, you can be, ahead of
the game! To do so, there would be,
no surprises at all. Surprises, are what
keeps you going and at times, it can
make you head for a fall! Which ever
way, you access it, no one, knows what
lies in store. So really live and you'll end
up, doing a whole lot more! Just do
whatever you can, to make your life, as
easy as pie. Because, before you turn
around, your old and can't keep up. So
just trust me, as that's, no lie!

Audrey Heller

Trust Your Instincts

Trusting your instincts can be challenging.
The future, is more solid then it seems.
You can feel your way down the road and
you don't have to rely, on your dreams. It
can all come together if you have faith in
yourself. Don't be afraid to explore.
Whatever you want, can be yours and
open, many a door. Once you get into
the swing of things, it won't be long before
you keep up the pace. You've waited so
long, for it all to come about. Now, it all
seems to be falling, into place!

Audrey Heller

Trust Your Intelligence

Take the opportunity, to learn how to trust, your intelligence of 'now', rather than unresolved feelings, from some other time. Once, you get on the right path, everything, can work out, just fine! We all, let ourselves, live in the past and that's not, the best way to go. It becomes a hindrance and puts a damper on things, as I'm sure, you already, know! Now, is where we're at and what better place, to be? We can take, that big step forward, as there's a lot ahead, to see! No more, should you let what transpired in the past, be of any concern! We have to take it, day by day, as there really is, an awful lot, to learn! Once we get past, the difficult part, we'll be a happier person and it definitely, is going to show. So just trust your intelligence and it will take you, where you, eventually want to go!

Audrey Heller

Trying Times

It's not easy living in such trying times,
it becomes increasingly harder in every
way. All of us have begun to feel the
pressure, as we go from day, to day.
It's been a constant struggle, just
trying to make ends meet. However,
we're all quite determined and will
never admit defeat. We'll need to
tighten our belts for now, hoping in
time, we'll no longer feel the slack.
When that day happens, we'll more
than welcome it back! It just proves
that if we have to, we can get along,
even if it means we are put to the
test. As far as I'm concerned, this
country we live in, is still by far the
best! Now, all we need is patience,
some fortitude too. Then you can
be certain, no matter what,
somehow, we'll see this through!

Audrey Heller

Trying To Stay Fit

In this day and age, one tries
to stay fit. The problem being,
can you keep up, with it? With
all good intentions, you try hard
not to let temptation, get in your
way. But what do you do, when
they keep showing you, those
great food commercials everyday?
It's impossible not to be tempted,
when everything, is quite a treat.
I weaken and want to take part of
it. So please excuse me, as I get
something delicious to eat!

Audrey Heller

Turn A Deaf Ear

You have to turn a deaf ear, to
crude remarks, that are made.
Just look at the source, where
it's coming from and call a spade
a spade. It's obvious, they don't
know any better, for if they did,
they'd think it over twice. They're
just the kind of person, who doesn't
know how, to be nice. The next
time it happens, realize, who it's
coming from and simply walk away.
Don't give them the satisfaction and
don't listen, to what they say!

Audrey Heller

Twist And Turns

There's never a dull moment.
I guess that can be said, for
everyone. Life, has it's twists
and turns. Whoever said, it
was fun? Everyday is full of
surprises. Some good, some
bad. We have to make our
lives happy, not sad. Above
all, it's wise to have a positive
attitude. If we tend to think
negative thoughts, then so
shall it be. Isn't it to your
advantage, if you learn to
think, constructively? It's
very easy to give up and let
yourself, get carried away.
Don't ever, let that happen.
Just keep all those negative
thoughts, at bay!

Audrey Heller

Two Hearts Together

Two hearts, beating as one, together!
Going through, every emotion, they can
weather! A love, so strong, nothing, can
keep them, apart. Two people, sharing
their love and their heart! Blissfully, they
go along, with not a care, in the world.
For what they have, for each other, has
now, been unfurled! Love, has it tender
moments, there's nothing, one can
compare. It's a wonderful and glorious
feeling, so treat it gently, with care! Never,
let it get away, hold on to it, forever. It's
worth, all you have to give, to keep the
two of you, together! Love, doesn't always
come to you, so when you find it, hold on
with all your might! For how often, in a life
time, do you find, the one, that's right?

Audrey Heller

Two Important Holiday's

In November and December, there's two important holiday's, we can't help but remember. First, Thanksgiving, comes knocking at our door. So much to attend to, where there's plenty of food galore. The turkey, is in the oven, getting nice and brown. So many things to prepare, before we settle down. Everything smells so yummy, making it hard to wait, to eat. For, on Thanksgiving day, everything, is a treat. Next up, is Christmas, a day that has always been, children's delight. They've been waiting for this, all year long and when it arrives, they find it hard to sleep, at night. So it goes on and on and before you know it, both of them are gone. It seemed like only yesterday, we had so much to face. Now, until same time next year, we'll have the same, old race!

Audrey Heller

Tying Up Loose Ends

You have to be willing, to leave
loose ends untied. And know in
your heart, you really tried. When
left unattended, for too long, it's
hard to piece them together.
There's always an excuse, to
come up with, like being under
the weather. If you know there
are matters left unattended, do
it while you can. You can let it
ride, but it can coincide, with
another plan. Leaving loose
ends untied, could cause you a
lot trouble. For peace of mind,
I'd see to it and do it, on the
double. The thing I'm trying to
make very clear, is don't put
off tomorrow, what yo can do
today. Be smart and do it, then
have yourself, a pleasant day!

Audrey Heller

Unable To See The Light

At times our problems, seem to be insurmountable. You're unable to see the light. Your mind is constantly going, making it difficult to sleep at night. You're convinced nothing is going to change. After all, it hasn't happened, as of yet. Don't let it disturb you, do your best to forget. Everything, is completely up to you. You, have the power to control your actions, emotions, whatever you do. If you don't like the way things are, speak your mind, let yourself be heard. Don't wait, until someone else, has the last word. When you get it across what you'll tolerate, it's the right step to take. Rest assured now, you'll be treated differently. I can guarantee, this time you'll not repeat the same mistake!

Audrey Heller

Uncertainties

At times like these, where uncertainties
prevail, you think about life, a great deal
more. Life, has always been precious.
But the way the world is today, it's quite
different, then it ever was before. Everyday
is a gift to cherish. We must be considerate,
of our fellow man. That's the way it was written.
That was, the original plan. Somewhere, we
got lost along the way. Our values changed
and I don't like, what I see. If all of us, will be
persistant, we'll come out of this, triumphantly!

Audrey Heller

Uncertainty

Everyday becomes a challenge, for
you never know what's in store. You
can only hope that whatever you do,
perhaps, it will be better than the
day before. It's an uncertain world we
live in, everything is moving so fast.
It has you kind of wondering, how long
can all this last? As for me, I'd wish for
things to slow down, just a wee bit. For
we push ourselves, a little too hard,
trying to keep up with it. Maybe
sometime in the near future, it will
start to settle down, even become
normal again. The only thing that
bothers me, nobody can tell you,
exactly when!

Audrey Heller

Unconditional Love

We all know, the dog, is a mans best friend! He's true blue and stays close to you, for hours, on end! He's a great companion, in every way and he'll miss you so much, should you go away! Even if it's just to go out and do, your chores, he gets himself, into a stew. He is so attached, all he wants, is to be there, with you! You can be gone, for a short period of time and when you return, there's such a commotion! Tell me, where else, can you find, such devotion? For all, animal lovers out there, you know, exactly what I mean. For their love is unconditional, there is, no in between! You never feel alone, with an animal at your side, as they're there for you, through thick or thin. They don't judge you and couldn't care less, what kind of shape, you're in! If you haven't tried it yet, go out and adopt a pet, it's the smartest thing, you can do. They will pay you back, twofold and never, stray, from you!

Audrey Heller

Unfinished Business

Don't, waste energy on regret, or
trying to complete unfinished
business. If you've been waiting,
for a better time to take action,
then it's right now, at your feet.
Do what you have to do and don't
worry, about being discreet. Don't
even try to hold on to the memories,
that only bring you pain. Let the
thoughts go and start, all over again.
Think of yourself first this time and
all you've been through. If you've
learned anything, I hope it stays with
you. Whatever we do, is a gamble,
which all of us take, just to stay alive.
It's necessary, in order, to survive.
Don't waste your energy and stop
worrying, anymore. Live your life,
with no regrets and try, to enjoy it
more!

Audrey Heller

Unrequited Love

Unrequited love, is a very hard thing to take! You're, in so much pain, that you know, your heart will break! You had hoped, it would be different and you'd both feel, the same. Now, you feel rejected and there, is no one, to blame! Feelings, are something, you can't make happen. You hope, it's a two way street! But if only one, feels the passion, never the twain, shall meet! One day, it will all be a thing of the past! Then, without even looking, you'll find, your true love, at last!

Audrey Heller

Until Death Do Us Part

If asked how much I, love you I'd say,
with all my heart! As I felt this way
about you, from the very start! You
had a way about you, quite debonair.
Easy to talk to and showed a certain
flair! Your smile was warm and you
were gracious too. I guess that is why,
it was easy, to fall in love, with you! So
thank you, for coming into my life and
making my dreams, come true. For it
could never have happened, if I, never
would, have met you! Now, that you've
stolen my heart, we'll be together, until
death, do us, part!

Audrey Heller

Until Next Year

All the anticipation, that's built up, for,
this special, day and before you turn
around, Christmas, is over and gone
on it's way! So much preparation,
months to be exact. As you got
everything ready and made sure, it
was all in tact! Getting the tree down
from the attic and the decorations too.
Taking time to do your shopping and
happy, when it's through! Then, you have
to find the time, to decorate the tree! This
is a job in itself, but after it's done, it's so
beautiful to see! Sadly, the day is over
all too fast and what we waited for, is
gone until the same time, next year. Then,
we'll all go through the same as before,
waiting for Christmas, once again, to
appear!

Audrey Heller

Until The Day I Die

If only I, could have my way, I'd have you
by my side, today! Back, where you're
supposed to be, together again, you and
me! Instead of all this terrible longing and
this ache, in my heart. How I wish with all
my might, you never did, depart! There's
no way, I can get you out of my mind, even
though, I know, I should. All that's bottled up
inside, surely, does no good! But how, can
I learn, to stop caring? How, can I put you,
out of my mind? I can say this to myself, from
today until tomorrow, but it doesn't help, I find!
I don't know, what it's going to take, to ease
the pain I feel. Some may say, it's crazy, but
believe me, it's very real! There's no way, I can
ever forget you and then again, why should I?
You'll always be, a part of me, I guess, until, the
day I, die!

Audrey Heller

Utter Amazement

I have a cat and a dog, that really don't get along, mainly due to the fact of jealousy! But today in utter amazement, a beautiful sight, I did see! The dog was laying on the floor, minding his own business, when for no reason at all, the cat kissed him tenderly on his nose. The look on his face, was of sheer bewilderment, but he must of liked it, I suppose! That's the first time, I've seen this happen and I'm happy to say the least. Most of the times, there were terrible fights, but somehow, she managed, to tame my little beast! He's really quite a lover at heart and now, at long last, there's a possibility that with a little more time, they can become, each others friend. Nothing, would please me more, as she's a very old cat and getting close, to the end! To see this remarkable transformation, made me happy as could be. As I wanted them to be friends from the beginning, perhaps in someway, they understood and finally, did this last gesture, for me!

Audrey Heller

Vacation

Working hard, the whole year through,
you can hardly wait, until vacation time
is due. Time to get away, from everyday
strife and look forward to enjoy, better
things in life! Perhaps it may be, for just
a week or two. But when you'll return,
you'll be, as good as new. Problems,
that you were not able to take, suddenly,
will become a piece of cake! Due to the
fact you had time to rest, get away from
the daily grind. Your whole demeanor,
will change and no longer, will you feel
in a bind. Vacations, are what the doctor
ordered. It's great as long, as they are
here. And if we were able to have our
way, we'd have them, twice a year!

