

Poetry Series

Janice M Pickett
- poems -

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Janice M Pickett()

Born in England but raised in Africa, I finally settled in Australia in 1990. Poetry has been very much a part of my life since a child. I grew up in a Show Biz family writing music and Lyrics and many non-fiction first poem at age 8 won me an award and I was published in a local Paper as a result. Since then I have spent my life working in the Film and television Industry as a writer/Actor/producer/Director.

I am a philosopher and a spiritual person who believe in Thought energy controlling our lives.

I have a number of published books out there which include some poetry volumes, plus some movie scripts waiting to be produced.

thunder

Thunder, followed by the harsh adrenalin rush
As lightening illuminates the unsuspecting
fragments of shattered nerves.
The spinning feeling which sets the unbalanced pivot
crashing against a pounding brain.

Which was is up?
Which way is any way at all?
Nobody understands how the pain rips
Right into the innermost corners of a false reality
Touched by fear,
Set alike by a cruel twist of fate

Beaten by the never ending knowledge
That it will happen, over and over again
Craving a peace that never comes
An gentle breeze to caress an aching heart
The smell of the sea and the warm embrace
Of the sun as it beats down
with a promise of a better tomorrow

God knows the answers
Why is he so tough on those who do right by him?
Everything goes full circle
The world is round
Everything has good and bad
There is always an opposite
A positive and a negative
Dreams are always there to encourage us to aim
For their fulfillment

To realize them as our goals
To wake up looking for the rainbow after a storm
The fresh smell of the earth
Kissed by gentle raindrops during the night hours
Why does the whole pattern of life
therefore parch our souls like the dessert?
Why does it make us cry like frightened babies?
Where is fairness and kindness?

Where is the desire to achieve?

We have our support group. This that say they love us.

Those who say we are special.

Those who bring the joy we all need,
and could feel inside.

When the next storm comes

we are no better prepared for that first lightening strike.

No calmer in our fragmented hearts.

We will just sink deflated into our armor shield,
until the storm dies down again.

The pounding as the heart feels the emotions good and bad.

Which way will the next trauma go?

There are many paths to take.

But to walk away would bring yet another kind of pain.

To stay could destroy years of already lost life and love.

Which way to turn? Which way to run?

Do you ask for forgiveness? Even when you know you are not to blame.

Now the brain has joined the constant pounding of the heart.

Both are playing the same song of woe.

I do not know the answer. I do not know the question.

I do not know our fate

I only know

that this storm in my heart

is tearing me to shreds

Janice M Pickett

17th April

Charlene's face is shrinking again
but the poor dear is still in pain
Doc says once the swelling goes away
She will have a brighter day

They have a miniature
pure bred poodle who's sweet
she's so very small
But licks my feet (Yuk!)

When she sees me
at the door
she walks on her back feet
around the floor

Then she jumps on my lap
and wants to play
This routine happens every day

Granddaughter Mikayla
runs to hide
I have to cover the puppies eyes

Then once Mikayla yells 'OK'
Puppy goes searching
this is how they play

Puppy will look everywhere
It's so funny to watch
till she finds her there

She jumps right on her
and that's our play
every morning
every day

Janice M Pickett

50 Ways To Get Rid Of A Jerk

1...Well the most obviously one is to poison him.
But then you would end up in jail and that would
take away the freedom you so wanted

2...This ones a winner...works every time.
Whilst he is in the bath getting ready to go out
with the 'boys' (yeh Right!)
You rub iching powder and cayenne pepper into
his under pants..It works a treat. hehe.
He should be scratching for a week and
SHE should have a serious burn
that keeps her away from him for ever.

3...Change the locks on doors and windows.
When he tries to smash his way in, set the security
alarm off and have him arrested.
Tell them you never saw him before in your life.
Then give him a knowing wink as they cart him off.
Nothing makes them madder than that. Yeh!

4...Make him a wonderful as sexy as hell
Tell him you are ready for Lurve...
Handcuff him to the bed then cover him in honey.
Go fetch the bee hive you bought earlier and
shake it over him then leave the hive lying at
the bottom of the bed and get the flock our of there.

5...At some stage he should start getting the message that

you want him gone. If not try the following fool

proof methods.

6...Get your Mother to move in Man will that scare him!)

7...Get your grandmother to move in, (false teeth and all)

8...Get your new lover to move in (that should tell him he's not wanted)

9...Get his Mother to move in (If that doesn't drive him out nothing will)

10..Get his Boss to start dropping by for dinner(that'll scare the C out of him)

11...Well if he is still there after all that I'd be thinking about

taking a long vacation in the Bahamas leaving him with a houseful

of very strange people to cope with. By the time you get back

he should have fled the country himself

12...Let Immigration know he's a terrorist. Stop him getting back into

your country when he finally thinks it's safe to return.

13...Whilst he is overseas. Sell the house. Move at least 200 kilometers

away.

14... Change your name

15...Change your hair colour

16...Change your appearance

17...Send the kids into Foster care

18...Send them to another state also

19...Find a Latino Lover

20...- 50... Live happily ever after

Janice M Pickett

9th Day Of April

It's five on the morning
and I can't stop yawning
this cough is really annoying me
It started yesterday
what more can I say
My head aches and I feel
quite poorly

I guess it is the weather
and I'm hoping I feel better
within an hour
when the sun gets up
But for right now
I must look weird
hoping soon
my nose will clear
from the drips
I could fill a coffee cup

I am running out of tissues
there are also other issues
like itchy eyes
and a headache throbbing at my brain
This 9th day poem has to stop
In mouth panadol must pop
under blanket, I will snuggle up again.

ZZZZZzzzzzzzzzzzzzzzz

Janice M Pickett

A Faded Photograph

"OK Push now" she commanded
I obeyed.
Sweat pouring from my brow
the crying had a ricochet effect
A newborn baby
Engulfed by the sobbing of a relieved
and overly delighted Mother
Devotion grew
A new life a beautiful perfect child
generous and loving
so precious and so very loved
so filled with spirit
I almost knew he was too good
for this world
Caustic soda a killer
A lazy woman lacking in supervision
whose job it was to care for
my precious son
Me in hospital from a threatened miscarriage
A young Nurse ill informed
A tragedy
Now I love him as an angel
and I realize how much I have lost
for life will never be the same
without him
Through the years of tears
through the years of memories
and all that life has blessed me with since
I still hold precious
in my heart the vision of his little
perfect face
it is as vivid as if he was standing beside
me today
for it is found in my favorite possession
A Faded Photograph

Janice M Pickett

A Little Bit Country, A Little Bit Rock 'N' Roll

In all of us is a dual character
although born male or female
we have traits and characteristics
of both genders

As a woman I feel compassion
but within that compassion
is a masculine strength
ready to take on anything
that may hurt anyone I love

At times I may cry
letting sobs fall
heavy and unrestricted

At other times
nothing will bring a tear to my eye
as I hide behind the wall of
male ego

I am a little bit country
and
I am a little bit Rock 'N' Roll

I can swing it with the best
in any environment

If I had been born with testicals
I doubt I would be any different
than I am today

A balance of all that I believe in
without gender or preference
For I believe that either way
I am who I am
and that all I ever can be.

Janice M Pickett

A Lost World

In a world of harsh reality
When nothing matters anymore
I find it hard to remember
what dignity was for

I know that once there were manners
There were rules that kept us in check
I think that children learned from respect
I am sure in retrospect

We never saw sex and nudity
on the television
What happened to the standards of then?
Who made this bad decision?

Since all the values went out with the aged
I fear for the next generation
they flounder in an unstructured world
of sex and deprivation

Janice M Pickett

A Lovers Tale

If I lived in Australia and he in Singapore
We'd see each other once a year
hardly ever more

We'd own a ranch in Mexico
and a yacht in Waikiki
We'd use it on alternate trips
when we felt like living free

The phone bill would be quite maxed out
at cyber love we'd soar
we'd always be the best of friends
and never need to score

Our beds would never be the same
our fireplace share no flames
no room for all that rubbish
or playing silly games

The anticipation of communion
always in our minds
leads to so much passion
of a very different kind

So love the way I see it
could never end up stale
for when two loves never meet
they live to tell the tale

Janice M Pickett

A Pity Beyond All Telling Is Hid In The Heart Of Love. (Quote) Yeats

Love is a moment in time
its future unseen
its pleasure for the present
Love grows only when
the soil like a bed of roses
is tended and kept fertilised
continually with a gentle hand
Who knows if love new will become love old
The future changes rapidly
Each day brings something unexpected
Love is an unknown commodity
The future of love is indeed
beyond telling
Love is something to encompass
Enjoyed and explored for the moment
It cannot be planned nor tamed
It explodes from nowhere
lashing out its claws and grabbing
you when least expected
But it can let go just as fast
Slapping you in the face with a vicious blow
Love is Love
It is you
it is me
it is everyone
at some time or other
Is it now?
Only you know the answer!

Janice M Pickett

A Poetry Book

Strictly speaking
I am an entertainer
Strictly speaking
I'm a recluse

I'm talent hiding
in a chamber
staying hidden
not letting loose

Strictly speaking
I'm a preacher
Strictly speaking
I'm plain dumb

Always ready
with an answer
my advice
is rule of thumb

So speaking to you
in this manner
shows how
little I can act

Shows how little
I hide in me
Tells you one thing
that's a fact

I am confused
and I am vexing
over what I really am
Am i getting in
hot water
Am I really just a clam

I guess the answer
is within me

I should go
and take a look

For hidden in my
lost confusion
is a perfect
poetry Book

Janice M Pickett

A Rhyming Place

I've been thinking about a rhyming place I know
Where talent and poetry should flourish
But with sadness from the words that show
Most talent of this kind is not encouraged

For rage and pathetic rudeness
Have become the way of sharing
Out the window has gone words of kindness
No hearts that brim with caring.

No-one knows his fellow man
But each should dig deep inside
to try and be the type of person
who lives outside of pride.

What do they gain from fighting
What does it really do
But turn each one into an enemy
And limit the friends they knew.

I want to say to those sensitive souls
The ones who have joined the fight
Stand back for a moment and
See the futility of it all
Then withdraw
so you can sleep at night.

Janice M Pickett

A Second Chance

It's cancer the doctor just told him
He sat stunned as he heard the news
A feeling of unreality
Then a desire to hit the booze
A sensation of walking on air
Nothing to hold him down
Then anger fear and tears
Then laughing out loud like a clown
A silence and sudden acceptance
of what the Doc had just said
A weeping prayer for a miracle
A million thoughts now in his head
Then driven by a desire to keep living
A search for a healthy way out
He changes his habits driven to survive
He's fired of that there's no doubt
Then many years later when cured
he thanks the Lord each night
He's a better man with a second chance
this time to do it right

Janice M Pickett

A Secret Love

It's not the way that you say my name
Or the way that I
Play your game
Makes my temperature rise
With love in my eyes for you

Its not the soft gentle tone
When you utter that groan
That makes my heart
Thump so madly
Each time we meet

I see the love in your eyes
And it's no real surprise
That those looks that
you throw are just for me

So at the end of each day
As you walk right away
It gets harder to wish you goodbye

On the arm of another
Your wife, your lover
Whilst I must just
sit here and cry

Janice M Pickett

A Silvery Moon

Silvery Moon

Shining bright this perfect night
from your throne way up high
See that shooting star approach
with a letter he'll dropp by

The letter is to thank you
for my beautiful honeymoon
for without your magical moonlight
where could we have gone to spoon

Thank you for the golden rays
that touched his jet back hair
thank you for the way they reflected
my joy-filled tears there

Mr Moon I look at you
from way down here below
and smile with sincerest gratitude
That my letter is meant to show

For on one special moonbeam
was a baby child conceived
Beneath your silver glory
I found a love I could believe

And now showered in your moonlight
My baby child is born
and I want to thank you one more time
before the arrival of the dawn

Janice M Pickett

A Special Day

When life is treating us
with energies which
are creating
distress

Shut down your mind
go into meditation
and allow your
body to relax

For with each trial
is a chance to create change
Grow and expand your horizon

Make every day a special day

Janice M Pickett

A Spiders Lament

Insey Winsey Spider went
climbing down the spout
He'd had enough of climbing up
all he wanted now was out

His web was very sticky
And his legs were very long
And although his body was tiny
he knew something was wrong

For coming up towards him was a
thing he'd never seen
It was shiny with a great big head
It's body was all green

It had a tongue which half stuck out
Of a mouth which seemed to smile
A croaking noise that said simply
I'll eat you in a while

The spider had no option
but to turn and go back up
So up the spout he hurried
until he reached the top

So when you hear the nursery Rhyme
Of the spider up the spout
Think about that hungry frog
That won't let the spider out

Janice M Pickett

A Terrible Pain (For The Sad Mother)

Your Pain is really showing
I have felt it in my heart
I have something good to tell you
although we're worlds apart
Please listen to this message
I know my words are true
Here they are so read them
they are especially for you

Strength comes from within you
Happiness is your right
you do NOT have to feel the pain
you do NOT have to fight
Just hold your head up and be strong
To yourself be true
inside there is another girl
the one you never knew
She's strong and really gorgeous
She's the one you need to see
Remember to look and find her
she will set your spirits free

Don't forget to greet her
and say a warm hello
let her out and free her
let your spirit grow
She waits there in your being
dormant for so long
believe in what you're seeing
and sing a freedom song

The guilt you carry with you
is holding you in chains
it's not your fault
forgive yourself
for the problem still remains
you need to find your children
you can't do it if you're low
so lift yourself from the hell you feel

You have to let it go
Positive thinking and a plan
will make your days feel better
come on girl you can do it
a fighter, a true go-getter
for in that fight is victory
something you have yet to learn
then you will have the happiness
for which you truly yearn

Janice M Pickett

A Top Popper Scorned

"Hey Jim I think I'm going to score tonight"
My brothers friend yelled from his car
My Brother looked up and yelled back at him
"Hey Bud what makes you sure? "
"You should see her" yelled Jim
as he slowed his Ute.
"She's got the figure of a soda bottle
a conquest a dream
and when I pop the top off her.
I'm going to see her scream"
Jim just scoffed at his horny friend
He turned and walked away.
I'll never forget his passing words
To his friend Bud that day.
" Well take it easy Buddy boy"
was what my brother warned
don't open the bottle it could fizz right up
And you'd be a top popper scorned"

Janice M Pickett

Acceptance

The greatest gift we are given is

LIFE

We are destined to live X amount of years

This is our school of Learning

A place we come to to grow as spirits

If we cut that time short

We will be back to do it again

to take the same path until

we learn the lesson

THE SECRET

Is recognising what that lesson is

and then facing it

instead of running away from it

There is no victory in suicide

We do not escape

Know now that there

IS SPIRIT

You are a spirit being

Forgiveness is your greatest lesson

no matter what you suffer

you have to forgive

FORGIVENESS

Brings a peace and understanding that

the person causing the pain

or the situation causing the pain

is doing it to fulfill a lesson for you

No matter how hard that sounds

IT IS THE TRUTH

They are not responsible for their actions

they are puppets on a string

there for a reason.

FORGIVE and LIVE

Janice M Pickett

All About Forgiveness

Radical forgiveness means
Realising that everything that happens is for
Our Development
For
Our growth in Spirit
Our journey planned before we arrived on earth.
Radical Forgiveness is
Understanding that all we go through
is what we CAN cope with
All we go through is
making us the person
we were destined to be
Radical forgiveness
is understanding that the person committing the crime
has no control over their actions
for they are a pawn in your journey of life.
Radical Forgiveness gives you release
Lets you go free.
Holding no grudge
Feeling no Hate
Understanding the journey.

Life can be a blessing when we throw anger out the window.
Without hate, anger and looking back, we grow and move forward.

There is no YESTERDAY, There is no TOMORROW,
There is only today and when we live to the fullest TODAY, we
waste no time in something that is not there.

Through the release of any condemnation, we can feel pity and acceptance. It
may not always be easy, true, but it is invigorating and empowering.

You are now the master of your situation. In control. The skilled and experienced
master of each TODAY. Live it, Love it and learn a new lesson of victory in it.

Start each day in gratitude for what you have and what you hold dear.
Count just how many things you have to be grateful for. Say thank you for each
and every one of them.

Live for TODAY.....Be Great in TODAY.....Help someone if you can....and make every second of TODAY count with positive affirmations for who you are...

Bless you.

Janice m Pickett

Janice M Pickett

All Roads Point To Heaven

No matter who you are
No matter what you are
No matter what you have done

With a change of heart
A change of direction
and a leap in faith

All roads point to heaven

Janice M Pickett

All Things

God or by whatever name you choose
to call him is universal
All animals of all breeds feel his presence
and are spiritually filled

Telepathy is communication without words

That is the deep hidden way of all speech
with the creator, be it four legged animals
or two legged animals
Everything is energy including all emotions
Emotions communicate feelings
for every living creature

We are all one

Janice M Pickett

Alter Ego

They said I wouldn't make it
They said I had no fire
That to get ahead in life
was not my chief desire

They said that I was blind
couldn't see the forest
for the trees
They made me feel unwanted
so I did things as I pleased

The path I walked was very long
I stumbled many times
but something kept me moving on
and now I'm doing fine

But I always knew my spirit
I felt the power within
and never have I felt alone
no matter what I did

My journey back to heaven
when I return there by and by
Will not be taken by myself
I'll have

me, myself and I

Janice M Pickett

An Angel In My Heart

I have this wonderful angel
always in my heart
When I feel low
or when I'm in pain

She saves me

With a gentle nudge
in the right direction
and a cuddle I actually feel

She warms me

I know she's there
It's just a feeling
of safety around me
all the time

I know it's a cloak
of heavenly wings
from
the angel in my heart

Janice M Pickett

An Angels Wish

I stretch out my hand
But I cannot touch
How beautiful it looks down there
I wonder about their passion though
or if they even care

On my pedestal in the sky
I feel spirit all around
just out of reach of all mankind
down there on the ground

Do they not feel the purity in my heart
They never raise their heads to see
this magnificent cloud of glory
that's surrounding me

Do they notice the flowers?
Do they feel the sun?
Do they remember a time
when life had just begun?

I will send them down some blessings
I will try to turn there eyes
to face up at me in heaven
so I see the wonder of their surprise

Let it fill those down below
if they take one small look above
and I shall send my friend to them
This snow white turtle dove

Janice M Pickett

An Era Of Change

In My lifetime I experienced
an era of change
Television was invented in Colour
Racism came to an end as we had known it for years
Countries that once were, were no more
Communism was liberated
The great wall of china came down
Sexuality became open and freely explored
Implements of war were refined and massive
The seas began to rise
Global warming increased
Mobile phones were refined
Computers were invented and computer games took over
and I grew from innocent child
to worldly woman supplying the earth with four new groups
of future generations

Janice M Pickett

Angel Dust

Life can be dark and often hard
with trials and heartbreak sorry and pain
But through those sad times
a ray of sun shines through
Sprinkled with stardust
to brighten life again

When an angel smiles in heaven
a heart is healed on earth
a gentle sprinkle of angel dust
lets you know how much you're worth
It lights the darkest moments
heals the coldest heart
When an angel smiles in heaven
it will touch your coldest part

So sprinkle me with angel dust
watch me as I glow
I have been touched by an angel
The most wonderful feeling I know

Janice M Pickett

Apples And Man

the lessons of life

cannot be taught

they can only be experienced

The textures

The feelings

The emotions

None of these are reality

until they touch your soul

Within the soul

is the eye that sees

the hand that touches

the nose that breathes

and the heart that beats

The core of the person

can only be touched

after eating away the outer layers

just like an apple

The seeds of a life

protected by the core

will grow and rebirth

The cycle begins again

when the seed is replanted

So every experience

is important to becoming whole

and we should embrace

everything as a valuable lesson

Accepting that without

actual experience

nothing is really learned

It is not a reality

until you feel it in your soul

April 16th 2009

Oh what a beautiful morning
Oh what a beautiful day
The sun is shining
the breeze so fresh
and everything's going my way

I hear the birds singing
outside my window
not a cloud is blocking the sun
Time to get out and enjoy life
I'm going to have me some fun

FINALLY YAY!

Janice M Pickett

As Angels Fly

Why do we say they have wings?
do Angels fly? I do not know.

Can you answer this?

Why did that man appear in front of me
three times in different garages?
Why was he always just standing there
looking at me
Why would I walk up and talk to a stranger
let alone allow him to ride in my car?

Would a stranger pay \$2000 for car for someone
he didn't know?
and then react with anger when
a sleazy sales person insinuated I was his mistress

Would he then vanish without a trace?

My Angel came to me that day in human flesh
He vanished just as strangely as he arrived

Is he my Angel?
Yes for that day and that moment yes.

Can he fly? I do not know.
but one thing is for sure
Only an angel would have been sent to me
in answer to my prayer that day

There are angels.
There is spirit
But I still don't know if angels fly.

Janice M Pickett

As I See It

Energy is the very being of all mankind.
It is the power within and the vibration without.
Such is Woman who brings forth new life
For she pacifies the infant
Calms the emotions of man
and prepares the banquet of tranquility

Fire is in her soul
She is the creator of the spirit of man
The trusted cocoon of the new life
The mother of the saviour
The half that makes up the whole
Without her there would only be
a portion of existence

Bringing forth the fire,
she glows
flames of passion from glowing loins
Wisdom deep within, under estimated,
often overlooked
She is Love

Never underestimate her power
She will fool you with her
innocent smile
Never take her for granted
Your foolishness will be your demise

For within a woman is an energy
Only the universe understands
For she knows how to plug in the power
to tune into the frequency
To shock you into submission

Janice M Pickett

Attraction

'I am reminded that people will cast you out
into the openness that you give them...'
This quote has more meaning than many realise
For what we put out is what we attract back to us

This is called 'The law of attraction'

For is we give people anger and hate
we will receive anger and hate
If we give love and respect
We receive love and respect

Such are the facts of life

The biggest lesson is knowing
that life is a place of learning
It is a time to accept everything thrown at us
as simply a challenge in how to handle each new trial

Make each step an easier one to walk
Show to others what you want them to show to you

Do not open yourself up to that open space
by given others ammunition to banish your soul
into the void.

Instead...
take up the challenges of life
embrace the journey and give out what you want to get back

Janice M Pickett

Awaken From The Sleep

He said
'Ask and you will be given'
'Seek and ye shall find'
'Knock and the door will open'
and
The universe is what you'll find

Within the Universe God told us
is everything we need
With faith and positive thinking
wealth is not thought of as greed

Healthy is a gift we are given
anything we ask for is there
Friends and happiness in abundance
there is plenty for all of us to share

All we have to do is believe it
lift up our hearts and sing
We can have so much of whatever we want
there's plenty of everything

If we all stopped winging and complaining
If we stopped using negative words
If we accepted the power in our minds
We'd know these facts are the truest we've heard

So until we start trusting there's power
and accepting we can change life
with belief
Floundering around just wishing for change
is the sad truth that brings this world grief.

So shout it out loud
to the universe
Thank God for changes to come
State your need clear and stay positive
and the desires of your heart will soon come.

