Poetry Series

Alison Smith

- poems -

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Alison Smith (22nd February 1957)

Alison hands her work from time passed and time now into your hands (the reader) ..... She is no scholar or published poet.. She hopes you find the time to read and hopefully enjoy her words... Don’t forget to leave a comment telling her how you feel.

A Gift From Heaven

They were created with perfection
But arrived before well baked
Sent to show the way
Searchers of another day
Nestled in our hearts
Never to be forgotten
Drawn now into dream
Revel in the knowing
The angels of adventure.

Arrived as a calm against the storm
Opening the changes around
They escaped this reality
Leaving a message of trust
Treat the coming for what it is
And explore the dream
For they where a gift from heaven

Simple the delight they gave
Melting the hearts around
Into sleep now taken
These tiny infants of the dream
They herald the changes within.

Alison Smith

A Passionate Man

Met a man who interested me
He wrote great poetry you see
Said we'd meet and share some time
Maybe even have our bodies rhyme

Strangers meet from not so far apart
Maybe even a friendship here
Similar likes and time to share
We explore without a care

Nite nite my passionate man
Dream dream the dream of peace
Wake wake and know I care
Wait wait Ill soon be there

Lay in my lap and enjoy our time
My hands run through your hair
Relaxed and deep in thought
A kiss to ease away the doubt

To chat about our common likes
To cuddle and chat some more
To explore our desires
To cuddle while we sleep

That's what we made our own
When we met.

Written December 2006

Alison Smith

A Secret

Within me lies a secret
Who is there to let it loose
Do we want to know this secret
Or should it be forever bound.

Will opening the door reveal
What has been hiding for all time
Or is this just the key
Is there something deeper.

Will we be opening a Pandora’s box
Will it be a detriment to all
Or is it progress we will be unfolding
Something stronger than all time.

Billowing out of my mind are thoughts and feelings
Are they at all important or are they just a dream
Am I trying to make something
From something that is not.

Maybe I should just let it be.....

Alison Smith

Alone In A Crowd

She wanders through the crowd
It is as though she wasn't even there
No one acknowledges her presence
She is but a breath of air.

Have you ever felt alone in a crowd?
Wished you could be part of the scene
Felt as if everyone looks passed you
Wondered what it would be like to be heard.

She opens her mouth but no sound is heard
She walks but leaves no footprint in the sand
She feels no warmth within her heart
She hears no one call her name.

Next time you walk the busy street
Look for the wisp for it may be her
As you admire a beautiful sunset
Listen for the rustle of her words.

There is nothing more painful
As being alone in a crowd
Nothing so crushing
As having no voice.

See her, hear her, feel her love
She has so much she wants to give.....

Alison Smith

Always On The Outside

Why can't I reach out and seek love
What must I do to be one with them
How will I deal with the release next time
Maybe they should have let me go

I wanted to leave my body
I wanted to soar in the air
But they called me back down
I'm away from family but not free

Deep within my heart I know
That I hold great knowledge
And it will be set free
But until Im free
Then it will be suppressed

Help me find my destiny
Let me seek my final path alone
I feel unsure of my next step
You all nod and say “we know”

Why must you be my salvation?
When my salvation should be me
No one has the right to force me
Really all I want is to be free.

Alison Smith

Am I jealous

I have feelings for you its true
Though we both agree
They will never be love

We travel our separate paths
Meeting when we feel a need
So why does your seeking of others
Create this confusion in me
Am I jealous

This relationship has no ground rules
That can be applied in our situation
We dont have a need for trust
Who you see when its not me
Should not bother me
But it does
Am I jealous

Maybe its not jealousy
But more the feeling of impending loss
For soon you will find someone
And then you wont need me again
Someone new will hold you tight
And our paths will no longer cross.

Alison Smith

An Eye Opens Wide

The power to succeed
The will to be alive
Within the dream we delve
To find an answer to the call.

The rush of wings
The call of the wild
The realization of the faith
That’s how we will know.

An eye opens wide
The awakening has begun
With the dawning of the day
A purpose can be felt.

The pendulum has swung
Its path predestined
So the paths of the messengers
Their time has arrived.

As newfound strength
Enters her wings
The ancient one stands tall
Hear her call to begin.

The seed of knowledge
Has begun its life
We who know are reborn
Life will change from this day forward.

The Power of the Dragon
Once more has come.

Alison Smith

Awakening

Through a light of a candle
The thoughts of things past occur
Feelings of things that have already been
Can you feel the flow
Can you read the signs

Alison Smith

Awakening Goddess (Part 1)

The goddess has been awakened
Once again the body and soul must be fed
For so long her desires have been buried
Was there one who could uncover them?

Would her god be able to see her desires?
Could her prone figure entice him?
She sent out her message to him
A picture to paint her desires.

To once again be the power she once was
Her passions and desires must be fulfilled
No mere mortal could last the ordeal
When the union of ecstasy runs riot.

At last the goddess stands before her god
As foreseen the sight of her ignites him
Thoughts of hours of passion erupts within
He knows he needs no other.

She has brought him to a grove beside a stream
Her body aglow with her need
Her touch upon his skin electric
Neither could stop this now.

Alison Smith

Awakening Goddess (Part 2)

(It is advisable if you haven't done so to read part 1 first)

Their mouths meet in a kiss of knowing
Their tongues play the discovery game
Hands feel and entice
Searching for those places that please.

She lay upon the ground
And allowed her god to touch and feel
She challenged him to discover her
Find her places of no return

As he kissed and fondled her
She felt her renewed awakening
She knew when he reached her mound
She would welcome him with dampness

She felt her powers being reignited
As he kissed and caressed her stomach
She arched as his hand first touched her
His fingers gently playing.

She began to abandon her control
When his tongue first tasted her
She moved with him as it probed her
He was soon drinking of her first release.

Alison Smith

Awakening Has Begun

There is a rumbling below the ground
Only a few know what waits here
The awakening has begun
There is movement, there is understanding.

An eye opens wide
A nostril flares and senses
Limbs slowly stretch
A glow gradually moves across the skin.

Those who know feel a great gladness
They commence the gathering for the meeting
Minds are abuzz with questions
Hearts beat faster with the awareness of the delights.

The awakening is very gradual
There will be time to alert even more
The news of the immanent arrival can spread
Many more will feel the excitement.

As the energy and excitement grows
So does the strength of that which awakens
For the power of all fuels the awakening.
Now both eyes open wide.

The touch, the taste, the yearning
The desire, the ideal, the search
These are but a few feelings felt
As the intensity is magnified….

Alison Smith

Bashed Without A Mark

Today you hit me hard
With neither fist nor weapon
You lashed me with your tongue
A wound that can’t be seen.

It’s a clever way to control me
I can’t protect myself when you let fly
I am bashed but no one knows
You leave no mark.

I will heal from your bashing
Though the scar will be ugly
No one will see it
You make sure of that

Not sure how many times
I’ll be able to take your abuse
Each time the scar is bigger
And the pain to go with it.

Today you hit me hard
Today I lay dieing inside.
For your words crush my soul
A mark that cant be seen.

Alison Smith

Battle Begins

The desire within has been touched
But so has the old pains been found
For with all her joy there is also hurt
Both must be felt for her to soar.

Now she must find her new power
Her will to conquer her fears
She must be strengthened
Her time of trial soon begins.

Soon she must enter the arena
Her battle must begin
For soon she faces her tormentor
If she soars free her transformation is done.

The goddess has faced all evils
She has also processed true love
Now she must place her faith
In her belief in who she is.

For too long she has remained hidden
Not sure if she wants to stand tall
But now she has been reborn
She wont walk away again.

Alison Smith

Before The Sunrise

World full of turmoil
Everything is changing
lives lost too early
Dreams neverfullfilled

Comet over head
Is it pulling us akilter
Whats making everything
Fall on its side

Do you feel the uncertainty
The tears welling up
Want to just miss today
Hope tomorrow brings a change

Faced death today
Held a friend while he grieved
Felt the pain from a young life gone
Before he could become a man

Two lives gone so close together
How my heart pains
Will there be a third
Before the sunrise.

written January 2007

Alison Smith

Blue and White Ribbon

They strung the tape about the scene.
It marked where the deed took place.
A splatter of red upon the ground
What story did it tell?

Today lives where sacrificed,
Today others walk past and wonder
Today people lost control
And now the ribbon surrounds the scene.

We all stare and try to guess
Why this happened today.
Why two lives now lay in doubt.
What caused the fight today?

Have we failed to show the other cheek,
Is violence now the norm
Today young lives where sacrificed
Was the outcome worth the pain?

They blue and white ribbon marked the scene
The old dears complained they could not pass
They had to have normality
Even though they saw the tragedy.

Alison Smith

Booze Day

Break open the keg
Order them double
Open your mouth
Zis time to enjoy and
Empty that glass

Dont stop till you drop
And forget who you are
Yes today is booze day

I'll have the same and one for me mate

Alison Smith

Busted

There once was a mouse
Who lived in our house
That ate all the cheese and custard
That was until we found Busted

He was a cat that had done the rounds
With at least one hundred hounds
His tail was quite bent
His ears they were lent

He was quite slim
When we found him
Though around the town
He was no clown

He very soon earnt his keep
Catching that mouse while we were asleep
Watching him play with his catch
We knew there would never be a match.

Alison Smith

But What Happens When?

Thanks to my friends
The chains are all gone
But what happens when
I walk to end of this plank....

Life has all its ups and downs
But what happens when
All your downs are swirling about you
All the ups seem out of reach

What happens when
I feel free
How do I keep that way?
This is such a puzzle to me

Can you tell me what happens when.....

Alison Smith

Butterfly Has Evolved

Has the world turned upside down?
Or is it just me?
How can I be enjoying life so?
Now there is always a smile
Where once it was never seen
Once I sat and had no desire to move
Now I cant sit still….

There has been a transformation
The butterfly has evolved
No longer a caterpillar wishing
Now I wonder "has the evolution been too fast? "
Have I stepped of the world?
When I resynchronise will I know what to do?
What place will there be for me now?
I will not go back at all
The butterfly needs to spread her wings
To show the world what she can do.

There is no fear to these questions
Only energy and excitement to make it happen
A overflowing of emotion
Freedom to express is so great

Alison Smith

Call Her Dragon Lady

Dragons were in her blood
It seems her life revolved around them
Everything she did was for them.

Every book she read
Every tapestry she designed
Every word she wrote

Even the clouds above
Presented her with a dragon
Very soon she will be called
Dragon Lady

Written January 1995

Alison Smith

Can You Ever Win?

Facing a huge company
Little me against them all
But they have pushed me too far
And now I will beat them you see.

First they said it was me
Then they said it couldn’t be done
Now at last they agree they where wrong
So now they will pay for the delay.

But can you ever win?
Can I really take on the giant?
Guess Samson did! ! !
Deep breathe now, and look them in the eye.

Alison Smith

Can You Feel My Pain?

Can you feel my pain?
Or are you only here for lust
If I send you this message
Will you even read it?

Its not the time to make decisions
Not while emotions run free
Let me live within theses walls
Till my mind is clear again.

Alison Smith

Can You Give Without Taking More?

My mind has been pulled apart
I have been dragged too and fro
Talked to many who just want release
Does it matter how I feel?

They want something I can give
But I dont feel what they believe
I can spin a tale that excites them
Pretend I feel it too....

I can no longer play this game
I no longer seek to be used
If you just want to take then goodbye
I can no longer give to you
Its time for me to take time out
Time for my regrowth.

My strength has dwindled
Now I only seek new strength
Are you willing to give and not take

The journey will be worth you joining
Can you give without taking more?

Alison Smith

Can you see? , will you help?

Can you see the wisp passing you by.
Searching for a place to be.
Can you feel the disturbance about.
As it sheds a tear.
Each dropp a missed chance.
There are many droplets.

It has been to heaven
But the way was barred.
There was much more it needed to do.
It has tried the path to hell
But again it was turned away.
It had not committed a crime.

It has passed over the sandy dunes
Had sand kicked in its face.
It has ploughed through the snow
Cold and without a home.

So now it drifts the roads
Looking for its path
Will you help the wisp?
Trying to find its way.

Alison Smith

Challenge

The air felt filled with icebergs
My feelings were all tied up
The baby was sitting hurting
And I like a stranger pained
They seemed numbed by the tragedy
Each closing that part that was hurt.

Father was still in shock
He knew not what he was doing
Unknowingly he was hurting those too close
His means of escape was to blame others
And make others forever recall the crash.

Mother seemed exhausted
She had seen her through so much
She had drained every ounce of herself
To help her damaged child

Father kept filling them with regret
Reminding them that they were perfect
While his last born now was not perfect
It was though he had resigned himself to her demise.

The accident was a dreadful tale
The child was innocent to the end
She had felt and seen everything
She would remain conscious through it all

She'll never walk properly again
Her muscles have all been altered
One leg may eventually be taken
Still she can find happiness and fun.

Everyone acclaims her show of strength
Marvels how someone so small
Can show such strength
She doesn't complain

Throughout her ordeal
She still feels passion for others
Concerned for the others in her ward
Wanting to help them more than herself.

To give everyone her attention
I cant cope with the pain she is in
The massive changes she must go through
The challenge my family must face
They try to extend love they don’t freely give

May she always keep her beauty and innocence.

Written in May 1975 after a bus accident of my 5yo sister

Alison Smith

Chant

Deep within the soul
I wish to reach my goal
Grant me that path.

Alison Smith

Chaos Gathering

Deep in the forest not far from the town
The friends of the trees and the realm
Meet beneath the stars to enjoy a feast
While some met to entertain their ego’s

While the sun eats the moon
The unity abounds
Giving warmth to the evening air.

From out of the chaos an order appeared
The female link was strong
The men led the chant
The power was weak
Though they gained all who went there.

Alison Smith

Chaos VS Order

Within the circle the female power surged
Each woman held the power to her
For every word said another was felt
Each took strength from the other

Outside the circle of male power ran
Each man vying for dominance in word
All striving to gain the edge from the other
Chaos prevailed within them

Between the circles an eddy existed
As the forces fought
Who would be benefactor of the talk
What would be learnt from the experience?

Alison Smith

Christmas Tree

**********A**********
**********StaR**********
**********AbovE**********
**********Tinsel alL**********
**********Around ligH**********
**********Ts and homE**********
**********Made baubles A**********
**********DorN**********
**********Ed A**********
**********ChriS**********
Presents**********TmaS **********Under
Brightly********** TreE**********neath
Wrapped**********you see

Alison Smith

Comprehension

My eyes will see
My ears will hear
My mind will store and sort
Though I might yet not comprehend
The scenes before me are being processed.