Audrey Heller

Valentines Day

Valentines Day, will soon be upon us, where emotions, come to the fold! Flowers are sent, lovely cards too and our feelings, are no longer, on hold! This is the day, where your heart, rules your head, where love, is in the air! The day, where you have the courage, to let that special person know, how much you care! Many people, have gotten engaged on Valentines Day, it's become a way of life. It's a time when many men, find it conducive, to ask that special someone, to become, their wife! Yes, it's lovers day, but it's also a time for remembering family and friends, as we've done so, through the years. Sending cards, to all of them, some sentimental, some humorous and some, that evoke, even tears!

Audrey Heller

Vanity

Vanity, be thy name! Ever since I can remember, I've always been vain. It takes work, trying to keep your image, like you just stepped out of a book. To me, that's the way, I had to look. Imagine, never going outside, before your makeup is on your face. At the same time, making sure every strand of hair, is in it's place. The clothes you wear, have to be coordinated, down to your shoes and purse. It's certainly not a blessing, it's actually a curse. I only wish, I could stop paying attention, to the way I look, not bother, or care. But knowing me, that can never be. My vanity, will forever, be there!

Audrey Heller

Victoria's Secret

I've often wondered, what is, Victoria's
secret? Is it something, we all, can't
know? Or does it lie within, all the lovely
models, who put on, a spectacular show?
Everyone of them, has a beauty, beyond
compare! And what makes them so special,
is the sexy, garments they wear! How
beautiful they look, strutting down the run
way, with their heads held high! Is it any
wonder, women look at them with envy,
while men, heave a sigh! There they are,
in all their splendor, a most elegant, sight
to see! Beauty personified, all of us, would
agree! Now, we can see what goes on, behind
a closed door! So, Victoria, has no secret,
anymore!

Audrey Heller

Victoriously

If you want something bad enough,
you've got to make it happen, it
doesn't get there, on it's own! With
will and determination, anything is,
possible, it's then you'll realize,
you're half way, home! Anything
worthwhile, requires your utmost
attention and you must work at it,
diligently. When everything starts to
change, how can you help, but not
see! Working hard, for all you wish
to acquire, is the only way, to go. If
it were handed to you, on a silver
platter, you wouldn't appreciate it,
half as much, this I'm sure, you
know. After, you've put your heart
and soul, into making your dreams
become a reality, there's no doubt
you'll emerge, victoriously!

Audrey Heller

Victory

Never promise, more than you can deliver, as to do so, will set you all a quiver. Make sure, you have everything in order. You don't want to face, consequences on your behalf. You don't want to bite off more, than you can chew or have anyone, have the last laugh. If you can distinguish between, the past and the present, what's happening now, is not the same as before. Get yourself, on the right track and it automatically, will open another door. Once this will all take place, a better person you'll be. And since things, are moving along, you can finally declare, victory!

Audrey Heller

Vivid As Before

If you find yourself, with time on
your hands, with little else to do,
it's then, you start to think about,
the things that bothered you.
Things you were certain, hadn't
meaning anymore, suddenly come
back to you, just as vivid, as before!
Being idle, allows you to go astray,
letting all your thoughts, go back, to
yesterday. Memories, can bring us
to, a special time and place, but
should they be unpleasant, it's that
memory, we'd like to erase!
Memories, can be happy, they can
also be quite sad. So let's just think,
about all the good ones, that you and
I have had!

Audrey Heller

Waiting

Waiting at a Doctors office, can really get out of hand, the time passes so slow. You start to get impatient, being there so long. You'd like to get up and go. You tell yourself, it may be a little bit longer. You'll wait and see. The longer you keep waiting, seems like an eternity. It takes a great deal of control on your behalf, it isn't easy sitting there. Looking through all the magazines, you catch an occasional stare. It's already over an hour. How much longer must I wait? My patience is wearing thin. I truly believe the way it's going, the chances are, I'll not get in. This time, I've had it. It's the final straw. Time to make my exit, I've got one foot, out the door!

Audrey Heller

Waiting For A Letter

I guess my writing, is to no
avail, because not one letter,
has arrived in the mail. It makes
me sad, that you can't find the
time, to sit yourself down and
dropp me a line. Is it so hard,
every now and then, to take
some paper and pick up your
pen? To you, it may seem such
a task. But it's really, so little of
you that I ask. Just think about
what I'm trying to convey. Then
please, won't you send me, your
letter today!

Audrey Heller

Wake Up And Smell The Roses

We have to be grateful, if we awaken
in the morning and all is fine. If nothing
seems to bother us, I'd say it's a very
good sign. As long as we're able to get
around, see the sun, smell the fresh air,
we've got it made in the shade. Life's
been good to us and there's no reason,
to be afraid. Always keep in mind, there
are those less fortunate than we are. If
at times we appear to be ungrateful, we
have to thank our lucky star. All of us know,
life isn't what it seems to be. We have to
take whatever comes our way. So wake
up and smell the roses. Enjoy what you're
given today!

Audrey Heller

Walking In The Country

Taking a walk in the country, is
a great way, to spend your time!
Far enough, away from the city,
with all the dirt and grime. The air
is so refreshing, it does wonders
for your soul. The way this can be
accomplished, take a leisurely stroll!
The view is simply breath taking. The
scent all around you like perfume.
Obviously, emanating, from the flowers,
already in bloom! Wherever you turn,
peace and tranquility is there. The fact
is it's around you, just about everywhere!
There's only beauty, one can see. Taking
a walk in the country, with nature, right
beside me!

Audrey Heller

Watching Over You

There is nothing anyone can say, to
ease your pain. Know in your heart,
God will provide the strength to carry
on. There will be moments when you
feel you won't make it, but all is not
lost and all is not gone! Somehow
you'll find the courage when needed.
Be amazed what you're able to do.
Reason being your loved one, is now
watching over you. They may not be
here in body, their spirit will never die.
Always keep this thought in mind, that
they'll be standing by. In the days ahead,
you'll become much stronger, as time is
the best healer so they say. Just give
yourself plenty of time, then take it, day
by day!

Audrey Heller

Watching The Time Go Past

Every year, I say to myself, time is moving so fast! In fact, it's rather scary, watching as the time goes past! I thought it only happened as one grew older, but that's not true anymore. For young or old, it doesn't matter, they too, are keeping score! I can remember, when I used to say, 'I wish this day, was over, ' I couldn't wait, for it to end. Now, before I even think it, it's gone, another day, is waiting around the bend! It's hard keeping up with the times, it's changing rapidly! Just when I think I've caught up, something new, is put in front of me. No use to fret, or even bother, to get upset, I'll learn, whatever is new. Then hopefully, in time and lots of patience, somehow I'll manage, to get through!

Audrey Heller

Watching Tv.

No matter when I watch TV, in a short while, automatically, I fall asleep. It's not that I don't like what I'm watching, it's the hours that I keep. When I finally awaken, I'm angry at myself, as I've missed most of the show. I was able to see the beginning, how it ended, I don't know. The funny part is, I haven't any recollection, when all of this takes place. I'm totally unaware. I don't even have a clue, as to how long I've been sleeping, there. I guess that's the way it goes, when you're tired and watch TV. Regretfully I must admit, this is the effect, it has on me!

Audrey Heller

Ways That A Heart Can Be Broken

There are many ways, that a heart,
can be broken! It can happen, when
a friend is in need, or words with a
loved one, goes unspoken! Life, sure
has its way, of throwing a curve! And
wouldn't it be great, if we acquired,
some verve! Sometimes, it's a long
and lonely road and for some of us,
we're carrying, a heavy load! That's,
when it would be nice, to be able to
expound and get it, off of our chest.
To get rid, of that extra burden and
let it, come to rest! Life has enough
complications and we don't need, to
add to it, by taking some things, in
stride. We have to fight, for what is
right and not, by any means, try to
hide!

Audrey Heller

We Don'T Know The Reason Why

There are times when we feel out of sorts and we don't know the reason why! You just feel something is missing and you can't put your finger on it, no matter how you try. Nothing has happened, as far as you can tell, so why this dreary feeling, like someone has cast a spell! What invisible force is trying to get in the way, to come and ruin, what should be a fairly pleasant day? Perhaps it's our own doing in an inconspicuous way, as the mind is a very complex thing, which at times can go astray! The question here, is who is going to have the upper hand over our thoughts and feelings? Do we give in, or do we fight? When you give it consideration, there's only one thing left. Don't give into this negative feeling and do everything possible, to get out of this plight! Just close your eyes and start to count to ten. It's a very old remedy, but somehow it works and I proved it, once again!

Audrey Heller

We Naturally Take Things For Granted

Everyday, is precious! Just look around!
Just being able to see and hear, every
single sound. We naturally take it for
granted, as we don't know any other way.
But aren't we the lucky ones, as we never
had, that price to pay! We really have to
be grateful, for all the good things we
possess and not look for, greener pastures,
thinking about what others have to endure.
Many of us, were blessed, so why should
anyone, feel insecure? We have all that's
necessary, to get along to keep us safe
and make us strong! So, if you have the
tendency to feel sorry for yourself, take
stock and look at where you are and what
you're able to derive. Give a lot of thought,
of those who'd like to be in your shoes,
but for them, it can be, a long, long ride!

Audrey Heller

We Only Go Around Once

To err is human, to forgive, is divine!
Always, keep this, upper most, in your
mind! There's not a soul, who hasn't made
mistakes, at one time, or another. You
have to know how to forgive, your sister,
or your brother! What good does it do,
having a chip on your shoulder? Will it
really, get you anywhere? In my experience,
I rather think not. As it's so important, to
show that you care! Just knowing, you're
cared about, makes all the difference in
someone's life. It makes them feel wanted
and does away, with strife! We only, go
around once, so let it be a happy time, for
one and all. You want to make the best, of
living right now, before the curtain, will fall!

Audrey Heller

We Take So Many Things For Granted

We take so many things for granted, it has become, natural in whatever we do. When you've been doing this for quite some time, it runs away with you! When you think about it, it's not fair, to expect all is going to run smooth all the time, as it just doesn't work that way. There will be times, when you'll have to rely on your own devices, but there's nothing you can do, or say! In a nutshell relying on someone and taking things for granted is not, the right way to go. You have to be independent, at least some of the time, or expect them to be, a no show! If you do have to rely on somebody, then you should always show your gratitude. Always have something nice to say, put a smile upon your face and most importantly, make sure, you're in a jovial mood! Remember, everybody has problems of some kind of their own. If you treat someone with respect, you'll always have a friend and you'll never, be alone!

Audrey Heller

We Welcome In The New Year

Well here we are, a New Year, is about to begin! I can attest, that all of us, are hoping, we won't have to take it, on the chin! It's been a tumultuous year, we just left behind! And with any luck, this should be a year, where we all, can unwind! It's been a long time coming, where we can see the light of day! Not just listen, to all that jabber of what's going to come, our way! Seeing is believing and who doesn't, want to see, a tremendous change? What we need is less talk and more action, home on the range! Now, of course, we welcome in,2011 with hope in our heart. It's been only one day, but we're behind you, to see we all get, the proper start!

Audrey Heller

Weary

When you're weary and things have you down, try putting a smile on your face, it will turn everything, around. And should you get to the point, where you feel you want to scream, just keep telling yourself, nothing, is as bad, as it may seem. No matter what your problems may be, some people are worse off by far. Keeping that thought in mind, be grateful for who you, are. There is, a light at the end of the tunnel, have patience, wait and you will see. That wonderful light, will burn so bright and change, your destiny. Now, whenever you're inclined to be weary and feel you're getting blue, think of that light in the tunnel and the wonders, it can do!

Audrey Heller

Weather Does Have An Affect On You

It's not a fallacy, but it's true, that weather, in general, has an affect on you! Sunny days, make you feel happy and ready to face the day. While on the other hand, if it's dull, snowy, or cold outside, it puts you, in a bad mood, right away! You get irritable and find it hard to concentrate, for you're faced with gloom! Oh what you'd give, for sunshine, to enter a room! Sunshine is the key, to our well being, as it makes you perceive everything, with a lighter note! If I had my way, I'd have the sun, shine everyday, as it most definitely would get, my vote! But to be realstic, it's impossible to have the sun shine, all the time, as there has to be all, kinds of weather. However, I know there's a lot of people, who feel as I do and as the saying goes, birds of a feather, flock together!