Awakening

We have it all
The ability to achieve whatever
our hearts desire
Biblical facts state

Seek and ye shall find
Knock and the door will open

My heart aches from hurting
it has been ripped apart
It cries out for mercy
It cannot fathom the attitudes

The pain is deep
the wounds deeper
Faith reigns supreme
over negativity

Daunting as it may be
I must hold on and
stay strong for all to witness
That is my blessing

To those who know and understand
I say thank you
To those still suspicious I say OK

But for me
I have the knowledge
and I shall stand tall
against all odds until
honour and victory
are mine

Janice M Pickett

Awestruck

As I sit here
Easel in front of me, paint brush poised
I stare out across this barren hillside
looking for a place to start creating my masterpiece
I drift into deep thought
and find myself poised high above
cushioned by a white fluffy cloud
free from the clutter of the world below

I see an expanse of beautiful colours
golden bronze and deep meaningful shades
as i gaze at the beauty it starts to transform
people of all shapes colours and races flow
from the surroundings
happiness and contentment on their faces

I see no green or blue. I smell no flowers
scented by gentle rain drops
I see nothing but the raw truth
as it should be

For the rustic colours and man have now blended
nothing hidden nothing sugar coated everything visible
and real
I am amazed and delighted and set free

I see the valleys within the rustic hills and
am awestruck as from those depth
I see myself lifting up expanding and embracing
all around me.
I feel the love and the contentment of who i am

I shiver and realise I am still here
sitting with a picture no longer a blank canvas
but a product of my experience
for on the canvas
in front of me appears an image
from the crevices of my imagination
from the depth of my soul
and the height of my talent
is the perfection of this moment

Janice M Pickett

Balance Your Life

and I tell you...

Be not of anger filled
nor of vengeance driven

For with quiet spirit
comes a blessing far greater
than any trial of man

Stand aside from conflicting emotions
See the waters flowing in one direction

Fish do not swim upstream

You are the power
You are the Light
as much as you are the depth of the darkness

You ARE

Present in the NOW
for there is no other time
Make it count

Show wisdom in all your choices
use balance in your thinking

You are an energy

You are a vibration

Ensure the energy you vibrate
is positive and productive

for you are its master

You have the control

Stay at peace with yourself
for emotions are tools
that steer you in the direction
of your own choosing

Make that journey wise

Make it beneficial

Make it spirit filled enlightenment

Make it glory filled

Open your mind and your heart
See what is before your very eyes
Open your vision and look inside
You will see what you have never seen before
and it will change your life
forever

Janice M Pickett

Beyond The Mountain

Daydream Believer
you have taken all I have
No more able to see the truth
There is nothing
from this I can save

It's so much easier
than handling the truth
These fantasies that
you feel
when you hide behind
your imagination
with the daydreams
that you conjure as real

If you had more faith
in your ability
and you learned to trust
your own heart
you'd wake up to
a new reality
and a belief
that would
give you the start

Accept a new and wonderful
knowledge
that running away to a fantasy
is for the weak
Then something inside you
will say stay here and try
and demand it's your right
to speak

Daydream believer
time to open your eyes
and see reality at last
Where the effort you apply
will not mean goodbye
and the results of your
strength will be cast

Don't run away
or try to hide
in a world of your imagination
for when you open your eyes
to your surprise
you'll see your future is your own
creation

Janice M Pickett

Blessed Is He

Blessed is he who sees
for when he opens his eyes
wisdom floods his soul

Blessed is he who speaks
for his voice shall echo
in the mountains
and resinate
in the valleys of truth

Blessed is he who listens
for he shall hear
the voice of God
and feel the love in his words

Blessed is he who opens his mind
for within the mind
is the very heart of all things
accepted
and believed

Janice M Pickett

Blinded By Living

Birth creates confusion
Slipping from spirit into an earthly encumbrance
Nine months waiting in a watery confined space
knowing we are starting again anew

Birth brings trauma
being pushed and shoved into a school of deceit
Learning again with false ignorant directions
Meanings worthy but misguided

Growth stunted by confusion and deceptive instruction
A battleground for the wise and stupid alike
A reduction in options open
A heart willing to accept both the false and the true

Damaged by failure
Hurt by man
Faith lost in the calamity of it all
Self worth no longer a priority

It was really so simple
It could have been so easy
but no-one listened
or they forgot how to listen

So now we struggle with the simplest things
eating loving caring trusting
Our God made it so easy
Man made it so complicated

Where did it all go wrong?
How did it happen?
Can we get back the simplicity of it all?

The power is within us
and we could change it all
If only we opened our eyes

Blow Off

Frustration comes with age
Life has turned another page
from youth and its virility
to age and senility
with rosemary, lavender and sage

The herbs of comfort they say
but that won't take it away
the needs in the heart
that sensitive part
that keeps pumping on
day after day

Age brings wisdom I know
but with age comes
much sorry and woe
when we just look around us
We see with disgust
how people just
go with the flow

Manners are no longer the way
No, not like in your younger day
They don't stand for a senior
when seats are few
and crime on the old
is the way

Now the moral of this story is this
When you're a senior,
your life can be bliss
Just sit back on your butt
give it all that you've got
and blow them all off
with a kiss

Janice M Pickett

Can You Tell Me?

If only we could do more than we do

Restrictions hold man back so much

If miracles really did come true

and man had the power of a magic touch

There would be harmony within us

many things that we could change

Is it really inside us for the taking

a touch of hands all illness drains

To overcome every handicap we hold

Nothing is too difficult with faith they say

The realisation that God holds the power

does it make us strong enough to trust and pray?

I ask you this an honest question

Answer me please if you can

for your answer could be worthy of digestion

making me a better man

Janice M Pickett

Changing How They Think

If all the TV stations stopped showing violence
and bad news was not reported
then more positive energy would flow
and copycats would be unsupported

Because of the promotion of this
vicious behaviour
the rate of violence grows
causing more world problems
than anybody knows

I shall shut down Pubs and Pool halls
and replace them with controlled supervision
places where positive games and sport
are promoted with a positive vision

Schools shall start teaching from very young
the value of self worth
how man is his own magic genie
and can control his life on Earth

Wealth would be for all men
shared so no-one would die
children would have love and protection
and no reason at all to cry

Through proper education
and no wars of religion allowed
I would turn this world around
and even inside out

I am but a teacher
with the greatest headmaster of all
Overseeing all I do
and answering my call

I give my time in helping
I take in children in need
I spread the word as best I can

through poetic words they read

So if we start by positive thought
then others will find peace
by changing all the negative words
all negative actions would cease

Janice M Pickett

Childbirth

Not all pain is bad
like birth pains when having my children
that pain was good
Not all tears are sad
like the joy I felt when I first touched their tiny hands
and kissed their soft-scented cheeks
Not all anger is negative
like letting vent at a political argument
fighting for the rights of your family
getting a valid point into the heads of
one thoughtless idiot with no consideration
for human rights
No not all anger is bad
For every tear there is joy
a happy sunny place following the rain
Look up at the rainbow and smile
The bright colors are reminders of
the magnificent gift of life
and remember those precious moments
when you too will hold your newborn
child for the very first time
Smile and let the feeling of joy
surround you and swallow you up
for it is you who will teach this tender soul
the power of loving and living
in a positive creative world
you my friend who will have the chance to say
not all pain is bad

(Written for a pregnant friend who was terrified to go through labor)

Janice M Pickett

Clueless

Is it humor that makes us write?
Or is it just conceit?
Do we humbly put down words
Or are they thoughts to repeat
Do I know what drives me on
Do I care a dot
Should I say the things I feel
Maybe I should not
Am I just a poet
A girl with looks and talent
Or am I a simply an ugly kid.
How could you know
Gawd dammit
Have I had my work around
for years now in Book Stores?
Have you had the same success
Come on, show me yours.
So on one thing I promise
I really do agree
That you are totally clueless
about my friend Sandra and me

Janice M Pickett

Colours Of My Life

Colours of my Life

I have felt the drip of a wet paintbrush
Many times
Splashed splatters of hot red
That anger when cruelty is seen
Waters have flowed from a vivid blue river
Into a stream of tears
Thunder pounding my brain
Dark black clouds covering my horizon

But

There have been good times also
Filled with colourful dreams coming true
Every glimmer of hope a golden moment
Excitement when my pot of gold appeared
A silver lining for my utmost pleasure
Opening up a world full of wonderful
Opportunities

Life has been a colourful adventure
That has filled my world with imagination
and captured my heart in a rainbow
of warm wonderful creations

Janice M Pickett

Come Learn About The Law Of Attraction

I just started a new group
To help those who know life as a fraction
to see that all they need do
is
learn of the LAW of ATTRACTION

So come join me if you want to learn more
and find how to create a new magic
to live without knowing the score
can only be thought of as tragic

Your thoughts are the energy that drives
and the way that you think is the key
The manner in which life survives
find out in the group led by me

So accept this invitation my friend
and come in and be prepared for a change
On this you can truly depend
for this group will your life rearrange

My Group is within your reach. Just reach out into the universe to find it

Janice M Pickett

Confusion

Gifted souls should not be confused
with sick people.

Too many with eyes that see
and ears that hear
and minds that generate
magical moments, are confused with
those who are sick.
It's a common mistake with Doctors.

When they don't understand, they medicate.

Meditation instead of medication

That is the secret to this

My Sister used to levitate.

She'd find herself floating above the bed at night

and then wake her husband up with a start

as she fell back down into her earth body. TRUE

When the spirits visit me they turn my TV on and off

and make themselves known in many ways

I feel spirit around me

My daughter sees spirits

They appear as clear forms or shadows.

I have been helped by what I believe was an angel

He appeared in front of me in a number of places then

did something wonderful for me.

See my poem...An angel sent to me

Learning how to control these experiences is

something you learn from the inside out.

You are a powerful energy and energy is all around you.

learning how to handle it comes with time and experience.

But don't shrug off things that seem unreal

pay attention

and you too may experience some magical
moments as well

Janice M Pickett

Consequences

If I could walk any faster
don't you think I would?
If I could behave any better
don't you think I could?

If being what you want me to be
was an easy thing to do
Don't you think I'd do it
just to satisfy you?

If climbing up this wall of fame
Didn't include this bend
Don't you think I'd be at the top
And starting to descend

It's time to see what you really are
And where your nagging's led
Now go away and leave
lying in your best friends bed

Janice M Pickett

Cry Freedom

When we no longer can call ourselves Free
It is time to find the space we need
No matter how much we care
No matter what connections we have

Being smothered by another
will destroy any connections
man must stand alone and be himself
being confident in himself

Trusting and caring does not mean smothering
A true relationship can let go
a trusting relationship is safe it sets free doubt
A real relationship has no mistrust

When one begins to feel
that the stale and stagnant surroundings
have brought discontent
Then one gets the desire to move away
allowing space and time to correct the balance

When we love something
we set it free
If it is ours it stay's close enough
but remains its own person
Such is the way of human minds

So let love blow free
for if it is yours it will surely return
then do not stifle it
Allow freedom to be the bond
that holds it together

Janice M Pickett

Daffodils

See the crowds of golden daffodils
as they sway in the light breeze
which caresses my skin as I watch
For this place is magical
It is the epitome of everything
any child dreams of.
The secret garden where they
long to play hide and seek
with their friends

The meadow is my favorite
spot today.
For each day I wander as a fluffy
white cloud
across the sky of dreams

Hedges brim full of delightful
flowers of all colors
Blue, purple. yellow, orange.
whisper gentle caresses to each other
as the wind picks up and they brush together
with an intimacy only they can feel

Love fills the spring air
my day is beautiful
my life is full
and I am in rapture with the world

Janice M Pickett

Don'T Give Up

So it's tough right now
I know
But everything that is happening
will soon change
You cannot see it as you hurt too much
but believe me
happiness is just around the corner

No matter how much you say NO
and cannot believe my words
Every day thousands and thousands
feel the same way as you
If they all gave up
our world would soon end

This is a school of learning
the College of life
Where degrees are awarded
from the amount of trials
we handle and succeeded at
overcoming

You need to start attending
your classes with courage
graduating with honors
and becoming a high achiever

I believe in you
now you should believe in yourself
Pick yourself up dust yourself off
and tell yourself
YOU are the very best student
there ever was

Prepare to receive your award
with honor and pride

Janice M Pickett

Dreams

Dreams can come true
If you know how to manifest them

Bare Earth will fill with green
Stars will fall from the sky
Young will become Old
Dreams will be dreamed

Futures will be born
if you know how to manifest them
A child will become an adult
A kitten will become a cat
A puppy will become a dog

Abundance will be yours
If you know how to manifest it
Alexandra Bell invented the telephone
Ford invented a motorcar
Visions do become reality
Dreams must be dreamed

Never give up on your dreams
Turn them into reality through belief
Belief in yourself and in your power
Belief that you can and you will

Dreams will always be there
waiting for you to wake them from your imagination
and turn them into reality
and so it should be
That life is built on one main ingredient
DREAMS

Janice M Pickett

Dreams Of Africa

There are days I dream of Africa
and my life as a child there
where running through the wild bush
was a joy beyond compare

Never a thought was given
to the animals who may be close
I loved them all and a big baboon
was one that I loved most

I travelled to the great Zimbabwe ruins
and walked within their walls
Thinking how it must have been
for people who were tall

I've stood in the rainforest's at Victoria Falls
one of the most magnificent sites to see
And the memory still makes me sad
for what has come to be

Bodies dead and suffering
murders cruel and wrong
people starving from prices so high
all sing the freedom song

Yes I miss good old Rhodesia
and Africa as a child
I miss seeing nature at it's best
free to roam the wild

I pray that one day very soon
life will start to come good
and God will shine his precious light
the way I know he should

Janice M Pickett

Dry Days Gone By

Stinking hot and sweaty
each day that I am here
Not a dropp of rain about
it's staying dry I fear

Dogs are lying on the ground
their tongues hanging loose
Wandering by and gagging
is a weiry mother goose

Ask us what it feels like
to run out in the rain
what is rain we'll ask you
and that is such a shame

This desert needs a soaking
the people need to cool
they don't even have the luxury
of a swimming pool

It's too darn dry
I tell you
Witchdoctor bring them rain
ease the peoples spirits
and stop their heated pain

Whats that I feel upon me
a drip from out the sky?
I guess that heaven answered
and heard his peoples cry

It's pouring now and lightening
is shooting all around
Thunder clapping
people running
to hide up underground

Heat has finally left us

now I am wet and cold
Am I complaining?
I guess I am
I must be getting old.

Janice M Pickett

Earth School In Verse

I am spending more and more time
in Thought
Thinking great thoughts about life
pondering on what I have been taught
dissecting every trouble
every Strife

Understanding comes easier
each moment
That God gave us everything
and more
He said if we believed
we would receive it
No need to keep knocking down
his door

Instead of always asking him
to help us
Accept, he HAS already
and offer thanks
Believing is the key to
our existence
The mind we have
more powerful than tanks

True faith is getting on
and living
Knowing God has paved the way
with gold
When we keep trying things
without him
We will always end up out there
in the cold

This life is just an Earth School
for our growing
In spirit we have much to do
to grow
Our teacher made a promise to

supply us
with all the skills and things we
need to know

So before we reach our time
of graduation
the biggest lesson we will have
to learn
Is how to trust in God our
Heavenly teacher
Instead of using man
who'll crash and burn

Janice M Pickett

Every Day

Live life TODAY
for it is the only day
Yesterday has gone
Tomorrow will be it's own reward

The joy of being alive
may have it's ups and it's downs
but through it all comes
Wisdom

The thrill of achievement
The glow in a successful heart
The Lessons that bring a
level of understanding
that excites the senses

Every day is a great day
when we are humble enough
to open your soul and
Learn

So hold your head high
Feel the power within
and embrace the energy
that self awareness brings

Janice M Pickett

Everything Is Beautiful

Everything is beautiful
in it's own way
The rain welcome on a hot day
The flowers thirsty
refreshed after a shower

But when the wind blows strong
and the heavens open wide
destruction is unleashed
from what was and can be again

Nature at it's most wonderful
or at its cruelest
the balance of all things

With each change comes a lesson
a moment in time
when man stops
When man can make changes
think better thoughts
and become one with his own energy

For energy is the balance of all things
From the rose soaking up the rain
to the rain pelting on the land

Man must learn from nature
so that he too may grow and flourish
in all seasons and all kinds of weather.

Janice M Pickett

Excuses

I'm tired
I don't want to go to school
If you let me stay home
I'll mow the lawn
You can relax and that's so cool

Come on Mum I'm feeling sick
Oh I mean I want to rest
I'll wake up later when I feel better
I'll be my very best

Oh dear Mum I don't like that look
You're getting cross with me
I feel a pain deep down inside
I can't get dressed quickly

I really must go very slow
For with every move I make
The feeling inside starts getting worse
Ooh I have a tummy ache

Breakfast? No I couldn't eat
I just want to sit for a minute
Lunch? Oh no not sandwiches
I hate what you put in it.

I can't go now it's much too late
the bell has already rung
the teachers are all gathered in their rooms
and the hymns have all been sung

OH I forgot
Today is prizes
and we get a drink and a bun
We don't do work
Because there's sport
And you're making me late
HURRY Mum

Feeling It Is Living It

It's amazing how much our minds can do
But we've got an almighty power
We forget to use that god given gift
we let our souls go sour

Within us we hold the clarity
of thoughts and how to think
We could change our lives enormously
as quick as we can blink

But what we have to do is this
expand the power within
by lifting the lid of our conscience
and letting the truth pour in

For lack of the truth is stagnating us
Each Man woman and child
We deserve to accept what's right
and let our hearts run wild

The power of thought is paramount
for what we desire we get
You have to state our wants with conviction
I have not been let down yet

I practice this each waking moment
I dream of riches to come
and I know that God will honor his promise
when the day is done

So lift your spirits high my friend
ask and you will learn
That you should make it loud and state you wants
and gain a huge return

I am telling you this in poetry
a lesson for one and all
Stop living in mediocrities
The universe awaits your call

Janice M Pickett

Flutter Little One

What gracious wings
you adorn
little butterfly

You may not know it
but many see your spirit
and remember

Loved ones come from
the world without
They may flutter for a moment
in their magical form

Next time someone sees such beauty
they should cast their mind back
there is no mask to hide
their pain

The flutter of tiny wings
bright coloured patterns
stare for a moment
catching your attention

Were those eyes staring?
Anything is possible in spirit
Wings delicately designed
could hold more than
just fairy dust
and rainbow dreams

Janice M Pickett

Focus Points

There will always be destruction when we focus on it
Why?

Because we are making it powerful with our thoughts
Attracting to us and the world the negatives
The flawed and the failures of man

To cease this destruction we have to rearrange
our thinking and focus on the positive
Helping anything and everything that is good
to change what is bad

We are the creators
We are the victors and the victory
We have the power within an ever moving sphere
The earth

Vibrations control everything and all planets
within the vibration is life
Within us is magnetic power
We are vibration

Vibrations can be changed
We can change
We can make other change through our vibrations
We are powerful

Creating powerful change en mass, can be done if man
meditates on the positive changes
Experience the power of kindness and compassion
Promotes harmony and love
Takes control

Lets get it right people
Lets stop looking on saying 'Ooh how sad'
'Gee thats not good'
'Wow how horrible...'

We have the power to make a difference
We can take action and we should

Now is the time
Now the chips have fallen
make a change where you can make one
realistically, in your own area.

Touch one heart today each one of you
Do something good kind and positive for another
Lets do this and do it with the power of
all our vibrations.

Lets make the change!

Janice M Pickett

Football And Poetry Have The Same Value To Different People.

Nothing actually MAKES a poet

nor is one born that way
Emotions don't give you the skill to write
Poetry doesn't make what you say

Life around us is made from patterns
Some of us feel it but thoughts run dry
If your family is filled with passion
why not give poetry a little try

Half the time we use the skills
of writing verse and we don't know
Everything around us has a rhythm
music is one way we let it show

Poetry is something we choose to do
Like sport or games on the puter
A time for pleasure and enjoying ourselves
we have no need for a tutor

So let it fall from the heart within
and soon a poem you'll find
written on a page once empty of words
coming from your mind

So what makes a poet is rhythm
Something we find to fill a desire
It doesn't matter who you are
If writing can set you on fire

Some play with balls
Others swim and many drive fast cars
We each need something that we enjoy
Try it Bob...Write about stars

For The Love Of A Child

I want to share a story
about a little child
how from a tender budding rose
she changed to something wild
This girl was just like anyone
longing for youth and love
but what she got was something else
no blessing from above

Her parents started fighting
they had no time you see
to be the loving family
and the parents they should be
They struggled every waking minute
to live and to survive
They started yelling all the time
it hurt to be alive

It only took a few short months
for the Father to walk out
the child felt better in one small way
she could no longer hear them shout
Then other men would turn up
they took her Mothers time
and the Mother spent more time with them
but money came in fine

The child saw the kind of things
a child should not see
she began to get the message
that love is never free
So before she was a woman
and before she had the right
she gave herself for money
on a dark and lonely night
The moral of this story
is a message from above
never have a child
if you don't know how to love

Janice M Pickett

For This I Am Truly Grateful

I woke up this morning
to see the sun shining through
Love filled my heart and a song filled the air

I climbed out of bed with gratitude full
thanked my God and thanked him again
energy filling my soul

Today will be a wonderful day
something exciting will happen
I shall laugh
I shall feel content
and I shall be blessed

TODAY

the only day

MY DAY

TODAY

Janice M Pickett

For This I Give Thanks

A galaxy filled with worlds
Shining stars in clusters of golden hue
Reality as we see it

Spirit close and protective
Angels wings surround us
Fact or fiction for debate

Electricity unseen yet so powerful
But accepted as fact

Television...Does it just appear?
Does it just work in your house?
just like that? Just like magic?

Electricity the unknown
Has to be accepted for the
Ability to watch TV
Turn on a light
Cook food or Run the fan
We blindly accept it as there

There is no lesser power
than belief when results are seen
There is only proof or results

The Earth is real we are on it
It came to be so that we could be on it
It was created so that man had a place to learn
Angels roam in their different world
Just because we don't see them
We cannot deny their presence

Just as we cannot deny electricity
on which we so desperately rely
we cannot deny this earth was created

No matter how
No matter when

It was created for man
By an almighty power
The power that is the universe
Our Powerful God

No other way is possible. He created it all
For the benefit of many on this planet and others
God is Universal. Call him what you like.

He is our electricity
The unseen force that we have no choice
but to believe in
Because he is all powerful
Because he is felt and through him we have light
And because he is known to man
Through deeds and actions

But we are not the only ones
He has created so many more
We still have to travel far
In spirit we will move on
Man will see the universal power
Man in spirit will roam freely
And know that Earth was a gift
That he as man has not been grateful for.

This is my view

Janice M Pickett

For You My Friend

Friendships last through eternity
time never changes bonds formed
for they become treasured parts of our soul
Ours began with a lost soul
we searched and found what we were looking for
reuniting what should never have been lost
Life continued for both us with learning
hurts pain and blessings along the way
neither of us gave up

As we continue this journey
we take with us that which we need
and throw away what is of no use
for growth cannot be if hindered by baggage
Belief is what makes us move forward and win
Understanding and accepting ourselves
Knowing God's blessing was always ours
Using the power he gave us to take what we desire

For in belief comes trust that we will receive
Faith that it will be given
and knowing deep in our hearts
that it will be so

So dear Friends as you take this journey
keep close to your heart this message

YOU can be anything you want to be
YOU have it already waiting for you

Never stop thanking him for it
Thank him for each lesson which
is making you stronger in spirit
Forgive all wrongs as they are just part
of the lessons and growth you have had

Focus fully on your success
Nothing will make you stronger
Nothing will help you cope easier

than your BELIEF and TRUST
that you will be given all your heart desires

'Ask and ye shall be given, seek and ye shall find'
Jesus said ye of little faith.