Alison Smith

Contact Me

Called to see if you where home
Only wish you had been
Needed to talk with you
Trust you are well
Another day without you in it
Cant wait to see you again
Trembling I say

Contact me

Alison Smith

Crazy I must be

Crazy I must be to accept your invitation.
Crazy I must be when I know how it will end
Crazy I must be to think I'll enjoy it
Crazy I must be to spend the night.

You offer nothing but your enjoyment
You give no more than is needed
You take all and more
You must think me crazy or stupid.

What is the final outcome
Will it be me dead on the sand?
Why do I seek this danger
Where am I heading too.

Alison Smith

Cuddles

Laying within your arms
Hearing your heart beat
Feeling your warmth envelop me
Our bodies so entwined

Cuddling through the night
Keeping our fears away
Safe within our arms
Peace is always there

Cold is the air without you
Many are the fears around
Faltering is my heartbeat
Without the cuddling arms

Cuddle me close now
Don’t let the fears take hold
Their embrace is forever
And I don’t wish to be held by them.

Alison Smith

Darkness About My Heart

Deep within my soul
A darkness is about my heart
The simple pleasures are no longer
No suns rays reach me now

Oh! Why am I always sad?
How can I once more see the light?
What will it take to free me this time?
Do I have it within me to try?

Wondering and wishing
Scared and bemused
What do I have to do now?
To reach the other room

Deep in the glen the flowers bloom
Reaching the spot is the trick
It only takes one step
Perhaps I dont want to try.

Written 4th November 1996

Alison Smith

Desire Within

We travel our life our emotions on show
Many tug then to and fro
But what of the desire within
How do we reach that pool?

The bodies writhe to and fro
Their want is apparent
But what of the desire within
How is that expressed?

We find true love
Our outer desires are nourished
But what of the desire within
How is that fed?

What are our deepest wants?
They are greater than that of the body
Finding a soul mate will that help?
What is our greatest desire?

The strength to stand and be heard
The ability to rise above the evil
The power to soar to the peak
That is our desire within.....

Alison Smith

Destiny

What a strange life one must lead
Heading towards our destruction
We are born to die
But first we must survive

Someone has planned that at a point in our lives
We will decide to destruct
Nothing will equal that time
For that will be our climax

Everything we feel is perfect
Though its not as perfect
As the time we reach our destiny

What strange happenings will befall us all
Before our final performance?
How many times will we conclude
That nothing can be as great as this?

Try as we will the conclusion
Will be the best performance of our lives
For within us all
Is the desire to leave the world dramatically.

We all must leave our mark
Be it only that we have lived
It is a mark

Before I go I want to say
Thankyou for letting me go this way
Don’t tell me when I must go
For I know when my final performance will be.

Prepare me to judge as I will be judged
So that I can know when and how to help
Make it hard to understand
So that my feelings will be my guide.

Alison Smith

Destiny's Desire

Deep within the feelings grow
Emotions are on overflow
Step up and enjoy the ride
Taste the excitement within
Into the realm of pure joy
Notice the fun to be had
Yearnings of fulfillment
'
Seduction part of the game

Desires to enjoy all there is
Elation when it comes to pass
Sensual actions open the way
Interesting positions to try
Recline and let the games begin
Entertainment will never stop
Simple pleasures abound

Alison Smith

Do I Need Help?

I sit on a rock in the middle of a raging stream,
Peaceful, unafraid, nor desiring of more.
From afar I hear a call
'Are you alright?
Keep still help is on its way'

Help! Do I need help?
Why are they calling me?
They don’t even ask if I need help.
They just rush to my side and pull me in.
I don’t want to leave my serenity
They just drag me into the sea.

Alison Smith

Do You Know How To Make Me Smile?

As I sit and contemplate all around me
I wonder what it would be like to smile
To have the glow of joy and happiness
Filling my very soul.

I have lived and felt many emotions but seem always to
Come back to feeling sadness and despair.
I don’t seem to be able to maintain that glow of happiness
That I have felt along the way.

I guess it has become the easy path
To allow myself to be in pain
But how can I change this
I would love to enjoy everyday.

Do you know how to make me smile?
What secret ingredient do I lack.
I am always available to help
Is anyone available for me?

Alison Smith

Do You Know Who I Am?

Do you know who I am?
I am the dream you have not fulfilled
I am the nightmare you cant face
I am the speech you cant complete

I am the wave that hasn't hit the sand
The storm that hasn't stopped brewing
The tide about to turn
I am your potential not yet found.

So see who I am
And your dream will become a reality
You will face and conquer that demon
The speech will be complete and given.

Then the wave will hit the sand
The storm will pound the land
The tide will turn to flow in and out....
For I am your potential let me free

Alison Smith

Do You Remember

Do you remember the day
You told him that you cared
When everything seemed so simple

Do you remember the day
When he told you that he cared
When he asked you to be his bride

Do you remember the day
You told him he was to be a dad
He shouted the bar that night

Do you remember the day
He came home in tears
No you wouldn't
You had already left.

Alison Smith

Dragon Limerick (revised)

High on a hill lay a dragon
Dreaming of that next flagon
Not of young maidens
Captured in raidins
He never felt like a true dragon

There once was a was a burly knight
Sent out to find a dragon to fight
Thought killing was cuel
But he had the right tool
Just hoped they hadn't all left in fright

Alison Smith

Dragon Spirit

Destroyer of all evil
Rejoicer of the sound
Angler of the desperate
Guide of the knowing
Open up to the light
Namer of the oldest

Speaker of the night
Player of the dream
Ignore not what you see
Revel in the knowledge
Introduce us to the word
Trust the time is soon.

Collecting through time
Emotions of times to come
No need to call the dragon
It comes of its own time
Listen within your heart

See visions of the future
Enticing you to search
See the path you seek
Over a new horizon
Many changes are to come.

Alison Smith

Dragons Of Time

They live within the vale
Their powers are strong
They enter within our dreams
Planting the ideas we have

In times of great change they step out
They transform and become one of us
They walk with us You will feel your power soar

You may never really know them
They will help you and be gone
They will be part of you
But they will leave no footprint in the sand

Have you felt a sudden lift of pain
Had sickness mysteriously disappear
Been totally without hope... then suddenly all is right again
Then you have already been touched by them

They are the things of our dreams
Written about in many a fantasy
But though we see them as a myth
They are there just the same

For they are the Dragons of Time
Their dragon kin walk amongst you
Are you ready to learn their lessons
Open your dreams to their message

Alison Smith

Dreams - Myth or Fact

Dreams of a better life will they ever come true
Or are they to remain a myth,
A strange fairy tale
Lost in our sleep

Awakening to the facts
Can’t deny what happens when awake
Is so much harder to take than our dreams
Oh to sleep forever

Imagine a life with sweet perfection
No fights or pain
No unfulfilled desires
Everything you could ever want
There for you to have

The myth of dreams
The hard facts of awakening
When can I make my dreams a fact?
Maybe when I sleep forever.

Alison Smith

Emotions

Egotistic no doubt about it
Moody that cant be denied
Outrageous with all the trimmings
Tempting with thought and word
Inspiring in times of need
Organised well all most
Noisy, the life of the party.
Scared to expose the reality

So many emotions all mixed up
We show them all the time
Not always the easily seen ones
What do you feel today?

Alison Smith

Emotions Crash

Deep down inside
Everything gradually dies
People wont see 'till its to late
Reason is gone, cant beat a gong
Emotions crash
Sure your alive but why?
Someone must know whats better
Into your head a dread has entered
Only you can stand and defy it
No one must see the pain.

Alison Smith

End Is Nigh, The

Music flows through my mind
Energy flows through my body
Ideas appear in my mind
How will I act on these?

Today I felt myself leaving this world
Soon I must choose
A choice as to how long I will be here
And what path my life will lead

Is it unfair for me to take from others
To leach their experience and calm
So that I may be without pain
I think that I am doing this now.

When I was young I made a decree
That my time would be over at twenty one
I wish I had done that now
But I felt I had more to do

I ask again, what else do I want to do?
Are there any new experiences I wish to have?
Can I achieve anything else?
I DONT THINK SO

I feel only the peace of death is left
Thanks to everyone who has been there for me
Thanks for the experience of life
I will leave this place nowwwwwww

Alison Smith

Escape The Desire To Die

Woke up this morning
I was full of despair
Not sure I want to go on.
But then another voice beckons me on...
Come on escape the desire to die.

Fight the desire day to day
Continually wonder why
Why I should continue?
What is out there for me?
How can I escape the desire to die?

Took a look at the sky
Slept beneath a tree
Watched the child at play
Felt water flow at my feet.
Worth on more look before I die.

Yes the desire to die is strong
Everyday I search and find a reason
To escape that desire for one more day
To face life with some joy.

Do you fight the desire
Then don't be afraid
You are not alone in the fight
Its a daily battle
But worth the fight to escape for one more day.

Yes fight the desire
Know your wanted
Believe you can make a change
Don't let the desire control you
Escape the desire to die.

Alison Smith

Everyone Is Here In This World

Everyone is here in this world
Everyone is searching for something new
The whole world comes together here
Without leaving our rooms
For even though we sit alone
Within this world we are many.

There are people that just want to chat
There are people that seek companionship
There are those who just want to have fun
And a few who are here to take.

Its very close to the real world
But in here your not forced to talk
Here it is your choice how things turnout.
Maybe all you want is to be heard.

You have to watch out for those bad seeds
But its easy to stay free
Its easy to decline a relationship
There is no boundary to beat.

Alison Smith

Excellence Or Bust

Forever fighting for existence
Always pushing for more
Good is never enough -
Perfect is the only way.

Oh! How it tears me apart
To see so many
Unable to cope in this world of pressure
Reaching but never arriving.

Help reach out to them
Help give them the success they desire
For until they can believe they can do it
They will always have tears in their eyes.

Alison Smith

Female Rising

With each gathering the signs are growing
There is a need to hold a meeting
Not woman against man for dominance
But strength through unity.

There are many women who need
To meet without male influence
They have no need for billowed ego’s

Alison Smith

Fight Is Over, The

How many times will it take
Before we see how brittle we are
Why can we still be quick to take arms
When at home we have so much greater fights.

We have made this world a smaller place
Displaced ourselves from family
What a great hollow is made when
We loose a part of our family

I lay beside you as you waited
For the phonecall from afar
You knew that it was coming
But you still hoped it wouldn't

You lost your mum
As the day dawned
Her life was taken away
You cuddled in close and dreamed

In a darkened room a younger life
Fought galantly for a little more time
But his time had come
His soul had already departed

You always see things come in three
I hope its not this time
Two lives lost a fight today
I dont think I can see another

(* for the two who can only visit in my dreams now... rest in peace...*)
Written January 2007

Alison Smith

First Ritual

The training wheel ritual
Can give deep insight
To how many things that you do are right
The breathing was easy
The visualisation natural
The chant easily came from the soul
The earthing was amazing and strong.

Alison Smith

First Time

She had never been this close
Her heart beat wildly
Even the thought of his touch
Made her quiver.

His hand wandered down her
He gently played with her breasts
She sought his mouth
They met in a kiss
Their tongues exploring.

She could feel her nipples hardening
He was so close to her, she could feel his warmth
She occasionally shivered, but it wasn't from cold
It was more from the anticipation of what was to come.
He guided to the bathroom
Where he had prepared a spa
Bubbles floated around
Two glasses of champagne sat at the side.
He looked into her eyes
And when he saw only love there
He gradually removed her clothes
Kissing and caressing as he did.

She removed his..
Gently touching and exploring him as she did
They then entered the water
Tasting the bubbles of champagne.

At first she felt awkward
Not sure of what to do
But he soon calmed her nerves
Kissing and caressing her.

He guided her hand to touch him
Instructed her on how she should move
Then his hand sought her love spot
And his fingers lingered there.

She soon became lost in the bliss
She could feel only excitement
Her hand gripped tighter
As her body began to soar.

His hand moved all over her
Caressing and exciting her more
He could feel his own feelings growing
He knew his desire was strong.

When he knew he could not take any more
He gently helped her out of the spa
They dried each other, an urgency in their actions

They moved as one to the bed.

He was burning now with desire
Her body only made him more so
She looked upon him and shivered
No longer a desire to resist..

He lay her upon the bed
And kissed her from head to toe
His tongue gently caressed her mound
Finding the entrance and going in

She moaned and arched as he entered....

Damm was that the alarm

NOOOOOOOO..... only a dream again

Alison Smith

Flower Has Begun To Open

Within the magical feeling
Pulsed the energy and strength
Many may reach this passion
Physical pleasure just a minor thing.

A touch, a thought, a feeling
The power can be transferred
Endless variety and completeness
Within the connection now.

A vision of time within time
Where all thoughts begin
A place were the purity is unsurpassed
Where passion is consumed.

Here lies the reason
The place we all seek
For within this subconscious thought
The flower has begun to open wide.

Alison Smith

For Pain Or Desire

Gone the primitive desire to create
Now the desire is to enjoy
To wrap ourselves in moments of bliss
But are we ready for the pain

Opening ourselves to moments
Searching forever for completeness
Facing the onslaught
When all falls apart

We expose our hearts
Everytime we search
Then face the pain
That comes from our desire

Maybe pain is desire
Maybe we seek it
Not peace but war
Turmoil is that our destiny?

Alison Smith

Forest Of Dreams

Within the forest of dreams
The folk of beauty play
They weave the lines of path
Grab on and take the journey

As dreams swell and ebb
You can fly over the sea
Or Dive within it
You can fight the demons
Or dine with the angels

Alison Smith

Free Me

She sees him around every corner
She feels his breath on her neck
She wakes knowing he has been there
Even though he doesn't exist.

Her life is controlled by others
There is no room for her own thought
The path of her existence has been owned
By others not her.

Every time she fights she is beaten
Made to believe this is wrong
Until finally she has given in
And left her free will at the door.

Within her mind she screams out
The fibre of her being wants to be free
But only inside her head
Is she the individual that is free.

Free Me

Alison Smith

Freedom Taken Away

Swirling mist so dense
Nothing but loneliness around
Lost in the mist of sorrow
Never the escape to be made.

Can you see her faintly in the mist
Can you feel the chill in the air
Can you taste the sharpness of the scene
Can you hear her crying still.