Audrey Heller

Weather The Storm

When at times, things go wrong,
just sit tight and weather the storm.
No one said it would be easy, there
is no bag of tricks. Try to be as patient
as you can, as there is no instant fix.
If you try to look for answers, there are
none you will find. The best thing you
can do, is, put it out of your mind. Things
have a way of getting better, if you just
let them be. It's time to make things, a
whole lot easier, it's time, to set yourself
free!

Audrey Heller

We'LI Be Together Again

Here within my heart, it's
very lonely, for my thoughts
go out to you and you, only!
There's never a moment, when
I'm quiet and still, as there's no
one, to take your place and
there never will! I go through
life, as best I can, but I still
display, a lot of emotion. For
when you were around, there
was a lot of love and devotion!
To say I miss that, is a gross
under statement, to be sure. One
in which I'm sorry to say, they'll
never, be a cure! The next two
months will be very sad for me,
as it's always been this way.
November was a happy month,
celebrating, your birthday. Then
came December, which changed
all of that in just a very short matter
of time. God had other plans for you
and no longer, was I happy or feeling
fine! How things can change your
life, in just one minute, for there I was
and you were no longer in it! Here it
is, so many years but I'm still feeling
the same way. I know, it's never, going
to change, but the only thing that keeps
me going, is we'll be together, again,
someday!

Audrey Heller

What A Little Hug Can Do

Oh, what a little hug can do. And
we all know, how beneficial it is
too. A hug is a way of saying, I
care. It can relieve tension and
stress, by letting it be known,
you'll always, be there. It really
takes, so very little effort on your
behalf and what you'll gain in
return, is worthwhile. It gives a
person a warm and wonderful
feeling, that eventually evokes
a smile. There isn't anyone, who
doesn't thrive on a little attention.
A hug, is what the Doctor ordered,
to send you on your way. If we could
get into the practice by giving a hug,
we'll make someone happy, each
and every, day!

Audrey Heller

What A Smile Can Do

A smile is a curve, that sets
everything straight. Use it,
when you can and don't be
irate. Let your hair down,
once in a while, purse your
lips and then, smile. It will
not alter your looks, in any
way, or crinkle up your face.
It makes you look a lot better
and puts you back, in the
human race. No one likes
looking at a dead pan all
the time. It has a negative
affect on you. But when you're
near someone, who has a
beautiful smile, oh, what that
smile, can do!

Audrey Heller

What Does It Take

What does it take, to make someone understand, what life's all about? What does it take, to make someone realize, there are certain things we shouldn't have to do without? What does it take, for someone to find forgiveness in their heart? What does it take, for someone to let you know, it's time for a brand new start? What does it take, to make someone open up their eyes and see? What does it take, for someone to say let it ride and let it be? If you can change the way you think and admit you have to take some of the blame, there can be a new beginning. But if you cannot forgive, it's a terrible way to live and no one, ends up winning!

Audrey Heller

What I Know Now

If I knew then, what I know now, things would be different, somehow, I wouldn't let you walk all over me and I'd find a way, to be free! I'd have taken a stance, without even a glance and just walked away, I'd not sit around and take it, I know I'd find a way! It's really a shame it took me so long, to become strong, but in my heart I knew, there would come a time, when I'd have to get over you. Now, I bid you farewell, I'm no longer, under your spell, I can't wait, to walk out the front door. And if I knew then, what I know now, I'd not cry over you, anymore! So if you're smart, you'll take it to heart and try to change your ways, or you'll find yourself, alone on the shelf, for the rest of your days!

Audrey Heller

What Lies Ahead

When you look at the economy today,
you have to feel very scared. Things,
that once were flourishing, now look
pretty bad. Wherever you look, they're
downsizing, some are even closing
their doors. It gives you an eerie
feeling, is it going to be my place,
or yours? Everybody, is on edge, not
knowing what lies ahead. It puts a lot
of fear in our heart, for we all have so
much to dread. I hope things will
change real soon and it should get
back to the way, it was before.
Everything flourishing, once again
and opportunities galore. We have
to pray, this will take place and not
create anymore devastation. For no
one, needs an economic boost more,
then this nation!

Audrey Heller

What Lies Ahead Of You

Life, as we know, has it's ups and it's
downs, which we take, in our stride.
Actually speaking, life is, a continuous
uncanny, ride! There are times, we're
overjoyed, the way things work out and
then there are times, we're not. But no
one, has it work out in their favor, all the
time, hence it thickens the plot! If we knew,
what was in store for us, I think it would be,
monotonous and we'd have nothing, to
look forward to. It's the wonderment of it all,
that has you in it's spell, just thinking, what
lies ahead of you! I don't think anyone, would
want to know in advance, what the future holds,
it's best you let it unfold. Isn't it better, to let
things take it's own course. It's healthier that
way, so I'm told! Some things, can't be rushed,
they have to go at their own pace, as well they
should. Keep in mind what's taking place now,
as tomorrow, has a way of taking care of itself.
Do what you can, to make life worthwhile today,
for in the long run, it will do you a world of good!
Remember, when you think good thoughts, all
is right as rain. There's no more regrets,
everything looks bright and rosy and there's
no more, sorrow or pain!

Audrey Heller

What More Can I Say

Everyday, in every way, I think about you more. It's a constant ache, in my heart and life, at times, becomes a great big, bore! It's terrible to miss someone, the way, that I miss you! And to know, you're gone from my life, is awfully hard, to get use to. I'd give anything, just to hear your voice and feel, the touch of your hand. To sit with you and talk to you, that to me, would be so grand! It's very hard, to be apart, for so many years. When you were around, I have to say, you calmed, many of my fears! Now, there's this emptiness I feel, deep down inside. But I guess whatever I do, I can never, cast it, aside! So if I think about you, everyday in every way. It's because dad, I still love you, what more, can I say! !

Audrey Heller

What We Get Out Of Life

We don't always get, what we want out of life! It's a constant struggle, with a great deal of strife. There's many, concessions one has to make, which at times, we find hard to take. Nothing, seems to go smoothly. At least not at first. But you keep right on going, for fear, you're going to burst! Then one day, it all looks different, everything falls into place. Things are now looking up and your situation, becomes easier to face. Life seems to go in cycles! There are days we feel, we'll never be able to get through. But for some unknown reason, it will begin to change. Giving, the opportunity, to start our life, anew!

Audrey Heller

What You Don'T Know

What you don't know, can't hurt you.
Unfortunately, unexpressed feelings,
will have their impact. So you may as
well show yor concern, by asking
questions and see how people react.
There are things of course, we all
would like to keep to ourselves and
not let anyone see. So when anyone
asks a leading question, I coyly remark,
are you sure, you really mean me? In
actuality, you honestly don't want to hear
or know. We all have our idiosyncrasies,
but we don't let them show. So if we're
to adhere to this popular saying, it's time
we turn a deaf ear. From now on, you'll
only respond, to things you want, to hear!

Audrey Heller

What You Dream May Happen

What you dream about today, may, happen tomorrow! So brush away, all those tears and sorrow! We all have dreams, but not all of them, come true. Many of us have various wishes, but try to imagine, if they were, to come to you! Would you know, where to even start? Or would you be, brave and follow your heart? I don't think anyone, can know, what their reaction would be! I guess one can say, it's all, part of life's mystery! It's really hard to fathom, what one would do, if all their wishes, were to be granted. It's got to be, mind boggling for sure! Many questions, you'd want to be answered, but where would they come from? Perhaps, only in a folklore! Dreams, are what the world, is made of! Never give up hope, it can happen to you, or change your life, one day. Just keep on hoping and dreaming and above all, never, let those dreams, get away!

Audrey Heller

What You Need To Succeed

Persistence and a more positive outlook,
is what you need, to succeed. Flexibility, is
the secret weapon, you can rely on. Then,
always be ready, when called upon. Know,
that you're capable to get any job done and
never have any doubt. When you put your
mind to it, you're the type, who won't ever,
have to do, without. You emit certain
qualities, people recognize and are happy
to have you, on their side. They know,
whatever you do, you do, with a sense of
pride. That's, where persistence, pays off
and a positive outlook, comes in handy.
For whatever you do you will, succeed.
And that's just fine and dandy!

Audrey Heller

Whatever Is Destined

Here I am, feeling blue, my reason being,
my thoughts are always, with you! If I try
to put you, out of my mind it's a difficult
task and I can't unwind. There's no way,
I can forget you, believe me, I have tired.
And if I said I did, then you know for sure,
I lied! It's an awful position to be faced
with, for it goes on endlessly. I'd give just
about anything, to have you back, with me!
But no matter what I'm willing to give up,
nothing could change ones destiny. Fate is
something, no one has control over and
whatever is supposed to happen, will take
place. No matter how much you wish it were
different, it's what all of us, must face!
At least I know for the time I had you in
my life, I was happier, than I was when you
were not in it. All those wasted years of
anguish, heartache and wondereing, changed
when we got back on the right track, for I
did savor every minute! I wish you weren't
taken away from me, as I wanted you to enjoy,
more of your life than you had. All I can
say, it was wonderful and how blessed I was,
having you, for my dad!

Audrey Heller

Whatever The Reason

Well here it is, tonight is Christmas eve!
It came so awfully fast, it's quite hard to
believe! I mark each day off on my calendar
and readily I admit, it's flying by, so very fast,
I can't keep up, with it! Where is the time
going to? I'm sure, you feel the same as I. For
whatever the reason, time for all of us, is really
whizzing by! When a new month, rolls in and as
I check off the day, before I turn around, it's
already, on it's way. Then comes another one,
the process, is the same, gosh it's going oh so
fast, who can we blame? Some of us, of course
feel we'd like to hold back, the time and enjoy a
little bit more. But...it's not up to us, as there's no
way, to even the score. We have to get used, to
the way things are now and forget, the way it used
to be. For time I guess for all of us, is not waiting,
for you and for me!

Audrey Heller

Whatever They Touch

Some people, don't have to do very much, for whatever they touch, seems to turn into gold! While others, try very hard to make the grade, but it never happens, so I'm told! You can't help wonder, why this happens, or what makes them luckier than you? You feel you have a lot going for yourself, so why weren't you, one of the chosen few? It makes you wonder, if everything in life, is a matter of fate? Does one, have to be born under a lucky star, or is it a question that one, just has to rate? Actually, who deems it so? Or when you come down to facts, is it not who you are, but who you know? This has been a perplexing question, for over a vast period of time, where we'd like to find a clue. But no matter how much you delve into it, you'll never find an answer and there's not, a whole lot, you can do!

Audrey Heller

What's In My Heart

How, can I convey, what's in my heart?
Or what it's been like, since you did
depart. I think about you, every minute
of each day. I miss you so much, more
then words can say. I tell myself, if you
were still here, how different, my world
would be. In fact, there is no doubt, I'd
be, the same old me! I've never been
the same and try very hard, to keep a
smile on my face. But if I don't, is it
really a disgrace? Sure, I can smile,
I can laugh and in no time, it's gone.
I'm certainly well aware, that life, does
go there comes this moment,
where I can't pretend, anymore. I'll
always feel the pain and want you back
with me, the way it was, before!

Audrey Heller

What's The Rush

Can you fathom, how fast, the months
are passing by! All one has to do, is
blink an eye. What's the rush, I say
to myself, why is it, in such a hurry?
I'd like to slow down too and not, have
to scurry! Look at what's ahead of us,
soon we're facing the holiday's. I'd kind
of like to take my time, I really can think,
of lots of ways. Before you turn around,
we'll be coming into a new year and of
course, who knows what lies ahead. I'd
like to think it's going to be better, but
frankly speaking, I fear, we'll have more
to dread! It's really been a very chaotic
year and I can't help wonder, could
matters, really get worse. We need to
have some awfully big changes, for the
way we're living, is surely a curse! I guess
we have to try and be optimistic, instead
of being pessimistic and let the chips
fall, where they may. Let's start by having
good thoughts, as that's the only thing I
can think of, that will send bad vibes, away!

Audrey Heller

When A Heart Is Broken

When a heart is broken, where
do you go, to have it repaired?
What do you do, to keep from
being scared? How, can you
put the pieces back together,
for all the world to see? How can
you feel, the way, you want to
feel and be the way, you want to
be? How do you cope, in the
days ahead, when all you feel
like doing, is lying in bed? What
do you do, with the time on your
hands? Even though life, has it's
demands. For now, I know you're
feeling a lot of sorrow, but it can
change and be a beautiful
tomorrow. Then your heart, will
be whole once more, the way
it always was, before!