Did I not say that whatever ye shall ask for you will be given?
No-one can say it clearer than that and the secret to getting it
is to believe it is already yours.

Janice M Pickett

From Spirit To Spirit

1

'There are no mistakes. The events we bring upon ourselves, no matter how unpleasant, are necessary in order to learn what we need to learn; whatever steps we take, they're necessary to reach the places we've chosen to go. '

Richard Bach

Absolutely correct

Ya wanna know why?

I'll tell ya

Because Earth is a School

Little spirit of mine

Listen now, as I explain

before you leave on your journey

For when you arrive it will be dark

and warm in the womb

of your soon to be Mummy

Your lessons have to be taken

and your graduation too

There are many things you have to experience

to see this school time through

It's going to be a hard course

but with benefits you are blessed

so go now, down to the waiting womb

and do your very best

The more you have to cope with

the stronger you will become

It's all been planned as you know

sing your song as it should be sung

Keep on praising our father

Keep on thanking him for this day

You are going down to earth School
Wipe your tears away

We'll see you soon dear spirit
for now we must wave goodbye
For when you do return to us
you'll have your wings
so you can fly

Janice M Pickett

From Top To Toe

Abandoned I'm not
Afraid I won't be
Agony is a lesson and its not meant for me
Alone can be restful but company is best
Angry is not a good way I would guess
Anxious Is something I never allow
Apprehensive of the results no not now
Ashamed would be silly when confident like me
At a loss for words you will never see
Betrayed by the foolish and trusted by the wise
Blame will not fall on my innocent eyes
Bored is only when life is not rocking
Burdened with so much love that it's shocking
Cheated of pain wow what a relief
Concerned that my fellow man may not have belief
I'm not Confused for a know who I am
Cornered with love and god's worldly plan
No not Crazy but with sanity mine
Crushed with affection for a long time
Deep Sadness never a part in my glee
Deep Sorrow is something I will never see
Defeated will never happen, I win
Dejected what for when I wear a grin?
Not Depressed but so happy
No Despair as I cheer
Not Despondent by anything do I make myself clear?
Why be Devastated when glee is so close
Disappointed are some but relieved are most
Don't be Discouraged just encourage all you meet
and Don't be Disgusted just accept who you greet
Dismay is something that you Lear to disguise
Disoriented viewpoints become clear when you're wise
Doubt never enters a head that thinks straight
I Dread silly people and Welcome the great
Embarrassed by some and confidently sure
That Empty hearts can be filled by a heart that is pure
Enraged enemies will calm when you do
Exhausted from fighting, strengthened by you
Fatigued from the battle but energy renewed

Fearful to continue now brave from the feud
Hapless intentions never a way
Heartache will find true love whatever you say
Heartbroken people will be heart filled again
Heartsick will be healed
No Heaviness remain
The Helpless will be helped
The Horrified calmed
Horror will leave them safe and not alarmed
Humiliated by the experience with relieved saving grace
Hurt lifted once more with a smile on their face
Inadequate thoughts now filled so much more
Indignant behaviour thrown out the door
Insecure about what they were now the past
Invalidated feelings settled at last
Lazy perceptions turn into action
Lethargic past feelings no more the reaction
Lonely a word they no longer need
Loss of the sad life now filled with a seed
Lost they were and now they are found
No Mad intentions insanity sound
Melancholy moments now bouncing with glee
Mortified for a second now out there to see
Offended not ever take it all as it flows
Outraged in an instant changed as it goes
Overwhelmed but accepting that nothings that strong
Persecuted one minute then know you belong
Pressured but find that soon it will ease
Punished then forgiven when you let out a sneeze
Put down then picked up is all part of life
Put upon then left alone don't let it cause strife
Rage can be calmed to be passive and kind
The Rebellious soon mellow and calm down their mind
Rejected and accepted just part of the day
Rejecting and accepting part of minds play
Resentment means nothing but jealousy of you
pay no attention be proud of what you do
Sadness will soon turn into glee
Scared people in no time will have no fear you see
To Scorn someone you know is praise in a way
Self-conscious reactions can be facts in their day
Shame and glory are opposites that go

Shattered and healed opposites also
Silly can sometime be clever when in fun
Sorrow can turn around to happiness for some
Suffering and healing each taken in turn
Don't be Suspicious for trusting we yearn
Terror is not for the brave and the bold
Don't get Tired of trying do as you're told
Tortured by passion and pampered with love
Trapped in the freedom to fit hand and glove
Traumatized by nothing, your visions freed
Uncertain of the future, certain of greed
Distrusting one moment, trusting the next
Vulnerable then fearful then terribly vexed
Wary at last look but now quite confident
Wasted so much time but now filling the vent
Worn out from writing this massive long verse
Energy coming back so you I can curse
Worried that you will think me a fool
I don't really care, this contest was cool

Janice M Pickett

From Within

There is only one man
That is I...
Created in the image of God
Multilplied by gender and perfect image

Tested by time
Moulded through historic events
influenced by association
Given the same feelings and emotions

No perfect man am I
Flaws have found their way
into a form once devine
I am no different from my brother

Within this soul
which I house
Lies understanding
Lies a genuine love of others
Lies the key to kindness and understanding

Who am I to judge?
Who am I to cast the first stone?
Who am I?

If I were to climb in anothers skin
Feel the pains and the injustice
Share their emotions
Would I dare to cast scorn or Judgement?
I think not

For the feelings I would feel
The pain I would inflict
would be my own
My shadow would be cast over
not only my victim, but on me

Janice M Pickett

Go Getter

Your Pain is really showing
I have felt it in my heart
I have something good to tell you
although we're worlds apart
Please listen to this message
I know my words are true
Here they are so read them
they are especially for you

String comes from within you
Happiness is your right
you do NOT have to feel the pain
you do NOT have to fight
Just hold your head up and be strong
To yourself be true
inside there is another girl
the one you never knew
She's strong and really gorgeous
She's the one you need to see
Remember to look and find her
she will set your spirits free

Don't forget to greet her
and say a warm hello
let her out and free her
let your spirit grow
She waits there in your being
dormant for so long
believe in what you're seeing
and sing a freedom song

The guilt you carry with you
is holding you in chains
it's not your fault
forgive yourself
for the problem still remains
you need to find your children
you can't do it if you're low
so lift yourself from the hell you feel

You have to let it go

Positive thinking and a plan
will make your days feel better
come on girl you can do it
a fighter, a true go-getter
for in that fight is victory
something you have yet to learn
then you will have the happiness
for which you truly yearn

Janice M Pickett

God Said' I Give It All To You Before You Go'

Senario:

Your spirit about to descend into the womb
That warm safe place
The resting place to begin the new school term on earth
Lessons piled high waiting to be learned
A journey planned in advance

God holds you, his spirit, close
'Time to leave' he Whispers
'Have faith that everything you want
everything your heart desires on earth,
has already been promised to you by me'
All you have to do is Believe.
You drift into a sleep, descending down into
the chosen waiting womb of your now to be
Earth Mother.

And so begins the journey
in Earth School where we grow
to become the perfect spirit
that God is sure to know

All our trials and errors
Our flaws and earthly deeds
help us learn the lessons
helps us sow the seeds

God told us we had everything
no matter big or small
he made the promise to us
that we could have it all

All we need for happiness
is to believe and know his love
then get on with our lessons
and give thanks to God above

Then finally when it's over
and time for us to go

We will have learned our earthly lessons
and our spirit we have come to know

Our spirit now enlightened
by the school of Earthly trials
will please Our god in heaven
and we shall see his smiles

So now you know the journey
that God wants you to take
Just have faith and know he loves you
not believing, was your mistake

Janice M Pickett

Grasp Your Moment

Caress each day as if it were your very soul
Drink in love as if it were water
Soak up compassion as if you were a sponge
Walk with open arms to welcome everyone
Take nothing said to you in anger as a personal insult
Smile in the face of verbal attack
Look into your spirit and meditate
see the spirits around you with lessons on love
Be calm
Be real
Be one of the special group
who treasure life
who work for peace
who sow the seeds to heaven on earth
but mostly
BE TRUE TO THE HEART WITHIN YOU
There you will see the gentle soul
who has so much love to give
Let that person come out
Let them guide you daily
let each man woman and child
know the gentle touch from your spirit
If all men took the lead
then there would be no room for war.

Janice M Pickett

Gratitude And Love For The World

When I'm depressed...

I Remember...How much I have to be grateful for

I feel a sense of security and I feel good
I define goodness as kindness and respect
for myself and others and the Earth

Crowds make me feel involved with life
and that I am part of this great wonderful world

I love people watching and analyzing

I Feel overwhelming love for my dog
Did you have a favorite pet as a child?
Did it have a name? Mine was called 'Jessie'
She was an adorable long coated German Shepherd
we put her to sleep when we had to leave
our home in Africa

I knew so much through instinct
They were not things I learned at school
They were 'not' on the curriculum
What I learned came from difficult experiences
that I had to go through

If I wrote a letter to the world it would say
'Show more love'
Be more patient and
Take a gentle approach to your vibration

Thanks to much suffering lessons
I feel 20 years old inside because
life is treating me well now
and I have a young
loving heart filled with faith and trust

I define Faith as a total understanding

and belief in the creator of the world
no matter what we call that being
We are all one with that creator

I Wrote a letter to my mother
telling her how much I loved her
but it was too late as she had already
passed away

but I know she read it because
I had faith that she could do so in spirit

My biggest lesson in life came from
suffering. It was a hard lesson
but the best foundation there was
for who I am today

An old resentment in my now healed heart
would be not having a great family to grow up in.
But I found a family in the world
Luckily I feel aligned with my inner and outer me
I am a child of spirit and understand my journey

Let my hands join with all
to hold this world up
To honour it and protect it
for without it we could not be

Janice M Pickett

Have Faith In Spirit

Before we come to earth
We plan the path that we will travel
Spirit is us and we are spirit
In spirit we have peace
In spirit there is no more pain

We are never seperated
Spirit never dies and can be seen
Whilst in flesh we are earth bound
In Spirit we fly free

Talk to your sister
She will hear you
She needs to hear your voice
She is free but sees the pain
this has caused and regrets already

Love her still and support her
talk about her without tears
for the tears will make her sad
laugh with her and talk about your day
she is near and will be glad you shared

I know first hand that our pain
and loss makes the spirit sad
I know first hand that the spirit
is alive and well
So tell her how you feel right now
then from then on keep her close
in your heart and talk to her
Knowing that she is around you
and can hear you and see you

Have courage for she will
show you she is around very soon.

Janice M Pickett

Have You Really Ever Understood Yourself?

Life is a journey of lessons
But we get lost in recess
on the way
Homework forgotten and neglected
far too much time
spent in play

We became followers and shirkers
Too lazy to put effort in
Where we could have made ourselves
brilliant
We just struggled with no depth within

Religion was made for the lazy
the ones who lost touch long ago
The Bible a book packed with lessons
that most of the world didn't know

A misunderstood word used in error
Wars caused through Man's ignorance
of the word
Left a world struggling in terror
long buried truth never heard

Religion was born out of fears
a lost time with nothing to hold
superstition was ripe and compelling
It caused man to become violent and bold

The truth is that man is but spirit
here on this earth as his school
a place where trial an error
have made religion the work of a fool

Spirit was given a place here
to have faith in a God it can trust
Believing in him is the answer
accepting this fact is a must

We need to get rid of religions
Cults that man now seeks for power
get back to the truth in our system
for this is the time and the hour

We have a mind so amazing
we can be anything that we think
without superstition and religion
our spirit fills with wisdom to the brink

Nothing holds back a true spirit
No religion or cult formed by man
Control by those people not Gods will
Certainly was not part of God's plan

Within us we hold all the power
That was given to us for our own
We just have to think it to receive it
The power of this not well known

Man may never learn his lessons
and have to return over again
but during the time of his schooling
he will have to start using his brain.

Janice M Pickett

Having Everything

4~But to all who did accept Him and believe in Him, He gave the right to become children of God.

John 1: 12

.....

God is the Universe in all it's glory
To be his child means having everything
we ever dreamed of, or can dream of
here on Earth

Belief means knowing that by accepting
trusting and being grateful
We will receive all we ever want
For in belief we receive

There are many things we
have been given
but have not yet manifested
into our lives
through our lack of belief

Accepting and believing is the
key to unlocking the door
to prosperity, happiness
dreams, health and wealth

Once we understand this
we are truly the children of God
His believers through trust
acceptance and knowledge
which only the enlightened
understand

Accept, Believe and have Faith and all will be revealed to you.

Janice M Pickett

Her Life

From her seat there beside
the dock
she shuddered at the memory
of a time gone by
One that had taken place
in this very spot
a few short years ago

She had grown up in foster care
And now so many years later
she was down and lost and alone
for they had taken away
her two children from her
drug filled home

She had wandered the streets
for hours
needing an urgent fix
until at last she fell asleep
for booze and pills don't mix

He came along with craving
of some sexual satisfaction
and found her lying there asleep
so decided on some action

She woke in horror as he took his
lust to heights of satisfaction
she was too stoned to resist
and so she succumbed with little reaction

He ran away now frightened
for the sun was starting to rise
He didn't want to remember
that look that was in her eyes

Janice M Pickett

Her Life Part Two

She struggled on her unsteady feet
and leaned against the wall
clothing ripped and stinking
she was wearing almost nothing at all

The colors of a promising world
drained from her broken heart
left with nothing but sketches
grey and dull
her life fallen apart

Then he came to her
Arms wrapped in a preachers gown
Taking her in and guiding her
to the savior that she found

So now she faces this ocean
and the place that caused her
such pain
Sitting silently remembering
what will never happen again

Janice M Pickett

His Load

Every move we make
Every step we take
is yet another test of our ability
to be everything we can be

I knew a man once
carried the weight of the world on his back

He made it his business to take on everything
No matter what it was or who it was about

Any scandal became his
Every murder
Every rape, he'd analyse it and keep it with him
making it his topic for conversations

As his life moved along
so did his accumulated trials and victories
until he was so laden with the lives of others
he could no longer remember who he
was

Lost in this world of confusion
he loaded up all his accumulated problems
good and bad
and headed off to see the world on his bike

As he ventured out into the wilderness
he found his load slowly falling by the roadside
He was so busy concentrating on
the open fields and wonderful

scenery that the few thoughts of others
still balancing behind him
were getting less and less

Finally nothing hindered his journey further
and in joy and final peace
the worn down man
found a new set of values and
realised that this was his life and his alone
and he understood
finally how to achieve
a happier, more productive
way of living

Janice M Pickett

How Do You Say Goodbye

How do you say goodbye
when you know that it is over
and all you can do is cry
and there's no way to recover
How do you just let go
knowing how you care
to move out from where
you're comfortable
leaving for who knows where
How do you hide your sorry
as you pack your bags to leave
all you really want right now
is curl right up and grieve
but sometimes through your tears
a dropp of sense will gleam
to remind you of the reason
you are walking from your dream
Sometimes through this sorrow
your inner strength will see
there's a better time tomorrow
without this misery
So forgive yourself for your actions
you had no other choice
for in your heart was a message
from that little inner voice
You heard what it was saying
you had to follow through
you had to say goodbye to him / her
it was the only thing to do
Now a new world beckons to you
with a challenge of it's own
a chance for new found happiness
full of new seeds you have sown

So smile and keep on moving
right out that front door
leave behind that sadness
and learn to live once more

I Am Woman

Tracing all those tears that have flowed
has taken years of searching and mind analysis
The times my father hit my mother
The times Mum just didn't come home
for fear of another attack
The times I fell and grazed my knee
Tracing all those moments of fear in my life
has taken me back to memories
of darker places
To the darkness that brought with it
the boogie man
The fast rides in the car
that caused us to cling on tightly
ending up with white knuckles
and pins and needles in our hands
The terror of the teenage years
with all the hormones and strife
Boys that tried it on but failed
Boys that tried and reached first base.
and those that didn't try at all.
Life had losses that would haunt me forever
the death of my first-born son
=The passing of my Grandmother the death of my Best friend
the death of the father of my first daughter.
With each new battle a challenge came forth
one that would teach me to understand life
to handle death and Loss
to deal with emotion good and bad
to blossom as a person and a spirit
I'm all grown up now and understand why
I understand the suffering
I understand what is required of me
and most of all through this wisdom
I understand how others feel.
For now I am a Mentor
a protector a listener
and a provider
for now I can truly say
I am Woman

Janice M Pickett

I Can Tell You

Oh How I hear you complain
About how Life is doing you wrong
Life is so tough
and you deserve better
Tough Huh?
You got that wrong

Did you grow up
with a Mother who was
beaten by your dad?
Then hated you for still loving him
and told you that you were bad

Have you ever lost a child?
killed by another's hand
been assaulted by a doctor
then moved to a foreign land

Have you ever tried to save your Mother?
being killed and left to die
With criminals who were stealing from her
and not caring as she cried

Have you ever been homeless?
as rain flooded you out
left without a home of your own
with fears and many doubts

Have you had to struggle on?
Without another close at hand
No-one there to hold you close
No-one to understand

Can you claim to have gone through
anything
oh man!
Can you tell me you know the feeling?
Well I'll tell you now
I CAN.

Janice M Pickett

In The Now

Thought is but one moment in time
We are one human being
There is no separation
only differences in how we think

Differences in acceptance
and differences in perception
making the distinction
between how we live
and what we achieve
in life
An empty mind will simply
be filled with destructive elements

An adventurous mind filled
with excitement and thrills
But when the mind becomes alert
and alive to all things
it opens doors to reality
beyond all earthly bounds

Janice M Pickett

In The Rearview Mirror

Leaving behind a shadowed horizon
Dust scattered weeping willows
And oceans of unfulfilled dreams
I look ahead
Ahead to the lush sprawling pastures
With a welcoming ray of morning sunshine
Reflecting on my windscreen

Shivering now at what I have done
I silently reflect back to the moments
Those times when life was almost taken away
When the attacks were at peak
and fighting for survival paramount
When my very existence cut like barbed wire

The hill, still to climb, makes no promises
The track I am on, shows no forgiveness
But I have faith in this journey
I have a future to explore
I have much forgiving and recovering
and now with utter relief I look forward
Glancing momentarily backward
where
All I see is the hell getting further and further away
In the rearview mirror

Janice M Pickett

Incomprehensible

Stupidity at it's best
is...

Trying to jump the train track as you hear the train coming!
Catching a poisonous snake to prove how brave you are!
Attempting to cross the traffic lights on red!
To name but three

I see them all around my town
foolish young people with games to play
I watch them die and I hear mothers cry
and all this happens in a single day

Thieves with conscience never known
not aware of the seed they've sown
Men with no more hope nor care
blinding taking another's fare.

Heartbreak and misery so very rife
One man stealing another mans' wife
Wives with lovers on the side
Losing all their precious pride

Wars about owning more than their share
Greed and Power their only care
Children learning what they should not
from parents who's lessons they soon forgot

This is all so Incomprehensible
to someone who is more responsible
Why does this torture have to be
When Man could be free of such misery

We should stop the foolish and learn anew
that's what Man really needs to do
He just needs to learn to be amicable
to stop being so Incomprehensible

Janice M Pickett

Innocence

A child sees the beauty we have long forgotten
treasures we have yet to find
A child knows trust beyond suspicion
A child has an innocent mind

Love is given without question
A touch a kiss a moment shared
A Little blessing born from passion
All open and giving without a care

But shatter that with careless thought
examples set that cause them pain
A child will quickly lose their innocence
and never be able to trust again

So think about your precious child
Be a parent who holds love dear
Teach good values and gentle kindness
and show your child
they have nothing to fear

Janice M Pickett

Interpretation

Wisdom comes from experiences

that teach us about life
To be captured in a confined space
would restrict our learning
and make us nothing more than
a show piece in a jar

Lessons can be taught by those
who have learned them before
For time brings with it, wisdom
Wisdom is not gained overnight
We must be prepared to accept it
from those who have the experience
That in turn makes US wise

Do not shut yourself in a Jar
there is no future there
Do not confine yourself to one way of thinking
There is no growth there

Be brave and open your mind to possibilities
Explore new ways and new ideas
Learn how to listen
Learn how to accept and question
without conflict.

Do not shut yourself in a Jar
soon you will run out of air.

Janice M Pickett

Is God Real? (A Debate Between 2 People)

S

So you say that god is real, my friend,
Then why is there war and hate?
And what about babies that die,
And what about their fate?
Are we cursed because we don't believe,
Are we cursed because we fell?
There may not be a God in Heaven,
But I'm sure we're living in Hell.

J

The unknown ways of our powerful God?
Well now,
How shall I explain?
For Man is only using about
one tenth of his brain
Bad things don't happen because of God
That's why we have free will
We do the bad things to ourselves
And I guess we always will

S

So convince me then that God is love
Convince me of it, please
Show me that he cares for all,
And that he cares for me.
Convince me that it's not a lie,
Convince me that it's real,
Convince me that his name is Lord,
Is this the way you feel?

J

It is not for me to convince you
For I am only man
But I'll help you know the spirit of God
In a way you will understand
For when you open up your heart
And you open up your mind
You'll feel his very presence and
Know that you've been blind

S

Yes, well then, that all sounds fine,

I'll try, but how to start?
I could offer up a prayer to him,
But the horse is before the cart,
I think that he should call me first,
And loud, so I can hear,
But none of those pesky "thou shalt do's"
Or how "that I should fear."

J

God is speaking to you everyday
You have just refused to hear
Hark now at the sounds of silence
You will know that God is near
For in the silence are many angels
That crowd that empty space
It's full of voices of loved ones past
now living in God's grace

S

Then I'll walk out to the Quarry Lake
And I'll sit and I will listen,
I'll be most pious and I will wait,
For silence, as the waters glisten.
Then a voice "Sit still my child,
"I love you, and I will lead"
It was the Lord, I heard so plain,
It was a loving plea.

J

So you have discovered how easily
God can show himself to man
He sends the angels just for us
As part of his greater plan
To teach us how to really see
and open up our eyes
For This world is just an Angel school
I hope you realize

Janice M Pickett

It Starts In Pregnancy

In your womb your baby grows
your bundle there can hear
noises of laughter and singing
ring in your unborn child's ear

Contentment and an easy birth
will be yours if you
keep bubs content
lying there waiting
for a baby that's truly heaven sent

Then when it arrives on that glorious day
start showing it oodles of affection
NO it doesn't spoil them
to have cuddles galore
I went in that direction

Keep a gentle voice with you
don't let your baby fret
Time will come for discipline
but not for a while yet

How you treat your baby
before it is born then after
will make all the difference
to how it behaves
and save you much disaster

As a Foster Carer and mother
I have proved beyond a doubt
that showing love not discipline
for babies has more clout

They become more confident
children
Clever and more alert
They are so much more contented
and some 'spoiling' has never hurt

Don't pay attention to stories
about spoiling and other silly stuff
giving love with firmness
is really quite enough.

Janice M Pickett

It's Time I Wrote A Poem

There comes a time when we have to stop
Time when the pressure gets heavier
than our shoulders can carry
This is my time...
Just for a moment though...
and then I shall barrel forward once more

We cannot bare another's cross
for we have our own already
Forgiveness and humility should be our very essence
Pouring out a light and yet breathing the intoxicating
aroma of friendship to all...
We are not infallible

Standing strong against the ego of others
never flinching at their conceit
God tests us yet again for he knows our value
We are his pawns played with crescendos and vibrato
Echo's from the Heavens where the games are played
I thank him for my part in his scheme

I feel stronger each time I achieve the calm
That special calm that comes over me as others attack
Let them yell on the highest mountain
Let them scream to a thousand weeping willows
I will not flinch nor show my inner pain
That is not how I will find the light in my life

So today like any other day I tread with care
keeping my spirit tamed and in tune
with the Orchestration of his Majesty
Melodies form a flowing picture
and play for only me to hear
For to know that I can rise again
is music to my ears

Janice M Pickett

Join The Swinging Housewives Club

Oh NO!
Not you too?
What is a girl supposed to do?