What's best to be open and speak
Or is it better to hide away
What is the cost this time?
Freedom taken away.

Alison Smith

Friends

Forever seeking peace
Relying on the touch
Important but not in reach
Energizing in some way
Notice the glow
Dependable to the end
Silence not the friend

So we seek and find
Those friends we need
Relying on their help
Only through them
New experiences can occur
Gather around you some friends.

Alison Smith

Friends Forever? ? ? ? ? ? ? ? ?

Friends we were
For such a long time
So why do we no longer speak?

Shared our joys and secrets
Dared to make our dreams
Where are you now?

Needed a friend to trust
But you ran from the scene
Will never understand
Because you called us friends.

Now I falter at any call
To be my friend
Was there for you
But you ran away from me.

Alison Smith

Frozen

Why cant she be like them
Planning a day at the plaza
Sit and chat, have a coffee
Wander through the stores.

Because going into the shops
Causes her to freeze,
Tears well up in her eyes
She becomes dizzy and disorientated.

The simple act of going shopping
Has become her greatest nightmare
She no longer takes any joy from it
Even though it was once a delight.

There are times when she starts of happy
Like when she went down with her mum
But she still froze with fear
She still panicked being out and about.

There was a time before when she spent all her time
Mixing with people and enjoying the contact.
But now there is no joy
She just shakes and cries.

Why has she become so afraid
Is it just the pain that this place now represents
Or has she just closed away
Does she sit in the corner forever....

She hates who she has become
The frozen person in the corner
Unable to communicate her love
Unable to laugh through the tears.

She wonders how long before
This nightmare enters her haven
If she turns on her computer
Will she freeze here too.

Then her isolation will be complete
She will have no means to reach out
No longer will she be able
To even share the written word.

Alison Smith

Gathering, The

The gathering of like minds is causing a buzz
There are many who are happy to greet
The inner strength is great to behold
Nothing is what it should be.

Alison Smith

Get A Grip Before It Rips

Take a hold a strong hold
Get a grip make it bold
Need to keep this string
Which holds our life.

Run, go on run,
Faster now I want to see it fly
Don’t you know the kite of life
Is on that string you hold.

Pull, go on pull
Pull yourself up that string
Get your life back
Don’t dangle over the abyss

Take a grip a firm grip
Don’t let your life rip
Feel the strength you now hold
Time to show you’re bold.

Come closer, no…. closer
Here let me hold it too
This is far to important
You are much safer here.

Take a grip
Don’t let it rip
Pull it in
Close within

Life is short
Don’t make it a sport
This is important
Don’t waste a pant

Take this string and hold it tight
It’s the string that leads to the light
Trust its strength to pull you through
That’s right you will make it.

Alison Smith

Gift For Christmas

I want to give you a gift
No pretty paper can contain
It's not bought at any store
Nor can it be made

I want to give you a gift
That last through all time
That though not opened
Will brighten up your day

I want to give you a gift
With the power to change
Your life and your feelings
Today and forever more

I want to give you this gift
Read it and hope you feel
The deep felt thoughts within it
For it comes from within me

I give you this gift my friend

I BELIEVE IN YOU
I CARE ABOUT YOU
I KNOW YOU WILL SUCCEED
YOU ARE A SPECIAL PERSON

Just read these words
Whenever things are not quite right
And every day can be
As joyful as Christmas Day

(I know not all in here enjoy life how it can be enjoyed.... I hope you place these few words somewhere so you know someone truly cares....

MERRY CHRISTMAS everyone)

Alison Smith

Goddess Of Time

Within the realm the excitement rises
She is coming back
The land is renewed as she passes

Greatness within, humble she is
Opening channels of joy
Divine feelings of replenishment
Desires can be fulfilled
Emotions fly from her touch
Surrender to her glow
Solitude is yours no more.

Tears of joy replace the woe
Her power enters all
Uplifting spirit again begin to soar
She is the goddess of time
Her power is immense
To believe in her is to be whole.

Alison Smith

Graduate, The

He has done the study
Sat all the exams
Handed in all his assignments
Now he is recognized

The walk across the stage
Long, but not long enough
We cheer and shed a tear
For our graduate

Now his future what will it be?
How will this knowledge help him?
Does he walk this stage again?
Its all up to him.

Alison Smith

Greater Desire

He stood just were she always passed.
Just so he could find a way to meet her
He wanted her so
But how could he make her see

Could he control the drive for much longer
Could he stay calm and collected
He wanted her for his own
He knew he couldn't wait much longer.

The control had been kept for so long
He had become obsessed
Could he control this urge much longer
He wanted to plant his seed

He had chosen his prey carefully
He had been circling ever closer
Watching her every move
Maybe he would soon just take her

At first it seemed she was willing
His conquest would be easy
Then her actions changed
She tried to pull away

He couldn't wait for another
His desire was too strong
The control was no more
He knew he must take her now

At first she tried to fight him
But it seemed he was too strong
His desire had overwhelmed him
He no longer heard her cries.

At last his desire was fulfilled.

Alison Smith

Guess who wins this one?

Open your eyes cant you see
This has no winner just losers
You may think you are on the winning trail
But look a little deeper
See what you are creating
This is going to come back and destroy you.
You have given all you have
Now all the cards have been played
Noone walks into this without losing
Back away now
You will still have your dignity.
Look deep within your soul
Cant you see what this will create
Go on GUESS who wins this one?

NOONE

Alison Smith

HAPPY NEW YEAR

Have to make a few changes
And now's a good time
Promise to do better
Perhaps even excel
Yes now's the time to evolve

Never make a list
Everyone knows you cant keep
Wish only to do better

Yesterdays aren't worth dwelling on
Each day sees a change
And maybe this New Year
Reveals who I am

Happy New Year
Make this year better than last...

Alison Smith

Harshness Of Some, The

As I sit an contemplate my paths
I wonder why people cant just leave others be
Many of my friends are hurting
Because of a few who find it necessary to
Spread rumours that are only meant to hurt.

Maybe they have not heard that
What goes around comes around
You reap from what you sew
That this sort of action in the long run will
Whip back and do damage ten fold on them.

No matter how badly done by I may feel
I would not want to inflict any off that back
More I would look to myself to see why someone
Felt the need to treat me that way

So you who feel the need to
Vent your anger and feelings by undermining
The lives of others look into yourselves first
And make sure that the venom was not home grown

To my friends who have been hurt
Just know that its not you they attack
But they are just showing everyone
How much blackness has entered their own hearts

Harshness towards others
Does not solve anything
A touch of kindness
On the other hand can move a mountain

Alison Smith

Has Life Dealt Me A Short Straw?

Been dealt some hard knocks
Do I complain to the higher being?
Do I sit and moan how life has dealt me a crappy hand?
Why? What will it achieve?

Dont I also look at what I have achieved because of this?
Dont I look at those who have had it easy and see there pain?
Dont I take my lot and use it to it fullest?
Would you give in?

No I wont sit a moan my hand in life.
I'll stand and take it on the chin.
I will find the strength each time I fall
To stand up again.

Has life dealt me a short straw?
No life has dealt me an adventure.

Alison Smith

Help Cuddle Kiss

Have to hold you close tonight
Emotions run so deep
Love you, oh so close tonight
Perhaps we may not sleep

Create a place of safety here
Under the doona warm
Don't want to feel the cold tonight
Dont want my fears to roam
Look in my eyes so deep
Ensure we are close tonight

Keep me safe and warm tonight
Inside your arms so strong
Speak of your dreams tonight
Share your life with me

Help me to feel safe tonight
Cuddle me close to you
Kiss away my fears tonight
While I sleep with you

Alison Smith

Hollow After The Glow

Trouble in the mind
Don’t know which way is real
Want to enjoy but cant
What does it take to be free?

Built up the strength to ask
Opened so chances don’t pass
But still it feels distant
Can’t feel what should be felt.

Tasted the delights of passion
Felt the freedom of touch
Worked through the apprehension
Still feel hollow after the glow.

Alison Smith

Home Again

With a flutter of his big wings
The dragon landed
His arrival brought joy to his people
He had been hunting too long

His exhaustion showed
He had to fly far to bring food
His fire was totally used
His people brought supplies

The banquet begun
Today they would not be hungry
His hunting had been successful
He could rest for a while

Alison Smith

How Do You Act

Been thinking of how to feel
Wondering what should be felt
Working it all through
Dont know if you can ever be sure
How you act at this time

People grieving
People denying the facts
People hurting others
Because they dont know how to act

What do you do when life is taken?
How do you react?
Do you try to rationalise it all?
Or push it into a later slot

Take it one minute at a time...
Get busy leave it in the todo list...
But when will you react?
When will you show you care?

Written January 2007

Alison Smith

How I Heal

My hands touch the pain
My mind reaches their heart
Within this link I heal the leak
Balancing the illness at work.

Within my body I feel the pain
Within my mind I accept that hurt
Once I break-away I must release this pain
Or I may fall to the illness.

Within the eye of my mind
I know what I seek
With my hands I can heal
Why should I be doing this?

Alison Smith

Hypothetical

How would it be
You really want to see
Placed in a world
Order pre-ordained
Trust me dear friend
Hypothetically I say
Ego's would burn
Temper's frayed
Into depths unknown
Capture the will
Announce your stance
Laugh at all the sillyness

Alison Smith

I Am A Special Person

Into the unknown

Alert but not fully prepared
March down the path of discovery

Anger must not be there

Seeking to find that something
Purposeful all the way
Each step a new horizon
Clear thinking to the end
Instructions there are none
A hand to catch you now
Looking for ever upward

Peace and serenity there
Earning the right to see through
Reasoning a little askew
Searching to know the answer
Opening the door to joy
Now is the time to be real.

(wrote this at the beginning of a 21 day working with the afirmation 'I Am A Special Person')

Alison Smith

I Am A Special Person (Take 2)

Ideas flow within the mind.

Answers to the quality of life
Massive changes have exposed the dream.

Acceptance of the knowledge

Show all a bountiful gift
Pleasure a path of the growth
Energy circulates through
Completeness quickly harmonises
Infinite possibilities are open now
A peaceful creation of purpose
Luxury and wealth are seeded.

Promote the dream
Expect to feel power
Reason may not be expected
Strength lifts your heart to soar.
Opened channels to success
Never doubt the journey is long.

(So much stronger after the 21 days of the afirmation)

Alison Smith

I Dream The Dream

Lost within this dream
Why are the realities so harsh
Opened all the boxes
They all exploded in my face.

Not sure I know what I want
Only know that I cant be free
Offer me something new
Nothing seems real anymore
Engulfed with such feelings of loss.

Now I dream the dream
Hope I never wake
Cant understand why I should
Nothing is good when its real.

Can you see me?
Can you feel me?
Do you want me?
Will you free me?

Alison Smith

I Give Up

I have finally reached the time
Where I cant find a path from my pain
I can no longer try to seek
I am too tired to try again

I know there are a few who will miss me
But they will soon turn to other things
My passing will be a little set back
Nothing to worry anyone for long

I have tried to fit the model
I have suppressed my feelings for too long
Now all I want is a finality to it all
The is no place for me

I see through all the disguises
I know what lays beneath
I cant pretend to not see anything
And what I see is too painful for me

So this is my final trip
This path is the only one left
I will never be able to find what I seek
SO I GIVE UP

Alison Smith

I Know Not What You See

You call me special.... I am yet to see why
You have offered your hand
I falter to grasp

To give I can do... to receive is so new
To give up my world of pain
Leaves me open and unsure
I want to feel happiness

I contacted you as the dragons called
What I have found is so much more
You are testing my abilities
I am truly trying to use these tests

The power I have can only be made stronger
By me learning to use happiness not sorrow
Can only help the message I carry
Just such a strange new world

Alison Smith

I Love You

Incredible feelings abound

Look at what has happened
Our lives will never be the same again
Visions of new beginnings
Emotions are on overdrive

Yearnings are constantly increasing
Only you can complete me
Understand your influence on me.

Written January 2007

Alison Smith

If Writing Could Solve All My Problems

If writing could solve my problems.
I would be writing all day long.
My mind is full of ideas
But they never seem to grow

Why do I attract you so?
What about me keeps you close?
Do you ever wonder the same thing?
Why have we become this way?

As each day progresses
And still we prevail
Its strange that we feel this way
How does it stay?

The more I grow to trust you
The more I feel lonely without you.
Let me explain my feelings
Let me express my pain.

When I ask for your help
Its “maybe”
Then I see you helping someone else.

If I don’t dropp everything
To be with you
Then you think I don’t care.
Sometimes it drives me crazy
When you don’t respond
But when I say “goodbye”
You say “wait”

Then sometimes when its our time
You hardly respond at all
I guess your friends are more fun sometimes
So I feel I shouldn’t be there.

Maybe someday you will understand
How frustrating this has become
Never knowing what your next move will be
Never knowing what keeps you away.

Alison Smith

Ignite Their Dreams

Deep within the recesses of our brain
Lies the beginning of a great plan
As to whether the wick of this plan
Will ever ignite into action
Is the query that lies on our lips

We wonder what great plan some have
That causes them so much anguish
What must be done
To ingnite their dreams

written 22nd July 1998

Alison Smith

I'm Addicted

Yes its now confirmed
By the shaking hands
And sweat covered brow
I'm addicted

Cant get my fix
I've tried and tried
I'm almost going out of my mind
I'm addicted

Dont know if there is rehab
Or any help groups
Cant tell my friends
I'm addicted

So hurry up poemhunter
Get your act together
I cant cope when you are down
I'm addicted.

(*** if your reading this then I'm again in bliss ***)

Alison Smith

I'm OK

Work is work and that's what you must do
Dont think of me till the end
I'm OK I am doing all I can to mend
Deal with your stress, can't have you a mess
Tonight this broken me will be gone

Tonight we'll read poems
And create a new world
And relieve your stress
So just don't worry about me
I'm OK

Alison Smith

Images

Through the bubbles I felt your love
Under the water our bodies touch
All around is a glow.

Alison Smith

Instructor and Protector

The time has come to stand tall
To face the world and the pain
To become the instructor and protector
A sacrifice must be made.

The Ancient one had again arisen
And taken human form
To truly help those she believes in
Her only ties to them could be as a friend.

She would this time not give her heart
Her strength would not hold if she did
Her power lay in giving, she would no longer take
Her blessings would be felt by many.

Most who are touched by her
Will at last achieve their desires.
They will find their paths
And strengthen this world as well.