Audrey Heller

When All Is Still

Trying to sleep at night, sometimes,
can be a chore! I have to say, no
matter how long I remain in bed, I
just can't stay there anymore. I don't
know why, when all is still, a million
thoughts run through my mind. I try
to divert these thoughts, but still, I
can't, unwind! So what's the answer
to this dilemma, how do I overcome?
I can't lay there for the amount of time
I do, because sleep for me, just doesn't
come! How exasperating, I find this to
be and it's getting to be a habit, every
single night. Of course I find different
things to do, but it still doesn't, help my
plight! I wonder why, when all is still your
thoughts always seem to go astray? The
things that go through your mind, you'd
rather not think about and wish, they'd go
away! I guess there must be a remedy,
but so far, I know of none that really works
and frankly speaking, I'd love to find the
perfect cure. But until that all comes about,
I'll just keep myself so busy until I get so
tired, my bed, will take on, a certain lure!

Audrey Heller

When Being Spoken To

Many of us, are at fault, when being spoken to, we don't pay attention and really don't know, what was said! This happens to be, a bad habit, then of course, there's much to dread!

Misinformation, is what you're getting, which leads to hurt feelings and now, you're in a stew, instead! You have to be big enough, to ask that person, to repeat themselves and then take note, of every word. Then if you listen intently, you'll see the difference, of what you originally thought, you heard! That's how we get into trouble, by not paying attention, as it can lead to bad feelings, which now, is hard to take. Naturally, it's not the right way to go and it's a pattern, you have to break! Being a good listener, is masterful and will get you, everywhere. You give that person respect and show them, you're interested in what they have to share. Now, I'm sure, no longer will you not pay attention, but you'll make sure, you're all ears. It makes all the difference in the world and it will allay, their fears!

Audrey Heller

When Day Breaks

In the wee hours of the morning,
all is quiet and still! All that's
visible, is a little bit of sun,
breaking through, of it's own
free will! This is a very lovely
time and you may hear, the birds
chirping away. In fact, it's a very
peaceful time, I would say! When
day finally breaks, everybody's
going about their business and
it's not, peaceful anymore. There's
so much rushing around, before
they get ready, say goodbye and are
out, the door! Then night time falls!
It's the end of a weary day! Everybody's
coming home again, to be with their
loved ones, once more! And so it goes
on like this and it stays the same. For
frankly speaking, aren't we all, caught up,
in that game? ?

Audrey Heller

When Dealing With Emotions

When dealing with emotions, it's a sensitive thing, you experience all kinds of feelings, it's like being on a swing! One moment you're up, the next you're down, either you're smiling, or tend to frown! There are many contributing factors, as things change so quickly, from day to day! You can't put your finger on it, so who's to say! Why try, to figure out the reasons, for this emotional crisis, it's just one of those things. Why not wait until tomorrow and see, what it brings. I'm sure by then, it will be over and you'll wonder why, you had felt, you were heading for a fall. Just keep in mind, emotions are very tricky and if it's any consolation, there are times, it affects us all!

Audrey Heller

When Getting A Computer

Isn't it crazy, to get so mad, because
you've gone along, with the computer
fad! Computers are great, all will agree,
but it's making a wreck, out of you and
me! Isn't it strange, how uptight we get,
just because, of this silly old set! So
what, if it didn't go right this time, we can
try to do it over again, to get back on the
line. I'm sure with patience, next time,
we'll be able to get in and look at each
other, with an impish grin. 'Hurrah', we
did it, at last we'll say, we sent our
message on it's way! I can't believe I, did
it, I finally caught on! Something tells me,
I'd better continue, before the line, is gone.
Now, that I got it at last, I'll quit while I'm
ahead. The only problem that I can foresee,
is to keep this knowledge, that's in my head!

Audrey Heller

When I Close My Eyes

When I close my eyes, it's not darkness,
that I see! Strange as it may seem, you're
right there, beside me. I ask myself, how
is this possible, when you no longer are
here? My mind, is playing tricks on me,
so I fear! Could it be, this loneliness I feel,
ever since the day, you were called to the
other side? I have such a hard time, dealing
with it and can feel, I'm on a down hill slide!
I know, it's not the right thing, for me to do
letting myself, go! It serves no purpose, this
I already know! How, do you stop, wanting
what you lost, back again, to make you smile,
once more? I guess, to some, I've become,
quite a bore! There is no way, I find, that
makes life easier for me and forget the past.
Dad, you were such an important part, of my
life and it pains me, to think, it goes by, so
fast!

Audrey Heller

When I Think About You

When I think about you, I'm reminded
of the great sense of humor you had!
The way you made me laugh and the
look upon your face, makes me realize,
how much, I miss you dad! The more I
laughed the more stories you'd tell. I
really can't think of anyone, who
mastered them, so well! You were a
master of your craft, there is no doubt.
I can't think of anyone, as good as you,
who was able, to dish them out! I always
knew, when you had that twinkle in your
eye, another joke, was on it's way. In
fact, I'd look forward to them, for I'd
laugh so hard, it always made my day!
Not many people, possess this talent, as
it's a gift which proudly, I inherited too! I
also enjoy having an audience around
me, hearing them laugh, as proudly I can
say, in that respect and in many other ways,
I take after you!

Audrey Heller

When It Comes To An End

Just a few more days and the holidays,
will be coming to a close! How eager we
are, when they're here, but happier still,
when it goes! In the two weeks, we've
had it up to here, it was enough to last a
life time, but we say that every year! Of
course it's all wonderful, everybody's full
of the holiday spirit and that's a nice thing
to see. It does wonders for a lot of people,
for it fills them, full of glee. That's what
makes this time so special, for you can
forget, all your cares and woes. You can
tuck them away, in a corner, no one cares
and no one, knows! That's what it's all about,
forgiving and just spending time with family
and friends. It's a wonderful time of the year,
but it's quite exhausting. That's why we have
to be honest, when we declare, we're really
happy, when it ends!

Audrey Heller

When It Comes To Making Decisions

When it comes to making decisions,
you have to think it over carefully, to
find the best route for you to take!
This requires a lot of concentration,
as the point here, is not to make,
another mistake! Too often, we think
with our heart and not our head! It's
not the way to go, as we have to use
our head, instead! When you think
with your heart, you see things in a
different prospective, it's irrational
and clouds it all. It's soft, it's weak
and whenever you speak, it has a
way of letting you, fall! When you
have to make important decisions,
rely on what your head, tells you to
do. If you listen to your heart, the
things you may choose may not, be
right for you! We know there's often
conflict, between our heart and our
head. But in order to make our way
and have, a less stressful existence,
never on your heart, should you tread!

Audrey Heller

When It Rains

I dislike the rainy season, it's not
my favorite, you can bet. Even with
an umbrella, chances are, you'll
still get wet. It's never just a drizzle,
the rain, comes pouring down.
Followed by claps of thunder, which
makes that frightening sound. Worst
of all is lightening. I've always been
afraid. Whenever I see lightening
strike, I run, to pull down the shade.
Days like this, tend to make me blue.
I'd much rather have a pleasant, day
with the sunshine, peeking through.
How different it is, when there's no
more rain in sight. All seems to be
rosy once more and the days ahead,
are looking bright!

Audrey Heller

When It's Gone

I'm sure you've heard people say,
when you haven't got it anymore,
you miss it the most, when it's gone.
It's kind of sad, it comes as an after
thought, but it's time you have to
move on. Isn't it ironic, people don't
appreciate what they've got? They
miss out on so many things, believe
it or not. There's no use in fretting
what might have been, as no one
could see, what was lying in store.
We know there's no way, we can
turn back the clock. Just accept
what is today, tomorrow and
ever more!

Audrey Heller

When It's Our Turn

We all know, that life is too short, but as for me, I don't give it, a thought! There's lots to do and I'll get it done, a little at a time. I don't feel, the need to rush, for to do so, would be a crime! Everyday, is a new day, to look forward too. If you put your nose, to the grind stone, there's wonderful things awaiting you! Don't allow to be drawn in, with macabre thoughts, down the line. Drink in, everyday like wine for you, the sun, is bound to shine! We can't allow, ourselves to be fearful, of something, we don't know. For no one knows, but God, when it's our turn, to go!

Audrey Heller

When It's That Time

Whenever it's time for your birthday,
automatically, I start to feel blue. I
wish you were still here with me, so we
can celebrate like we used to do. My
thoughts are always with you, readily
I admit. It's been so many years, but I
can't get over it. In my mind, I can
picture you, just the way you were.
That's the way, it will always be. I
never can forget you, for you were and
still are, a part of me. When holidays
approach, I feel empty, thinking of all
the great times we had. But what can I
do, but just think about you, my one and
only, Dad!

Audrey Heller

When Life Throws You A Curve

When life throws you a curve, you
have to take it on the chin. You
stare it straight in the face, even
though, you don't know where to
begin. Every days a task, but we
meet it anyway. And we go along
with hope in our hearts and say a
prayer each day. We have to climb
that mountain, be it big or small.
For it's strictly up to you, not to take
that fall. Keep on trucking, as the
saying goes and before you know
it, you'll land back on your toes. So
whenever life, throws you that curve,
look it straight in the eye. Then in
no time, you can kiss it all, goodbye!

Audrey Heller

When The Clock Strikes Twelve

Just a few more hours, then 2012 will be, officially here! We're all hoping deep down inside, it should turn out to be, a very good year! It would be a nice change, to see a big turn around with more laughter, than there was before. People, feeling more at ease with less chaos, than before. We need to see more smiles, on faces not, so many frowns. Behaving more compassionate and a lot less, like clowns! Yes, it's been a rough year, we all can attest to that fact. It was like running around, after the rabbit and then finding it, in a magicians hat! Now, it's time to settle in, with things running nice and smooth. Time to have that that peace and quiet, time to find, your groove! It's a nice thought and I wish with all my might, we should all make a well needed transition and I'm hoping, it will happen, when the clock, strikes twelve, tonight!

Audrey Heller

When The Going Gets Tough

When the going gets tough and the tough
get going, they put up a heck of a fight.
They'll not let anything stand in their way
and whatever is wrong, they'll make right.
They're not the type, to sit around and take
it on the chin. They'll work very hard, to get
back into the fold, for their motto, is one
must win. Never at anytime do they falter,
no matter how hard things may be. That's
why they're tough, when the going gets
rough and are able to claim, victory!

Audrey Heller

When They Come To Call

It's hard when your children, are not close at hand. But that's how it is and you have to understand. You can't see them, as often as you like and wait patiently, when they come to call. It's a very happy occasion, for one and all. Being together, talking, doing things you haven't done for a long time, gives you a lift in every way. You know it's not going to last, but you make the most of it, as soon, they'll be going away. All good things have to come to an end. It's time for them to depart. You know you're going to miss them so, with all of your heart!

Audrey Heller

When They'Re Gone

Many times, I'd reminisce, the way life was, when you were here. Everything, had so much meaning, but it didn't take long, before it would all, disappear! How I long for those days, but sadly, they're gone forever! I can never have them back, much to my endeavor. For now, I only have memories, but they get me through. Memories, are wonderful to have, for they are, the very best, of you! No one, can understand what it's like, until, they've lost a loved one, no matter whom it might be. They're always in your heart and it's so hard, to set them free! We think of them and perhaps, talk to them, for it makes it easier to cope and go on. But in our hearts, we know, life will never be the same, for when they're gone, they're gone!

Audrey Heller

When Things Are Piling Up

There are days, you just don't
feel like doing anything at all!
You feel like taking it easy,
doing very little until night,
begins to fall! I call it a lazy
kind of day, where I don't let
anything, get to me, or get in my
way! It's good every now and then
to have a day, with just complete
rest and nothing special planned.
Because it's usually the other way
around and it doesn't take long,
before everything, gets out of hand!
Giving yourself, this special day
makes a lot of sense, as you're
alone with every little thought.
Actually, at the end of the day,
you'll find yourself, a lot less
distracted! When you feel a lot of
pressure piling up on you, then it's
time, to take a break. You can make
any kind of plans, but don't put it
off for too long, as you'll be doing
it, for your own sake!