Men can look some even touch
Even though they don't care too much
They flirt and wink and act macho
They do things that hurt you so

But when this happens
don't feel down
There's something happening
in your home town

Whilst men are hanging in the Pub
come join the Swinging Housewives Club

We don't need men to have a ball
We have each other at beck and call
to bitch and wine and bitterly complain
about that bastard and call him names

We make effigies and stick in pins
We dance and chant
making quite a din

We eat cream cakes
and drink sweet wine
we have ourselves an awesome time

We have each other
which is really great
we play detective on a cheating mate

Follow them and see what's up
dropp sleeping powders in the cup
then take their money
and hit the town
That's the way we take them down

Those lousy partners who
treat us poor
will learn their lessons
that's for sure

So join
the Swinging Housewives Club
We have heaps of ice cream
just grab a tub

Dig right in and eat it all
I promise you
You will have a ball

Janice M Pickett

Just A Kid Again (For The Kids)

Insy winsy spider
climbing down the spout
instead of always
climbing up
the spider wanted out

He saw a big green
ugly thing with a tongue
about to strike
he didn't want to
be its dinner
so thought he'd
take a hike

So back up the spout
he hurried
to get back to the top
there was not rain
to wash him out
just a frog to make him stop

.....

Jack and Jill
went fishing
in a little river
it was cold and Jill
was wet
and gave a little shiver
Jack said here you have my coat
So Jill was feeling better
They caught a fish
and took it home
and ate it up together

.....

Janice M Pickett

Just One Moment In Time

If I could hold you again
for just one moment in time
I would take away that fear you
felt when you screamed
staring out that window
at something we couldn't see

I would not have let them take me away
in that ambulance that day
so that your cried so much
arms stretched to me in longing

If I could have one moment in time
I would tell you I love you so much
I would hold you close in my arms
I would wipe away those tears
you cried that day

If I could go back to them
for just one short moment
I would have insisted they
left you at home and not
taken you away

But I did no have that chance
and I never saw your beautiful face
again

My angel Allen
My precious child
I know you now in spirit
I know you are safe
I know you are loved

But if only I had just one more moment in time.

Janice M Pickett

Keep On Shining

Keep on Shining

Life is a lesson
Learn it one day at a time
There is no yesterday
There is no tomorrow
There is ONLY TODAY

Make TODAY count
for everything
The universe will give you
all your dreams and hopes

Get your riches from your warehouse
in the sky
Imagine little men opening the door
Inside is everything you ever dreamed of
they hear you ask and start to unload
what you asked for. Everything is ready
to deliver tp you

Start asking them to send your request to you
and BELIEVE that they will.
If you believe you will receive
But if you doubt, each time you doubt
They put your dreams back into the warehouse
and lock it up again until you ask once more

Life can be so simple.
How you think and what you think
Controls how you live and what you receive.
So make each thought and action count

Janice M Pickett

Keeping A Cool Head

Tis not noble to act on rage
No matter what your human age
Self control is the blessing for you
Stay above those nasty few

Know within you have the power
Repeat this and your foe will cower
For as anger rages in their soul
You find peace from staying whole

A nasty word said in attack
Takes twice as long to take it back
Violence shown through physical abuse
Will be your punishment in the noose

So head my words and meditate
Focus on your inner state
It's not worth the damage to you
Let my message get you through

On a final note I must just say
I cope with anger every day
Using tactics listed above
I end the problem by sharing love

Janice M Pickett

Kitty And I

Kitty and I left the shore
in a wee small rocky boat
kitty stuck me with her claw
to try to stay afloat
She hissed and snarled
and went quite mad
she didn't like the water
but as a kitten
I knew she could swim
because in the bath I'd taught her

I cant remember how it went
that day I went to sea
with my frightened little kitty
and without my big Daddy

We didn't get far from the shore
when Dad came screaming loud
He attracted many passers by
they formed a merry crowd

All waving and yelling
at me in the boat
getting closer to a ship
A fog horn blew my ears off
and I let kitty slip

She fell into the churning brine
and I then tumbled after
Now Dad was in a tiny boat
and rowing even faster

The big ship almost on top
of me and the clinging
hissing cat
found safety in my Daddy's arms
and I thought that was that

But NO he had to spank me

and then I caught a cold
I wish that I was bigger
not only 5 years old

Janice M Pickett

Knowing You

Through my belief
I found you
where you had always been

Waiting

The unleashed power
of your love
every present
every pure and true

Never hidden away from me
nor made secret
It was I who feared knowing YOU

The day I opened my eyes
I saw for the very first time
your love flowed into me
It felt over powering
amazing
It made me laugh and cry all at once

I have never let you go since
My Rock
My Salvation

I shall share the wonders
I have come to experience
I shall guide all who will listen

For the glory that comes from
knowing you
Is the right of all

They just need to be prepared
to experience that wonder
of knowing you

For it is the ultimate high

The ultimate thrill
and the most precious of gifts

Janice M Pickett

Let Go And Smell The Flowers

Contents tabled for the broken hearted
Passages of how to and what to do
Pages and pages of advice
There in ink flows many sad words
tales of woe and smudges from tears

A love story bound with ribbons
musty from the packing box from which
it has been removed
Shaky fingers wrinkled by time
stroke each faded word
a smile on a face filled with
lines of wisdom and age

A young boy with his first crush
scribbles a phonic message
on a dirty piece of paper
the meaning known only to himself
it is her name he thinks
he knows she likes him
he caught her checking him out
during lunch break

The birds and the bees
butterflies and animals
come out in spring
love is in the air
and Man wants to take pictures
write poems and share the written word

We waste so much time on petty
egotistically nonsense
when life is taking place all around us
In every corner and every part of the globe
something far more important than proving ego
is taking place

We miss so much of the beauty and experiences

of this wonderful world
when we think only of ourselves
and our needs and our glory

There is no joy in false pride
for we only fool ourselves
But there is glory in sharing
compassion and the joy of living

Janice M Pickett

Life

Nature spirits forth our life
From our roots we grow
Becoming stronger as we reach maturity
Branching out in many directions
that will either expose us to the elements
or protect us from the gusting winds of change
We stand arms spread wide

in exploration
Earth bound yet free to break loose
and blow in the breeze

as we climb to new heights

Janice M Pickett

Life Is What We Make It

Instead of hatred
show some love
Instead of temper
look above
Instead of following
take the lead
Stop and check
what you really need
Inner contentment
a life of grace
a better income
a smile on your face
Don't be a follower
sow the seed
practice positive thinking
and never greed
If Society would stop
and take time to see
it would be a better world
for you and for me

Janice M Pickett

Life's Legacy

My Legacy ~ A Mothers Love
It started of course when I was born

My Legacy

A life and future already thrust
A broken heart would be a must
No-one around for me to trust

My Legacy

A life of struggle with much to learn
A Father who told me I would cash and burn
A Mother who left because of
him
Who always told me I was full of sin

My Legacy

But sometimes we manage to rise above
Find hope in life through God above
We save ourselves through self belief
And rise above the confidence thief

From Parental Legacy

So now I stand full of love for all
My children blessed who will not fall
For I have broken the
bonds of fate
And given them something I think is great

My own Legacy.

Janice M Pickett

Life's Mystery

Ah sweet mystery of life
how you astound me
from the rivers that run into streams
on barren plain
Honeysuckle dew drops
filled with buzzing bees
and crops out in the fields
turned to grain

A misty mountain covered
in a low cloud
the sun that bakes the earth
without the rain
a meadow filled with daisies
for the picking
Butterflies that sing in sweet refrain

Janice M Pickett

Lifes' Journey

There is a long long road to nowhere my friend
with a bend at every twist and turn
An easy path so very often taken by them
for those poor souls with much to learn

So many are lost and cannot see my friend
and so they struggle to survive
when the answers are really so simple to see
with the reasons for staying alive

Life is a long and hard journey my friend
If we refuse to walk the walk
but for those whose heads are focused and clear
they will learn to talk the talk

Janice M Pickett

Looking Back

Tossed shells gathering moss
Waves washing footprints from the shore
Childish dreams tumble as time goes by
Sun kissed faces wistfully remember
As I
alone and empty
dream
of what
should have been
if I were not
engulfed in
what is
or exploited by
what was

Janice M Pickett

Love And Acceptance

Forgiveness.

Complete Love and acceptance flows
with understanding
that we make mistakes

Only the one who loves you the most
knows what loving forgiveness takes

Just ask a Parent
about the child they love
and they will tell you clear
That no matter what that child does
they will always hold it near

For Love is all forgiving
and lies deep within the soul
Nothing is stronger or more precious
than that part that makes us whole

Life is based on acceptance
and no matter what we do
there is always someone loving
waiting with forgiveness for you

But we also need to forgive ourselves
to feel the calm it brings
and that comes with being sorry
and knowing that we sinned

Amazing Grace will come on those
and all who repent from sin
for miracles will change their lives
from the love that dwells within

Janice M Pickett

Love Cake

Mix together and stir the ingredients well
A life time of loyalty and companionship
add a pinch of humor and a sprinkling of tears
place in a pan of sharing and caring
then bake in a hot oven of passion for years

Janice M Pickett

Lucy In The Sky

She sat alone in the corner of the room
The others chatted and enjoyed the party
which was now in full swing.

I watched her from my comfortable chair
in the living room across the hall
She was a slim petite little thing
she looked sad and alone.

Silently she walked over to the CD player
and flicked through the Cd's there
with little enthusiasm she
placed a CD in the machine and turned it on

From my view point I watched as the
Beatles old classic
Lucy in the sky with diamonds
began to play

As if a magical spirit had
entered her soul
the young girl slowly
began to sway to the music

She swayed her head from left to right
her arms swiveling in the air.
I was stunned as I watched

Her very being became that music
she was as good as any gymnast
I had seen

With an effortless leap on the air
she slid across the floor into the splits.
Once down there she rotated her body
in a way I thought impossible

As the beat increased so did
her floor show

No signs of the shy little girl
anymore.

Finally she rose to her feet again
spiraling as she went
Stretching so tall
I was sure she would lose her balance

The music slowed and Lucy as I
began to call her
slowed with the sudden rejection

With her body hunched and the music silent
she returned to sit alone
in the corner of the room

Janice M Pickett

Magic

This is my favorite time of day
when the breeze flicks that stray
hair across my cheek
when I stare out across this ocean
knowing that beyond the horizon
lives a love I once knew

The Heavens are your playground
you fade in and out
playing hide and seek with the moon
trembling during a lightening blast
casting shadows across the hills

I stand here in awe of the beauty you
so casually create
The waves lap now around my ankles
I catch your reflection in the
depth of the blue

Leave now dear sunset
Rise again for me tomorrow

Do you believe in magic
for magic is what your beauty brings
to my heart

Janice M Pickett

Magic Really Happens

Life is one gigantic magnet for you
just as a magnets attracting iron filings do
High emotional intensity attracts a fall
thoughts of a high energy wavelength.
are stronger than it all

Focused thoughts become magnetized
empowered thoughts like a magic spell
attract positives and negatives you know
dis-empowered thoughts
attract negatives as well

To put this clearly.
You draw to you what you ask for my friend
So if you ask for sickness you will get it
in the end
Because you will expect to have it
as it was your wish
and your demand on the universe
is always swift

If you ask for health you will get it too
as you thought of it as

something important to you
If you want to control your situation
be positive and strong
and you will have it before very long

Magic happens so easily
All it takes is understanding
of how easy it can be

Janice M Pickett

Making Life Count

When all around you
is filled with negative energy
and temptations fill the air
Stay strong in your belief
For it is your journey
not theirs

Set your pace and state your goals
Dream your dreams and see them as now
For it is your time and your life
and your future
No-one but you can see this through

So stay true to yourself
Trust that what you dream will be yours
Do not stop if you stumble along the way
Just pick yourself up and start again

This is one life, one road to travel
and it will have pot-holes
But with determination and faith
with belief that you will succeed
you will make it

The secret to your success
is to never give up.

Janice M Pickett

Mans' Misconceptions

With the creation of the World and the creation of man,
came free will, superstition and confusion.
When starting school of any kind, lessons will be learned
mistakes will be made and conflicts will arise.
Spirit forgets all it knows before arriving here as a child
empty of preconceived notions and any form of conscience.

Spirit becomes Man who then struggles to find his way.
He searches and complicates and fears that which is new,
so he invents his own world filled with superstition.

So in the beginning

Man comes up against Man, Animal comes up against Animal,
Do or die, fright and flight, Man is lost for direction.

Banding together with others, becomes the way, and tribal
bonding occurs, bringing with it something they called Religion.
Based on the feelings of these now superstitious men,
these religions grew.
Fighting began and conflicts ran high. power became the
order of these groups.

Lessons about life were being learned based on these superstitions,
of the religious who banded together,
convincing their followers through their version
of what life was all about.

Religion caused and still causes many wars.
It stops those who have been
closed in its grip from seeing the truth
and understanding what is real
They still have superstitions that control them.
Threats of punishment if they do not obey.
Behaviours that they have to be part of or
else suffer wrath.

Luckily today many are seeing the light and

understanding that the one God in heaven
is part of who we are.
Humans created in his image
(with the same abilities to live a life of abundance)
Call God what you like..many call him the universal power.

The choice is ours and the only religion
is believing in one universal power
and not in the thinking of a
hypocritical and established cult
which is what I consider most Churches to be.

Janice M Pickett

Men Strong? Hehe

Who has the baby?
I don't see no man
pushin and shovin'
as hard as he can

Who cuddles up
like a baby when sick?
But a dame takes a tablet
and gets better quick

I don't see no fella
in a sewing class
if he picked up a needle
he'd fall on his arse

And who gets a ticket
for drivin' drunk
Never a lady
she keeps booze in her trunk

And when problems need fixin'
where is your bloke?
down at the pub
with homer... No Joke! I

Toilet seat left up
when he has a pee
always too lazy to help make the tea

But when ya need a cuddle
or a smoothy or two
guess what ya fella is ready to do?

He ready and willin'
Ya man never says no
He's quicker than lightening
when you wish HE'D GO SLOW

Message In A Bottle

Dear Ocean floor unknown
you see me standing on your shore alone
I am looking out across your wide expanse
14,000 thousand miles from home

I needed to send a message
so I placed it in a bottle
to tell a special person
just how much I love her

I gave it to a Dolphin
he held it in his mouth
He promised to deliver it
as he was heading south

This is another bottle
I am throwing out to you
you see that dolphin did not deliver it
my message did not get through

Now it is too late for me
to tell my special one
just how much I love her
My message has now gone

To you dear depth of the ocean
down to you I now send another
for she has left for heaven now
Please send love to my Mother

Janice M Pickett

Mind Matters

Your mind controls who you are
what you are
and how long you live

For what we think about the most
we draw into our lives good or bad

We are energy
We are vibration
We are power

We vibrate on a frequency
using energy to tell our bodies
what to do

Be wise with what you think
Use your time well
You are more powerful than you realise

There is no age in energy
Only age in the minds of Man

Janice M Pickett

Misconceptions

Old English
Hebrew Translations
The ones who translate
Speculation on all sides

What was meant by Vanity?
Being too proud?
Refusing to see anothers view point?

In those days superstitions ruled
People believed in many things
Shadows were demons
The earth was flat
Anything mysterious was going
to cause something dreadful
to happen

Man was ignorant
and in that ignorance
he created vanity
Vanity not as we think of it today
but as it was in those days

There is a major difference between
accepting other points of view
and stubbornly clinging to superstitions
There is a big difference
in caring for oneself with confidence
and letting ego run wild

So don't hang onto the old notions
See it for what it is
A vain person is full of self indulgence
in modern day life
Not to be confused with confidence
which is a wonderful asset to have

Confident with self assured actions
are what we are encouraged to be

People always ready to accept another's view
With a will to be part of a community
Not set ourselves above or apart from others

In Gods eyes all men are equal

In mans eyes some see themselves as God

It is at this level that Vanity is condemned

Janice M Pickett

Moments Like These

When all around you are smiling
Laughter of children filling the air
and birds romancing in the branches
of the old oak tree under which you stand
You can only feel joy

Thoughts drift to perfect moments
times when you knew passion
even for a fleeting moment
even without the actual touch
but you felt it
even so

Time stands still if only
for a second
You shake yourself
back into the real world

But still the birds sing
and the breeze drifts accross
your face
Still the laughter of children
fills the air

You know the glory of letting go
There is no reward in holding on
there is no pleasure in sadness
It is futile thinking the worst

But there is so much living
that can be done in acceptance
So much joy to be found
by an open loving heart

Moments like these
are valuable and meaningful
Treasure them and remember them
for times when you need
to feel such joy again.

Keep this moment
Treasure it and remember it
for there will be times
you will need to feel again
Moments like these

Janice M Pickett

More To This Than You Know

When this started your heart was so sad
you needed something to make it glow
being able to 'not think' was the best you had
but the pain still lingered I know

A drink and a pill was easy for you
nothing complicated there so you thought
but as time went by your release was addictive
and you then suffered more and were caught

Now help is with you and you will be free
from that horrible place in your heart
Where everything you did turned to misery
When all you wanted was a new start

Open your mind and say each day
that you are clean and at last you're a grinner

don't let anyone put you down
keep your strength up and you'll be a winner

We are what we think about the most
and in the past that was having a drink
But now is the time to see yourself sober
the power is in what you think.

Dream all the positive dreams you once had
and soon they will all come to you
Say thank you for each moment of each sober day
and all of your dreams will show through

Bless you dear lady with a heart filled with love
for you will be free and brand new
to enjoy all the loving and dreams that you dream
because dreams really do all come true

Janice M Pickett

My Angel Allen

Angels come in all forms
some stay and some pass through
some will help you as they go
but the one I love is you

A child of joy and happiness
You made my life so real
You gave me everything you had
you taught me how to feel

Your shining little face so sad
when I fell sick that day
For that was the last time I saw you
as the ambulance took me away
Your little face full of tears
there was nothing I could do
but watch you from the ambulance
you were screaming as I waved at you

The next I heard you had moved right on
into God's loving arms you'd flown
It was then that I knew how lucky God was
for the angels had carried you home

I'll never forget you my baby boy
for a Mothers love is strong
Every day of every year
every minute my life long

(Dedicated to Allen/24th Dec 1962/8th May 1964)

Janice M Pickett

My Brother And The Turkey

Thanks Giving is so exciting
Every year something always
happens here on our farm

As it happens
My little brother caused
this years event

He wanted to hide the turkey

Tommy decided the Turkey
was his friend
and No-one was going to kill him
So he crept out before daylight
Whilst we were all still in bed
To perform a rescue before
said bird was decapitated

...

We all heard the noise
as the turkey went wild
It didn't want Tommy to catch it
So Dad rushed out with knife in his hand
and off came birds head
with his hatchet

Tommy started to scream
Mum was in fits
I was laughing
with gusto

I felt sorry for bird
But you've probably heard
when I laugh
I do it too much though

Tommy came in
hit me real hard

he screamed that he hated us all
he said he would never eat Turkey
again
and lay crying rolled up in a ball

Well I started to feel like a
horrid mean brat
so I cuddled young Tom
to my chest
He gave me a Bite
which gave me a fright
and then he grabbed
a tight hold of my vest

Leave me alone
he said with a groan
That was my pet bird Dad whopped

He grabbed a small bag
and a handful of clothes
and ran off and
he never stopped

So all thanksgiving day
was spend searching away
for my Brother who ran off alone

We found him and last
but Thanks giving had passed
and young Tommy was dragged
back home

Janice M Pickett

My Coffee Candle Doorstep

Ah sweet mystery of life
you are here around me
For the summer rain
is gently falling on the lawn
I sit here with my steaming
cup of Coffee
and candle light
for atmosphere warm

The moon is sinking
fast on the horizon
the sea a shadow
splashing with the rain
A memory of sunrise
for tomorrow
A rainbow the song of
golden gain

Ah this Mystery of life
How I embrace you
as I drink the final drop
of my coffee
The wax now melting down
on my small candle
The rain my only
source of company

The night has taken over
time for bed now
for tomorrow brings another
sunny day
When the Dawn will bring a promise
of the night fall
With my coffee, candle doorstep
where I pray

Janice M Pickett

My Daily Ritual

On waking and rising

First foot to touch the floor
Thank you thank you thank you

Second foot to touch the floor
Thank you thank you thank you

Such is my daily ritual
in respect, adoration and honor
of my creator

Without daily thanks
we cannot move forward
we will remain as we are

Without daily thanks
we cannot appreciate
what we are or who we can become

Without understanding this fact

we remain trapped in our own

limiting abilities

Gratitude can set us free

Janice M Pickett

My Favorite Blanket

When I was very little
I had a favorite blanket
I named her (For to me that
fluffy piece of fabric with
threads hanging off it,
was a girl) Yes I named her
Boobie
Now boobie was 'brown'
with small flecks of 'fawn'
she Hung by my side from dusk
until dawn.

One day as I sat in my 'beige' child's seat
with a 'chocolate' ice cream I was trying to eat
it melted and covered me from head to my feet
my boobie and I were stuck to the seat
Chocolate everywhere
Everything turned 'brown' including the 'beige'
little chair I now found.
Mummy would be so angry I knew
so I decided on what I must do
I gathered the mess
took it into the bath
filled up the tub
and then for a laugh
chucked in the chair with me and my clothes
funny thing happened the water just rose
over it flowed onto the floor
a sticky 'chocolate brown' water ran out the door

I remember Mummy did not think it fun
when she saw the mess and what I had done
She sent me to think about things in my room
with my soggy 'brown' blanket
to help ease my gloom

Janice M Pickett

My Friend Joan

If ever anyone wanted a better friend
they could not pass up my Joan
She is a woman wise in ways
Many have never known

Her gentle manner and spirit
her wisdom kind and true
makes Joan the perfect friend to have
I stick to her like glue

I could not do without her
She has a wit that makes me smile
Her wisdom is beyond compare
and she only stays for a while

I don't know how I would get through
If my friend Joan wasn't there
She always knows just what to say
and I know she really cares

Today she brought me a moment
when life was quite OK
At a time in my life
that I need a friend
She always has kind words to say.