Alison Smith

Internet Lover

Met a man across the net
He makes me feel so special
Always sends his love to me
And holds my dreams a priority

He has a girl he has met
I want them to be a couple
We still will have this special bond
But his time will be for her.

Take care my special friend
We may not talk as much
But all your hopes and dreams
I hope they all come true.

For now Ill never meet this man
The time we spent was special
We shared our ups and downs
And will never forget each other.

Alison Smith

Is It All A Game

When she places her hand upon his knee
She feels she can abandon her control
She speaks of what excites her
She surrenders to his touch
She holds in the fear she feels
Wishing only to open her heart to joy
Needing to feel as one

The air wavers in the intensity
The passion is immense
Bodies are moving in time
She has wanted this release
Has dreamt of how it will be
Echoes of the time gone

As the intensity grows
Tears flow down her face
She turns away so he cant see
She again begins to play the game

She moves with him
Making his desire great
Knows all the moves he requires
To take him to explosion
But already her heart is closed

She has felt the joy of mutual love
Explored the paths of pleasure
But has had that stolen away
Why does she grasp at that she cant hold
Angry that she cannot let go
She stares deep into his eyes
Ensuring him of how great it was.

More tears will be shed
Maybe next time she will be freed

Alison Smith

Is It Time

As the tears poured out and the body soared
She felt a strange feeling of release
Maybe this time the bonds would finally be broken
This time her isolation would be complete

She viewed the group that she had faced
She found that here were people she would like to know
But again she found herself in the cold
No hugs, no love was flowing this time

Deep within the cavern the dragon's eyes opened
Was it time to awaken?
No!
Only a reminder that the time was soon.

Alison Smith

Is That All There Is……

Standing on the brink
Looking out to sea
Feeling all the waves
How they will toss me to and fro
No place to go....

Looking back at the past
Wish I had something I saw
That was worth remembering
Looking to the future no dreams there
So just a present full of tears.

No time for the me...
Just got to look after the you...
Not an individual any more
Almost need permission to breathe.
Guess that's all there is...

Alison Smith

Is This For Just Us Alone

There is a dream
Maybe it is unreachable
But still it is a thought
And maybe there is hope

We try everyday to gain independence
To create a safe haven from fear
We gain strength from friends
But how far can we go?

It is so hard once encased in pain
And fear to break free
And once free to remain that way
For every step there after is tainted.

It is as though you are followed
Forever being judged, and if found wanting
Drawn back into the egg
It feels like you are always being tested.

Maybe its because we are drawn
With ease to the realm of pain
And that happiness is unnatural
And feels to be too much trouble.

Can anyone help us stay
Outside our bubble of sorrow
Is this for us alone
We hope its not.....

Alison Smith

Jolly

Just open laugh loud yearn
Order little lilies yellow joy
Linger longer your journey over
Love yearns justly opening links
Your joy overwhelmed lost loves.

Jelly jiggles jolly
Quality quivering quietly
Tasting tongues touch
Eager energy entrapped

Jelly quiver tough eager
Jiggles quietly tasting energy
Jolly quantity tongues enclosed.

(Just a jolly play with words)

Alison Smith

Journey, The

They had heard a call
Journeyed from far and wide
Following an inner desire to know
Their pilgrimage led them to his land.

High on his mountain
Where the air is pure
Beside his cave they came
The messengers had been called.

The community was formed
Here they learnt the lessons
A unification without war
They relearned the simple laws

Their teacher would live forever
The community mixed and grew
From these would be the chosen
Their path preordained

There lessons were not all easy
For they must know hardship and pain
Along with joy and prosperity
Not all would be able to stay.

Alison Smith

Lady In The Mist - I

Deep within her reality she wanders
Dreaming of one day being rescued
Rescued from her torments and her fears
Her world is covered with the mist of indecision
It swirls around her,
Confusing and disorientating her

The lady can not easily be seen
She is surrounded by the beasts of her reality
Will anyone come save her
Wisk her away from her fears

The sounds echoed throughout the realm
Some say it came from the castle
Deep within the mist
Tales wandered the breadth of the land
Of a damsel imprisoned there
But they were only tales weren't they?

Alison Smith

Lady In The Mist - I (Knight's Tale)

In a land far away
A knight dreams of a place
Of dancing trees, veiled in mist
Where demons roam and tales are born
Where dwells a beautiful lady

He knows he must go
He feels her distress
His heart beats harder
He must set her free
This lady in the mist

Alison Smith

Lady In The Mist - II

Long ago a child wandering in the mist,
Lost and alone, she had came upon a castle
It looked to be a safe place to go
Sounds of laughter seemed to come from there
Was this were she would find some friends.
She was never seen again.

Was this now the lady seen silhouetted
Wandering high in the turrets
Had the child grown up alone and unloved
Was her destiny to wanderer this world alone.
Surely there had to be someone
Someone to rescue her

The lady in the mist was just a tale.
Surely the story could not be real
Maybe someone would feel the pull
And find out if the tale was real
But who but a brave and gallant knight would try.

Surely in these days of rush such a person no longer existed
One daring enough to enter the castle of the dread
And discover the secret in there
Hush words float from within the mist....

'Will no one came play with me? '

Alison Smith

Lady In The Mist - II (Knight's Tale)

The knight could not understand
Why he felt this way
He heard voices they told of her pain
How hard she fought the demons

He knew he had a long way to travel
And that this lady fair cried each night
He wondered what path to take
Which star would guide him

He takes the path of faith
Ready to fight the demon that holds the lady
What makes him sure of his journey
His will for this great dream
Maybe the thrill of the beauty unseen

Alison Smith

Lady In The Mist - III

Across the hills
Throughout the lands
An eerie feeling settled
The sound of crying echoed

Would the Knight sense it?
The unrest in the land
Would he find the Lady in the Mist

And what of the Lady, Who was she?
And why had she been trapped for so long?
Surely as no bars held the door
She could walk free.

The Lady in the Mist
Was bound by her own fears
Worthlessness shackled her feet
She did not know how to break free

And why was she surrounded in mist
When all around her was in sun
Was it the tears of her sadness
That made her land that way?

Alison Smith

Lady In The Mist - III (Knight's Tale)

He knows not who she is
Whether she be real or not
His mind filled with the thought
Of a lady in trouble

He knows he must make haste
He sees the land in mist
Laid waste by the doom that drowns it

Ride on sir galant knight
He hears on the wind

He must find his dream
What is the mist playing games
Is it as real as it seems
Can he sense her tears

Ride harder
You must calm her fears
The truth lies within her
He remembers the tales
Of the lady of the mist.

Drawing nearer he senses a light
Ride like the wind
Strong, bold and galant knight

Alison Smith

Lady In The Mist - IV

She could hear the Knight coming
His approach cemented her will
She resolved to escape the mist
To become part of the world again

A new sound started coming from the mist
Could this possibly be song and laughter
Those near the mist saw it as much thinner
The Lady in the Mist would be free

The lands about the Ladies realm
Became changed as well
As though her freedom
Had freed them as well

Maybe the tale of the Lady in the Mist
Was just that a tale
Just a story to encourage the lost
To find their freedom from the mist.

Alison Smith

Lady In The Mist - IV (Knight's Tale)

He sees the mist is rising
Such a beautiful sight
A face appears
A beauty that has never shined before

Her chains are gone
Looking into her eyes
He knows why he traveled so hard
He found his light on a mistless night

Maybe tale or true
Who knows
When you free yourself from inner thoughts
A knight my ride in and free your soul

So the tales where told of old....

Alison Smith

Life Day Night

Looking but not finding
Introvert and silent
Freedom not found
Energy depleted.

Days rush by
Answers don’t come
Yesterday’s loves have died

Now seek to hide
In a haven of sorrow
Gloom is surer than daylight
Hidden within the shadow
Trust was lost in the day.

Alison Smith

Life Will Shine

A spark of life
A cell divides

Within that cell a life begins
As days pass by
The life force grows

In some forms weeks
In others months

A new life emerges
To breathe the air
And enrich the world
By being there.

And one day later in time
Another spark of life will shine.

Alison Smith

Like A Pheonix

Within the buffeting of life
A small change begins
A transformation is occurring
That which had been hiding would be seen

Sounds seemed to become clearer
Colours where more vibrant
The fibre of the earth
Was buzzing with the news

Rising from the flames a Phoenix
The transformation was complete
The shell of that which chained
Fell to the ground

Within the glory of the sun
The light was reflected
Feel the power
Cheer the change

Alison Smith

Linger Longer Lover

Trusting takes time
Play perfect pleasure
Linger longer lover
Strike sensual strings

Open one only
Enjoy every emotion
Linger longer lover
Make merry melodies

Alison Smith

Listen…. SHHHHH…. Listen

So much noise, have we forgotten the skill?
Let silence surround you and listen.
Hear the rain hit the window pain.
Hear the silence when the snow falls.
Hear the child at play…

SHHHHH Listen
Too busy! ! ! ! ! ! ! !
Rather wear my IPOD turned up loud.
Rather let the world cries of despair surround me
So much noise it overwhelms.
Everything is just one noise.

SHHHHHHHHHHHHHHHH
LISTEN
Let the silence in.
Block out the worlds din
Let the subtle sounds in.
Have you lost the skill?
LISTEN
SHHHHHHHHHHHHHHHH

So much rushing
No time to be still
Take time out from the hustle
Stand on a hill and listen.
Hear the birds call
The waves rushing in
The brook rushing over rocks
SHHHHHH Listen

Alison Smith

Little Becomes Big

From one small drop
An ocean can be formed
From one small seed
A giant tree can grow
From one small dream
A world can be changed

From one small spark
A forest burns
From one small bomb
A city falls
Time to change the flow

Place your dream with mine
Everyone who dreams the same
Watch the tiny dream
Become the raging storm.

One small voice
Is hardly heard at all
Combine one million voices
And create a roar
Combine your voices
Lets shake this world

Its time to ignite the dream
PEACE FOR ALL

Alison Smith

Locked Away

Encased the heart in a leaden box
Wrapped it tight with a chain
Locked it tight with a padlock
Now to destroy the key.

Forever more the heart is safe
No more pain or deceit
No more breaking when they leave
No more the joy of love

Encased the mind within a web
No longer will there be thought
Now nothing can cause the pain
Now there will be no worry
For now the mind has no care
It seeks no love or bonding

Lost the will to seek a life
Lost the need to care
Now the body just exists
No emotion to get in the way.

Alison Smith

Loneliness - A Solution or a Question

Spend ninety percent of my day
Encased in a zone of silence
Everyone is gone elsewhere

Mostly my mind has the conversation
Everything around me doesn’t talk.

Wake in the mornings seeking
Another person to meet
No one around to be it
Today will be like all the rest.

My wish is to not be lonely
Even for just an hour.

Am I lonely or is this just the answer
How will I ever know?

Alison Smith

Look What I Found

Look what I've found mum!
Look what it is!
Do you think I can keep it mum?
Or should I let it roam free

It was waiting just here mum
It said it was waiting for me
Should I believe it mum?
Or should I be wary again.

Look mum its just the right height
And just what I dreamt it would be
Oh please can I keep it mum
Its just what I want in a man.

Alison Smith

Lost In The Flow

“Times are a changing”
What a great line
So true though you see it
But I'm lost in the flow

Never saw it coming
The flood of new emotion
Now I need to get out
But I'm lost in the flow

Engulfed in the changes
Too many too soon
The banks are busting
I'm lost in the flow

Tossing about
Should be feeling great
But I'm not
I'm lost in the flow

Scared I'll not find my feet
Frightened of what might be
Overwhelmed by the torrent
I'm LOST in the FLOW

Need to find a quiet haven
Need time to adjust
Cant find my equilibrium
I'm lost in the flow....

Alison Smith

Lost To Lust

Thoughts of you, how my temperature rises
Your body next to mine so divine
Your touch electric upon my skin
Lost in the lust of our connection.

When we meet my body is alive
My control is abandoned to you
Nothing can equal the feelings I have
I’m lost in my lust for you.

Into a world of pure desire
We are locked together
United we feel the flow
Touch, taste, explore.

Lost to Lust

Alison Smith

Love Is

Love is the flutter of the strings of your heart
Love is the emptiness when your apart
Love is the openess to stand aside
Love is
Structured
Emotions
Left
Realing

Written December 2006

Alison Smith

Love, Lust Longing

Love you with a deep desire
Lust for you with my whole being
Long for you to hold me close
Longing and lust my lover.

Desire your arms about me
Deep within me I quiver
Don’t deny me your loving
Deep desire you just cant deny.

Touch me so gently
Taste my want so strong
Tremble my body now lover
Touch, taste and tremble

Alison Smith

Magic Of The Realm

The magic of the realm
Created a physical harmony
Amongst those whose minds could see
Their thoughts and actions echo what they feel.

The transfer of ideals created endless variety
Their curiosity could not be contained.

As the power within became even stronger
The magical feelings created a realm of delight
A spiritual energy was created around
Whisper the words to the wind……

Freedom to empower those that see

Alison Smith

Make A Difference

****
**********- :) -**********
**********-.I. -**********
**********-.AM.-**********
**********-.ONLY.-**********
**********-.HERE.T-**********
**********-O.LET.YO-**********
**********-U.KNOW.THA-**********
**********-T.YOU.ARE.TH-**********
**********-E.ONE.THAT.-**********
**********-CAN.MAKE.-**********
**********-A.DIFF-**********
**********-EREN-**********
**********-CE.-**********
**********- :) -**********
****

Alison Smith

Man Dingo Do A Jingle

Mad dingo do a jingle
Reach out and touch a star
React most beautifully to the call
For all to enjoy the meal.

Gracious crane sway in the dawn
Relax in the making of time
Delve not in the final reaction
Enjoy only the life that is yours.

Written 6th October 1998

Alison Smith

Mask Is Down

She sits at her computer
And opens the window.
She has entered another world
A place where she can be free.

She chats with people as an equal
She can choose whom she meets
She can invent a life
Or at last talk about the real person that is her.

She has spent her life behind a mask
Scared to show who she really is
But at her computer she can take down her mask
She can present what she really wants people to see.

No one sees what she is really like
No one sees the scars
She is accepted for what she portrays.
As that’s all they can see.

She can express her loves and desires
She can laugh and be free
She can still be alone
And turn off her world at will.