Audrey Heller

When Time Seems Endless

There are days, when time seems endless
and there are days, when it rolls along.
I guess, it's all how you perceive it,
but in retrospect, it's the same old song!
If all is right you're up to par, you're
the same old person, that you always are!
But if it's a bad day and all goes awry,
you feel out of sorts, no matter how you
try! It's not the end of the world, as it's
just one of those things. You can't let this
bring you down, for no one knows, what the
next day brings. You just keep going, let
the weeks roll by and in the interim, you
can breathe a sigh. Nothing, ever really
stays the same, it changes at the blink of
an eye! We have to be prepared, for whatever
comes our way, be strong and capable too.
Remember, no one, can or will be responsible,
it's all pretty much, up to you! Just take
this stance, forge ahead, don't even try
looking back. For once you get started, you're
going to feel very secure and you'll realize,
you're now, on the right track!

Audrey Heller

When We Get Very Angry

We all have times, when we get very angry,
but it's hard, for some of us to let go! The
anger keeps on building up, it's impossible
to hide it, it's bound to show! When people
keep after each other and refuse to listen,
that indeed, makes matters harder to take
and the anger, will go on! Someone, has to
make the first move, so you can deal with
it, so all this pent up anger, can be gone!
It's not good to stay angry, as it can be
detrimental to your health, you have to talk
things over and iron your differences out.
It's good, when you can admit, when you're
wrong, certainly better, than hearing one
shout. We all have our discrepancies, but
we have to respect each others feelings,
from the start and never, overstep, that line!
Own up to some of the mistakes you've made,
be honest with yourself, then everything could,
be sublime!

Audrey Heller

When We'Re No Longer Productive

Everyone, needs something to occupy their time, when they are no longer productive. One has to prepare, for this point in time, for when it occurs, idleness, can be destructive! Having nothing to throw yourself into, we know, is not good for the soul! You have to find things of interest, then make them, your goal! Keeping busy mentally, is just as important, as keeping physically fit. It's most unfortunate, there are many of us, as we got on in years, have some kind of handicap making it hard, to manage it. Keeping your mind alert and active gives you the opportunity to use your communication skills. Something all of us need, as it helps to cope, with many of our ills! As long as you keep your mind going, you'll always feel, you've been given a lift. No matter, what happens down the road, just hang on, to Gods greatest Gift!

Audrey Heller

When Will It End

I think about the world and all
the turmoil, that's going on! It's
then I ask myself, how long will
it take, before it's gone? I keep
up with the news and frankly, I'm
appalled with everything, I read
and hear. Is it possible, it can all
change, within a year? What we
would give, to see all this come
to an end. More importantly, to
have our boys, come home again!
Let's all hope and pray, they'll soon
be back, on our shore, so that their
families and friends, can be reunited,
once more!

Audrey Heller

When You Fall In Love

When you fall in love, everything's so exciting. A gesture, a look, even a touch, can be quite inviting. We somehow manage, to put our best foot forward. Never to reveal, any flaws. We're all just like an actor waiting, for that applause. We all have a role to play. Only good things, we'd like you to know. How long can we keep on pretending? Our bad points, are bound to show. The way I see it, be honest, with yourself. Do it, from the very start. That's the only way, that I can see, to avoid, a broken heart!

Audrey Heller

When You Have A Dream

When you have a dream, never
give up hope, even when that
dream, may somehow, go up in
smoke! Have faith, have courage,
believe in your dream, don't give
up, until you win. Just keep telling
yourself, you'll make it, never let
go, or give in! No matter how long
it may take, no matter what you
have to do, make your dream a
reality, make your dream, come
true!

Audrey Heller

When You Least Expect

If you happen to be looking for
love, you'll find it just isn't there.
When you least expect it and
you're caught off guard, you'll
meet that someone, who'll care.
It never fails, when you stop
looking, it will come to you. For
the more you look, the less you'll
find, happens to be, quite true.
No one can predict, when the one
you're seeking will eventually come
along. You have to make an effort
to forget it, let go and be strong. If
no one is part of your life at the
moment, it's not a disgrace. Have
patience, wait until it's the right time
and place!

Audrey Heller

When You Look Around

When you look around you, as well as hear, people are striving to make it, through the end of the year! Life, is basically getting harder, as we go from day, to day as many of us, are being put through the test. Everyday, we trudge along, trying to do, our best. When reading about so many people, who are without jobs, their homes foreclosed on, there's no salaries coming in, you have to feel for them, that all is lost and all is gone! It can't get any bleaker than this and can't help wonder, what's gone amiss! How long can it continue? When will we see the light? We're doing all we can, but somehow, losing the fight! When will we see a new beginning? How long, will we be down in the dumps? When will things ease up, so we can clearly, get over the humps? We'd all like to have the answers, as it would be a blessing to know. But I'm afraid, we're in for a long haul and with 2011, almost at our door, it's only then, things will begin, to show!

Audrey Heller

When You Love Somebody

When you love somebody, your life is very complete. You finally have found, peace of mind and that in itself, can't be beat. Days are no longer full of longing, you finally found, the one you adore. You've gotten everything you ever wanted and you couldn't have asked, for more. As far as you're concerned, life has given you, all the things you hoped for and now you made it to the top. You know you're extremely fortunate and pray this whirlwind, will never stop. You see, you can never give up hoping, as who knows, what the gods have in store. If it happened once, it can happen again. And that's what most of us, are looking for!

Audrey Heller

When You Own A Dog

To own a dog, is truly a blessing, you never have to go around, second guessing! By you, he'll always stay, for he's completely loyal, in every way. He's always there for you, whether you're down or up, forever remaining, your darling pup! There's really so little he'll ask of you, being eternally grateful, no matter what you do. So much love he has to give and so little is asked, in return. The more you're with them, the more you see, there's so much, one can learn. They seem to sense when you're not feeling right and will remain at your side, from morning till night! Giving to you constantly everyday, letting you know, that their love, is here, to stay!

Audrey Heller

When Your'E In Love

When you're in love, you feel,
like you're floating on air.
Whatever you do, from here
on in, is something beyond
compare. It gives you a new
meaning, a purpose to be
alive. Everyday, is a glorious
day, you're so happy to be alive.
You wonder how you existed
before, for you never felt like this.
This is a feeling, that is known to
be, true bliss. May it always
continue, may you always feel
content. For when that special
person, comes into your life, I
know they were heaven sent!

Audrey Heller

When You'Re Loved

When you're loved, your life is
full of meaning and tenderness.
When you're loved, when else
can you be touched, by a warm
caress? When you're loved, you
feel as if you're walking on air.
When you're loved, it's all because
that special, somebody is there.
When you're loved, there's no more
sorrow or pain. When you're loved,
you know, it's not in vain. When you're
loved you feel protected, as long as
you live. When you're loved, there's
nothing in this world, you wouldn't
give!

Audrey Heller

When You'Re Near

On the days when I feel so very calm,
no doubt you're right near by! I don't
need to question, or try to reason why.
It's been like this, ever since, you went
away. Some can accept this fact, but
I believe in it, anyway! There are so
many things, there are no answers for.
But in my heart, I wish, they would happen
more! Just keep staying by, as I look
forward to peace and serenity. And I thank
you for these wonderful gifts, you lovingly
bestow, on me. Now, whenever I feel a
sense of calm, it's your way, of letting me
know you care. And for the rest of my life,
it's a comforting thought, that you'll always,
be there!

Audrey Heller

Whenever

Whenever I'm displeased and find myself upset, I think things over thoroughly, it's not the way to get. Whenever I start to worry, I tell myself it's time to quit. What's the use in worrying, it doesn't help one bit. Whenever I feel nasty, words I uttered are not words I meant to say. I wish I could take them back, but I know there here to stay. Whenever I feel happy, for whatever the reason, I want to hold on to the moment. It's a feeling, I'd like to remain with me. Life is too short to be plagued with uncertainties. Happily, I go along with the motto...whatever will be..will be!

Audrey Heller

Whenever I Feel Lonely

Whenever I feel lonely, with a lot on my mind, how I wish you were here. Just to be able to be near you, would alleviate all I fear. It's times like these, I wish you were close at hand. I'd sit by your side and we'd talk, knowing in my heart you'd understand. How I miss, these moments you and I had. They were very special, as it brought us so much closer, dad. Everytime we spoke, you gave me courage to face life and not be afraid of tomorrow. Your wisdom, will always live on. If only you knew, how much I miss you. It seems like an eternity, since you're gone!

Audrey Heller

Whenever I Think Of You

Whenever I think of you, I feel an ache in my heart. It brings me back to so many things, I don't know where to start. I remember things from my childhood, as if it were yesterday. All of them fond memories, I'm happy to say. The places we went, the things we did, are still ingrained in my mind. The time you took me to the beach, as we searched for as many shells, that we could find. You always instructed me that if I got lost, just what to say. And when it happened, I couldn't remember, but you managed to find me, anyway. These are the things that will always remain, even though time has stood still. I can never put you out of my mind and I know, I never will!

Audrey Heller

Whenever That Feeling Comes

Just happened to be thinking of you
today, the way I do in my special way!
Whenever that feeling comes to me you'll
be on my mind, constantly. It's funny,
but I never want to let go. For even
after all these years, my love for you
continues to grow! I truly miss you and
that's no lie, for I keep remembering,
how I was, the apple of your eye! How
sad and lonely it's been without you.
How I long to see your face. I'm
getting on in years now, so who knows
when a meeting will take place. I'm
not afraid of dying, as I know you'll
be right there, at heavens door. Once
again we'll be together for eternity.
Could I possibly ask, for anything
more! So until that day, I want to
say as always you're in every thought
and I never let it go. So dad, I hope
you csn hear me, for my love for you,
is very special and always, continues
to grow!

Audrey Heller

Whenever You'Re Apart

Here I am, broken hearted and
it's been this way, since the
day we parted! It's not easy
without you, as I miss you more
than you could possibly know.
All I can think about, how fast
time keeps passing, but my
feelings for you, remain in tow!
Life isn't fair in many ways,
but we go on, just the same. You
can't help but wish things were
different, but no matter how much
you wish, there's no one, to blame!
Everything, is in the hands of fate,
how can we know, what lies ahead?
If we did, then I'm certain, we'd
all be fearful and full of dread!
Life will always, be full of
surprises that's the way, it should
be. For if we knew in advance, what
was going to happen, it would make
a wreck out of you and me! It hurts
when you lose someone, very dear to
your heart. It can be a day, months,
or even years, as it's difficult to
endure, whenever you're apart!

Audrey Heller

Where Are The Good Times

Most of us, are wondering, are
the good times gone, for good?
Will we be able to pull together
and be back, the way it should?
It certainly is, a scary thought,
for we all don't like what we see.
And how can we not be upset,
when it's affecting you and me?
There's so much we'd like to do,
but we know we have to pull back.
It makes you kind of angry, for it's
the funds, that most of us, lack!
How, do we get by tomorrow, when
it's hard to get by today? There's
many things we can do without,
but a lot we still, have to pay!

Audrey Heller

Where Did It Go

It's hard to imagine another year has passed! Tell me, where did it go? It most certainly wasn't a very good year, something we all know. With every year that passes, we cling to thoughts, this year will be different in every way. Deep in our hearts it's our dearest wish, as we face the challenges, of a new day. It's been the most difficult year, to say the least. Not only did we listen, but we watched the goings on. It truly would be a blessing, if peace could reign again and all the turmoil, be gone! May this new year bring all good things, the world is longing for. But most of all, I'd like to see this chapter close, by putting an end, to war!

Audrey Heller

Where Has All The Time Gone

It's hard to believe, another birthday is here and the way things are going, it will turn, another year! I sit and wonder, where has all the time gone? Before you turn around, time really, marches on! I've always been quite fortunate, to look so much younger, than I actually am and enjoy all the adoration, I get! I've always been very lucky, as no one, has ever, guessed my age, yet! It's a wonderful gift, looking younger, than you actually are, at this stage of the game. It's nothing that I, can take credit for, Mother Nature, is the one to blame! We can't rule out good genes, as that also plays a very important part. It was handed down from both sides and I bless it, with all my heart! May it continue on, in this fashion, as nothing could make me happier, feeling like this. For in a manner of speaking, through the years, it's brought me, a lot of bliss!