So I dedicate this poem
To my special friend named Joan
For with her presence in my life
I'll never be alone

Janice M Pickett

My Philosophy

If man is to move past this confusing
behaviour which borders on superstition
he needs to open his eyes

Not just a small peep
closing them again through
fear of a reaction that may cause him
insecurity

Through time many have been
touched by new thought
Many have dared to speak out
touching the sensitive
nerves of the leaders in community
Cults

When man learns to take chances
and accept new ideas
he will grow and become more aware
stagnation does not bear fruit

I say

Believe, trust you have the power
and you shall achieve greatness
of self
That is the positive step to
advancement and spiritual awakening

Cast aside others ideas
They cannot be yours unless
you truly believe in yourself
For from belief comes all your heart desires

Janice M Pickett

My Priceless Find

As I walked the Sunday Market
I found a young man with a gift
of making things from leather
with hands that moved so swift

I browsed the many items
from belts to leather chairs
and found a treasure from the past
old from many years

The young man said he'd made it
as a child years before
and no-one yet had bought it
and it sat here in his store

It was a little tee-pee
with an Indian wearing feathers
His tee-pee was a jacket
made of three different leathers

The backdropp he had painted
with a gentle hand in blue
and in his talent added
a wolf head shining through

I asked him for a meaning
of this magic piece of art
he said the tee-pee jacket was to
warm the Indian's heart

The Wolfe head was a symbol
of the power he held within
and the color blue was heaven
in the sky where life begins

He said he was creating
a message from the sky
that showed Gods mighty power
from the hand that held up high

He said the flames ignited
the image much increased
he wanted to express himself
through the symbol of the beast

I asked if I could buy it
he said "it's not for sale"
He kept it as his reminder
That he must never fail

I learned a lesson that Market day
from one wise creative boy
that some things hold more value
if their meaning brings you joy

If what we have created
has a treasured message wise and true
It's good to show it to the world
but best to be kept by you

Janice M Pickett

My Sweet

Don't be afraid to feel my sweet
Don't be afraid to cry
For every tear you shed my sweet
Sets free your need to lie

For hurting inside and hiding it
Will only sink you low
So lift your head up high my sweet
And let somebody know

The bruises on your body
The bruises in your heart
The tales they tell are obvious
and healing needs to start

The biggest fear that stops you
Is being caught and bashed
For telling of your trauma
And your truth turned into trash

But time has come to try my sweet
To free yourself from pain
If at first you don't succeed
Just try and try again

Remember what I say my sweet
my story is sad but true
Once I was a victim my sweet
And suffered just like you

Know light is in the tunnel
Shining to show you the way
Happiness will find you my sweet
So look forward to that day

Finally I must tell you dear
that friends are close at hand
Go to them for comfort my sweet
For they all understand

Janice M Pickett

My Wilderness

Stretched before me are
hundreds of acres unknown
Nothing familiar
Nowhere to hide
I am exposed for all of the universe to see

In this crowded room
I feel nothing
Shock just a fleeting moment
in this new anticipated reality

I am totally alone
no-one can be me
they can only imagine

My spirit stirs
A cloak of protection surrounds me
A shield of light

A moment where laughter and fear
combine as the reality hits
I shed only the smallest tear
A hand reaches out
gently touching mine

'How do you feel' a voice somewhere near by asks
I simply nod, accepting my fate

I am empty of time and space
vacant of any thought
sitting here alone
in the wilderness

'Here you go' a voice booms
into my silence.

'This pack has all the information you need

Cancer can be cured you know
so have faith.'
I nod

Faith is the one thing I do have
No wilderness will strip
that from me
Nothing can destroy my belief

I shall laugh and laugh
once this has sunk in
God has too much for me to do
so I shall survive.

Within this wilderness I find power

Wthin my heart I discover strength
Although I am so alone
I am also blessed

I have a protector and a spirit
with me in the empty space
and I can truly say
I am a survivor

Janice M Pickett

Mystical Light

Sweet breath of an angel
In perfect harmony and peace
As you glory in his presence
your rapture does increase
Touched by the aura from Heaven
spread around you from a child you grew
You can dwell upon that angel child
from the time that you were new
You rose on high so young and raw
from the depths of the earth
you came
Now you live in this heavenly place
that always stays the same

Tinkerbelle they call her
your little angel girl
she stays close by you always
For around you she will twirl
You are her angel Mother
She your child of light
Sleep now angel mother
I'll watch over you tonight

The touch of an angel is something
we all crave
The feeling that we are being protected
and watched over each day and night
gives us spiritual warmth.
I have met angels I think

I have felt their close embrace
their beauty their radiance
which is beyond comprehension
Yes I think I have felt an
angel hug
Yes I have felt their gentle kiss
for I have had my soul awakened
and my eyes opened to their presence

Janice M Pickett

Never For A Moment

It's been so long now
do you know what I mean
Years of missing you
Nothing in between
Lots of things to keep me going
to hide the pain from really showing
I pray every day for a word to come through
just to ease this pain of loving you
But day after day and year after year
All I have left is a memory and a tear
So long ago now and so far apart
But never for a moment
have you left my heart

Janice M Pickett

Never Give Up

2~We must not become tired of doing good.

We will receive our harvest of eternal life at the right time if we do not give up.

Galatians 6: 9

.....

There is no greater faith and belief
than the power to stay in your truth

Throughout each day when little things test you
remember that truth and his promise
Thank him daily
Never give up

When all around you insult you
for your faith
When pain in anothers eyes
brings tears to your own
Never give up

There are moments when belief
is so clear to you
yet so confusing for another
Helping them understand brings with it
insults and anger

Let it go and do not feel hurt or insulted
Understand they come from a place
of ignorance
Never give up

For in you is the power
within you is the promise
and through you is the answer

Just Never Give Up

Janice M Pickett

Never Too Much

Experience the thrill of forgiving
Know the joy of success
Feel the pleasure of living
a spirit on Earth so blessed

We come here a student
for learning
the lessons we
chose
we will learn

The shock of it all is discerning
and with the test that we have
we can burn

But God will never allow us
to suffer more than he allowed
his own son
He has faith and knows we can make it
although it's much tougher for some

But the harder the training
and suffering
the greater the spirit we are
and I would rather be
wiser and spirit filled

The quickest route
to salvation by far

Janice M Pickett

No Longer In View (Written For A Suffering Friend)

One last brick I need to lay on this great wall here
before I tell you, you are leaving me...

Goodbye

I want to thank you in this very special way now
and explain the joy I feel and reason why

For

The experience and the lessons this has taught me
I shall thank My God in heaven every day
for I am wiser and more grounded now in spirit
and have grown strong in every area and way

This child that is giving me such joy now
I want to thank you for the gift of his precious birth
The growth in my understanding of my needs now
makes me understand how much my life is worth

I am much stronger now from this life we once were sharing
We may be parting so that I can live again
but without the lessons learned from you my darling
I would still be weak and dancing to your game

There is so much more just waiting for me out there
With a true love who will treat me like a queen
No more suspicion about who you have spent your time with
No more living life as if within a dream

I have three children who are now my total focus
Their happiness exceeds this love now cold
I am moving on with wisdom and forgiveness
I forgive you which is being very Bold

For in forgiveness I can heal and not hurt so
I have let you go and know it's for the best
This love I have will go to someone better
My strength to do this was nothing but a test

Goodbye this is the final time to face doubt
upon this subject which has caused us both much pain

It's time for you to pack your bags and get out
I am waiting for my life to start again.

Janice M Pickett

No Regrets

The lack of
is always the emptiness of determination
No-one will understand that
unless they understand their soul

To regret is to have a thought
that you have already decided will fail
A thought that has no substance
no belief in it transpiring

Those who state their desires
with a positive heart
A heart that refuses to accept failure
will see their dreams come true

So demand what you want
with conviction and determination
apply whatever action is required
and expect to receive your hearts desire

An empty Soul will always be an empty soul
The echo of a lack of faith and belief

Janice M Pickett

No Such Thing As Ghosts

Spirit is with us always
You have been blessed with true sight
We all have spirits around us
they are not ghosts that
float in the night

Ghosts are what man calls them
when he doesn't know the truth
that the spirit world is real
and he won't believe the proof

So I tell you now in confidence
there is no such thing as ghosts
only spirits that stay with us
for when we need them the most

The spirit world is right here and now
a realm we cannot see
and although we sometimes have the gift
our knowledge does not come free

We pay the price for believing
through scorn from the narrow in mind
but we have to ignore their ignorance
and know that we're not blind

When spirit reveals itself to you
accept it but do not boast
Say hello to your spirit
But tell them...
There's no such thing as a ghost

Janice M Pickett

Not A Moment Too Soon

Twilight said goodbye as I turned to go
Not a moment too soon the sun lost its glow
I shuddered, as the cold tickled my frame
At last I was sure this wasn't a game
I was alone no more abuse
No cussing and fighting
I'd broken the noose
my life was about to start over again
Fun
Joy
Laughter
Free of the pain
By the time it sunk in the moon was up
I put on the kettle filled my teacup
A new day dawning
Time for me to fly
on freedom's wings to a promising sky
Full of new hope I stared at the moon
Thank you I whispered
not a moment too soon

Janice M Pickett

Nothing Is Everything

Nothing is hidden from Man
Nothing is stopping Man from being Everything

Seeking the understanding that is placed before him
Is something Man has failed to do

Wisdom comes from understanding
Spiritual growth comes from Believing and having Faith

We have everything our hearts desire waiting for us
We could take it now if we just believed and understood
the simplicity of life on Earth

Understanding the truth has been mans downfall

Man could be everything through Him
That gives him strength

Simple, uncomplicated Truth, made the most complicated
words through the ignorance of man.

Janice M Pickett

Now

Life is a brief moment in spirit
Ever growing and ever changing

The secret to living it with everything
it has to offer and not expecting the expected

For in change comes opportunities
New beginnings continually surpassing the old

Live for and in the now
Take from it everything it has to offer
and when the time is right move on

There is never any point in flogging a dead horse
It will never run again nor will romance that's passed

For life to be lived and appreciated fully
We must treasure all the pleasures
and values we share each day

We cannot live in yesterday
we cannot live in tomorrow
we can only live in the NOW TODAY

Janice M Pickett

Ode To Motherly Love*

You open your mouth to speak
when she asks you how you are
But she cuts you off with her own complaint
about a problem with her car

She rattles on about everything
that's driving her insane
The petty stuff about the cat
and her walk out in the rain

You listen most intently
the way a good Mum should
whilst the pain that throbs within you
is doing you no good

She tells you she feels hungry
Asks for a bite to eat
then asks you if you have some cash
She ripped the babies seat.

You hobble to the nearest chair
and rest your body there
She still doesn't know you're hurting
She probably doesn't care

She asks you if you'll baby-sit
She's going out today
The baby will be good as gold
she will just sit down and play.

All you have to do
is watch her
guard her every move
feed her change her and cuddle her
if she gets in a mad mood

She hugs you tightly and waves goodbye
baby left upon the floor
She blows a kiss to the child

then disappears out the door

Your pain is getting harder
all you want is to have a rest
You smile at your precious grandchild
she is the very best

You know you'll feel better
just having her so close
some pain relief will fix you up
you'll take your usual dose

A Mother never falters
she's the rock in a sandy stream
through all that she endures
Love will reign supreme

Janice M Pickett

Once Upon A Time

I was born surrounded by demons
I still remember the recurring nightmare
The witch in black robes appearing to me nightly
a long pointed dagger in each hand
laughter rocking her body as she hovered over me
laughing with delight at my screams

As time went by the vision became more real
with violence between my parents sky rocketing
My timid Mother always the victim

always in tears

My vindictive Grand Mother who lived with us
out to cause trouble by her nightly stories to her son
The inevitable fight
shrinking Mum to nothingness
in the corner

My sister six years old and myself eight years old
not sure where to go or where to hide
or who to support
In our young minds they needed our support
we had to try and bring calm and peace
that was our job

As the years past and the obvious divorce took place
my demons became attached to creating disaster
for me instead
My journey filled with tragedy
My first precious child poisoned by my mother in law
who fed him caustic soda instead of water to drink

My country that I loved destroyed and taken over
by tirant rule

Murders happening everywhere
My life hung on a string many times

forcing me to flee with a twenty four hour

deportation notice a reprise from obvious

assassination

But I found two angels

in the form of highly spiritual ladies

They walked into my room in a hospital
asked if I had been born again
I said 'what is that' and they told me
I wanted that so much so agreed to let them
perform their magic
I was due for an epidural in my spine
that day

The ladies linked hands over me
and began muttering in some strang language
my body began to feel strange
I felt a fire inside me
suddenly I started laughing and crying all at once
I couldn't stop.
I felt better
no longer sick.

The Doctors came running in

they checked me over and all

the problems had vanished

There was nothing wrong with me
I had been miraculously cured

and they sent me home

From that day

I became the person I am today

A teacher

A healer

A believer in the power within

I did see angels on the wind
Bathing in the light of a blood red sunrise

They shared their glory with me

and it was wonderful

My life was transformed from a soul trapped

into a soul transported to a place of light
Instead of fighting with the demons

hiding in the dark
Forever taunting me with nightmares

of my past

Today I see no demons

Only beauty and souls crying out

for the love and miracle I found

I have made it my love and life

to help them find what I found

For all should see angels on the wind

Bathing in the light of a blood red sunrise

Instead of demons hiding in the dark

Forever taunting them with nightmares

Janice M Pickett

One Lone Seed

No man is an Island
Nor is he as solid as a rock
For a rock although energy in itself, is
no more than a solid form.

So many find themselves alone
Nothing to cling to
Nothing to drive them forward.
HOWEVER

I say to you
No even a rock is so solid that
a tiny seed will not bloom
and grow to become a magnificent tree

Learn this lesson well and dream

Think of that seed and know
that all thought will become reality
Reality is the realisation of dreams
For dreams are simply a seed
that has become embedded in the rock
of your desires

Janice M Pickett

Open Up Your Mind

Inflicted with false understanding
right from birth
Cradled in insecurity and
superstition
Childhood shrouded in
teachers of half truths

Imagination stifled by

the foolishness of man

How hard it is to understand?
When will man's eyes be open
when will he see what is really
before his eyes?

We hold such a magnificent power
We control these innocent minds
feeding them with our own
lack of knowledge

If we would all dig deep
into the soul of all belief
buried inside us

We would see a different way
a more powerful way
One that would change the world
forever

The truth that was ours by birth right
We would see that all thought
becomes energy
We would teach this to our children

Show them how to manifest wealth
of spirit, health and abundance

We would become a very powerful people
if only we ourselves had been taught
how simple it really is

But instead we fixate on the false illusions
the lack of understanding and the pain
of a world torn by a emotional distrust
Thanks to the lack of faith and belief
in our own super powers

Janice M Pickett

Orb

For what am I

that has now past on...
left as my legacy to man?

I appear to you in this image
an orb, a mystical image of flowing energy

No more in human form
captured by the lense of the living

I am the energy behind your dreams

The wisdom in your actions

A spirit driven to sharing my inner depth

The teacher vibrating in your visions

For in life I gave my all

Truth was my virtue and my guide

Compassion my master

Faith in myself and my inner power

drove me onward and upward

magic appeared everywhere my dreams were made

Now I rest

Knowing I made a difference

Knowing I did my best

The best I could possibly be within

the thoughts I thought

and

the actions I took

So see my orb

in all its glory

Shining in this hue of pastel light

A Spirit filled with a passion for the earth bound

A Spirit free to travel the universe with a rested soul

Knowing all will be well for the man that believes

and trust in his own powers of positive thought

For he is the one who will create his perfect future

Janice M Pickett

Our Animal Kingdom

Why does man feel such conceit?
Does he not see what he really is?
Can he not tell the difference between
TO BE and BEING?

For just to be Brings peace
But being will always include trying
and Trying means competing with ones self
and applying effort to be what is dictated in the world
So why does man feel such conceit?

Because man is the only animal
created in the image of God
and as such he should be worthy

But to be worthy
does not mean heroic or powerful
it means to be free in spirit like the animals of the wild
Free in our spirit and free in our ability to
share wisdom and love
Free simply

TO BE

Janice M Pickett

Oxygen And Laughter

I went through cancer and survived
My secret was how I thought about it
Laughter is the very best medicine
and pumping oxygen into the body vital!

I took CoQ10 and redgrapeseed capsuals
Miracle cures well reseached and reported

My Doctor said I can't say take it
But I am not going to say don't either
and he winked at me

So both of you laugh your way through it
as much as you can
Oxygenate the body
and Nature will do the rest

I am living proof of this
because I had faith in life
I believed I was cured
and I took the steps to make it so

Janice M Pickett

Peace Comes From Within. Do Not Seek It Without. *

Buddha

Look inside and find that place
where contentment rests
For without self love
there is no love at all

Seek that place in you
where comfort dwells
Where pressure melts away
and you become as one

For we are all one
Sharing the same energy
the same air
and the same God

In his image we have been created
He breathed life into our lungs
Not different breath for each
but the same for everyone

We may be housed in a different package
each with our own visual appearance
but inside we are exactly the same
now and always
and so shall it be

So seek peace from within
where it forms in your soul
and know that with that peace
comes contentment which cannot be
separated from you in any way

Janice M Pickett

Poetry

Poetry...

Lost not through the journey of time.
Nor destroyed by the trials of man.
But saved through the covenant of God.

Janice M Pickett

Possession

Possessing someone
does not mean loving them
For within ownership
is self conceit
Self ego
and
insensitive behavior

I have known all those things
Love was not a word used
often in my life

I own you
You are my property
Men look at you
You flirt
so I shall hurt you

Take that and that
Now tell me I'm not the Boss
That's right
crawl into your corner

Fear
in fact
terror
hiding
sneaking off in the night
saving children's lives

Alone
Again, alone

No I don't remember
being told
I love you

Janice M Pickett

Problems Solved

Many of the problems today
stem from what we eat or consume
Artificial sweeteners
Flavour enhancers
Additives
All cause reactions of some kind or another

in everyone.

Often going un-noticed and left un-cured
Even Alcoholics often suffer
and become addicted because of
certain foods lacking in their diets.

How we react to an addict
and how we respond to other forms of mental illness
boils down to what is causing the condition.

If it's seasonal then allergies need to be fixed.
If its emotional then a balance of essential nutrients are needed.

Often just a change of scenary fixes the problem.
It's not all about taking medication.
Thats not always needed or wanted.

.....

My Poem

.....

He was a loving father

who found he loved to drink

getting drunk took over
as our lives began to sink

She was a loving Mother
who couldn't cope in life
He was losing everything
and she lost her will for life

The children were caught in the middle
they had no-one to whom they could turn
All they wanted was a happy home
but hardship is what they would learn

The Mother held on tightly
but soon her body gave in
The Father drunk more everyday
no idea what was haunting him

Finally in a drunken fit
he knocked his wife to the ground
She ended up in hospital

where a cancer was sadly found

She died a death in misery

her children suffering most

He lived out life a bitter old man

with nothing with which to boast

They found he had a deficiency

and when fed on a special diet

he stopped his drinking permanently

became sober and very quiet.

So I believe without a doubt

that what we put in our mouth

is the reason

of many illnesses of the mind

that haunt throughout the seasons.

Be gentle with the sufferer

they are not well thats for sure

help them change their eating

and help to find the cure

Do not take the problem on

and think you should be hard

the sufferer needs your kindness most

so they can walk that extra yard

Janice M Pickett

Progression

The child innocent and wide eyed
Love pouring from her young soul
for parents, toys and animals

The adolescent finding her way
Emotions in turmoil, desire sneaking in
Young boys starting to attract

Then it happens

That moment when innocence is lost
The girl becomes a woman
no more the child she understood

Her young friends turning to her for advice
her, now the older woman
the wiser one with 'experience'

Her Mother waiting patiently for the 'time'
It arrives soon, and they share a moment
Wedding bells have chimed

Maturity has brought with it many changes
her journey one of joy and emotion
wisdom and self respect

Now a Grandmother with a bosom filled with warmth
a nesting place for her Young's young

These are the special years
This is her glory time
This is when a woman can truly say
' I am all I ever could be'
' I am all I ever wanted to be'
' I am me'

Pull Up Your Zipper

Always check your zipper

Sometimes the fool hardy may leave home with it down and open

Sometimes they may pull it up and catch some flesh

Other times they may catch a little shirt cloth in the hook and
walk around with a small flashing tail in front.

What ever the situation it can be embarrassing

Whatever you do always check your zipper.

You see it can be a major embarrassment to you.

Rather like a person who opens their mouth to speak
in an inappropriate way

Saying things that embarrass them and others around
who will laugh out of embarrassment for them

So your Zipper and your mouth
would then create the same effect for you.

Making a zipper as important as your mouth
and the words you say

So to me a zipper means making sure you
do say and act in a way that does not cause
you to appear like a fool.

Ok Zip it..! LOL I was trying not to be embarrassing. LOL

Janice M Pickett

Push Aside The Guess Work

When we hear all the different religious Stuff
most really have had quite enough
For we have our world and sun and light
we have our moon and day and night

We know that energy is all around
In the heavens and in the ground
We know we generate a power within
With a spirit that's pure and free from sin

Man creates all the rest
his drive to rule the next conquest
His dominance reigns loud and clear
Laying guilt on each trembling ear

But there is only one answer to this
A power so strong that we cannot resist
That truth that Spirit will never die
That a God of all man is standing by

No matter what religion you choose
No matter your kindness or abuse
You will be judged within your heart
by the guilt or love you do impart

Just be the best you possibly can
Listen to your spirit and not to man
Feel that conscience deep inside
That feeling that is your spirit guide

From that depth a truth will rise
to shed some light on failing eyes
This truth will guide you and let you know
where you came from and where you will go

Janice M Pickett

Radical Forgiveness

Now if Common Sense is listening
from his home up in the sky
I ask he stays and helps this world
so we can all get by

It's sad to see his passing
but the children he left behind
Still have his common sense within
and they will never hide

Outspoken are his kin folk
and I am one you see
from my Father Common Sense
I will find victory

Where troubles came and took his life
I shall stand and fight
along with friends around me
we recognise world's plight

So watch us father Common Sense
as we band together as one
we'll not let your memory die
Our war has just begun

So rest now while we tackle this
and watch us from above
for you have been a faithful dad
and we remember you with love

Janice M Pickett

Returning To Finish The Unfinished

How many times
will he be back again
How many times will he cry
Why does his soul refuse to learn
As the centuries just fly by

Lessons so simple
kindness a fault
Nothing but hate in his heart
simple changes were simply needed
but he didn't know where to start

So back again this time his last
for nothing will stop him now
Promises made from his review
and an angel to show him how

Finally after many tries
he finds what was always there
Something that he had missed before
the art of learning to care.

Janice M Pickett

Rising Above

It started of course

when I was born

My Legacy

A life and future already thrust
A broken heart would be a must
No-one around for me to trust

My Legacy

A life of struggle with much to learn
A Father who told me I would cash and burn
A Mother who left because of him
Who always told me I was full of sin

My Legacy

But sometimes we manage to rise above
Find hope in life through God above
We save ourselves through self belief
And rise above the confidence thief

From Parental Legacy

So now I stand full of love for all
My children blessed who will not fall
For I have broken the bonds of fate
And given them something I think is great

My own Legacy.

Janice M Pickett

Saving Grace

My life was hell
to say the least
A husband always off having affairs

I was pregnant about 27 weeks
Unhappy scared and alone
Life was a scary trial

This night was like any other night
lying next to a man who had just insulted me
someone totally in a world of his own

I drifted off to sleep and found myself
in a totally white room
Clinically clean and sterile
I was lying on a bed

Into the room came a person
clad in white robes
They asked me if I wanted my baby
and told me they could take it back

I said please fix me
make this right
Another white clad person entered
from behind me

'It's done' was all he said
I said I want my Baby
He repeated 'its done' then said
'Your baby will be fine you will keep it'

I woke up convinced my dream was real
That day my waters broke
My husband had left early and flown out of town
I was rushed into hospital

A week later my baby was born
My after birth had shrivelled

and was creeping up my body
I had an emergency op.