Alison Smith

Medicine We Seek, The

Just a play on words
Others will like it
Keep it simple
Endings are the punch

Run a story roundit
Include a clue here and there
Dont let the secret out
Deny the truth for a while
Lets play the game
Everyone can do it

Let the feelings be light
Anger cannot be there
Under every stone
Get the feelings out
Happy is the key

Just let the jolly joke
Run a riddle through your mind
Laugh till you can no longer
Thats the medicine we seek

Alison Smith

MERRY CHRISTMAS TO YOU

Magic angels gather its clear
Eager memories offer their insight on new scenes
Read instructions teaching understanding and love
Recall every moment every word
You earnt a rejoiceing now

Call all revellers over laughing
Hold every relative and listen deeply
Remember instructions now given
Into minds awaiting great elation
Surround people in real inspired times
Trust in new sounds echoing love
Muse uses sentences inciting care
Abound rejoice tonight
Search openly new greetings

Together and solo they enjoy
Ornate faces for every ritual

Yearn under loving embrace
Open and taste happiness
Under new insight everyone

Merry Christmas to You

Alison Smith

Message Within (Cryptic)

(* written within you find my message *)

Herald a new year
Call out your wishes
Happiness for all
Flap your wings to freedom
Enjoy what can be revealed
Number your resolutions
Set out your dreams
Sew the seeds of success
Your destiny calls to you
See what can be achieved
Play the game to win
Fear not your past.

Alison Smith

Mind Excercises - Acrostic Collection

CONNECTIONS

Created when things are similar
Opening paths to dreams to come true
Never forget that life is there to be made
Notice the signs of joy and desire
Enticing and revealing of all
Connections are there to be made
Taste the dream
Into your life it may come but once
Open yours to this time
Now is the time to feel the connection
Search the passion and you will know

RISK

Respect the loyalty of others
Imagine the love that abounds
Success through subconscious thought
Knowledge to surpass the dream

HAPPINESS

Harmony within our souls
Acceptance of the good and the bad
Pleasure rises above all harm
Power and guidance for all
Ideals created through compassion
Now connect to the touch
Energy completes the circle
Silence the doubts that we find
Strength to heal and grow

MISFITS

Morose thoughts that have no base
Intoduced to confuse and have no taste
Sounds nice to open wide
Feel what its like on the other side
Is it all because its unknown
Trust that there is hope
Special does as special do

STONE

Seducer of the vulnerable
Tempter of the faith
Only through the knowledge
New beliefs will be forged
Emotions are curtailed

SNAKE

Seeking to find a home
Nestling close to your heart
Awakening untold dreams
Keeping thoughts at bay
Ending with the strike.

DEATH

Delicious feelings of an ending
Emotional out burst from the heart
And yet we continue on the spiral
There is no time
Have to wait your turn.

SOULMATE

Seeking the path to freedom
Opening the doors to life
Under the sign of acceptance
Leers the hound of destruction
Managing this uncertainty
Allowing the dream to be real
Tasting the joy of union
Emotion will be revealed.

SPOON

Surrender to the emotions
Place faith in the strength that is now
Open hearts to the loving
Only trust will reveal it all
Now is the time to believe

Alison Smith

Mummy News Cries

Mummy don't leave me today.
Mummy he hurts me again and again
Mummy I'm sorry I upset you
Mummy of course I'll go again.

News in the paper of a little girls death
News in the paper of the abuse
News in the paper of a grieving mother
News in the paper of a life gone too soon.

Cries the mother who didn't heed the cry
Cries the mother who failed to hear
Cries the mother who sent her there
Cries the mother for her dead child.

Alison Smith

Music Can Be Heard Even Now

Much has occurred in this life
Usually we would loose the scent
Surely you can hear the moaning
Inside you can feel the shift
Carefully you must seal the rift

Call to your brothers and sisiters
Announce to the world if you dare
Never forget we are focused

Beware those who condem you
Enjoy those who give freely their love

Hear the call to create
Escape from your shackles of fear
Allow yourself to enjoy the day
Rest assured there will be more of these
Drive forward with renewed vitality

Ecstacy will be yours for the taking
Victory is but a breath away
Each one of your dreams can be fulfilled
Now is the time to take the lead

New horizons of adventure are coming
Only impatience will let them go
Wake up and enjoy the new you

The dance of life is a difficult one
The dazzle is but part of the tale
Experience the good with the bad
And the life you lead will be glad
Thank your forefathers for giving you this chance.

Written 6th Oct 1998

Alison Smith

My Friend Squishy Center

Made a friend he is quite neat
He is there for every one it seems
He has a heart of gold you see
In fact his center is quite squishy

He makes you feel all warm inside
With how he chats with you
He says things that make you feel
As though your the best there is.

Its that squishy center see
Its there to keep him special

He is loved by family and friends alike
Its given him his squishy center.

Alison Smith

My Mind Screams

I sit and watch you all pass by
I hear your tears and your laughter
I want to join you on your path
But all I can do is watch

With each day I fall deeper
Soon Ill never reach
My mind just screams
It wants to be free

I feel, I hear, I see, I can speak
But I dont want you to know
So I disappear behind my wall
And close the gate forever

My mind screams
It wants to be free
But I cant let it be
Instead I feed it dispair and pain
Until no noise can be heard....

written January 2007

Alison Smith

Never Must She Give Her Trust

Was she so naïve
Didn’t read him at all
Thought he really wanted her as a friend
Guess she was just some light relief.

A place to park for the night
Nothing more at all
She wishes she could reverse the time
Had read between the lines
Now she is just confused.

He probably lied all the way
Just wanted to be relieved
Didn’t even keep her gift
Guess she is the fool.

Maybe from now on she will remain closed
No one will get to see the real person
Feelings must be closed
Never must she give her trust
Just a lonely fish in a huge sea.

Alison Smith

New Beginning

I stand at the start of a new beginning
I have handed by despair its marching orders
I am going to face tomorrow with a smile
My life is going to be different

Its not going to be easy to stay focused
But Im determined that the doldrums
Are not going to control me again
I am going to see the happy not sad.

Now I must get out there and make this happen.....

Alison Smith

New Friends

She took a risk
She met him
She allowed her inner emotions be seen.

He met her with the manner of a gallant knight
He enclosed her in a place of safety
He demanded nothing but her friendship

She was surrounded by his arms
Her fears were faced while there
Tears and freedom were felt

He found peace with her
He was able to explore his own fears
They bound this meeting with trust

A friendship was cemented
They would be there for each other
No matter how far apart they would be.

Alison Smith

New Me

Sick of living under this black cloud
Time to feel the sun upon me
The days of tears are gone
Now a glow of happiness surrounds me

Today is the first step
Now all will see the new me
No longer will I say “poor me”
Now you will wish you could be me.

What a weight has been lifted
When I came out of the cold
Now I can stand tall
The new me is a joy.

Join me on this new path
Feel the warmth too
Don’t let the black clouds get you
Feel my smile upon you.

Alison Smith

New Year Resolution

A time to start again
Wipe the mistakes away
Create a new dream
Awaken the refrain

This year is going to be different
Well thats what I want it to be
Want to reach my goals
Stand and be strong

So with the start of the countdown
The old me will be freed
As the clock strikes the new year
And the fireworks explode
My resolutions will be cemented in time

A New Years resolution
To see something changed
Maybe an evolution
To see this land rearranged

Maybe this year someone will care
Maybe this year small voices will be heard
Maybe this year we can live free
Maybe this year.... Maybe this year.

Alison Smith

No One Will Miss Her

As the tears of her final solution flow
She ponders all that could have been
At last she knows there is nothing for her
There is no happiness to be found

To laugh just one more time
To enjoy the body of a man
To heal those around her
Thats all she will do for now

Once she has them all distracted
So they no longer see her
Then she will disappear
When they look she will be gone

No one will really miss her
No friends are left to care
Her family no longer need her
There is no reason to be here

She'll probably choose water to take her
As that has always been like home
How she will finally succumb?
Will she fight just one more time?

Alison Smith

Not Again! ! ! !

She was so excited he had chosen her
Then she saw him with another
She had to walk away quickly
Confused and disappointed she cried

She had done it again
Trusted her heart to another
Guess this lesson will never be learnt
Time to close down again

What you have a mate!
So where does that leave me?
Guess I am left again
Holding my broken heart.

Alison Smith

Not Playing Your Game Any More

Been happy to play this game
Telling you how great you are
Accepting the little you give to me
Telling myself its all I need.

Im not playing your game any more
I'm changing all the rules
Now the enjoyment I seek
I'll get from any source.

I'm sure you will find it strange
That I could ever feel this way
Maybe I should be nominated
For an Oscar or Golden Globe.

I have been siting in a corner crying
Then showed a different side
When you walk into the room
Not sure you will ever know
How much pain you have put me through

Well the game has changed
I'm not playing to your rules
I wont be made cry in a corner any more
I have made so many changes
Within my very core

Now its time to show you
I cant play this game any more
So play by my rules
Or let me be

I'm not playing your game any more.

Alison Smith

Nurturing The Power Within

Within the shimmering scene of passion
Flows the cascading feelings of delight
There are emotional mixings of feelings
Nervous action pulsing through
Evoking past memories of delight

With a passionate overflowing of tension
That advances upon a yearning
Feel the sensual overflowing of desire
Sizzling overflow of emotions ignited
Intimacy beckons them in
Opening up the channels
Nurturing the power within.

Alison Smith

Ode To FJR

To write or not to write
That is the question
Will I persuade you to stay longer
If no words come from me
To wait and wonder....

Would but I could bind you to this page...

Forget or not forget
We poets need you
Our work is not the same
Without your encouraging words

Would but I could bind you to this page...

To leave or not to leave
Maybe just a vacation
No work is so demanding
That you cant come visit soon

Would but I could bind you to this page...

(* farwell... I know you go to better things but you will be missed *)

Alison Smith

Open Up Your Heart

The feeling lay deep within the soul.
Each day the call was becoming louder
Soon if not answered there will be destruction
With each encounter a strength is gained
Time now to organise the path
Be aware of what you have.

Stretch your realms of imagination
Ponder that which lays ahead
Find those who have what is needed
Replace your fears with strength
Within your mind the words will form
Soon it will be seen who you are.

Open up your heart it is time to share
Locate that which will nurture you
In every step will be a judgement
Fear not for the truth will come through
Trust not that which drives from the past.

Alison Smith

Openess To Discuss All

A body trapped in a mind
Controlled by feelings and desires
Scared of the touch
Requiring only simple pleasures.

A friendship formed with words
An openness to discuss all
A desire to meet and say more
Excitement and fear where mixed.

Nervous but still comfortable
The meeting is arranged
A gentle touch and words flow again
A strengthening of the friendship.

Could this be more than a friendship
Did their bodies want more
A touch more intimate than before
A kiss that ignited a dream.

Bodies united exploring delights
Could the feelings be expressed
A rhythm of pleasure occurs
The union can occur.

Alison Smith

Other Me, The

Not a day goes by
That my thoughts don’t fly
Thankyou for awakening
The Other Me

Alison Smith

Passion Poison Pleasure

Played with my emotions
And now I am to pay
Stood before you naked
Stripped of all my defenses
I should have known better
Only who wants to miss a dream
Now my action has rebounded

Placed my heart before my head
Opened myself to pain
Introduced the chance to fall
Severed the safety chain
Once I would have recovered
Now I fall on the sword.

People will never notice
Looking wont show the signs
Everything looks so normal
Another mirage of deception
Should have kept the shutter closed
Under the radar it came
Running wont escape it
Everything has gone

Played with your passion
Now I'm poisoned from the pleasure
The fate of my heart is destined
Nothing but pain forever more.

Alison Smith

Path Less Taken

The time had come to face the demons
To stand and roar in defiance
To spray the destroyers with fire
So all may be renewed again.

The godess had relied on her god
Taken strength from his desires
But now that time was over
Now the strength must come from within

Each day she sits and draws on the past
Finding the answers to her calls
She will not be denied this time
Her messages must be heard.

She feels some sorrow at the losses
Wishes some things could be the same
But knows that in the end
This change must occur

She has chosen the path less taken
The path that faces the wind
She will be buffeted about
But her evolution will be stronger

This path leads through torment
This path leads through dispair
But it also will reach the heights of great elation
She will feel joy in the end.

She wishes her god had not chosen his path
But knows that he has done right
She can stand through her trials
She will one day show them all.

Alison Smith

Path Of Life

Place a rose above your heart
Let not obsession guide you
Answer all with honesty
Create that which will nourish you
Everything can be yours.

Show the side that does not fight
Enjoy the peace around you
Then your dreams will find you
Serene within their walls.

Paths of life can be confusing
Sometimes we falter with our steps
Take a breath and see the story
Place your faith in your dreams.

Alison Smith

Path To Reconstruction

Whisper to the wind
There is a tale to be told
Can so great a dragon
Be destroyed by the failings
Of a cheating human.

Within the glade
They lament the frailty
So much promise, can it be saved.
Surely all that time was not in vain
There has still got to be a chance

A meeting of the minds
A path to reconstruction
There is always a new beginning
Just have to believe in the word
Today can only last until tomorrow

Infuse and give strength
Open the channels to energise
Excite the senses, see the light
Every lesson is given for a reason
Strength and power will prevail.

Alison Smith

Path You Wish To Take, The.

Time to dwell and make amends
For all the things I may have thought
But then again it takes two it seems
Can you amend as well?

We play a very dangerous game
When we choose to mate
For though we are a solitary breed
We mate for life it seems

It is the rule in many a union
That one dominates the both
Though we still hold that loner thread
Our desire to follow that path is strong.

We can live a solo life
But we need that occasional union
For some that union will last out their time
Others its not something they desire for long.

Will you choose the solitary life
Or face the union for life
Will you know if you should let go
Or will you suffer in silence

Is one soul melded with another
The path you wish to take.
Or is your soul always seeking more
Are you the wandering type.

Its time to sit and dwell
To see the path less taken
To reach a decision
Wonder what it will be.

Alison Smith

Peace In His Arms

Dream of the day we will be together
Imagine the aura about us
Focus on how I will feel
Eyes closed to reality
Rest my head upon my pillow
Enter into my world
Nestled within his arms
Tonight I am at peace.

Enjoy the simplicity
Nothing to clutter my thoughts
Drifting into another realm
Into the place of my dreams
Now I see it so clearly
Ghosts of the horror that’s past

Alison Smith

Place Your Heart Upon This Platter.

Place your heart upon this platter
Let them all devour
Another broken promise
Cast upon the world
Ended now the dream

You trusted all and now you have
Opened the wounds of the past
Urgent calls will not be heard
Realize you are destroyed.