Audrey Heller

Where Has The Time Gone By

Here it is, Labor Day and soon
the rest of the holiday's, will be
on their way! When you think
about it, you can't help wonder,
where has all the time gone by?
It seemed like only yesterday,
we were in July! It's running away,
faster than you can shake a stick,
as your life flies by, so awfully quick!
It's kind of scary, especially, when
you're getting on in years. It's time
now, to grab on to every moment
and leave behind, the hardship and
the tears! Now, we have to focus on
everyday and relish, in the things we
achieved up till, this point in time.
There's no going back, we have to
look ahead and if we do, everything,
will turn out, just fine! Live for today
and not, tomorrow, for today, is what
really does count. Tomorrow, has a
way, of taking care of itself, so we'll
not let our troubles, or let our fears,
mount! Just enjoy everyday, as it's
given to you and there is no doubt,
you'll get through it, too!

Audrey Heller

Where It's At

You can't expect to be happy, if
you're not happy within. Thinking
someone else is responsible for
your happiness, then you never
can win. You have to feel good
about yourself and like what you
see. The fact is, you have to
utter out loud, I really like me!
Liking yourself is where it's all
at. Once you get into the habit,
you'll have it down pat. Don't
give up on yourself, even though
it may not happen over night.
The mere fact you're working on
it, how could it not, turn out alright!

Audrey Heller

Where The Road Will Lead

Who can say, where the road will lead to. It doesn't matter, which one you take. There is no way of knowing, if the one you're taking, ends up being a big mistake. It would be great if we knew in advance, what our future was going to be. Since we know that's quite impossible, we just have to wait and see. Some of us I'm certain, would go down the same road, we did before. While others who chose the wrong one, no doubt, will be searching for the right road, once more!

Audrey Heller

Where You Belong

The days are dreary, the nights are long. How I wish you were here, where you belong! Life without you, has been hard to bear, for in my mind, I see you, everywhere! My world was such a better place, as long as you were in it. But it gets harder, as I go along, for I miss you, every minute! Today, is Father's Day and I feel the ache in my heart. Our relationship, was such a wonderful one, we had so much to impart. No longer, can I enjoy Father's Day, with you and it makes me, very sad. All I recall, are the wonderful times we had together and how proud I was, to have you, for my dad! !

Audrey Heller

Who Are We To Say

Never be judgmental, also keep
an open mind. Everyone, does
things differently, so never be
unkind. We all have our own way
and this, should be understood.
No two people think, or act alike
and that to me, is good. That's,
what makes the world go round,
as we all, can learn a thing or two.
There's many things, we don't
know, in fact, I'd wager, we all can
name a few. So let's not be critical,
when there are others, who think
and act in a different way. After all.
Who are we, to say!

Audrey Heller

Who Else But A Friend

Having faith in your friends, can
give you a solid place, on which to
stand. Allow yourself to be guided,
by those you trust and they will always,
give you a helping hand. Who else but
a friend, will never let you down, when
the going gets tough. They're there for
you, through thick or thin and never can
do enough. What would we do, if they
weren't in our life? Who would alleviate
our fears, that cut like a knife? When
you're happy, to have a good friend,
there's every reason to boast. But
without them, we'd be very unfortunate.
So let's salute them, by giving them, a
well deserved toast!

Audrey Heller

Who Would Have Thought

Who would have thought, after
all these years, I still feel sorrow
and shed some tears! I find it hard
to let things be, but somehow my
emotions, get the best of me. I feel
so deprived, not having you in my
life, as I did before and the worst
thing of all, is you're not here,
anymore! Yes, I still get sad and
at times, feel very blue. But when
this takes place, I say to myself,
how lucky for me, to have had, a
dad, like you!

Audrey Heller

Who's To Say

What we want out of life, we don't always achieve. It's possible, we go about it the wrong way. In our mind and heart, we think we're doing the right thing. But then again, who's to say. There are no guarantees, that we will achieve what we're looking for, or even come close, to our hearts desire. There's a long and tedious road we have to take, through the muck and mire. When you want it bad enough, you never falter, or give in. You just have to keep telling yourself, in the end, I'm going to win!

Audrey Heller

Why

I've thought about it, many times, as I'm sure many others do. Why do bad things, happen to good people? They live good lives and are good husbands and wives, but things keep hitting them from out of the blue. It's not just one thing, but it's many things that go astary. They try hard to understand, but still bad things, come their way. You get to the point, that you wonder, what is it, that you've done? You know you've lived a clean life and never hurt, anyone. Where do you find the answers, that you're searching for? Who, can show you the way? You can think about it, from today until tomorrow, but it's still, the same as yesterday. How, do you assess this logically? And most of all, why is it happening, to me? I know we have no control, over what is in store, but I wish it would all go away. Then I can look forward to a future, one that will pave the way!

Audrey Heller

Why Hold On

As we cling tenaciously, to what has gone,
I wonder why, we still hold on! For as we go,
from day to day, how much changes, anyway?
Some, would grow tired of this daily existence
and greener pastures, they'd seek! But then
again, what holds them back? Is it, because
they're weak? Everyone, has their complexities,
that's for sure! Why should you stay, in a bad
relationship? Isn't it better, to seek out, a cure?
It's not an uncommon existence, as there's more
around, than you know. You simply have to deal
with it, or make up your mind and go! Nothing,
will change by itself, it takes two to make it right.
You both, have to get it out in the open, before it
will be alright! Talking, can be, a wonderful cure!
So, before you think of throwing in the sponge,
you'll find, there will be, less and less, to endure!

Audrey Heller

Why Things Happen

Have you ever felt at times, everything you do goes wrong? Then at other times, it moves smoothly along. What makes the difference, I'd like to know? Who decides, which way it should go? When it's an up day, no matter what you do, everything you touch, is right there for you. Then there's those days, when all is not good. Why it's this way, I've never understood. Who does make these changes? Who lets' them be? Is there an invisible force, that surrounds me? Whatever it is, I'm certain I'll not know. My only guess is...that's the way, it's supposed to go!

Audrey Heller

Why Thoughts Turn To Summer

It's getting close, to winter and in most places, cooler air starts to ascend. After awhile, comes the snow, that's waiting around the bend! Fresh fallen snow, I agree is a beautiful, sight to see! But after a few days, it gets dirty as can be! Then the snow, will fall again, piling it real high. It's nice to watch it falling, as you look up, in the sky! As you know this occurs, so often and it's not a menial task. Why, you say, I thought you'd never ask. Think how much hits the ground, on any given day. Now, if you own property, you're the one, who has to shovel it, away. You work real hard to get it done and finally, you've got it clean. But it's not going to stay that way for long, as more will fall in between! That's the dilemma of winter, besides it being, as cold as could be. That's when thoughts, turn to summer and the warm air and the cool sea!

Audrey Heller

Will That Day Ever Come

Will a day, ever come, that I can stop,
thinking about you? I know I've tried,
but it seems impossible, to do! There's
no way, I can get you, out of my mind!
For you're in my heart and soul, I find!
It's so lonely, without you here and I
long so much, to have you near! Why,
did God, take you away? I ask myself
that question, every single day! If only,
he would have given you more time, to
be with me. I would have been ecstatic
and filled with glee! How, can I explain
the pain, since you're gone. I think of
you morning, noon and night, but life,
still goes on! In my heart, I know, you're
watching over me and thinking that,
makes me glad. If there were any way,
you can hear, then you know, I'll always
love you, Dad!

Audrey Heller

Window Shopping

Isn't it great to go window shopping?
I enjoy, looking at everything I see.
No matter what it is, I'm looking at
automatically, I picture it on me.
Every window, has such beautiful
displays. I can't help but stand there
and stare. I just spied this fabulous
red sweater, it was made for me, I'd
swear! Red is one of my favorite
colors, it gives me a special kind of
glow. Whenever I wear it, heads will
turn, so I know. As a matter of fact,
I can wear any color, the exception
being lime green. It's not a flattering
color, so on me, it will never be seen.
There are so many lovely things, to
look at, I could spend hours and never
worry about the time. But the best part
of all, I can shop as long as I like and
never, spend a dime!

Audrey Heller

Winning

It's not important, that you win,
to have fun. For if you think that
way, then it's over and done.
Learn how to let go, relax and
just have a good time. If you
don't win, what's the crime?
Having a good time, is where
it's at. It's not that hard to let
your inhibitions go and then
go to bat. There's a lot of ways,
to have good clean fun and feel
happy inside. Winning is not an
issue, so cast the thought aside.
Enjoy yourself, whenever you
can and don't try to compete.
Then the time will come, you'll
be happy you didn't partake, in
that feat!

Audrey Heller

Winter In Miami

Before you turn around, officially summer, will be on it's way! One would never realize it, as this winter, was so very mild, I heard so many people say! Residing in Miami Florida, I have the advantage of beautiful warm sunny days, throughout the year! My information, is what I read, as well as what I hear! I've always felt fortunate I didn't have to suffer, with the cold and blistering snow. I had my share of it, many moons ago! I've never had one regret, as living here, is truly a Paradise! There's nothing you're missing out on, as Miami has grown, right before your eyes! I remember when I first came here, they didn't have the culture, they have today. Not only that, movies are also made here and you'll see movie stars, just like, in LA. Yes, it certainly has become one of the fastest growing spots in the United States and I'm lucky, I chose to be here. When it's winter up north, where do most people chose to go on vacation? No doubt, it's Miami and they plan ahead, every single year!

Audrey Heller

Wishes Can Be Granted

Your wishes, can be granted, but
you are part of the team, that must
work to make them, come true.
Then it's possible, the things you so
desire, will come to you! Wishing,
will not make it so! Whatever it is,
you have to work for it, with all that
you've got, this much, I know! It would
be nice, if we just wished for something
and it would be there. That's only in a
dream world, so face reality, to be fair!
Things, that we want badly, we have to
plan and work for. It may take, a long
time. However, it can happen, with
diligence, using that ax and grind!
Just don't ever give up your dream,
as anything is possible, if you want
it, bad enough. Remember, if it's
worth having, show everyone, you're
made out of, the right stuff!

Audrey Heller

Wishful Thinking

Sometimes, when I'm extremely tired, I sit down and relax in my chair. I'll close my eyes for just a moment, then in no time, I picture you there. Of course it's wishful thinking, as that's where I want you to be. Not just a figment of my imagination, but sitting there, right next to me. So very often, I think of you. I see your face, as clear as day. Wherever I go and whatever I do, you're never that far away. Your passing, was the most devastating thing, that ever happened in my life. At that very moment, everything changed. I was filled, with a lot of stress and strife. Time hasn't helped my wounds. I doubt if it ever will. You'll always be with me, everyday of my life. My heart, will never, be still!

Audrey Heller

Wishing It Would Go Away

It's gotten to the point, that you hate
to pick up, the morning paper! All
the news you read, doesn't make
your day! There's many miserable,
items, that are printed. That makes
you wish, it would go away! Just once,
I'd like to read about a happy occasion!
There has to be some, somewhere! I'd
like to start the day off, with a happy
feeling. A feeling, of walking, on air!
Enough of all the killings and maiming!
Don't you think, it's time to stop? Let me
read, an article that's funny, where I can
laugh, until, I drop! So, all of you columnists,
try to write, something that's light. It certainly
would, be a kinder, thing to do. And most of
all, it will help, to keep me, from being uptight!

Audrey Heller

Wishing Won'T Make It So

Wishing, won't make it so! For
whatever you wish for, you have
to get up and go! Nothing comes
to you, unless you work, for what
you wish for and then, it could be
yours. Even if it means, knocking
on, closed doors! You need
ambition, to be able to achieve!
There's no magic hidden up, your
sleeve! If you want to better your
life, you have to go after it and
work your fingers, to the bone! In
the times we live in, believe me,
you're not alone! Just forget about
wishing and earn, what is the
necessary, things you need. You'll
feel very proud of yourself, when
you realize, the importance, of
your deed!