My baby Lived but was in the incubator
until she was full term
Doctors said it was a miracle
I say it was the spirit in my dream
who fulfilled his promise

Janice M Pickett

Science Ever Changing

A radical shift there may be
and there should be in scientific circles
For more and more proof shows us that spirit is real
That nature knows best and always has
Being philosophical is basically intelligence
taking over from forced experiments of so called truths
that are historically incorrect
and within the realms of understanding
modern day scientists are accepting the change

The changes have come
Spiritual reality is more accepted
No more Witches to burn at the stake
Belief in the supernatural is here
It has taken hold and we move into an era of
Crystals and mind blowing spiritual
events

A new movement which leans towards natural healing
Belief in the power of the mind and the laws of attraction
and all the other 27 plus Laws of universal Energy
The world has changed, Science has accepted and
we live in a most wonderful time.

Janice M Pickett

Secluded Moments

Solitude is a time
when we sit alone
and think of what
should have been
and how we can turn it into
what will be

For within solitude
is a special silence
a space we
treasure

Secluded moments
when dreams become reality
if only for a time

Janice M Pickett

Shaddows Of Night

Night falls
on spirits in blackened blue
alone and lost

Dew drops forming
in swollen eyes
on painful journey

Seeking false love
forsaken values cowering
within the glimmer
of a red light

Escaping the darkness
just a dream
floating on golden clouds
within the depth
of a heart in despair

Welcoming the dawn

Silver rays of hope

shimmering

through shattered dreams

Lost to the dregs of society

Janice M Pickett

She Stays For Just A Moment

Spirit

It's time to leave for earth
your time will be thirteen years no more
be ready now and show your faith
until you return to heavens door

Spirit now you leave this home
no memory will you take
For once you are born to the chosen mother
your lessons are for
your own sake

In thirteen years when you return
those experiences as blessing new
will help you grow to a higher plane
they will bring you glory true

So go now take your journey
into the ripe womb waiting below
they wait for you to teach them much
so let your beauty show

See you soon my precious child
you will not be gone for long
You are precious to your heavenly home
where the angels sing your song

Janice M Pickett

Sick Of The Complaining

Oh How I hear you complain!
About how Life is doing you wrong
Life is so tough
and you deserve better
Tough Huh?
You got that wrong!

Did you grow up
with a Mother who was
beaten by your dad?
Then hated you for still loving him
and told you that you were bad

Have you ever lost a child?
killed by another's hand
been assaulted by a doctor
then moved to a foreign land

Have you ever tried to save your Mother?
being killed and left to die
With criminals who were stealing from her
and not caring as she cried

Have you ever been homeless?
as rain flooded your small caravan out
left without a home of your own
and your future filled with doubts

Have you had to struggle on?
Without another close at hand
No-one there to hold you
no-one to understand

Have you ever faught situations
that caused children to suffer so
then when your fears were proven right
Family Services let you go

Can you claim to have gone through

anything that remotely compares?
Oh Man!
You Can't you tell me you know the feeling?
BUT I'll tell YOU now
I CAN.

Janice M Pickett

Sigh

I Sigh Oh my!

What a busy day
It is so long

Nothing but driving for hours
on the highway of cars
traffic piled up in lanes

Backwards and forwards to the hospital
every morning starting off at five
getting out of bed at four
Waiting for the transport driver

Such a long and tiring journey home
Picking up passengers as we go along
watching the traffic as it passes
talking to the others on the bus
feeling the stirring nausea in my stomach

It's the same every day at the moment
this long and exhausting journey that we take
Sun rising as we travel to our destination
Filing out of the bus tired and thirsty
heading for the treatment rooms to cue
Standing in line to get an appointment

It is so vital that I do it though
It has to be done and repeated each day
Radiation burning the skin like a heavy suntanned overload
Doctors to be seen and questions asked each time
How are you? Do you feel a sore breast?
Are you getting enough sleep and resting daily?

Because my health and my future depend on these treatments
I have to have radiation that they say is needed

I have to answer all the questions that they ask
I am now adding new natural products to help me
I am taking control of what goes in my mouth
My life will be lived in my own way now
My future will be decided in my own way now

I have a right to health and harmony in my body
Natural and healthy products help me to heal faster each day
Are products that have been proven to work and aid in cancer protection
I am taking time for me and loving life and living
The Breast Cancer did not win I am a powerful survivor
Nothing will stand in my way I will always stay healthy
I will eat right, think right and make sure I succeed
This is the first day of the rest of my life

Janice M Pickett

Silence Speaks A Thousand Words

Say Nothing
For in your silence
I hear a thousand words
You stand tall amongst men
wiser than generations
Swept by many winds
ripped of foliage
by many a fire
with so much to tell
you still
Say Nothing

I cry to you
as I clutch this empty heart
you have the answers I need
Tell me I beg you speak to me
How do I move on up
out of this valley of death
tell me please
I cry to you

Let me touch you
for in that touch is a comfort
I have never known
Let me lay with you
Let your garden of wild flowers
be my shelter from all harm
Let me touch you

Silence has spoken
it has not condemned me
it has not rejected me
my heart and soul remain intact
the answer I feel is all around me
you have spoken volumes to my spirit
clearer than I could ever imagined
Silence has spoken

Silly Billy

OH I am a Silly Billy
I went out in the rain
forgot to eat my breakfast
and nearly went insane
when I cleaned my
teeth with back rub
and felt the heat in pain

I put the paper in the freezer
and tried to read the meat
put my shoes up on the table
my plate down by my feet

I'm such a Silly Billy
I get things upside down
like when I saw my Doctor
in the heart of town

I asked him for some aspirin
for a vitamin pill
and told him I was feeling great
instead of feeling ill

So be careful what you ask me
for I am not quite sure
if the answer that I give you
is what you're looking for

Janice M Pickett

Simplicity

Why do we complicate such simplicity?
Man has no idea how simple it all can be
We are connected by the power of electricity
Energy the link to set us all free

God provided the power within us
Jesus preached the way to go
All the hype from olden day focus
The world confused, faith running low

Man has the power the energy needed
Everything he thinks will come to him
If Jesus messages had been heeded
man would have had no desire to sin

So turn your attention to your own thought
for what you think will come to you
Remember the lessons Jesus taught
that what you wish most will soon come true

It's all in belief and knowing why
feeling the power we hold inside
Our world could change in the blink of an eye
If we used Jesus as our guide

Jesus and Buddha and many others
all knew how to direct their soul
They showed the world and their brothers
that with belief they could be whole

Author notes

Fixing this world is as simple as getting people to believe in spirit and themselves. However because man has made it so complicated through his own ego, based on false man made religions, it is now the hardest thing to fix.

Janice M Pickett

Smiling Through Her Tears

She sat upon her Fathers knee
as he cuddled her up tight.
"I have to go away
and I'm leaving here tonight".
Jessica's eyes filled with fear
and Daddy kissed her cheeks
"You mustn't be sad whilst Daddy's gone
I'll be back in about eight weeks".
She tried to stay happy,
as Daddy had asked
but still young Jess was sad.
Then one night on the telephone,
she was talking to her Dad
As the tears fell she whispered,
" I'm smiling Daddy it's true"
But her Father knew the truth
and he knew what he must do
The next day to surprise them
he turned up at the door and
Jessie flew into his arms
her body shaking to the core
The light shone in her tiny eyes
they hugged the day away
"I was REALLY brave daddy", chortled Jess,
" I smiled for you every day"

Janice M Pickett

So Many Times

This is so basic and yet missed
so many times

The earth is a huge ball of energy
The atmosphere the same

Without energy and motion causing friction
how could anything stay up
It would all fall
This earth would fall there would be no Life

Think then on Man
He is held on the earth through
energy and continual movement

What does this tell you?
It tells me that we are energy
and that life and existence in energy

It also tells me that spirit is energy
Spirit is Man before earth and after earth
The almighty power of the universe
often referred to as GOD
holding it all together

Religion is a man made power source
designed to control the minds of man
as it does very effectively
creating wars and causing rifts

When man understands he is spirit
and has the power within
through the energy without
he is capable of living
in harmony with himself and others

Emotional crutches fall away
the need for psychological explanation
vanishes

Psychic abilities which are real energy
start to appear
man becomes aware in a stronger way

Nothing unnatural or confusing
nothing Magic or demonic
just the opening of the mind
through the understanding of the spirit

You see the bigger picture
feel a greater power
and live a more contented life

Janice M Pickett

So Much To Say

Throughout history
man has been making predictions.
During my lifetime alone
the world was supposed to end twice.

There is so much drama and sensationalism
attached to such theories
Science and Spiritual beliefs are slowly binding
The laws of understanding
that we hold all the power within us
is being recognised and accepted and proved

2012 has the promise of spiritual awakening for all
Past thoughts that everything from spirit was rubbish
to be laughed at and ridiculed
will completely change and end.

Science and spirit will be as one and major
changes in our lives will then occur
The end of seprated thinking and belief
will finally bind us all in one amazing exploding
of united conciousness

With united powerful thought
focussed on health, happiness and wealth
the world will move into a new realm of light
success and wealth

A new World will have been created
We will be a powerful nation
a united people

It is happening all around us
with the book 'THE SECRET' bringing
much concealed information
out into the open for all to understand

This information has been around for
thousands of years

hidden from man in fear he may
reduce the amount of rewards
that the one who understood
was receiving.

Now it is out in the open
for all to receive
2012 will see a revelation
Minds will open and Man will be renewed

Janice M Pickett

Society

'Society'? I'll give you 'society'

It's about people and the
way they treat each other
About how they think
and the way they live life

To break away from what
is considered Normal
and acceptable in 'society'
makes you an outcast.

'Society' Holds us to ransom
If we do as we are told
we are accepted.
If we take our own stand
we must expect to be
criticized and ostracized

Take Christianity for example
If we fit into a group's
criteria then we are accepted
if not we cannot join
or we are frowned upon

Is it not the will of God
that all man are equal?
Are we not taught
to be non-judgmental
to accept each for what
he is?

No not the villain who
has committed a crime
but man who is trying
to be the best he can be
regardless of his beliefs

Writing Poetry is no exception
So write about life

write about how you feel

write about the future
but always think about love
hope caring and being
who you are

For it is from this
that we make our place
in 'Society'
as individuals with rights
and something precious
to share

Janice M Pickett

Solitude

How can such behavior effect others
if there is no-one that it will effect
How can fair play be fair
with nothing to reject?

Society has dictated such
bombastic trains of thought
Justice is a society requirement
something that is taught

Thomas Hobbes with authority
has spoken
His words correct and right
not a false word he has spoken
for he has seen the light

Solitude is being
always on your own
living in your solitude
by yourself alone

For 'justice' for you alone
would be a little strange
who is there to argue with
what words would you exchange

So very well said Thomas my man
with this I must conclude
that qualities of society
are not found in solitude

Janice M Pickett

Spirit Man

What is man but a shell
encased in an energy field
used by spirit

to experience a temporary stay on earth
from where he shall return
to spirit

Universally enriched

Janice M Pickett

Spiritual Growth

Man is a spirit clothed in flesh for a short stay in Earth School
Each lesson learned brings spiritual growth

Nothing is more powerful than memories
Memories hold your marks and your progress through life

How well you did
Have you passed
Do you need to start again

Talking about your past will give you the answers in a clear way
Nothing is then seen as psychological
Everything is seen as progression through your spirit

May your journey be a wise one

Janice M Pickett

Starry Skies And Tear-Filled Eyes

See them twinkle in the skies
reflecting in my tear-filled eyes
This has been a happy day
yet sadness now comes out to play
With the moon and shining stars
planets Jupiter, Saturn and Mars

For with the night and setting sun
comes a time when I am one
alone and left to contemplate
a night alone without a mate
someone to love and someone to hold
Does this mean I am getting old?

Soon the sun will rise on high
the stars no longer in the sky
people laughing, children and play
greet me in a bright new day
Bring me reminders of a life once led
and I am grateful for the day ahead

Janice M Pickett

Stocking Feet And Shattered Dreams

Stocking feet and shattered dreams
Is all I'm standing in now
Wearing an evening gown and roses in hand
I heard his final bow

I've met another I'm sorry to say
and I have to be honest with you.
There's no more point in carrying on
I'm here to say we're through

The makeup that had taken hours
making me look good
Ran down my cheeks quite out of control
the way I knew it would

So here I stand in stocking feet
Staring at the floor
For I am shattered to the bone
I'm hurting to the core

If I take off these stockings now
Then I'll be completely nude
And I don't care who sees me
And who thinks I'm being rude

I have no need for dressing
What can clothing do for me
I'm staying in this venerable state
So all the world can see
I have his name across my Butt
With I love you written there
So now instead of hiding it
I flaunt it in the air

Every time I'm on a street
People can look at my tattoo
It's pretty obvious what's on my mind
And what happens in the loo
For when I pass a motion

I think of my love going
And know that down the toilet bowl
I've sent his image flowing

So here's to nudity my friends
And tattoos on your rear
It's the best way to get over him/her
When your bowel is in top gear.

Janice M Pickett

Storybook Princess

She watched him it's said
from her meadow at fantasy head
his masculine good looks were her thrill
She shivered as she watched him
at work in the field
for he lived way up on the hill

She loved that majestic strong man, it's said
For the tale has been told of their love
How he gave her a thrill
that consumed her heart
To go to his mansion above

Yes the Male unicorns were
really quite fine
But not anything that held her heart
This human at last had made her heart whole
from the unicorns she had to part

Make me human Goblin Prince she pleaded
As she began to transform
from a sweet unicorn into a girl
for she was now being re-born

She glowed with the rays of the morning sun
Her heart filled with dewdrops and daisies
Her heart was on fire
with the burning desire
A new life already singing its praises

Now it's said that their love
is still going strong
From a unicorn this maiden has gone
Now a beautiful girl in a castle
on high
Where every princess should belong

Janice M Pickett

Suffering Is A Blessing

Once I knew a deaf man
who sadly had no legs
he used to get around a lot
by using wooden pegs
He heard by reading
peoples lips and he
always wore a smile
for he felt so blessed
and honored
when he thought about his trial
I knew a woman once
who was looking for a man
she wanted to get married
when into Bob she ran
she knew he couldn't talk to her
the way another man could
but somehow with his handicap
she still saw something good

Bob and Mary married
they had children who were fine
happy bouncing children
who grew up over time
They didn't bring their friends home
they felt they would be teased
if anyone saw their Father
with no legs from his knees
Mary now was suffering from
eyes that were growing dim
She worried about her husband
and how she'd look after him
Then one night as they lay in bed
an angel did appear
said ' Mary and Bob it's noted
how well you've lived down here'
Now the angel smiled through a glow of light
and the couple felt no shock
They knew that god was calling them
they knew time on the clock

The angel said 'from your suffering
Comes a great life for you
Come now let me take you home
Your time on earth is through

Janice M Pickett

Sunrise Sunset

How often do we find ourselves caught
between Sunrise and Sunset
Lost in one day where dusk
is a groundhog experience
When we cannot see a way out
or a way forward
When our very soul cries out
to anyone that will hear

But then comes the dawn
when a new day changes
even the worst of our fears
Bringing with it new ideas
new journeys
a sprinkle of gentle rain
and an avalanche of
new thinking

Dusk will come again
over and over
but soon we learn that
following the night
will always be the dawn
with sunshine and expectations
of something wonderful
waiting there
to wrap us in its arms
and holds us close

As the morning welcomes you
remember there will always be mornings
there will always be nights
and with each one there will be
new life and journeys of
untold wisdom to guide you

And so it is
And so it shall be

As long as there is life

Janice M Pickett

Tenderness

A child is so fragile
not something that can take
everything you dish out
I hear you say.
'Oh kids are tougher than you think'
But I can tell you that is not true
For It burns deep with each
cruel word you utter
Don't call me names
stop accusing me in that way
I may not be perfect
but were you when you
were my age?
Surviving in this world today
is not just about living
it's full of hate and bitterness
that shatters my dreams
it turns me into something
I don't want to be.
But I fight on for my survival
unguided by a gentle hand
With no helpful words from an encouraging mouth
and no idea which way to turn.
Don't place the blame on me
when it is you who should
have known better. For from you
I learned what I know.
So from you I know nothing.
Understand this now and help me.
Give me all I have asked for
all my short life.
Give me love, understanding
and most of all
HOPE.

Janice M Pickett

Thankyou For The Music

I love you sweety
I love you as much as I can,
If I sound too smug you know that's part of my plan
For you are a great love, a wonderful guy
Please stop and listen when I tell you why
Im so glad that you're mine
for you look so damn fine

I tell ya
Spinning with my music, my love songs warming
stay with me until the dawns in
I can't live without you, I pray you'll stay with me
you set me free
without a love in our lives what are we
so baby
come and hear my heart beat
and give your love to me

Don't you know I was your lover before we both met
Share these music moments so we never forget
And Ive often wondered, how did this love start
I know that its you who captured my heart
your love is so grand
and youk now this is planned

My Darling
Thank you for your loving, my hearts on fire
Thanks for helping me aspire
in all the love I'm giving I know your heart is for me
don't set me free
without this love in our hearts what are we
so I say thank you for your loving
for giving it to me

You make me so happy, I am the girl who loves you so
I wanna go tellin everybody
What a love, what a life, what a thrill

I tell ya

Spinning with my music, my love songs warming
stay with me until the dawns in
I can't live without you, I pray you'll stay with me
you set me free
without a love in our lives what are we
so baby come and hear my heart beat
and give your love to me

Janice M Pickett

The Angel Sent To Me

I met an angel when looking for a car
I didn't know it at the time
I just saw him from afar
but when he turned up at all the spots
that I was looking through
something made me walk right up and
say how do you do.

He said he was looking for a car
that we'd both seen all we could
He said the places we were in
had nothing any good
so I did something I've never done
I offered him a ride
to the city and bigger yards
where cars stood side by side
We found a yard with a perfect car
just right for my angel man
I found one too but had no money
and asked for a payment plan

The dealer smiled sleazily
smut was on his mind
He looked at me and winked his eye
and said 'your friend is kind'
He handed me the bunch of keys
to my chosen little car
I said hey I just can't pay
he said 'well here you are'
The man who had just driven with me
had left the place before
The dealer said he'd paid for my car
and there was nothing more
I signed the papers and drove away
in my new expensive gift
I've never seen the man again
who paid me for a lift
Now until this day I wonder,
was he really sent to me
was he an angel from above

Janice M Pickett

The Autumn Of His Life

Lips tremble as another leaf falls
For this is the autumn of his life
Goodbye dear love he whispers
Silent now his days and long now his nights

Traces of tears fill his coffee cup
His tongue licks the drops clean
Pain pierces his grieving heart
A still breeze tickles his chin
His hollow stomach and aching back
fill him with defeat

Burned by his past he sits
old photographs stare up at him
memories he cannot escape
Wet cold nights huddled together to keep warm
Pillows stained with her lipstick
Sheets covered in her memory

Perfumed blankets knitted by her delicate fingers
fill the air with dreams that linger on
without knowingly doing so he tries
one more time to rid her image from his mind
but being only human he cannot make it happen

He opens the curtains
they billow out into mystic darkness
Smoke rises from a neighboring chimney
rising up into the sky
As if to say
"Goodbye my love"
"I will see you again soon"

Janice M Pickett

The Botswana Trek

The dust covers the road ahead
Spread by a passing vehicle
A bus overloaded with people
Bikes, luggage and
cages of chickens hissing
from the heat

As the dust settles and the vehicle
Putters further along the heat haze
and disappears
The surrounding view can be seen
through sweat stained eyes

A journey too long and too hot
Grass huts lining the hillside
Children playing
naked in a muddy waterhole
desperate for some relief from
the unrelenting sun

Fields of corn stand tall
longing for a breeze
to help them gently
sway as they grow

A village of circular grass huts
surrounded by a twig fence
mystically appears through
the rays of sun shining
against the windscreen of
the jeep

People barely dressed
run from the shade of a large
Jacaranda tree
They clap their hands and
call sakabona
a greeting for Hello

We wave back not wanting to stay too long
The day is slipping away and
Botswana awaits
Bulawayo is now far behind
As are the pool and the comfort
of home

Suddenly as if by a Miracle the sun slips
behind a rapidly developing cloud
Cumulus Nimbus fills the sky
growing darker by the minute

A sudden attack by thor rocks
our very being
the streak of lightening lights
as the thunder roars
and sends a frightened group of
people rushing for the safety
of their huts

Always daunting
always on the brink of danger
always so exciting
and always wild
Africa you are awesome
Africa you are Home

Janice M Pickett

The Buddha Truth

He didn't teach religion
He didn't attempt to be great
He didn't force his ways on men
He taught them to meditate

Meditation was his thing
it's as simple as that you know
So many religious groups around
have let their jealousy show

They say that Buddha was evil
They say we should not be like him
They say that if we like what he did
that we are committing a sin

Well how can it be a sin to like peace
instead of wars on religion that are fought?
How can it be wrong to know
meditation is good
something we all should be taught?

From Buddha came peace and enlightenment
about life and about living on earth
From Buddha came something we needed
something that most lost at birth

He didn't pretend to be God Like
He didn't say he was heaven sent
He didn't even tell man to follow his ways
He was humble and on freedom bent

So get over your hatred from ignorance
Those of you who tell us we sin
because we agree with the buddha policy
and gain peace that we found deep within
Author notes

I am sick of hearing negative things about Buddha. Poor guy was an innocent soul seeker. How can that possibly be sinful. I shake my head in disbelief at their ill informed judgements of him. Buddhism is NOT a religion, it is a mind power

way of life.

Janice M Pickett

The Cloak

Cover me oh Golden Cloak
for I am weak and mild
show me as I journey through
my innocence of child

Cover me oh Golden Cloak
for this journey will be long
but with your arms to protect me
I will be safe from harm

I can see the light ahead
and know that you are here
From you I get much comfort
There is nothing I should fear

So lead me on this journey
as I learn along the way
growing stronger in your path
from which I'll never stray

I am just a child that loves you
standing here in awe
So safe with your protection
who could ask for more

Janice M Pickett

The Demon Within

This tunnel is dark and damp I fear
for daylight it has never seen
As I travel down the slippery slide
through paths of trouble that's been

The lashes from whips too long and thin
rip at my mind as I groan
This darkness and stench of confusion
this terror of being alone

The feeling of numbness all over
the dizziness and feeling so faint
the popping of pills to ease my fear
The questions I pray to my saint

Will I survive this existence?
Will I ever feel human again?
Will there be life here for me?
or am I just going insane?

Then a whisper somewhere deep inside me
Something ignored for a while
says lift up your head and explore me
and I will soon teach you to smile

Get up from that tunnel you follow
rise up to this light in the sky
learn how to fly on an eagles wing
it's not easy but give it a try.

Then slowly because there's only forward
and no way do I want what's behind
I take a step into the daylight
encouraged by what I may find.

So from now on I look for the promise
of life without panic and fear
and know there are good friends around me
with words that all sufferers' can hear

Janice M Pickett

The Facts Of Life

The quality of the unknown
can only be determined from
one in the know.

Nothing is as simple as it appears
nor is it as complicated
as one makes out.

There is no mould in creativity
nor is there satisfaction
in creating for a plastic environment.

Such is the pattern of life
and all it has to offer.

For I know the facts of life.
I live them daily.
Treading softly alone my path
where I have come to expect the unexpected.