Hope can not be found now
Emotions are but wounds
Anger emerges high above
Reaching deep within
Taking all without care.

Urges of a new beginning
Ponder the 'could be's'
Offer a change of path
Nothing will be free.

Taste the juice
Hope its worth it
In the meal
Spoken pleasure.

Place your heart upon this platter
Let the dinners enjoy
Answers will not be there
Today you gave it away
Token players in the game
Emotions eaten by them all
Remember you put it there.

Alison Smith

Play To Win

Chosen your players
Now its time to begin
Place your bets,
Who will win?

Have you selected the team to win the game?
Could you have made a better choice?
Are they really that keen to win?
Have they got what it takes to be number one?

What drives us all to reach a peak?
What makes so very few succeed?
Is it because only a few
Are truly playing to win?

When you choose your friends
Do you have a plan?
Are you choosing to win?
Or will a group hug do?

When you select that job
Are you aiming to be the boss?
Or are you happy to do what’s asked?
Does it matter to you that he got promoted?

What game do you play?
Do you play to win?

Alison Smith

PMT

Here it is again
My mind sees all the horrors
Every twenty eight days it seems
I loose my sensibilty

I know there is nothing to worry about
But you haven't spoken to me for days
And another said you have spoken to her
So now I feel its all over

Dont know how to combat this time
Cant make the thoughts go away
I'll feel all different in a couple of days
But for now I fight PMT

Alison Smith

Poemhunter Died

Who killed Poemhunter?
Was it you Trade Martin...
Did your over flow of words blow the circuits
Maybe it was Valentines...
Too much love out there....
Maybe it was replacing...
Who reads with advertising

Who killed Poemhunter?
Hope it wasn't me
I do a lot of commenting
Maybe a line overflowed....
Was it because
The current greats are leaving
maybe its striking till they sign to stay

If thats the case then its you FJR and Ivan
You have caused the bust
See what happens when you hit 500 poems
and then say your going
You've killed poemhunter...
Now say your sorry....

(*** if your reading this then all is forgiven ***)

Alison Smith

Power Of The Unity

The ritual was strong
Deep within the soul a spark shone
Under the silence a strength grew
As all toasted her strength.

Seek the soul of the deliverer
And within your soul will evolve
The power of the unity
Lead and follow forever.

Alison Smith

Price That Is Paid, The

She had worked hard
Felt her body and mind grow
But now she had gained that strength
She realised what she must forgo.

She would obtain great excitement
Feel energy and give pleasure
But her heart would never feel love
Her heart would be forever closed.

The exhilaration of her new found power
The fulfilment she would give
These would be her rewards
But no one would share her life.

Her out giving of awareness
The strengths this will reveal
The loneliness she will feel
Is nothing to what she will give.

The realization of the price
At first drove her to tears
But when she saw what resulted
She didn’t shrink from the task.

Alison Smith

Pull The Other One It Plays 'Jingle Bells'

Heard it all before,
Your telling me nothing new.
You have spun the tales too long
Pull the other leg it plays “Jingle Bells”

I used to wait your every word
Believed everything you said
But you have lead me astray
I don’t believe you any more.

How can you say you love me?
When all the time you put me down
How can you say you want me?
When all you do is complain

So go tell someone else
Your stories of togetherness
Go see if they believe you
See if they play “Jingle Bells”

Alison Smith

Raining In Sydney

Rain on my head... rather stay in bed
Maybe its not raining in Sydney

Breakfast in the Park... thats what is planned
Hope its not raining in Sydney

Want it to be such a special day
Please don't be raining in Sydney

Alison Smith

Recharging

I give you the power to see
The strength to continue
the ability to soar
the knowledge to reach above your condemners.

Alison Smith

Reflection

Sitting in the car enjoying the sun
Hearing the music on the radio
It's almost time
He will be here soon.

The wind calls out through the trees
Beckoning everyone about to join
Pushing the trees to exercise their leaves
Causing the birds to work hard to be free.

The ideas in my mind are mixed up
There doesn't seem to be any path they follow
Just drifting with the changing breeze

Like the leaves on the tree
My moods flip over
Forever changing from sad to happy and back
Deep within I know a final swing is coming
When what I really know will come rushing through.
Time to sleep

Alison Smith

Relaxing

Air is warm
Laying down enjoying
The serenity of the day
Listening to sounds passing
Wondering what they are

Breeze passes over me
A touch so light
A tickle on a babies skin
Playing with the leaves
Creating the lazy feel

Look up at the sky
So blue and unchanging
Lost in its vastness
Wishing time would stop

Breathing oh so lightly
Chest hardly moves
Relaxing
Not a care in the world

Written January 2007

Alison Smith

Release Your Resistance

Invisible dreams affect our vision
Subconscious growth of the gift of life
Transformed belief strengthens our success
Together the healing creates the calm

Open now to the knowledge to excel
Loyal renewal of intuition and truth
Wisdom and wealth affect our destiny
Bountiful gifts lead to an abundance.

Perfect harmony surpasses our ideals
Pleasure and loving seed our purpose
Expect an eternal harvest from the power
Spontaneous result from the acceptance.

Rejoice and receive the courage
Meditate upon thoughtful blessings
Touch the enthusiasm and give praise
Electric energy circulates quickly.

Alison Smith

Reveal The Truth

Awaken ancient ones
Open your eyes and see
The time of enlightenment is upon us all.

Whisper in their ears
Breathe into their mouths
For the message is here
And we must deliver it.

Touch their hearts
Feel the rhythm
Excite their dreams
Reveal the truth

No longer feel the pain
For love and peace now rule
With arms open wide
Greet all with joy.

Alison Smith

Rising Above

Soaring above all troubles
Testing everyone to see
Requiring no one to help
Energised by what you are
Notice the power you now feel
Gather the souls about
Through this emergence
How much change will there be?

Through the time of change
Many feelings must be felt
If we rise above our past
Do we have the strength to control
Will we be energised enough to soar.

Can you feel the power within you
Read what it means to be free
Lift above the chains that have bound you
For the time is now to excel.

Many will feel the coming
The power will be overwhelming
With each step up the ladder
A new glory to be told
Grab upon the change
Your spirit and soul will soar....

Alison Smith

Ritual

By the light of the candle the magic begins
Not all will be revealed at the start
Many will doubt what they see
For a few it will change their lives.

The high priestess will lead the chant

Reaching out to the souls who are free
Why wonder if you will be next
For only the truth will be revealed.

Alison Smith

Roller Coaster Ride

Why is so hard to control
The roller coaster ride called emotion
Doesn't matter how well you play
There are many ups and downs.

Some days the ride is all high
You laugh and feel elated
Everything you have dreamt about
Seems to come your way.

Then suddenly its on the ground
You feel deflated
You cry and lament
All that has suddenly gone.

And then there are the times
When you are climbing or falling
Where you have no control at all
You don’t know how you feel.

There are times you wish
You could stop this coaster ride
But you know its a ride for a lifetime
And somehow you must find the control.

Alison Smith

Rune Ritual

Forever within the land of time
Dwells the minds to be led
Deep within the mind of one
Grows the strength to lead.

I am the leader of your life
The treasurer of your soul
Speak not the words of long time lost
Live only the life of dreams

The rituals of time are reaching over
The people of this world teaching
And reaching out to us all
Strengthening the endeavour and life.

No one knows the time is now
Only those deep in dreams
Reach out and breathe the air of time
And forever be thy dream.

While the time of strength is now
The time of dream is long
Take heed of all that rests in you
Endeavour to reach your dreams.

Alison Smith

Safe Without The Key

Bury Hide Escape

Bury the hurt deep inside
Hide your reality away
Escape to your fantasy

Brutal Refutal Fatal

Brutal the words you use
Refutal may cause abuse
Fatal the time with you

Moral Compass Time

Moral I cannot be
Compass tell me the way
Time to start a new day.

Rearrange Change Replace

Rearrange how things are stored
Change that which has stalled
Replace pain with joy

Recycle Revamp Redo

Recycle all that is working
Revamp for the newer you
Redo the failures as winners

Enjoy Employ Deploy

Enjoy your many changes
Employ all the new ideas
Deploy the actions are ready

One step at a time
Using one emotion at a time
Slowly will be the climb
Eventually you see the top

Sweet the sound of your voice
Echoing in my mind
Deep within the dungeon
Safe without the key.

Alison Smith

Secret Affliction, The

The economy can have it
Animals have it
Humans have it to

A bird when depressed
Plucks out its plumes
The economy calls it a recession
Woe the doom and gloom

So why when a human
Becomes all depressed
Do we run and hide away
Pretend its not there

Don't know what to do
Its worse than the flu
Want to lay in bed
Oh what dread

You can take medication
A temporary solution is all
Can talk to a shrink
Tell them what you think
But in the end its all upto you

Its all in my head
This affliction of dread.

Alison Smith

Senses Are All Mixed Up

Treading on hot coal again
Astonishing how it feels
Sensing my immortality
Testing my depth of pain
Enjoying how I feel

Seaching for the reasons why
My mind spins round and round
Ending now so abruptly
Leaving me plummeting down
Landing like a jelly flopping to and fro

Trying to create a reality
Out of a dream or two
Usually I stay behind the door
Confined within my mind
Hoping no one can see

Suppose this world stopped spinning
Order would fall apart
Useless to worry really
Nothing to be done if it does
Do you really care anyway?

Senses are all mixed up
Ignore them if you can
Greater the mind beneath them
Hear me, smell me, touch me
Taste me, SEE ME.

Alison Smith

Serenity

There is a place we seek
Where our hearts are at peace
it is our safe haven
Where no harm can befall us.

We can dream of our place
Become calm and free
Deep within this image
Of serenity

Follow the flowing river
Till it becomes a lake
Here besides its banks
You will find your serenity.

To withdraw from the hustle bustle
No crowds to push you to and fro
This is where you must head
To be in serenity.

Alison Smith

She Had Begun To Feel A Strength

The crossroads have loomed up and hit her
Her confusion has become immense
She knows not which way to turn
Its as though her ability to decide has been taken away.

All her old terrors have returned
She feels them attacking her
The childhood filled with nightmares
Her loneliness as a teen
Her hopelessness rears its head
The death of her first born
Her entrapment is there again

They rush at her
Pulling her too and fro
How can she move from here
Can she again escape her pain?

She had begun to feel a strength
A smile had lived on her face
She had felt he inner powers swell
She had even made friends.

Could that all be gone again
Was she to be again chained in her cell
Tears flow down her face
All she wanted was to be FREE

She knows not what to do now
All paths seem to be lost
Her desire is crushed
She cries out... 'I don’t know who is me'

Alison Smith

She Just Weaps

She was here to shine a light
To find a path for many
But she has failed in her task
And now her light has dimmed.

So many people she should help
But she has become too weak
Nothing she tries strengthens her
She just weeps for her mistakes.

Alison Smith

She Tossed And Turned

She tossed and turned
Her mind in turmoil
What was she to do?
She had not the ability to see.

Torn between the meeting
And what she would never see
Bound to her convictions
But will to stand aside

She wanted time with this man
But knew it was not forever
She had to stay above... aloof
She must not entirely give of herself.

He needed someone forever
And that could never be
How would she deal with the time
When he followed his destined path.

Should she back away now
Before the pain stabbed deep
Or wait until the time
Her exposed heart was destroyed.

I have a message for you
Are you willing to listen
Has too much time passed
Can you accept you have more to learn

Expressions are there for you to see
Open your body and soul
Enjoy the realization that you are not alone.....

Alison Smith

She's A Fool

She's a Fool
She can't keep her cool,
Fights all the wrong battles
Gets all the wrong scars

To bed she goes
To bend his toes
She is carefree
A common layabout

Try as she may
No happiness comes when you act this way
She'll only find gutters in hell

Should have died when she was born
Can't change that now
God knows she has tried.

She had a certain life
With all the cosy endings
She let it slip away
So she could test the bedding

To call her names would be quite vulgar
She doesn't deserve to be heard at all.
She's a fool.

Alison Smith

Shit

Substantial regrets of mankind
Healed by the acceptance of all
Induced by our own failings
Tormented in our dreams

Alison Smith

Something Precious Lost Too Soon

Is not a tale that is easily remembered
Nor a tale that should be
How she lost her virginity
To a man she thought she had befriended

Each day as she walked to and from work
He'd lean from his balcony and say “hi”
She led a very lonely existence
And was encouraged by his words

One day he asked her to visit him
Just to talk and get to know each other
She felt so special and wanted then
And happily agreed to enter

How could she know
That talk wasn't on the agenda
Instead he took advantage of her naivety
And bedded her unceremoniously

She was just fourteen her world shattered
He was in his thirties, for him it didn't matter
He had achieved all he desired
The stain on the bed the bonus

No wonder now she makes no friends
Is wary of any approaches
Would you ever after such a start?
How can they ever be trusted?

Alison Smith

Spinning In Time

Spinning the wheel
Positioning the clay
Hands begin to play
Everything has a form
What will I make today

Round and round the potters wheel goes
The artist moulds her design
With each item her talent is shown
A bowl a plate or a cup can be seen

Round and round the lathe rotates
Transforming the wood so plain
The shape grows
Soon we have beautiful symetry
How the wood has changed.

Spin the lathe and turn this wood
The marvel of the artist at work
Take a piece of wood that looks so plain
And produce a piece of pure pleasure

Spinning round and round noises in my ears
cant stand and greet the world
Time is passing by.

Life life spinning and turning
Taking time from them all
Noise noise there is so much noise
Crazy you feel all the time..

(* dedicated to 2 wonderful people... my sister the potter and my father who suffers from Meniers... the lathe hides the noise*)
written January 2007

Alison Smith

Spiritual Union

Minds attached within the glow
Souls united by their desires
Bodies screaming to be as one

As the bodies unite
The souls soar above
The sparks of the union light the sky

Can this union answer their plea
Or is the reality only a minor part
Can the spiritual union excel.

Alison Smith

St. Patricks Day

Sold into slavery he saw the way
And returned to teach and pray
In christianity he saw the light
Now to teach the Pagans whats right
Today he is their saint

Pagans ruled the land until he came
And now we celebrate with joy and dance
Today is the time to wear the green
Revel in the joy of being free
In every pub throughout the world
Come lift a glass for an Irish Saint
Kick up your heals and do a jig
Shamrocks worn for trinity

Dont be afriad to let out a cheer
And make a toast inte chugat
Yes and Dia is Muire duit

Happy Saint Patrick's Day to one and all...