Audrey Heller

Witches Ghosts And Goblins

Witches, ghosts and goblins,
all dressed up for Halloween.
If you're on the squeamish side,
it's enough to make you scream.
I'm not one for scary things, I've
always been that way. If any of
them, came to my door, I'd keep
them, at bay. I have an aversion,
for those, who dress like this.
They'd scare me half to death.
Now, when I see, anyone dressed
like a witch, a ghost or a goblin, I
have to hold, my breath!

Audrey Heller

With A Tremendous Boost

Opening the paper and reading the news,
I cannot agree, with some point of views!
I guess that's what makes, the world go
round, for some things I do read, are solid
and sound! There's so much unrest, in this
world today and if I could, I'd wish it away.
Now, because it's a brand new year, wouldn't
it be great, for a miracle to appear! All the
people, who were out of work for so long,
should get back on their feet again, solid and
strong! Lest we forget, the ones who lost their
homes, for they weren't able to pay. I pray,
they'll be in a better position and could look
for new dwellings, right away! Let everything go
back to normal, let us enjoy life, the way we knew
it, to be. And all that can happen, with a
tremendous boost, to our sagging economy! It may be
just a wish, but wishes, have a way of coming true.
So let's keep wishing, for all the good things and
maybe, we'll see them slowly but surely, happening
too!

Audrey Heller

With All My Heart

If you give someone, your love, give it, with all of your heart! Never, do it half way, for it's not, the best way, to start! Give of yourself, wholeheartedly. For you want it, to be given back, to you, in all ways. As it's something you will cherish, for the rest, of your days! What in this world, is greater, than being loved? It nurtures you and helps you, to grow. No matter, how hard I try to think, this is, the greatest feeling, that I know! Love, makes your heart, sing. Love, has it's miracles and can do, most anything! Everybody, in the entire universe, needs to be loved, for it's the very essence, of our being! To be loved and give it in return, is by far, having the best, of everything!

Audrey Heller

With Tears

Tonight, my dearest father, I lit the candle, in the memory of your death! With tears streaming down my face, I could barely, catch my breath! I said a prayer, which is written for me to say, which I do, every year, on a different date. I watch the time so carefully, as I dare not, be late! Now, as the candle glows, I remember you and all, the love you gave, until the end. How very fortunate I was, for you were not only my father, but my best friend! So much time has passed but it hasn't changed, my feelings for you, nor will it ever. That's something, that's ingrained in my heart, forever! I hope wherever you are, you're at peace, as I know we'll be together again, someday as that's the way, it has to be. Then the two of us, will walk side by side, through all, eternity!

Audrey Heller

Within My Heart

I never wanted to lose you, I
wanted you, to stay. But life is
funny, things happen anyway!
The things you taught me, how
can I forget. It still lingers on,
they're still with me, yet! You
gave so much to me, not many
fathers would. You were there,
when I needed you most and
you always, understood! We
had a kind of father daughter
relationship, like apple pie.
For in this relationship, I was
the apple, of your eye! To say
I miss you, is putting it mildly,
I have days where I'm blue. But
then I remember, within my
heart, they'll always be, a place
for you! ! !

Audrey Heller

Within My Power

If I had it withing my power, I'd
make time disappear, right now.
For so much has been taken from
me and I'll never get it back, anyhow.
You, can never make up, for time
lost, as once it's gone, it's gone.
The only thing you can be sure
about, is you have no choice, but
to carry on. Wallowing in self pity, is
not the way to go and will get you
nowhere. You have to get back to
the here and now, if you want to
fare. No one said, life is what you'd
like it to be. But you have to fight for
what you want, never give up and
the rest, will be history!

Audrey Heller

Without Any Rain

It's been quite sometime, since we've had any rain, it may sound silly, but we have reason, to complain. With all that's going around these days, we should feel, safe and sound. But without any rain, there's a lot, of parched ground! It's drying up, wherever you look, which makes it hard, for anything to grow. There's not any flowers in bloom, which makes it sad, this much I know. I only hope when the rain appears, it shouldn't be, of the worst kind. Since we're going into hurrican season, so much, has been on my mind! I pray, by now, Mother Nature has knocked herself out and has no more energy left to give. Let her be merciful and give us, what is only necessary, to give! I just want to see, the lawns lush and green and the buds peeking up, from below. I want to see everything blooming and feel, the balmy breezes blow! To me, that's the beauty of this time of the year and I hope, it stays on a moderate course. Let's hope it works out in our favor and we won't have to look back, with any remorse!

Audrey Heller

Without One Regret

No one, can live their life, without
one regret. It just isn't possible, for
the dye has been cast and set!
Make the best, of what you have,
then go on with no tears, or sorrow.
There will always be brighter days,
so look forward, to tomorrow. Life
as we know, can change from day
to day. To sit around and worry
really doesn't pay. Take it all in
your stride, put a smile on your
face. Things will get better, just
take it the way it comes and go,
at your own pace!

Audrey Heller

Without Rhyme Or Reason

The months pass so swiftly, it's sort of frightening, in a way. I've never experienced time going so fast, not like it does, today. Here it is spring already, but it really won't be around that long. Thirty days pass before you know it, then summer rolls along. Strange, when we were young, who ever paid much attention to the season. We enjoyed every day we had, without any rhyme or reason. Now, time, is not standing still. One minute you're enjoying everything that's around you, the next thing you know, you're over the hill!

Audrey Heller

Without Warning

Where do you begin and where do you start? For there are things in life, that break your heart. You can think about them, from today until tomorrow, but still they cause you, a great deal of sorrow! You try very hard to hold back the years, but it's just impossible, as down come the tears! Where did they go, it seems like only yesterday, they were there! Time passes so quickly and it's just, not fair! Strange, how we take so much, for granted, thinking nothing, will ever touch us. We're so assured, we're exempt from everything, so no need to bother, or fuss! Of course, there's nothing further than the truth, because in our hearts, that's how we want it to be. But then comes the day, you always dreaded, happens. Suddenly, without warning, my loving father, you were taken away, from me!

Audrey Heller

Without You

All this time without you, is
hard in every way. As your
ingrained so deep in my
heart, it never goes away.
It doesn't matter, how much
time goes by, nothing changes
by far. I think about you constantly,
as you were my shining star. I
thought as time went on, the hurt,
would somehow disappear. But
that has never happened, I still
wish I had you here. I just have
to learn, no matter how much
time goes by. These thoughts
I have, will not go away, until
the day I, die!

Audrey Heller

Womans Work

Womans work is never done, you've
heard that before I know! She's always
keeping busy and forever on the go!
So much has to be done, in any given
day. Never can she spare the time, to
even try, to get away. There's the house
to clean, clothes to wash, shopping is
another. Let me see...I hope I didn't omit,
any significant other! We can't over look
the cooking, that, in itself is a feat. Striving,
to prepare for her family, sumptuous meals,
everyday to eat! After a very tedious day,
she'd like to make, just one wish. To never
have to pick up and wash, another single,
dish! You and I know, that's impossible.
That's the housewives lament. And as far
as I can see, we'll never be able, to relent!

Audrey Heller

Wondering

I've often wondered, why at times
your mind, goes back to many years
ago. You'll not be thinking about
anything particular, but off and away
it will go. It's kind of wierd when this
happens, especially when you're not
giving it any thought. Sometimes it
will bother me and I'll become
distracted. The things that come to
mind, are what took place a long time
ago. Why now, should they come back
to me, when I thought I'd let them go?
Perhaps there is a good reason for
this, although I cannot imagine what
for. Maybe, it's Gods way of telling
me, to never close the door!

Audrey Heller

Words

Words, what do they mean? It's only words I hear. They can be good, they can be bad, it's the later that I fear. It takes just as much effort, to say a kind word, to brighten someones day. But should you choose to say something unkind, those words, forever will stay. With the right words, you can open doors, doors that were closed before. Just a word, a simple word, will have you coming back for more. It's not what you say, but how you say it. All of us know that is true. When you speak, think twice, before it's said, it's the proper thing to do. Remember, words can be destructive. They can also strike a chord. Always saying the right words, that, is your reward!

Audrey Heller

Working Mother

There's never enough time in one day, to manage to get everything done. Just thinking about all you have to do and realizing, you're only one! From the moment that you awaken, it's get the kids up, make breakfast, see them off to school. It's time for you to get going, as it's your turn, to carpool. Once at work, you're constantly busy, there's lots for you to do. Waiting for the moment, until, you're actually through. Finally the day is over. It's time to head on home. It's off to the grocery store. Just once I'd like to come home and not have to cook anymore! It was a nice thought for the moment. I felt like I was free! And even though it was a great thought, it will be a while, before it can be!

Audrey Heller

Working Out

People today, have become more conscious of their health, by taking better care. They're eating habits have changed, they exercise daily, in general they definitely, are more aware. No longer do they take health for granted. To make sure they remain in good shape, they join fitness clubs. Partaking, in vigorous work outs, until they're just ready to drop. To them it's worth the effort, because once you get into it, they never want to stop. I think there's a lot to be said, about this fitness craze. You have to be very committed and believe in it, wholeheartedly. Perhaps, one day in due time, somehow, it will rub off, on me!

Audrey Heller

Worn To A Frazzle

Here we are, the holiday's have past
and the mayhem has finally, come to
a close. We may be worn to a fraazzle,
but that's the way it goes! When the
preperations are over, you barley have
time to heave a sigh. We sure worked
very hard and now, it's gone right by. To
tell the truth, it's worth it. We know, we're
going to do the same, come next year.
We may do our share of complaining,
but the excitement grows, as the time
gets near! I have no doubt, we'll always
feel the same. It won't change us, one
single bit. Regardless of age, or who
we are, we'll never, tire of it!

Audrey Heller

Worry

The things we tend to worry about most often, generally, will never come to pass. Still, we worry just the same. Being we're creatures of habit, who else can we blame? We spend a lot of time thinking about something that may, or may not, happen. Making ourselves unhappy in the interim. In all probability, it's wasted energy, as most times nothing, ever will come. Keep on looking on the bright side. Don't ever lose sight of your goal. It's all in the way you handle yourself, how well you manage control. To worry is futile, it gets you absolutely nowhere. So take all of your so called worries, then, let the devil, take care!

Audrey Heller

Wouldn'T It Be Great

Wouldn't it be great, if we could ignore time, passing by. If we could hold on to every moment and then breathe a sigh.

Wouldn't it be great, if we could remain young and carefree. But up to a point, can this really be?

Personally I feel, if you're so inclined, there are those who will always be young at heart.

If your not, give it some slack. If you do this regularly, some of your energy, is bound to come back. Forget about the passing of time. Look it, square in the eye. then without any further ado, kiss the time goodbye!

Audrey Heller

Wouldn'T It Be Wonderful

Wouldn't it be wonderful, for every
wrong we'd find a way, to make it
right. Wouldn't it be wonderful, if
we could avoid the feeling, of being
uptight. Wouldn't it be wonderful, if for
a moment we'd think, before we utter
a word. Wouldn't it be wonderful, to
refrain from being unkind and absurd.
Wouldn't it be wonderful, if our thoughts
were peaceful, with no intent. Wouldn't
it be wonderful, if we'd not think the worst,
or worry what was meant. Wouldn't it be
wonderful, if trouble wouldn't find us. What
a blessing it would be. Wouldn't it be
wonderful, if it came to pass for quite a
few. Wouldn't it be wonderful, if our dreams,
happened to come true!

Audrey Heller

Wrinkle Wrinkle Little Star

Wrinkle wrinkle little star, won't
you tell me, where you are? I
look each morning, at my face
and lucky me, there's not a one,
in place! My skin, is as it always
was, soft and subtle too and lucky,
lucky me, I'm one of the chosen few!
Of course, I have my family's genes
to thank, for this wonderful gift. And
when you reach the golden years, it
gives you, a wonderful lift! So far, no
one, has ever been able to guess my
age and I doubt, they ever will. When
they look at me, they take me for so
much younger, never realizing, I'm
almost, over the hill! Can you imagine,
what this has done, for my moral? It
would do, the same for any gal! So
here's to genetics, for the wonders it
can do. For I'll always, look so much
younger which is a gift I'll cherish, until
my life, is through!