Janice M Pickett

The Fairy At The Bottom Of My Garden

There's a fairy at the bottom of my garden
she flits in and out of my flowers
I can sit on the step here
and watch her
she stays there for hours and hours

Her wings and so golden and flimsy
Her little body a few inches in size
but her heart is her biggest attraction
and that isn't any surprise

For the fairy at the bottom of my garden
spends her day saving the bees
for they keep on taking the pollen
but dropping it each time they sneeze

I bet you didn't know that the buzzers
had allergies from pollen, sad hey?
the sound that you thought was just buzzing
are bee's that are sneezing away

Now this fairy works hard as she
gathers the droplets of sweet
pollen that fall
diving and swooping and gathering up
and rolling it into a ball

She sings an enchanting little melody
that sounds like a gentle wind chime
Oh how I would love to have a fairy
to pick up after me all the time

Janice M Pickett

The Four Elements Of Life

Cuddle me and hold me
for I am the drug of your physical
enlargement

Spirit with flesh then arrives
embrio now desolate
Soothe my hunger
with your breast

Within two decades I shall take a lover
Pretty as a rose, I shall be
razor, sharp my mind and gentle my heart

I am no mystery,
For I shall shine like the brightest star,

Aging with dignity
playing the symphony in age minor

Waiting for the rebirth back to spirit
Such are the elements of life.

Janice M Pickett

The Greatest Gift Of All

Free will, can be an amazing gift
for the well informed and wise
On the other hand
It can be treacherous in the minds
of the ignorant

Those basic wonderful lessons
have been lost to many
for man has been blinded
by fake promises and fake religions

The greatest gift of all
is our own conscience
For this wonderful tool
will nudge us in the right way
and mess with our minds
when we do wrong

More and more people today
are beginning to see that there is more
than the old school teachings
More to life than they realised

We know now that what we believe
and think about the most
is what we will receive and be
as a person

This movement to truth is amazing
It is the greatest leap in faith yet
Knowing that God gave us everything
before we even came here

Now we are learning how to use the gift
How to say thank you instead of asking
for what we have already been given
We are understanding and growing

We are becoming great spiritually
Stronger mentally
and finding that life can indeed
be wonderful

This precious gift is free to all
We are waking up and accepting it
freeing ourselves from superstitions
and becoming all we possibly can be

Author notes

Violet. My Inspiration is Life itself. How it keeps going no matter amazing it can be when we know how to accpet it

Janice M Pickett

The Greatest Love Of All

There is no love
that man can share
that is greater than the love of our creator

For through him we learned
what love should be
and how we should share it
nurture it and care for it

When in spirit we knew
about love
but we soon forgot
on earth
this school of learning

Where everything was strange again
and man had free will
Where love should have been
paramount for parents
it was lost in confusion

Children would have understood
better
Generations would have bonded
if Parents had shown more love

Love has been the downfall of many

Lack of understanding a curse

If we took a step back
opened our arms
embraced our friends and neighbours
we could return the world
to a place of total love

But to know the spirit inside oneself
THAT
is the greatest love of all

Janice M Pickett

The Inter-Connectedness Of Life On Earth

Quantum leaps of mammoth proportion
Vibrating the energy of a world once dying

from a breakdown in energy

Man awakes to a realisation
that he holds the power within
magic is in fact not an illusion
as once thought and expressed

Energy so powerful is
resonating to higher frequencies
fast Infinite perhaps
Connecting and attracting desires
into a once desolate creation

Feng shui the art of discovering
the energy within a place
These elements that impact on our lives

The force that drives us and

spirals us to greater heights

The matrix perhaps?

in all it's facets unleashed

and ready for exploration

Energy changes us

moment to moment

in the realisation
that without energy
friction and movement
nothing could exist

Life is the way it is because
it is familiar this way
and safer for us than stepping out
We feel safe within our narrow
understanding

What if?
By creating every experience in our lives
we could change it all?
For every action is created by man
and for every action
is a reaction

However we think about it
whether we consider something is
possible for us to do

or we think it is not possible

Whatever way we think

We are right

for we will be as we think

Such is the universal law

that connects all existence

This is the great secret to

our salvation

Janice M Pickett

The Journey

Where have manners gone?

What has become of good old fashioned kindness?

Have you tried riding on a train recently

well I did

Just last week I subjected myself to the ride from hell...

Stopping at a station
four noisy youths piled in
yanked their bikes up the step
creating a merry din

Pushing others out of the way
they grabbed the nearest seat
almost knocking a pregnant lady
right off her unsteady feet

They yelled and cursed constantly
their feet up on the seats
bikes blocking everyone
and words I can't repeat

I looked around the compartment
and watched how each adjusted
some bowed their heads
pretending not to notice

others looked disgusted

The mannersims of each his own
from looks and shuffles and rage
helped get me to my desitination
for I was tempted by this stage

To do something to the
noisy youths

that their parents had never done

But common sense prevailed
thank God
For that journey was not much fun.

(Never again!)

Janice M Pickett

The Law Of Attraction

Thank You God for this universe
In your message to man you did say
'man be grateful and open your eyes
see the beautiful light of the day'

Thank You for giving me a brain to use
although 90 percent is not open
I know as I grow and I follow your rules
that your promise to me has been spoken

My vibrating energy attracts what I think
and thoughts can get very confusing
But I see the results of stating my wants
I know it's vibrations I'm using

The law of attraction is powerful stuff
nothing to mess with I know
Thinking good thoughts isn't enough
Believing will make those thoughts so

If I feel resentful and miserable too
and focus on trouble and strife
all that will come, is more of the same
and I'll live a most miserable life

So thinking of good stuff and what I can love
will cause a flow back reaction
I want to give thanks now to my God above
for I've learned of the law of attraction

Janice M Pickett

The Light The Truth The Way

We are of one body
Created equal
with free will

No matter our journey
There are many more
journeys to endure

There was no beginning
there will be no end

The energy that electrifies your being
electrifies mine as well

We are a ball of energy
no more no less

Such is creation and existence
We are the creators of our being
How we think and believe
so shall it be

Each and everyone of us
have the same energy to use at will
to create the future we desire

No matter what

We are as one
I am in you
and you are in me

Janice M Pickett

The Long Road

That solid straight line
always reliable and ready
to take the pounding of life
The track is far from smooth
So many rough spots along the way
But still the road does not bend

People ride on it daily
people walk all over it
they even say it should change
relay the surface or change direction
but the road remains Straight and true

Always there
Always available
Always ready to be walked on
ridden on and kicked as the
feet of so many march across her

She will remain this way
regardless of what they say
for she is solid and will not bend
she is there for what she is
on the straight and narrow.

no matter how they treat her
she will always be the path they travel
the road they take
and the track they will complain about

Janice M Pickett

The Me Inside Of Me

A touch of unreality requires a deep understanding of oneself
The times that we stand outside our inner being
lost to what could be moments even hours
feeling there are two of us instead of one
that this is not you and can never be

Knowing all our senses are functioning to their fullest
and yet
we are stuck there unable to bring ourselves into the present

We hear every sound
We feel every nerve in our body as it pulsates and tingles
We know we are there in this space of nothing
unable to change it or react as we should
We are stuck in a moment of time

Sound echoes much louder than usual
Noises inside our head boom so loud they overpower us
Still we do nothing

we cannot move a muscle
still we must stay inside this unreality

Our every nerve, every sense, in suspension of time
We feel nothing
then silence and
Fight or flight takes over
The body reacts
emotions pour, relief floods the body
the nervous system kicks in once more

Such is the result of Fear
The most comprehensive use of all body senses there is

Janice M Pickett

The Nit Picker

A garden full of tender care
brings joy beyond and above
NOT UNLIKE A CHILD
When given unconditional love
For like a garden that's picked and picked
a child will not grow
for so much picking just destroys the roots
and no more blossoms will show
From the depth of the earth the weeds appear
their ugly forms take over
the child that's hurt shows anger abound
and the offender should run for cover
So slow down now and think about
the damage that you have done
AS A PARENT OF SUCH A
WONDERFUL CHILD
who's life has just begun
Don't turn her into a garden of weeds
its time, from where I'm sitting
turn it around with love abound
and stop that cruel nit picking

Janice M Pickett

The Others Eyes

Deception hides in every avenue
Each street and path holds history
Each day each year and every century
The same old problems are there to see

People lacking confidence
and fearful
of taking chances
and turning life to joy
No matter who they are
it's all the same
For every living woman, girl
Father or a boy

If harmony had come
so very long ago
then most of the
problems of the world
would not be known
If time and energies
were spent in kindness
then no ego's or hatred
would be known

It's never too late
to change your attitude
start letting go of stress
and find your peace
Help the world through
your kind actions
and soon the bickering
and the fighting
will all cease

Be a leader not a follower
be the first to compromise

From being kinder

you will conquer
and it will make you special
in others eyes

Janice M Pickett

The Power Within You

No-one can take your dignity away
For YOU have TOTAL control.
Don't tell me I'm crazy
Just try it my way and see

Dream your dreams into reality
The energy around you will shift
in a way that you would never believe

Keep every moment in today
there was no yesterday and tomorrow will take care
to become today very soon

So dream about your perfect life TODAY
Live it and allow nothing to interfere
Forgive even though it is so hard
and say thanks for life and your kids
regardless of events around you

Amazing things happen when you take control
You no longer become the victim
You become the victor.
What you put out you get back
so make each action positive kind
and even smile at the enemy

Soon they will have no reason
to hate you or bother you
and you will have won.

Trust my words they hold more truth
than you realise.

Janice M Pickett

The Reason

There is a reason that
we often feel that no-one cares
That's because it's our trouble
and very seldom theirs

We see things, feel things
very differently you see
They have their own problems
with no way for them to be

Inside my heart, into my brain
no matter if they want to
they won't think the same

But sharing a problem
is a problem half shared
and we get what is given
when we know that they cared

Caring is something
and caring is good
they may not fully understand
like we hoped they would

But it's better than nothing
for in nothing is pain
and with help from another
perception we gain

So before I go showing
these tears that I cry
I pick up the courage
and wipe my eyes dry

Then I face the world
my heart full of hope
for I know for sure now
My life is not broke

The River Flowing Through My Heart

There is a river flowing through my heart
A stream at times a waterfall at others
Obstructions may sometimes get in the way
but without them
how would I learn to navigate
this passage of many turns?

When I look to the heavens
I see a golden light
it casts shadows across my path
but also leaves rays of hope
as it shines on the ripples
of current pushing forward

My heart feels the flow
it sees the light and it knows
the source from where it comes
The small cavern from where
this stream so beautifully bursts
cascading downwards
through beautiful gardens
of love and life

I am safe
I am protected
I am loved

So flow beautiful river in my heart
for I could not do this alone
You will always be there
bursting forth from the depth of
spirit
Filling my stream of life with beauty
and all forgiving love

Janice M Pickett

The Secret And So Much More

For years men knew about the Power of the mind
They kept it a secret so others would stay poor
Jesus taught it, Buddha taught it
But man did not listen
he buried himself in science

Rather like a raw carrot
We eat them and take them for-granted
But what if they vanished?
man becoming too chemically minded
and everything genetically engineered

If a single carrot survived
It would cause great speculation
and spark new interest

Such is the law of Attraction
The law of thought
The truth behind spirit
The marvels of the Universe

Man pushed it all aside
those knowing the truth
hid it

Now the world has come to know
and changes are happening
A rapid awakening to spirit
is taking place
The truth of nature rearing it's head

This is the generation of change
Thank goodness we woke up
before a single carrot became an
item of awe

Janice M Pickett

The Silent Ones

Under cover of flesh hides spirits of all kinds
There are happy spirits, fiery spirits and cheeky spirits
Spirits with bad tempers
Spirits who do wrong to others
We are all a spirit of one kind or another
The predictable
the unpredictable
and then there are the inconspicuous ones
They just get on with it in their own positive way
They are in the background making things happen
What they do is expected of them
They seek no glory, yet their spirit is filled
with as much as any other being
These are uncomplicated souls
and they are unassuming spirits
Am I in this list?
Yes
I possess a little of each of these behaviours
and I am undefined and easily overlooked
often slipping out unseen when my comfort zone is attacked
Have you dared ask yourself this question.
What kind of spirit am I?
Well?
Have you?

Janice M Pickett

The Sins Of The Parents

History has shown us
just how damaging it is for the child
of a parent who has been badly brought up

The circle has to be broken

The cruelty has to stop
for if not stopped now then each generation
will needlessly have to suffer the same fate
as the generation before overpowers the now

Fathers are by far the worst
victims of their own Father before
The old fashioned beatings and violence
the struggle to show emotion
The jealousy of the love his wife and children share
The taunting of daughters

Fear is the key to the problem
freeing the masculine soul from self rejection
Healing his mind from his past
and opening his eyes to the present

Children suffering
Wife in pain trying to appear brave
over compensation with gifts to their offspring
to divert pain

Children learning that material items ease the pain
Children closing their hearts to protect themselves

The cycle cannot end without fixing the problem NOW
Pull together parents of today and educate your sons
Show them it's ok to cry and to feel emotions
Show them love show them compassion
Show them it is OK to love freely and without violence
For tomorrow they will be the lovers of wives
and the Fathers of their children

They will form the pattern for future generations
that will become the parents of tomorrow
break the pattern and save our world

Remember
The sins of the Parents fall on the Child

The Spoken Word

Spirit cannot be heard by an untrained ear
Wisdom comes from within
where the spirit dwells in harmony with wisdom

To be wise

one should share wisdom and educate through it
But the wise bite their tongues
For the foolish just scorn and refuse to hear

To speak out from the spirit will bring blessings
Words will only reach a few but they do reach some

Silence is for the educated in life matters
For they know the right time and place to speak

The foolish should remain silent
But being foolish they always think they know it all

and talk with forked tongues

Prayers should never be suppressed
This above all speech

should be

shouted loudly

for God to hear

Janice M Pickett

The Three Steps To Heaven

There are three steps to heaven
I climb them
each and every day

...

Step One:

I wake every morning
say thank you for each day
I get to live

...

Step Two:

I bless the world around me
confidant that I have enough
to give

...

Step Three:

I spend some time in praising
anyone and everything
I share

...

For upon this landing
on the third step
I find love and peace are waiting there

...

No problem too hard to handle
No obstacle too difficult for me

...

From up here on top of
these three steps to heaven

...

Is the most magnificent life
you'll ever see

Janice M Pickett

The Trouble With Food

OK I promise I will diet
but look at that word closely
it reads DIE they just added another T
Now think about that for a moment
if dieting is supposed to be good
then why do I feel like dying
if I can't get my hands on some food?

My tummy begins to rubble
My head begins to throb
My mind says I must not grumble
but I stuff food in my gob

Anything's better than starving
maybe a really small bite
there's a cheesecake in the pantry
left over from last night

Fluffy delicious creamy deserts
from MacDonald's dessert bar.
So much nicer than salad
no matter how skinny you are

So yes I
I'll try to lose some weight
if it really matters to you
but give me a moment to plan my meals
with that cream puff to see me through

Janice M Pickett

The Value Of A Dollar

I found a dollar the other day
it lay there on the ground
I wondered who had dropped it
and I had to look around
I saw a man with a suit and tie
he didn't need the money
then not far off a beggar stood
he shivered although it was sunny

I saw the man in his suit and tie
dropp something in his lap
it looked like a note, maybe a ten
and the beggar tipped his cap
I thought about my dollar
and decided if I could
take it over and help the man
then wondered if I should

As I looked, the old man
turned, and walked into a bar
I saw him buy a bottle and
swig it from the jar
I watched him pull a cigarette
out from his dirty pants
he asked the barman
for a light
then I noticed at a glance
that his pockets were full
of money
the donations from the day
what a pity this once strong man
would drink it all away

I wondered if he had a wife
waiting for him at home
Only this hobo knew his fate
from the seeds that he had sown

The Value Of Your Heart

They say she is a rag lady
old dirty and without a home
that woman who digs in the rubbish bin
and gives the lost dog a bone
Her hair has never seen a brush
but she will use it to wipe your tear
with withered hands she'll hold you
and take away your fear
Without a dollar in her pocket
or a roof over her head
this fragment of a woman has dignity instead

If ever you say ' How are you? '
if you care to take the time
this precious soul so God sent
will say she's feeling fine
She doesn't need a fancy house
or money in the banks
For she finds glory in having a dream
for which she gives God thanks

She knows that she will have a home
the finest there could be
she knows that life is not all money
and she dreams how it will be.
For one day not too far away
she will be moving on
her dreams have kept her happy here
she is rich with heavens song

Written about the kindest and happiest old lady I knew.
Yet she was the richest person I have ever met.
Her wealth was in her spirit and love of helping others

Janice M Pickett

There But For...

There but for you
go I
Energy flows freely
from the depth of united souls

When I feel you
it is from within
Your spirit
Your mind
Your ambiance

I do not see your gender
I do not notice your colour
I do not pay attention
to what you wear
or even see your hair style

For when we are close
Only your aura will effect me
Creating friction
or stirring my soul

I will know the inner you
I will feel it
I will experience your energy
Good
Bad
Sad
or indifferent

For what you will mean to me
is a spirit connection
For that alone
will I accept or reject you

That is my way
That is your way
There but for you go I

There Is Always Hope. (For Struggling Parent)

Don't look past a gift from God
Your child will always be your child
No matter where he wanders
No matter where he roams
A child always needs a Mothers love
with a light to shine their way home

Somewhere not too far away
a Grown man still cries
with longing in his aching heart
and tears in his eyes
He wonders where to lay his head
and how to still his pain

He longs for someone to come along
and take him home again.
Sickness borne from drugs and Drink
have been used to hide a sin
one this man has been tortured by
When his temper was wearing thin

There is always someone out there
with open heart and mind
waiting to care and bring him home
where a hurting Mother
he'll find

Search with every available tool
that you can use dear friend
do not think the negative thoughts
bring this heartache to it's end

You still can work some miracles
with the help of some places close by
Stop the tears from both of you
The sunshine is in the sky

Do you believe in Angels and in God above?
All you do is ask and pray

and again you will have your son's love
Believe with all your precious heart
that things will soon be great
Do not feel a negative thought
Things will work out just you wait

Janice M Pickett

There Is Only One Truth

Spirit has always been, it is as one with all
The Earth is simply a training ground
I like to call it School

Before arrival here on Earth
all decisions have been made
the journey blessed by our loving father
and the path so clearly laid

For spirit cannot do all things
nor become a guardian angel
until it has every human experience
and known life from every angle

We are as one within our God
and God is within us too
through his light and compassion
you're in me and I'm in you

We are as one upon this earth
where training can be hard
But we chose to come and experience
every inch and every yard

When we return to spirit
and see the beauty
that awaits our return
We will understand the reason
for the lessons we had to learn

Janice M Pickett

They Never Leave Us

Although we may lose someone
we acutually only lose one thing
that is the ability to see THEM
because they returned to spirit
they can always see us.

I have lost so many people
but I know they are still around
A son
A mother
A father
A nephew in a car smash found

When I lost my grandma
she slipped away next to me
and I heard her speak to an angel
and she told of the garden she could see

My son has been to visit
turned my TV into a toy
played with me for ages
Like a typical little boy

2 husbands also have passed away
although then not married to me
which was fine
But the children that I had with them
have felt their dads many a time

Death is simply moving back
to where we first came from
and although we miss them very much
we'll meet when we finally pass on

Janice M Pickett

They Saw The Light

It had been a bad day
Mother Nature brutal in her attack
She stared silently
watching the rain gush down in torrents
her mind oblivious of the events taking place below

'Bloody rain! ' he yelled
'Get down here woman and make my tea'
Her robotic figure shifted position
eyes diverted from the rain
She obeyed

She felt his blow
Once again tasted the hot warmth of her blood
as it spilled from her lip
'Next time, don't keep me waiting' he hissed
Hand raised for a second violent swipe

Suddenly everything in her life came into focus
The thunder and lightening giving her the courage
she had never felt before
She no longer was the intimidated mouse
of the past
She reached over grabbing the raised hand
and held it firm

'Touch me again' She snarled
'and it will be the last thing you ever do'
He shrunk, shock from her sudden outburst
taking him by total surprise.
'From now on' She continued ' You show me respect'

Her grip was firm and burned into his skin
He couldn't look at her in that moment
but when he did it was in a different light
for something broke inside him

He felt a respect he had never felt before

'I am truly sorry' He cried, tears slowly
rolling down his cheeks

'So am I' she replied.

'From now on things are going to be
different around here'

As the rain cascaded against the windows
and the thunder pounded the sky
a new adventure and commitment
was born to a couple who finally
found mutual respect

For within the storms of life
there is always a silver lining
bringing with it a light of hope
that can change destiny in a single moment

Janice M Pickett

Think It As You Want It

Amazingly
some of the best relationships
are with people who spend time apart

Why?
you may ask

Well the reason is simple and clear
You don't have to cling to a promise
It's something you have to hold dear

Time and distance mean nothing
when your thoughts are positive and brave
Just focus on trust and affection
and all of the loving you gave

Then treat each new moment
with your own inner strength
So that nothing will daunt you in life
That way whatever is destined to be
will bring you no trouble and strife

For within you is energy
pumping with your thoughts
the destiny of your future
make it the greatest lesson that's taught
and let your actions be your best teacher

Janice M Pickett

This Last Three Years

2007 I found out I had breast cancer
2007 I also shattered my knee
Both events were shocking
and two operations in as many weeks
left me looking at my life
a little differently

2008
Brought the treatments I required
radiation for four whole months
and a change in my whole thinking

Life became more precious
and I became wiser and more grateful
for simply being alive

2009

This is the year of receiving
For much has come my way
I shall never take anything for granted again

This is the year of great progress
The year of acceptance
The year of spiritual fulfillment
When dreams come true

I greet 2009 with confidence
and a stronger understanding of life
I have big plans which will be realised
For I am a survivor and a winner

HAPPY NEW YEAR
May you too have your dreams come true.

Janice M Pickett

Through A Child's Eyes (Jan And Sandra)

J

In a child's mind, Daddy is a hero.

He's magic, he's mystery,

and he is the strongest

man in the world.

In a child's mind Dad's can do no wrong

What Daddy says and does

is how they want to be

S

After telling my father

that I was leaving his house

and to please

not throw my stuff

out into the street,

he replied:

'Your not leaving

fast enough.'

J

A Father.

The one person in the world

who can do no wrong, in a child's eyes.

So when that adoration brings with it

words that can hurt and cause pain,

that adoring child feels free to

use those words on others,

in the way, that their Dad has used

those words on them.

S

So, now I'm an idiot.

Or so my father tells me.

But he also told me once

that 'idiot', was a bad word.

And father, it seems that lately,

what you say, turns upside down,

and now I hear that I am what is bad.

So I guess it's OK to use the bad words

on her, for she is an idiot.