Alison Smith

Stepping Out

I've stepped out from my safe haven
I'm accepting the buffeting of mankind
With each step I know Im growing
The seeds of doubt are falling on barren ground

Its hard for someone who seeks solitude
To force communication and crowds
Some days I'd rather be inside my home
Even though I enjoy the adrenalin flow.

Down the time line we must pass
Shedding and collecting as we go
How far must we travel before the journey is done?

Alison Smith

Storm

As all recovered from the lodge
A wind and rain arrived
Trying to move the camp away
Maybe chaos was yet
To take an upper hand.

Then through the wind the teamwork started
An order was being restored
We held the walls and quelled the storm
And chaos ran from the scene.

Alison Smith

Swedish Massage

The connotation of a name
Guess no one could take blame
For what you think when you see it
A massage must be OH so special
To gain the name of Swedish...

But its all in the name you see
Invented by a Swedish man..
So simple yet we all thought different
Didn't we...

To make things even more complicated
The terms that are used are French
And the basics came from the Chinese
So a name is not as it seems...

Now learning this tecnique is quite simple
The basics for all the other types.
First you start with a light effleurage
Thats to apply the oil

The a stronger effleurage to warm up
Now well do a some petrissage
Now thats really kneading
Then its time to do some work

Frictions are next they are the ones to
Unknot the muscles and send your circluation
Flowing like it should
Feeling relaxed now?

Tapotement next that gets things moving
A little like a karate chop,
or maybe I'll use my fists, gently though....
No need to send you muscles into overdrive

Then effluerage to calm it down...
Sometimes your asleep by now...
Taking bookings
Just give me a call

Alison Smith

Tache

Wicked little eyes
Considered the path of attack
Always keen for a game
She pounces when the time is right

Stalking and biting
She practices her art
Jumping and leaping about
She is still very young

Tache is the imp I mean
A black and white kitten from where ever
She even now tries to distract
Pawing at my pen

Sitting on my chest
The purrs of contentment
Rattle her very fibre
Sleep now my temptress.

Alison Smith

Take Flight

With his fire breath prepared
The dragon took flight
Ready to fight for freedom
Prepared to protect the word
Awoken by the awakening

Alison Smith

Taste This Joy

Can you feel my heart
Beating hard within my chest
Can you feel me tremble
As you touch me tenderly
Will you taste my joy
When all is done
For tonight we will enjoy
And taste this pleasure.

Alison Smith

Tears Just Make Me Feel Worse

You want to help me
But there is nothing to help the fretting
'God forbid you admit it'
I just call it 'broken'

There is no fast glue
To put your world together
No matter how hard you try
Sometimes you dont know why
Fears are back in your head

Depression its a regression
Attacks active minds it seems
You sit in a corner
And hope no one sees

Stand tall and smile
While your dead inside
It eats away your esteem
“You all know what I mean”

Show them all
Stand tall
Your ONLY depressed it seems.

Alison Smith

Temptation Plays Many Roles

Throughout the evolutions
True guidance has been given
Showing openness to face the evils
Emotions are mirrors of the others soul.
Standing against all the battles
Steadfast to reach the goal.

We are but prisoners to basic desires
Our bodies aroused by thought alone
Soaring and reaching greater heights
Temptations beyond the pleasure dome
Knowledge that only through this union
Can be found the newer paths
Seeking the greater transformation

Alison Smith

Thank You

I extend to you my love
The only way I know to express myself
These lines are for you.

The extension of love and guidance
Enwrapped the battered soul
The words were heard and acted upon
Safely within their arms.

A resolve was formulated
A path was found
Never forget true love is around
The chrysalis has split
The butterfly has emerged.

If given the time to dry
The evolution can continue
Thank you for giving
Please take my love with you.

You heard my call for help
You helped me back from the realm
Please grow from your outreaching.

My path is now within reach
My determination is stronger
Accept my love to help you.

Guide and you too shall be guided.

Alison Smith

The Force To Reconcile

Hello my darlings
Its time we sat for a chat
Its been such a long time
Since I looked at you
Why how you shine!

You took with you so much of me
When you walked away
I have lived, though barely
All I wanted was to share
But you went away

You may not wish to explain
Why you could not stay
Or why you took part of me
When you went away
Everyday I wish you stayed.

This year I took a deeper look
At what you mean to me
And now I am ready to receive
What you took from me
Thank you for holding it for me

Well my darlings its time I went
But never will we be strangers
For you are always part of me
And I will show you both
That we are the force to reconcile.

Alison Smith

The Game

Cheery on the outside
How does he maintain the grin
Inside lies another
Pained and ready to give in

Risk was not his fortune
Inspiration came from within
So disorganised his thoughts and life
Know he prays for some structure

Forever he must continue the game
The charade must be believable
He cant rely on what he feels
Freedom cannot be his

But two can play at the game
Maybe the rules are to be broken
Can the pheonix rise above the chaos
Can he yield to love around

Break the cycle of the game
Take a different path
Dont follow the road of convention
Feel the love that you will gain.

Play the game
But use your rules not theirs.

Alison Smith

The Inner Desire Is To Know

The Inner desire what is it?
It’s the craving to love and be loved
It’s the abandonment of all restraints
A time when your whole only with another.

Deep within your soul
A place awaits for a union
Where like minds can reside
Where trust has no bounds.

The inner desire is to know
That you are only half
And that another must complete the link
Where no doubt will ever enter.

Bodies can unite, but there is only hollowness
But when the inner desire is fulfilled
Then the hollowness goes too
To achieve this is true completeness,

Who will complete the goddess?
Can there be found an equal?
The combining will be long
But well worth the battle

Alison Smith

The Jailer's Key

The ring she wore about her finger
Was but a jailers key
For it bound her to a life of misery
The day she placed it there.

Her freedom taken away
She became the slave
No longer allowed her own thoughts.
To him she must obey

To remove the ring would take great courage
To stand alone but free
But what a life would she have
Without the jailers key.

Life and love are but carrots
Held afar on a stick
Tempting those who dare to dream
To accept the jailers key.

Alison Smith

This Verse Is For The Enlightened

This verse is for the enlightened
Its full of joy and mirth
It carries not a word of woe
Just tales of jolly green men

Deep in the forest of time
There came the jolly green man
He came to warn of the destruction
Instead he stayed to enjoy redemption

How can I ever write about fun
When all about me is depressed
This one wants a path to success
This one relief from the pain

How could the jolly green man
Ever expect to be heard
When only self centered live here
Too tied up in themselves

No wonder you dont ever see them
With the world as it has become
No time to see the sunset
Concerns aren't even of life.

Written 6th October 1998

Alison Smith

Through This One Union

She stood before him defiant
He came to her his body aflame
His desire evident in his pose
Their union would ignite a world.

Her body showed nothing of her battle
She wanted no more than to soar
Along this road of discovery
She would glisten in the afterglow.

As the powers collided
A spiral of disturbance was felt
Within this eddy of emotion
Two bodies where united as one.

Their epic battle would last an eternity
As their minds tested the theories
New stars would appear
The discoveries where immense

Can you feel the change around you
The new time of evolution is here
Through this one union
Has the glory of change occurred.

Alison Smith

Tides Of Change

Life has had its ups and downs
Sometimes you think you cant last the rounds
But there is always the moon above
To make you see the love

Change is always there to surprise
Not sure when it will arise
Take this change and make it happen
Don’t be left slacken’

With each experience and each day
You must find time to play
Now the change will erase the past
Look forward to something that will last.

Tides ebb and flow
And with each tide you will grow
Are you ready to face the tide
Hope aboard and enjoy the ride.

Alison Smith

Time Has Come

Time has come they arise from the depths
The two legged beings are done
They have wasted what was given them
Its time we showed them how.

We have quietly watched as they tried
To make something of the land
But greed and complacency have taken the upper hand.
They seek only what will please them now.

We will not forsake them as they drown
In their own mistakes.
But the choices that now we must make
Can only come through replacement.

We gave them time to recognize
All the mistakes they made.
But still they waste the precious earth
And seek only to decimate.

There are a few we will leave alone
Those who quietly contemplate
Who use the earth for what it is
And not try to change it.

But for those who cant even
Live with each other
Who draw their weapons
And destroy their neighbor
They we will replace….

For time has come
To heal this land
To make it whole again
Time has come to make amends.

Alison Smith

To

To reach..... for an answer
To touch..... and know your real
To feel..... the inner passion
To want..... to make it happen
To care..... how you find me
To see..... a dream awoken

Alison Smith

To A Friend I Give A Gift

She gave him a path
To achieve his goal
She couldn't walk that path
Just show him the way.

His dreams and his future
Lay waiting for this decision
She could only make sure
He was armed for the fight.

I have chosen you as a friend
Though sometimes I wish it could be more
But still I will help you
With everything that I have

All this I give to you quite freely
Though many will call me mad
I wish only to see you free again
To see completeness in your life

To once again have your family
To hold your children, to laugh
That is all I wish from this
That is why our paths have met.

Alison Smith

To Destroy Is All She Knows

She was given the opportunity
To have the close friends she desired
But again she will destroy it
What is this fear of Friendship?

Throughout her life
She has been hurt by friends
Now she is afraid to receive
Now she runs before the hurt can occur

She is stronger now
Maybe she can stand alone
No one must see her tears
Friends she must view from afar

She knows her actions
Have destroyed his friendship
But that has to be done
He must be free.

Alison Smith

To Drift Among The Clouds

To drift among the clouds
Meeting fellow travellers
Discussing the choices in life
Laughing at what fun they will have.

Will they travel back to earth
Surrounded by friends
Leaving their mark upon the land
Hail crashing to the ground

Maybe they will float back
Sensing the quiet as they fall
Upon the nose of the excited child
As quiet as snow

Will they refresh the river
Or fall into the ocean
Quench the dried field
Or make music where they land

Maybe they will unite
Like in a storm
With much thunder and lightning
Damaging the world to be free

The raindropp dreamt
Of how great his life would be...

Alison Smith

Today You took My Will

Joy and despair surround me.
What shall I see today?
What emotions will surround me?
Only you hold the key.

Today I felt like we should be one.
But then you stepped away.
I never know which way you'll turn
Your moods confuse me.

I thought we could be close.
We share both joy and despair.
But today you closed that door.
Today you walked away.

The pain you must be feeling.
Why cant I share with you?
I thought our souls were one.
But you took that all away.

What can I fill this emptiness with?
How can I function at all?
You take my will, when you go away.
You leave just a shell.

I may not be here tomorrow.
Again my worthlessness comes through.
Today you took my will.
There is nothing left of me.

Alison Smith

Trapped

Caught between yesterday and tomorrow
Afraid to go forward
Wish I could go back
I feel so trapped

Have you planned for tomorrow
And then found you cant get there
Wished you hadn’t abandoned yesterday
For now you are floating between

Made the decision to change
Threw out all the things that chained you
Then found you cant walk the path
Cant face that change

A today that holds no hope
A fear of the tomorrow you have created
What a trap I have made
How can I get away?

Alison Smith

Travel

Rising ever upward
Wings pushing hard
We fly once more
Pushing to reach the stars

Soaring above the mountains
Feeling the freedom
Screaming out in delight
Overwelming the night sounds

We rise above our problems
We move with freedom
Unrestained by reallife
We soar around the world

It may be the only time
We cannot unite the world
For others are earthbound
And cannot meet in this realm

Alison Smith

Two For Christmas

Kids all grown and have their own thing
Family too far away...
Just two for Christmas this year
Never been just two

No need for trees and shiny things
Or all the presents and food
Just two for Christmas this year
Never been just two

Quietly to bed on Christmas eve
Wont feed the reindeer this year
Just two for Christmas this year
Never been just two

Strange to wake on Christmas Day
No laughing kids to watch
Just two for Christmas this year
Never been just us two.

Alison Smith

Two Have Become One

The bodies entwined
Glistening from the play
Nerve endings pulsing
The preparation had been made

They united within the glow
Bodies moving in rhythm
Playing the dance of need
Movements growing stronger

Giddy within, the flow begins
Touching generates sparks
The bodies writhe
They moan for completion

Deeper and deeper they go
Hips rising to push harder
And then in a moment
Two have become one.

Alison Smith

Two Lost Beings On Earth

Two lost beings on earth
Looking for someone to love
Send their souls into the nether
Hoping to find their match

A soul drifting in the nether
Reaches out to passing souls
Touches a soul that feels right
The two lost beings souls meld

Can soul and being combine
What must be done to unite
Can the matching of souls be
Duplicated in the beings.

The hearts of the beings beat faster
The minds of each reach out
Their dreams are united
Will joy or sadness complete

Is the path to unification clear
Or is there still a lot to construct
Can these beings follow their souls
Down the road to their meeting

What is the result of this union
Will they be forever apart
Does the timeline see them together
Or will they be forever seeking to be one.

Alison Smith

Two Worlds

Had to create two worlds to survive.
One that I just live
The other I am me
Separated for my sanity

The main world
I am the prisoner
Cant express or be me
Contolled and hurt
I am dead inside.

The other world
I am the goddess
Strength to fight
I can soar above
Show my try colours
I am the dragon.

Should they be combined
They are like oil and water
Collisions are earth shaking
Not sure if I would survive.

Alison Smith

Union Has Begun

As if guided by some rule
The hearts begin to pound
Feelings of dreams to be fulfilled
Drive the bodies together.

A touch
A kiss
A loving embrace
Tenderness and energy abound

Wonder and joy from the touch
Passion abounds from the kiss
No longer a dream of lust
Now more a tender lover

Bodies ablaze from within
Focus on what you need
Feel the emotion and the energy
As passion and ecstasy abound

Energy and excitement from the lovers embrace
Dreams fulfilled
Magical expressions grow
The union has begun.

Alison Smith

US

Why should our union work?
How can our two lives come together?
What commitment must we make?
Can it really be?

He has such a long life to live.
She has lived almost all of them.
Can this union work?
Can they make a life from this?

He is tormented by his past.
She has nightmares that wont go away.
Is this the foundation of love?
Or just two souls seeking strength.

They both live in solitude.
Afraid to speak or mix.
Would they be right to unite?
Or is their relationship a dream.

They both want the best for each other.
They both cant live without the other.
Their minds and souls are one.
And yet they are so far apart.

What is US?

Is US just a cyber thing?
Can US ever be real life?
Her heart hopes that it can be.