Audrey Heller

Years After

Years after the dictators fall,
we're still at war, blood shed
and all. It makes you wonder,
why hasn't anything changed?
I guess no matter how we try,
there are those who are still
deranged. It's depressing to
pick up the paper, read the
head lines stating, fighting is
still very much alive. It gives
food for thought. How, will we
survive? We're all looking
forward, to the time when
we'll see that ray of light. For
those of you, who have ones
serving, I'll say a special
prayer, each and every
night!

Audrey Heller

Yesterday

Why look back at yesterday look forward
to tomorrow. For whatever happened
yesterday is gone. Today is a new day
which holds promise making it easier to
go on. Make your life pleasant do things
you wanted to do before. If you fail to take
the opportunity then what is everything for?
Most of us put off the things we always
want to do. Saying we'll do it another day.
If we don't do it while it's still fresh in our
mind the time just flits away. We cannot
do anything about what has passed or
what we've missed. We can only go on
from here. Now, my intentions, are to
take in whatever I can. Before the start
of another year!

Audrey Heller

Yesterday Is Gone

Today, is here and yesterday, is gone!
Now, it's time, you have to move on!
There's no looking back, what was
before, for it just isn't there, anymore!
You have to look, to the future and it
will show you, the way. For it's the
beginning, of a brand new day! Time,
is the best healer, as everybody knows.
And whatever happens, is the way the
wind blows! Don't ever look back, to
what was before, for it's gone and
forgotten and not here, anymore! For
whatever reason, it was meant to be.
You'll come out unscathed and happy
to be free!

Audrey Heller

You Always Meant The World To Me

I think about you, morning noon and night, even though, you're out of sight! You always meant the world to me and filled my life, with security! You were there for me and never, let me down! To me you were very special, like a king, who wears a golden crown! No one, looked up to you, more than I did! That's because I knew, the kind of man, you were. It's a shame, the others didn't see it, that way. All they did, was create a stir! But..it really doesn't matter, as I appreciated you and loved you, with all my heart! You were the most wonderful father, anybody could ask for. And it saddens me, to this very day, that we had to part!

Audrey Heller

You And I

Here it is, another day the time, has gone so fast. Before you turn around, another month, has past. Where it goes, it's hard to say, but all the months, keep slipping away! How can it be, we're already in July, the summer months are here. But just as you start to enjoy them, it doesn't take long, for fall, to reappear! We all know how fast that goes, as that too, goes merrily on it's way! Then, before you have time to adjust, along comes winter, I dare say! In a way, it's kind of frightening, to see how fast the years, pass by. The biggest thing that I'll admit I find disturbing, is we're getting another year older, you and I.!!

Audrey Heller

You Can'T Change The Course Of Time

I know, when things get me down, it's
best for me, not to fret or frown! Not to
let myself, dwell on what's been, will
help, to get me out, of the mood, I'm
in! What good does it do, to get upset,
when I can't change, the course of time.
I, have to put my thoughts, elsewhere, to
make it easier, for my mind! I really don't
want, to let myself, get into things, I have
no control of. I'd like to think, my guardian
angel, is watching over me, from above!
In due time, I hope I'll learn and take it, for
whatever it's worth. No more will I fret, no
more will I frown. I'll just let myself, come
back down, to earth!

Audrey Heller

You Can'T Please Everybody

Most times, you can't please everybody!
The only person, you can please, is
yourself! You can't worry, about what other
people say or think, or you'll find yourself
sitting alone, on a back shelf! We all have
our own way of doing things and what feels
right to us, may not be acceptable to some.
It shouldn't matter, what you do, as long as
you're not hurting anyone! We all have one
life to live, so we should live it, the best way,
we can. There are things that have a way of
creeping up on you, there is, no special plan!
No one, knows what each day, is going to
bring, so you have to live, for each day. There
comes a time, when what you love the most,
suddenly, is taken away! Just enjoy what was
given you, make each day last. Live for the
moment and not, in the past! Let the sun come
shining through and you'll see the difference,
how it makes you feel. A new day is dawning
and if you believe, it can be, for real!

Audrey Heller

You Can'T Please Everyone

It's really impossible, to please everyone. There are those, who have to have their own way, therefore spoiling everyone elses fun. There are times, you have to say yes and go along. But there are those, who won't give an inch and to me, I find that wrong. One has to make compromises, for that's only fair. If you're not cooperative, you'll end up going nowhere. Just think things through, before your answer is no. For in the future, you'll be left out, because no one, is going to ask you, to go!

Audrey Heller

You Can'T Take Everything To Heart

I've learned, you can't take everything,
to heart and listen to a different point
of view. When you control your own
mind and emotions, others won't take
advantage of you. Accepting who you
are, will give you insight, to understand
your thoughts, words and actions. If you
learn, to detach yourself from negativity,
you can keep away from distractions.
Learn to appreciate, what others have
to offer and try your best, to understand.
There are those who remain around us,
that are still willing to lend, a helping
hand!

Audrey Heller

You Haven'T Got A Clue

Everyday, is never the same, you
never know, what's in store. The
only thing you can hope, that each
day, is better, than the one, before!
Some days, you're in a festive mood,
all is going well. You feel so light and
carefree, no one, could break the spell!
Then of course, there are those days,
whatever you do, doesn't turn out right.
Yo don't know what makes the difference,
but you know in the end, it will turn out
alright! What about those gloomy days,
that makes us feel, sad and blue? The
more you try to figure it out, you just,
haven't got a clue! What about the happy
days, filled with laughter and cheer?
Wouldn't it be nice, to have more of them,
they'd always be welcome, throughout the
year! Remember, everyday, can never be
the same, they'll always be different,
somehow. The most important thing, to
keep in mind, is how you react, to them
now!

Audrey Heller

You'll Always Live On

A day without you, is like a day without sunshine! You're still, so much a part of me! no matter where I go and what I'm doing, your face, is the one, I see. When I'm in a pensive mood, I try hard to cast it aside. However, it never works, there's this emptiness, I feel inside. It's hard to pass your house and not remember seeing you, at the front door. If only I could turn back the clock, we'd be together as before. Time hasn't changed a thing. I'm still nurturing the wounds, since you've gone! Although physically you're no longer here, in my heart, you'll always, live on!

Audrey Heller

You'LI Still Be There

Today, I was rather reticent not feeling,
there was much to say. The reason for
this occurrence, it's the month of December
and the eleventh day. Every year, I go through
this and my thoughts run rampant, as they
usually do. Nothing in this whole wide world,
can stop me, from missing you. I try to
prepare myself, for this unhappy occasion,
but it's never going to change, or go away.
And no matter what I do, for me, it can't be,
any other way. Some how, I manage to get
through this, for within my heart, I'll always
care. No matter what day of the month it
might be, as far as I'm concerned, you'll
still be there!

Audrey Heller

Your Cat

Having a cat can really be neat! For when it comes to independence, they can't be beat! If you should hold or cuddle them, just a little too tight. It's then they will pull away, with all their might! At times they will come to you strictly on their own. With a special look in their eyes and that purring tone. It's quite apparent, it's always on their terms, if you want to snuggle a bit. You better do it quickly, before they get into a snit! Watching them is amazing. They always seem so busy. In fact many a time they can put you in a tizzy! But no matter how they are, I can tell you that, it's wonderful to have, that darling little cat!

Audrey Heller

Your Face Before Me

Just for a moment, I closed my eyes
and saw your face before me. I put
my hand out, as if to touch you, but
you faded into obscurity. For a
moment, I felt bewildered and tried
to get you back, into view. But the
harder I tried, the more confused
I became, for there was nothing, I
could do. How I longed for these
moments. Unfortunately, they were
few and rare. But when they existed,
you have no idea, how happy I was,
just knowing you were there. I'm
certain there will be another time,
but who knows, when that might
be. I'll just close my eyes and wait
for the surprise. For that day, when
you'll be back, in front of me!

Audrey Heller

Your Way

Remember, that changing direction isn't the same, as accepting defeat. It can be a good thing and a way to get back on your feet. Happiness is attained, through understanding and growth and if worked on, there's no telling which way, it will go. If your curiosity, leads you off the beaten path, then it's wise, if you take everything slow. Deal with the reality before you and save any kind of exploration, for another day. No matter what happens, it can all turn out, your way!

Audrey Heller

Your Wonderful Pet

Having a dog, or cat, is lots of fun and it's also very healthy, for everyone! He or she, becomes your best friend and you can interact with them, for hours on end! There's no way, you can feel lonely, as they're there, right beside you, everywhere! They have a way to pick you up, when you're feeling down, by just staying close at hand. Their instincts, are amazing, for they're telling you, they understand! How can you feel lonely, when they cuddle close to you and you, hold them tight? They like it just as much as you and I'm sure, it fills them, full of delight! It's wonderful, how they can take away, all that ails you, in just one look or that little kiss. God, certainly knew what he was doing, when he created, creatures, such as this!

Audrey Heller

You'Re Always On My Mind

I know I have to deal, with the practical side of life, but still, find it hard to do. Other things, may be on my mind, but still, I talk about you. You're always on my mind, be it night or day. So, if anybody wants to listen, I keep jabbering away. No one, ever tries to stop me, as they know my feelings for you, run very deep. In fact they truly understand, even when they'll see me weep. Everyone knew what you meant to me and they don't mind, when they hear me expound. They know if I could have my wish, I'd still have you, around!

Audrey Heller

You'Re Everything To Me

I love you in the morning and I
love you in the night. I love the
way you kiss me and the way
you hold me tight. I love you for
the good things, you often say
and do. And I love you most of
all, for just being you. I love you
for the way you act, when things
get out of hand. I love you when
you try so hard, just to understand.
I love you for the person you are
and all you try to be. But most of
I love you, because you're
everything to me!

Audrey Heller

You'Re No Longer There

To me, it seems like a life time,
since you've gone away and I
feel it so much more, when it's a
holiday! With everyone being
together, as it's meant to be, I
feel extremely lonely, as you're
no longer, here with me! It was
always a happy occasion, when
you were by my side, there was
this very warm feeling and a
tremendous sense, of pride!
Then, there was a lot of laughter,
happiness was abound, but it's
no longer the same, since you're
not around! All the good feelings
we felt everywhere, but it's not
the same anymore because
you're, no longer, there!

Audrey Heller

You'Re Still Everything To Me

On a dreary gloomy day, with nothing much, to do, it just seems logical, my thoughts, should turn to you! So many things, go running through my mind. Sitting here and thinking of them, helps me to unwind! Oh, how I wish, I could pick up the phone and say hello! The longing is so strong, but of course, you'll never know! To hear your voice, say to me, all is well and all is fine. I'd do just about anything, to keep you, on the line! Of course, it's wishful thinking, but I do it constantly. It's my way, of keeping you close, as you're still, everything to me! One day, we'll meet again and truly, I'm not afraid. For I'll take your hand in mine and once again, I'll have it made! !

Audrey Heller

You'Re Still With Me

</>Every year, on November the fourth, it's a very sad day, for me. It's been this way, for fifteen years, but it still, causes me agony! Had you lived, you would have been 103 years old today! But it wasn't meant to be, it's a nice thought, anyway! I'm sitting here and thinking about you the whole day, through. Thinking how nice it was, when I spent your birthday, with you. I have so many memories, that keep me afloat, all of the very best kind! They're so very precious and still, so vivid, in my mind! If only you knew, how much I miss you, but then again, perhaps you do. Who's to say, you can't see or hear me. Maybe somehow, it comes through! Just to think there's a possibility, things can happen in the unknown. If that be true, then you know, what I'm feeling and it's a comfort, to think you're right beside me and I never, walk alone!

Audrey Heller

You'Re Your Own Worst Enemy

I think, some people are their own worst enemy, they don't have a mind of their own. They listen to what everyone else has to say and a lot of it, does hit home! There are times, we have to make decisions, without the help of anyone. We have to mull it over very carefully and you'll be surprised, how we'll get it done! Sometimes, it's good to be left to your own devices, as there comes a time, we have to fend for ourselves, at all cost. This can be a very good experience, for we've got to prove in no uncertain terms, we no longer, feel lost! It's just a matter of believing in oneself and that's, half the battle won. Now, we can stand on our own, no longer feel afraid and prove yourself, to everyone!

Audrey Heller