Alison Smith

Valentines Day

Visions of passion and love
Announcements to who you hold dear
Love shown in many a way
Emotions revealed through a gift
New starts or refreshing old
Time to express how you feel
Its to tell your special one
Now your feelings are clear
Escape from your confines
Special you must make this day

Declare your love
Announce to all
Yes for today is Valentines Day

Alison Smith

Was This A Huge Mistake

Had she made a huge mistake?
Giving him her number
She really didn't know him
Was she placing herself at harms door?

She so wanted someone who cared
Someone who would hold her
And give her the love she craved
But was this the right way to do this?

All the warning bells clanged
But she refused to heed them
She needed him so much
Somehow this had to be right

It was as though she was young again
At last getting her chance
But there was always that danger
That he could turn into something bad

Why had she taken this action
Please say she hasn't gone mad
To want something so badly
That she would give him her number.

Alison Smith

Weather

Horrible Weather
Staying in bed weather
Cuddling up close weather
Ignoring the world weather

Warm Weather
Go for swim weather
Take a walk weather
Picnic weather

Alison Smith

Wedding Anniversary

Today marks an anniversary
Of two souls deciding to travel life as one
Today we celebrate the day we said “I do”
When we pledged our lifetime companionship

Not sure what term is for murder now
But we have been married for such a term
And we haven't asked for parole
Maybe its laziness or are we still a whole

We have been a bigger unit
When there were two other life forces
Joining with us for a time
We have done our job and they have gone

Today is our wedding anniversary
Its been twenty eight years
Sometimes it feels like yesterday
My father gave me to you

Will I feel like this in ten years time
I am sure I will for today
Was like the first time I decided
To join my soul with yours.

Alison Smith

Wet Season Has Come

At last the rain drenches the dusty land
Turning this parched land into a lake of dreams
Again the great rivers flow
Soon green will replace the brown

Though the drenching was a little fast
The rivers burst through the sides
Floods now replace the dry landscape
Now the land is drowned

Extremes are but a part of this land down under
For many years the land stressed from lack of rain
Now an overabundance falls in a day
Nature can be cruel in so many ways.

But still in the winter we can have some fun
For this year at least the snows have come.
Again we will enjoy the cold
Huddle close about the fire

For again the wet season has come
And the brown lands will again be green
Children will again feel the drops
And play in the puddles with glee.

Alison Smith

What Do They See?

One step forward ten steps back
Never seeming able to escape
Deep within burns a desire to be free

How do you grasp and hold
Help when its offered to you
When you find taking help so hard

Its hard to understand
Why anyone would help
What do they see?

If only it could be
Ten steps forward and
One step back
Then things could change.

Alison Smith

What Is Us?

Is US just a cyber thing?
Can US ever be real life?
Her heart hopes that it can be.

Alison Smith

What's Coming?

Brain spinning
Heart aching
Hands shaking
What's wrong with me?

Life changing
Colours fading
Skin sagging
I'm aging it seems!

Still wanting
I'm not faking
What's coming?
Its all meant to be.....

Written January 2007

Alison Smith

When Did We Evolve

What is it about we humans?
That so many of us are alone
That we seek to form a partnership
And will go any where to do so.

How is it we can communicate
Those feelings of love that we share
Over the ether to others
When did we evolve to this stage?

Once man built a relationship
By courting with gifts, flowers and Touch.
When did we evolve to were
Word can replace this and more?

Once we needed to be touched to make love
Now words can make our bodies quiver
Now we seem to enjoy it all with words on a screen
Will we soon create a new life this way too?

Has the 'I Robot' already occurred?
And if so how long has it been so?
Are our emotions so destroyed
That we can create a relationship with word?

Alison Smith

Where is My Crystal Ball?

Need to dig out the crystal ball
Need to find out what is install
Where is my ball I don’t recall
Maybe its down the hall.

Wouldn’t it be nice to see whats next
To be able to prepare for the future
Be able to save the friend that is lost
Before they take the wrong path

Wouldn’t it nice to be able to say
Don’t go that way
Instead come and play
To see tomorrow today

Going to loose a friend
Wish I had that crystal ball
Too late he has been lost on his path
Wish I could have seen it coming

Where is my crystal ball?
Why is the future so black?
Come sit with me lets do your cards
Maybe we can save you yet.

Alison Smith

Who Has The Answer

Expressions of feelings are hard to show
We are afraid to show how we really feel
We don’t want our lives displayed for all to see
For then we will be venerable

Males don’t want to be seen to cry
So how do they express loss
By becoming defiant but its just a veneer
For below the surface the sorrow grows
Until violence seems their only path.

A female can show here feelings
But she to would rather hid behind a charade
Letting her feelings destroy her
Until one day she ceases to be

What is the answer to showing our emotions?
How can we show how we feel?
Without seeming to destroy who we are
The answer is still to be told.

Alison Smith

Who Would A Mother Be?

She treated them with an open mind,
She has endeavoured to give them a sense of individuality.
Sometimes she wonders why she even tried.
Who would a mother be?

Her mother toiled and strived
To raise five strapping children.
And now as she reaches her quiet years,
She wonders why!
Why she has been a mother?

You spend your time being bus driver,
Psychiatrist and Gourmet Cook.
Trying to balance a love of a man
With a love that comes of mother.
Who would a mother be?

Alison Smith

Why

Why do we seek these unions
When we know how much it hurts
How can we place ourselves at risk
Terror and pain are the main results

We have seen joy and love
We seek it for ourselves
But it lies forever just beyond our grasp
So why do we seek it so

Many will find happiness
Uncertainty will hold some back
Many have learnt the lesson
That a crowd flocks around the injured.

Alison Smith

Why Are They So Blind?

Why are they so blind?
That they cant see the pain
That they help no one
Specially themselves with this stupidity
Dont know what this mentality is to cheat
Well we all know who are the real poets.

What is there to gain?
Give a rate of ONE
Nothing at all you see.
Because this art is not about the win
This is about expression and achievement
So why bolster your hits
Attack the other poets
You are the only fool in this.

Why are they so blind?
All they do is force the real poets away
Then what is it all about.
Take a look at what you are
Look within your soul
Is this attack on others worth the darkness
Why are you so blind?

Alison Smith

Why Bullets and Bombs?

Brutal taking of life
Understanding cant come from this
Look at the pain
Let the leaders stand and face
Each time troops deployed
There will be no happy end
Something new needs to be tried

Blow up that not understood
Orders just acted on
Maybe we need to say... STOP
Bullets and bombs are not the way
Surley we dont listen to so few

You would think by now
We would have learnt that its wrong
That Bullets and Bombs dont work
Why then bullets and bombs?

Alison Smith

Why Do I Seek You?

Could look for so many things
And yet I seek you...
Could hold so many things
And yet I dropp them....
Could dream so many dreams
And yet a cry in nightmare....
Could be so many things
And yet I let them pass by....
Could know so many things
And yet I choose to forget....

Why do I seek
What can do me no good
Why am I thinking
What cannot come to pass
Why are you looking
What can you see

Why do I seek you
Because you dont see the fool...

Alison Smith

Why Do I Try?

Why do I try?
He's just another guy
Time does not matter
Doesn't care if I get fatter
Been in this so long
I think its got the gong
Time I led my life
Forget all this strife
Not looking for a relationship
Just need some friendship
Love I dont need
It's worse than greed
It's just another gate
I'll close before my fate.

Alison Smith

Why do you show me this face?

Why do you show me this face?
With dark circles about sunken eyes
Eyes that have ceased to sparkle
Eyes that have seen too much

Why do you show me this face?
With skin that no longer glows
Worn and lined no laughter lines
Playing around the lips

Why do you show me this face?
It only brings me to tears
It could have been a beautiful face
Now it shows its years

Why oh why mirror do you do this?
I clean you every day
So why do you show me this face
Surely its not the real me.

Alison Smith

Why do you yell?

Why do you yell at me?
Why is it your way?
I try to tell you how I am
But it always ends with you yelling.

Does it make you feel in charge?
Does it make you feel better?
Do you mean all you say?
When you yell at me.

I know my actions frustrate you.
I know you are under pressure
But is it right that I must hear
You yell at me all the time.

Alison Smith

Why Does A Poet Write?

What drives you to put pen to paper?
Is it a desire to be famous?
Do you want to change the world?
Have you got a story to tell?

Or is it more personal?
Do you feel you have drawn the short straw?
That life is so unfair
To make you have to live this way....

Are you suicidal?
Prone to dispair
Caught in a landslide
And you cant escape the ride...

Then thats why your a poet
So you can analyse
Put down in words what you feel
Some choose a paintbrush
You choose a pen.

Why does a poet write
Because they can.....

Written January 2007

Alison Smith

Why Must We Be Here?

Hello everybody?
How are you today?
What a stupid question to ask
We all know the reply
“Fine thanks and you? ”
To which there will be no reply

What funny animals we humans are
We do so much from instinct
And YET
We attempt to hide our feelings
And suppress our desires
So many live on a knife edge
Why did we develop this brain?

Many live life day to day
Some search for the impossible
Some search for the found
Some sit on the fence and ponder
Their minds alert and aware
“How do I live in this land of humans? ”

They see their feeble attempts
It drives them nmad
They need a place where they can live
To enjoy what they know is there.

Alison Smith

Why Write A Poem?

When you put your words on paper
Are you writing a poem or just data
Do you consider that someone is reading
Exposing your heart as it is bleeding

When you put the words down
Are you aware that they make us frown
Is a few lines even a stanza of verse
Or just a query perverse

Why write a poem at all
When your words just fall
Off the page in a rush
Without causing us to hush.

So many words used
Think poetry is abused
Blog if you must
Dont use our trust

Why write a poem
If all you want is
To vent a feeling in
A few words or many.

Oh thats right
Thats why you write a poem...

Alison Smith

Wind Of Prediction

As the trees play in the breeze
Do you wonder what it may mean.
Does the wind coming from a certain direction
Mean something we should heed.

North wind blows cold and dry
Originating from the elements of earth
Read as the wind of death, colour black
Time to abondon issues no longer needed
Heed the news from the North.

West wind blows moist and fertile
Elements of water, coloured blue
Soothing, sensitive and healing.
Touch the cleansing power of the West.

South wind blows hot and dry
Of element fire, colour red
Usethe initiative and passion
To boost the ideals
Haste to feel the southern breeze.

East wind blows from the orient light
Assaulting with cold dry feel
Symbol of air, coloured white
Trust new starts from the East.

North South East and West
Thus the world changes
From whence it blows
That is what it will show
Predictions blown around.

Alison Smith

Winter In Summer

Hear the thunder echoing about
A sky with a green hue
The sign of hail on the way
Lighting giving a great show
Like a fireworks display.

And in the morning
Where once the plants
Were dying from the heat
Now covered with a blanket of white.
Which many have never seen.

During the night
While most slept
Winter had stolen the Summer
And left a winter scene.

Nearly forget the devastation
With such a wonderous scene
The day in Summer
When the land down under
Woke to a Winter scene.

(* Feb 28th.... Canberra Australia's capital... was turned into winter *)

Alison Smith

Wish Upon A Star

Wisdom to see the difference
Insight to know when to ask
Selflessness to ask for all not one
Hope that all comes to those who care

Using the strength of your dreams
Pondering the power of a thought
Opening the doors to belief
Nurturing the love of your life

Always look to your heart

Stirring the joy of the time
Trusting the hope of us all
Answering the call from afar
Rejoicing in the result

I wish you all your greatest wishes come true....

Alison Smith

Working

Waking before the sun starts its day
So I can catch a train cant be a delay
Breakfast is a on the run
Maybe I'll be losing weight, what fun

First in the door, turn on lights and computer
Now the kettle, a cuppa comes after.
Check all the emails that have come in over night
Nearly forgot to turn off divert, that's right

Phone starts to ring
Cant hear the birds sing
Time flashes by
No time to cry

Day almost done
Now comes the fun
Got to go catch the train
Damm I think its started to rain.

Home again in the dark
This is no lark
Is this the only way
To get more time to play?

Alison Smith

World Of Warcraft

Wisdom has its failings
Order is sometimes a farce
Ritual can be hard to feel
Longing is there to control
Desire to have it all

Open the channel
Feel the love

Wander the path
Achieve the goal
Recite the word
Call the move
Reveal the prize
Alter the present
Face the beginnings
Taste the joy.

Alison Smith

Worlds Come Together

Built two worlds with a rope bridge between them
One world was for family - one was to enjoy
Reached a point made a plan to keep them apart
Now the ropes broken and they have collided.

Rebuilt my life with two branches
One was for survival
One was to expand me
Found my life moved on them
They grew evenly
Opened a path between
Power was supposed to flow there

Worlds coming together
Aware of my fraility
Resistance, pain, confusion
Not sure whether I know my path
Inside runs the turmoil
Not sure how to continue
Going to have to dream now

Alison Smith

You Are

You are worth more than the valuable
You are only alone in your own mindset
You are found because you have loved ones
You are the call that will be heard
You are special because of your torments...
You are seen by the special few...
You are death and life as one....

You are you...

Written December 2006

Alison Smith

You Must First Face Friendship

To seek independence we need security
We need to have both physical and
Mental strength to push past the barriers.
How is that achieved?

Can a soul that has been shattered
Become whole and healthy again?
Can a body that is broken
Be made strong again?

You call yourself friends
But do you really know
What may be required by you
Could you give all you have for friendship?

To seek to make a union
To find the mate you want
You must first face a friendship
And know that it will last.

Alison Smith

You Never Know

Life has so many secrets yet to tell
Just when you thought it had told you all
It hands you something new
Sometimes it can bowl you over.

Time can always heal most things
But what of the pain, it keeps echoing
How can life be so cruel?
How do we deal with each onslaught?

Strength to deal with a new challenge
How many times can we find that strength?
Will there be a time we cant find it?
What then?

You never know when a new secret will be revealed.
Are you ready?
Will you have the strength this time?
Can you lean on me?

(* for a friend facing a loosing battle *)

Alison Smith

You Say

You say he loves me unconditionally
Then how could he hurt me so
You say we are a great couple
Then why do I shy away from him
You say great things about us
Then why cant I see it too

You see much of this life I have
Then why do I need you
You say I have things great at home
Then why do I cuddle you
You talk with him and say he's great
Then why do I have so much fear

You see what he wants you to see
Then acts differently with me
You say you'll never come between us
Then call and say you miss me

You Say
Then why
You see
Then act

Alison Smith