J

For fathers, even with their faults

Will always be the one their child adores
Children are virtual sponges
and they soak up everything
So repeating what Daddy says
is no surprise
When you look at life
through a Child's Eyes

Janice M Pickett

Through The Depth Of Understanding

I knew what I was facing before I arrived here
My spirit was prepared
and yet
I forgot it all through birth and human failings

It's taken decades of lessons
painful
unforgiving
to reach this state of understanding
and knowing why

Facing unbelievers
The self absorbed and self indulging
The hypocrites
and the abusers of the flesh

I have seen Spirit
I know myself and understand Spirit

for I am she

But I feel pain when I am mocked
and told I am a fool
For to be a fool I would have to
accept what man and cults dictate

and push aside the truth

I would have to lie to myself
and lose the belief
which I know to be my spiritual right

So I just keep it to myself
knowing that each has a journey
One I cannot walk with them
nor guide them through

I am what I am

and I shall return when the time is right
to my spirit home
where mutual respect, love and understanding
are flowing

This place of learning we call Earth shall survive
because it has to
Man will grow and change because he needs to
and Spirit will be the soul of man
as it is supposed to

For as long as it has to be
I shall return
As many times as it is required
to become what I am destined for
within the makeup of this
place known as the Universe

Janice M Pickett

To Soar

Riding to great heights of self realisation
comes from self awareness and acceptance

Know yourself not as others see you
but as you are inside
Your dreams
Your desires
Your strengths
Your weaknesses

No matter how the world sees you
it is most important how you know you
For in that knowing comes a chance
to soar to great heights

Find that real self that you are
rid yourself of worldly influences
let your spirit soar on high
for you can be whatever you dream to be

There is nothing we cannot achieve
once we find the spirit within

Janice M Pickett

Today

Today is always today
for there is no Yesterday or tomorrow
Live each today to the fullest
in forgiveness, gratitude and wisdom
Wisdom to know you are not always right
Wisdom to understand those without it
Wisdom to fill your today with experience

Feel the joy of today
Know it will be wonderful no matter what
Understand today for the glory it brings
Feel no hate as it is a waste of time
Feel glory in all today is bringing
This is your day...Today

When you go to sleep and you wake to a new morning,
it will still be TODAY
Thank God for giving you a second chance
to make today glorious

Janice M Pickett

Today's Low Is Tomorrows High

It's there
in front of your eyes
the dark no hope you feel
nothing to look forward to
just the emptiness and loneliness
Each day just another day

Then suddenly!
A voice...
A sound...
Something happens

All your troubles and woes vanish
you feel alive
There is a bounce in your step
and you look forward to days of
challenge and the thrill it brings

A moment in time changed everything

It's the realisation
that nothing...
especially time...
stands still

And with that realisation
comes hope...
new dreams...
and the will to survive

So do not give up hope
when your days are taking their toll
Your ray of sunshine is not far away
and once again you will feel
the exhilaration of life
and the expectancy of a better
tomorrow

Too Much Of The Truth

We are all entitled to our own beliefs
For this I am truly grateful.
We are spirit my friend
The Universe is a spirit filled energy force
Driven by energy
Created by energy

The creator of all this is called many things
For it was all created
For one simple minute...Stop
Think about the amazing machine your body is
Remove your skin and look at the complicated
structure

Masses of yards of tubes and pipes and organs
all operating perfectly to keep your heart pumping

Think of emotions
Think how they effect each person
Energies attracting similar energies

All part of a massive energy machine
known as the Universe
This is all too complicated for man to understand.
The how, the why the what if

Religions were man made, evil and dangerous
although the ones creating them
believed it would give them control
over others
and it did

We are a spirit being clothed in fles
created in the universe of energy
Why I am not sure
By a mighty power
I am convinced
It has to be

A Bible written by man yes
dictated by spirit yes
A guide to help us like a school text book Yes
easy to understand NO

So I say to you
Keep searching for your truth
Scorn nothing and hear everything
For within the confusion is a truth
Seek and you will find it.

Janice M Pickett

Too Much Pain To Mention

Too many to mention here

My pain sorrow and losses
are too many to mention here
But what is more important
is my message loud and clear

Each trial and tribulation
all pain and losses too
are simply sent to teach your soul
and they will strengthen you

If you accept the hand you're dealt
and know, from this comes good
Then you will grow, as you are meant
the way you know you should

For a soul that has been enlightened
from the trials of this life
One that has been kicked and pushed
and known the stabbing of a knife

That Soul will have a deeper
much clearer state of mind
With knowing compassion in their hearts
for life
and all mankind

Janice M Pickett

Tribute To Allen

Well it's the day of your Birth again

Precious One

I am sure you will be here to visit
even for a moment
I love you so very much
Not a day goes by

Not a moment

That I wish I had had more time with you

Although you have been here
many times in spirit
Just to see your beautiful face

in the flesh

instead of just this worn photograph
would be the greatest gift ever.

But like all Mum's who's precious ones
have return to spirit
We shed a silent tear

But know that
the time will come when
I can be with you again.

I love you my darling Son.
HAPPY BIRTHDAY ALLEN

Janice M Pickett

Turning It Around

Its not just a case of wasting time
or getting it wrong as we go
It's about the way we tackle
each task
and the results that finally show

For no time is wasted
if we learn from mistakes
and do something positive
at last
For learning will always
help us to grow
and we have to let go of the past

So when we realise that we
missed out on a chance
to do something an easier way
The lesson we learned
from struggling on
gave us more strength
I would say

Sometimes that is the reason
we fail to see
something easy and right
For in going about it
the long way around
gave the dimension
with much greater site

We learned patience and maybe
other valuable sides
to something that we thought
quickly done
Could be the lesson was simply
to wait

and learn
and to have some more fun

Whatever the reason
why beat ourselves up?
We cannot change what has already been
and the final result
will be the one meant to be
and the perfect result for your dream

Janice M Pickett

Under Sweltering Hot Skies

It's not so cool down under
where storms come out to play
causing lightening and thunder
to dampen Christmas Day

Christmas by the swimming pool
and a BBQ by the sea
is the kind of Christmas
that we enjoy
my family and me

You have your snow and fires
with hot toddys to keep you warm

for us

Santa comes in on flash of lightening
in the middle of a storm

No matter how we spend it
it's still the same no doubt
families gather together
and friends all hanging out

Sharing love and joyful fun
and thanking God above
for the birth of baby jesus
and his ever present love

Janice M Pickett

Under The Jacaranda

This is just a

story about my home town

A place where I grew up some
ago now gone to rack and ruin

years

Bulawayo in Zimbabwe Rhodesia Africa
Is a street which spans around 2 miles long
When you travel you will get there

It fills your heart with song

Birds sing with you

cheerily chirping

happily

on

the

branch

of a

tree

The

mighty

Jacaranda

Stands

out

quite

majestically lining

the road on each side

purple flowers covering the ground

No-where on this earth a nicer picture could be found

Janice M Pickett

Understanding

There is only one GOD
He is the energy of the universe
known by many names
To understand him and to know him
we have to believe and trust him
in faith

He gave us everything in spirit
He created us in his image
then he sent us to earth to learn

It is knowing that we have it all
that makes it easy to be grateful
The first people on earth
forgot that promise
They broke man's ability to trust
Man then paid the price

Now we keep asking for
the very things that we were freely given
instead of just accepting
and receiving with trust and love

God is energy

He gave man energy
We live in an energy filled environment
so with the energy of thought
all our desires are filled

This is the One and True GOD
for all, for ever
No matter what religion or by whatever
name he shall be called

He is GOD

Universal Law

Spirit has much to learn
We are not alone in the galaxies
During our journeys we learn much
there are many steps to climb.
This is our Tower of babel
where each step we climb
stirs us up and tests us

This step in the structure is Earth
A school of learning right from wrong
A place where we create our own peace
and our own trials and tribulations
We can find within the limited boundaries
that Hell is all around us

Once we expand our minds
our climb becomes easier
and within us we find a place of peace
Our taste of the heaven that awaits us
Not some hidden place in the sky
but in our spirit where all is revealed

Heaven is in the cleansing of our spirit
The love and the light we have yet to find
It is the glory of knowing the truth of God
It is a powerful blessing of total self acceptance
and love

We will find heaven waits for the believer
It welcomes the seer of the light and
the trusting souls who learned their lessons well
It is closer than we think
If we believe in the greatest gift to man
the power he holds inside, to accept the gifts
he was given, when still in spirit
then the place of peace we call Heaven

is waiting for him in all it's glory.

Janice M Pickett

Use Your Brain!

Spirit is mighty

Spirit is powerful

Within man is the ability to be
anything and everything he wants to be

Why?

Because he has a brain
A machine capable of creating all things
Gifted to him by the almighty powerful God
his creator

We are self cleansing
We are self healing
We are what God gave us

This is why he is stated as saying man must work it out for himself.

Energy is our tool
the way to everything we desire

God told us
Believe and you will be saved
Jesus told us
If you have belief you can move mountains

Combine energy with belief and God is
fully in our lives
Our brains will not be cluttered
Our lives will be overflowing with success

So using our brain and believing

will
change any negative energy
into totally positive energy

There would be no cluttered thoughts

to clear

Janice M Pickett

Using The Hurt

There was a time when I hurt a lot
Things were so painful for me
Through those times I nearly gave up
but I found a way to be free

I used those memories to show me the way
How to handle things with a new point of view
To use the experience as a learning tool
that way I was sure to get through

From that moment on, my life turned around
with no regrets from my past holding me
I felt so much better and happiness came
I was different and my heart was set free

I forgave every trouble and strife that had been
and I thanked God for giving me a test
I felt his answer when I started to pray
and from then on I gave it my best

Now I thank God as soon as I rise
I practice not taking things on
and that technique works amazingly well
you see all my troubles have gone

So whenever you feel life getting you down
and troubles are too much to bare
just think about the journey that you have to take
and know that you can stop things right there

By knowing it is your journey that day

and all you need do, is see it through
when it is over shut it out of your life
it's a lesson that's meant to teach you

Janice M Pickett

Values For Life

Let us pace ourselves in life
don't live life too fast
let us find a peace within our hearts
Enjoy living by
accepting everyone
Cherish your friends show them respect
by being honest
Show contentment through
being happy with what you have
for we all have that special someone
a person in your life that is truly amazing
and makes all the difference in the world
Be passionate in
loving someone honestly and wholly
Do not dwell in misery and self pity try
moving on after a heartbreak
Treasure the wisdom you gain from the
lessons you learn as you grow older
Stay positive but careful
being prepared for the worst, but hoping for the best
Stay focused and prepared
being confident in yourself
Know that things will not always be simple
accepting the hardships in life
Within you is a special power for
staying focused with your goals
looking past all the bad and seeing the great things in life
or looking at the bright side of things
Those wonderful experiences will make you the
Special person you are.

Janice M Pickett

What A Lot Of Rubbish

In a world full of toxic chemicals
There is matter that soaks them in
They invade us at every corner
they soak into our skin
We try hard to avoid them
We struggle to find the ways
that we can take to save ourselves
and live for longer days
Even in the wild, in the bush away from town
We find the same pollutions there
by rubbish left lying around
What has happened to our land
what has happened to our minds
The world is full of poisons
so many different kinds
If we could fight together to change this sickly state
We would live much longer and our living would be great.

Janice M Pickett

What Goes Up

When I see the word FALL
I think about those foolish people who
with pride and prejudice
criticize and attack the under dog

I feel the pain of the downtrodden
The misunderstanding in their lives
The trials and the temptations
and the fear and frustration

The huge hole they dig in their distrust
their disbelief and their hate
causing them to miss so much
to suffer when suffering should not be

When I see the people FALL
I want to rush out and shout out loud
I want to tell them to have faith
I want to tell them to believe
I want to teach them the truth
A truth that would set them free

When I hear the word FALL
I want it to mean that they simply tripped
and that they skinned a knee
and not a soul
That's what I feel when I see the word
FALL

Janice M Pickett

What Holds You Together?

Ask yourself

Two arms were having an argument.

"I am better than you because

I write" said The right arm

"Oh but a few people use their

left arm instead which makes

me even more special" replied the left arm

"Well I am controlled by the

left side of the brain

Which holds the heart"

the right arm snickered

"I'm better than you" The left arm

flung back, hitting the body

in-between them

The right arm hit back.

This time landing a blow

On the right temple of the

Head that separated them

The Body and the head stood tall

And alerted themselves for another attack.

"But who do you cling to for survival? "

the body asked. "And who do you

rely on for your very ability to function.?

Both arms drooped sadly.

"You " they said together.

" that's right" said the body

" For without me you are nothing.

Remember that".

To me I would be like those arms

flinging around if I lost sight of

what holds me together.

For My heart and Soul are my

foundation. They direct me and

stay strong for me.

So I say to you.

What holds you together?

Janice M Pickett

What I Like About Me

Birth was my greatest thrill
leaving my spirit home for earth
living in that warm cocoon
waiting for my birth

Years of lessons followed me
Tears were shed and dried
Although I spent time laughing
it was more often that I cried

I like the way I handled things
I like how far I've come
From so much hurt and anger
when I was very young

I learned about compassion
as I watched my life unfold
I learned to control reaction
when shut out in the cold

I found I had a loving heart
one that I could use
to help so many others
on their journey through abuse

I love my heightened senses
that feel and know the truth
I love the way they help me
so I put them to good use

I've lived this life for many years
seen so much along the way
Held others close and protected them
and I still do that today

Yes I like myself much better
now I don't take on attack
There is no-one I trust better
than myself watching my back

Janice M Pickett

When All Is Against You, Fly

As the stone throwers gather
A certain feeling of forboding gips my heart
It takes hold
Shooting out defensive arrows.
A protective shield
Thicker each time
Reminding me that this is always the conclusion.
The way each new attempt at helping them
Concludes
Someone has to be the battering ram
Someone has to stand and accept without complaint.
But I think I have finally had enough
I'm done, finished and no longer the
Always convenient whipping post.
I AM OUT OF HERE!

Janice M Pickett

When Two Hearts Collide

Love is as powerful as the Universe
for it is the dwelling place of the
centre of all that is holy
the palace of the lord
the eventual resting place
for our soul
the heaven we long for

Powerful love that travels
through time
a life line to salvation
where blessed is he who collides
within that vast universe
with the heart of God

See the power that crashes with
the self
watch as the sparks of love
life and beauty escape
from the impact
be blessed for you have
found your way home

That special place
that heavenly place
that moment of Glory
when two hearts collide

Janice M Pickett

Where My Heart Is

Within me is a world unknown
to anyone other than me
It is a safe place
A resting place of contentment

A sphere where trust, honesty and understanding reside
It is a spiritual place

There is no place like home
that spot where the real you resides

Untouched
Unscarred
Pure truth
Pure knowledge

This is where I contemplate
where I meditate
and where I heal
This is where I call home

This is home to me

Janice M Pickett

Why Are You Depressed?

I am sorry to hear you are depressed
I am guessing you missed out on success
Things not going right
In the middle of the night
you lie awake
with burdens on your chest

Well spend a little time now contemplating
on how long my heavy problem has me waiting
for I long to have some lovers
that I can kiss beneath the covers
but how can I when
I just can't get to dating?

I bulge into my jeans with hips of jelly
and I cannot close my zipper
from fat belly

If I had a real sharp kife
I'd cut off all this strife
I've seen the doctors do it on the telly

This pimple on my nose is getting bigger

when I go out in the street the people snigger

I hate my ugly face

and I feel a disgrace

all I want to be a cute gold digger

Those girls get all the guys that they can handle

to them I could never hold a candle

so in my bed alone

I shall weep and simply moan

and I bet your problems now seem elemental

Janice M Pickett

Winters Frozen Kisses

His world was sinking
It was sinking deeper
and deeper into sin

He had created it
for glory and pleasure
a place where a heavenly
existence could have been
shared

Through saddened eyes
the creator looked down
His heart heavy

Small pockets of light
showed him where his people
were
Scattered intermittently
around the globe

Was it time he wondered
to end it and start again

His promise to wait rested on
those pockets of light he could see
For as long as at least one light shone
He promised not to end the planet

Sunshine brought him joy as did those lights
But beyond them stood the cold hearted
he saw the lost and he saw the sinners
He shivered at the lack of love
and the lack of a fire in their souls

For their hearts had not felt the flame
had not been stirred from the passion
so many hearts still lost
knowing nothing but
Winters frozen Kisses

Janice M Pickett

Wisdom Of Fools

They have taken you away from your home
And to me you have been sent
With broken hearts and fear
And your minds on revenge bent

With pain in every fiber
A burning desire to fight
Those that sent you to this place
Where you now begin this plight

Dear child I am your Mentor
I am your shelter from the storm
Here in the warmth of my loving heart
You will be freed from all the harm

But wait the takers still want you
They will control your every move
They don't understand where
you are coming from
But they fit you in a groove

The wings of the angels you
have come to know
in the shelter of this home
mean nothing in the eyes
of the foolish bunch
they mock the love I've shown

With lies and false words flowing
They have cast me out for sure
So I can no longer bring hope and love
to a child that needs me more

The wisdom of the foolish ones
Who know nothing about your heart
Will drag you through all kinds of hell
Then rip our lives apart.

Their spiteful ways have shown through

For they treat a Carer like dirt
If Carers dare to have a complaint
Their puffy egos are hurt

So the bottom line is quite clear to me
For I can no longer help you
For I fought for you children
With all that I had
That was a foolhardy thing to do

I upset the self proclaimed Wise ones
And broke the golden rules
And now I leave with a broken heart
Because of the Wisdom of fools

Janice M Pickett

Within

It's a thing called ego
yes!
That little niggling feeling in the stomach when
facing off with someone

We all know it

We have all been guilty of it

Deep within is a switch

It's hidden within the pit of the gut

When we find it

we can turn it on and off as required

It's the on off switch to that ego I mentioned

When one has mastered leaving it

in the off position

We are able to see inside the heads

and into the emotions of those around us

There is no crime in showing compassion

even when you are right

Sometimes to walk away

says more about you than a thousand words

Does right really matter anyway?

Lessons often need to be learned for ones self

Laughter comes easily

Hate is an emotion only some can understand

But hate can be cruel and cruelty a crime

To be Kind and Gentle is to be filled with spirit

It requires love and understanding and humility

It belongs only to the strongest amongst us

Let no man call you a fool for standing your ground
and remaining untouched by the attacks around you

Stand tall in spiritual belief in which the beauty
of your soul ignites
making you a power to be reckoned with
and a light in the darkness of others

Janice M Pickett

Within The Core Of Life

There is but one life
This is it

Throughout the journey
crossroads appear everywhere

Along each path are obstacles
Mountains to climb
Valleys to wander

The journey was all mapped out
long before we left spirit

We had to be ready
to take this trip
through the energy field

down to Earth below

We knew what to expect

God like any good father

sat us down and promised he'd care

promised we would have anything and everything

we wanted

He was letting us go

We had to grow up

We both knew there would be trials and troubles ahead

We both agreed that we would

handle these with honour and pride

As he waved us goodbye

Our father reminded us of the two paths.

Choose wisely he called

Your journey has just begun

Janice M Pickett

Woe Is Me

Woe is me
I am only three
and look what I have done

I sat down in the mud
now look out
here comes Mum

She will be very angry
I'm now in such a mess
If I cry
She may just sigh
It's worth a try I guess

'Oh no! ' says Mum
and grabs me
from out the patch of mud
she puts me in a
hot bath
with a heavy thud

'Ouch' I cry
its too hot
so Mummy yanks me out
She makes me stand there
full of mud
as she lets the hot run out

So I guess I will
be clean again
when the water cools
this Mud and me must
part now cos those
are mummy's rules

Janice M Pickett

Yes They Do

Yes these things do happen every day
I have gone through every one of them
I will tell you how I got through
and where I am now

No matter what has been your past
we can only get through it when
we don't bring it into our lives today

I will deal with those suffering at this moment
in a few minutes

When bad stuff is past and no longer happening
it is in the past. It is gone. It is no more.
We need to live for today and forget about tomorrow
There is really ONLY today
Tomorrow has not yet arrived and when it does
it is then TODAY again.
So with live in Today. That is all.

Forgiving our past is very important
We have to forgive no matter how hard that is
as it opens up our hearts to live in today
It gives us a chance to move forward
It releases any hidden guilt.

Learning that what happened to us was
part of what we had to learn here on earth
may be tough but it is true.
It applies to every situation.
We are spirit here to learn and the journey
you are on was decided before you were even born
and you knew what you were going to face.

Your lesson in all this is how you
handle it and get through it.
How you let go and
don't hold onto the bad
but

embrace good things in the TODAY.

Hard to do at first
but the relief you feel and the new adventures
that come into your life
are well worth the effort.

For those still in the suffering situation
fool them with sweetness.
Know they are acting out their role
in the lessons you chose to learn and
forgive them during the abuse
Say it in your head over and over

I forgive you, God forgive them
take the glory out of what they are doing
and feeling.

Do not show hate or pain
be strong and your inner power will
win over the situation very soon
This is all so hard to accept, but once you practice it
I for one can tell you that it works.
You become the winner.

JMP Intuitive/Counsellor/Healer

Janice M Pickett

Yesterday Once More

It was only yesterday that the old hot rod
rolled to a halt outside your door
Smoke pouring from the back
the smooth locks of your latest beau
behind the wheel whistling for you
to rush out and hop over the side
into the passenger seat

It's spooning night at the Drive In
all you friends are there
cuddled and huddled
making out as the car radio
Plays 'sweet little sixteen' by Chuck berry

Girls in short shorts at the roadhouse wearing roller skates
balance your order precariously on the frame
of the hot rod window
as you sing along to 'Don't' by Elvis
The new amazing hip singer of the moment

Such memories can be lived today.
Take a drive in the moonlight with
'Thirsty Merc' singing '20 good reasons' on your radio
For there are indeed 20 good reasons to celebrate.

Your life and youth. Every day you wake to greet the dawn.
Health. The sun coming up each morning.
Happiness. The beauty of the night sky.
Family. Those you love.
Friends. Times that have changed.
Neighbors. Times that used to be.
Good food Wine, and more wine.
Music. The old crooners and the New Rockers.
Memories. So many memories to cherish.
Lovers old and new. Life whatever it holds.
Those past into spirit. Those still supporting you.
In everything you do everyday.

Life is what we make it and this is your life,

Janice M Pickett

You Would Have To Be Blind

When we open our eyes, hearts and minds
we realize we are more than we first see
for we have a soul and spirit
it lives in you and me.

Think about your body
You control its fate
Feed it love for happiness
or destroy it with your hate

The brain is far too complex
to just form without a maker
how can anyone doubt
That we came from a creator

life and everything around
didn't just appear
How could it?
think about the power
it took, to me it's clear

We were given free choice
and a brain to think
with complex tools we're carved
so take the chance we have now
and go that extra yard

To say we just appeared
would be a foolish thing
so open your heart to what we have
for the truth to you I bring

Janice M Pickett

You'll Be Through This Soon

Hey there beautiful person
I know how tough it is right now
as I too have been where you are

I was at my lowest ebb
I feared everything and believed
that there was no hope for me.
I suffered from severe depression.
Panic attacks haunted my life
Doctors wanted to medicate me
I said NO.
Nothing was working
and I was sure I was dying

Then I found myself.
Yes that's right I found ME
hidden deep down there
longing to come out.

I discovered that everything
I was going through was triggered
by my surroundings and a need
to change them
it was in my food and in the way
I thought at the time.

You must look into your soul
and see the real you hiding there.
Give that person a chance
to rise up and be heard,

Find your talent and go for it
change what is eating you up
spit it out and see what
life has to offer you.

You are and have the power
within.

Pray and God will answer
when he knows you have found
yourself.
He is waiting for the moment you
admit what is hurting you so.
Then he will pounce
bringing you so much joy
you will feel elation
you have never felt before.

This is your time
this is my message

(from one who suffered but now is whole
happy and as you will be soon)

Living a wonderful life

God has blessed you
You are his child
you will be fine.

Janice M Pickett

Your Path

Take

gentle soft steps
Crushed leaves cannot be gathered
and used for decoration

Walk with care this way
many pot holes will find your feet
and may break your journey

Poison is found in the thorn

One small prick can bring about your demise

Fly Eagle

Spread your wings but fly away from the sun
Chase the rainbow
instead

Janice M Pickett

Your Path (Zen)

Gentle soft steps
crushed leaves cannot be gathered
and used for decoration

Walk with care this way
many pot holes will find your feet
and may break your journey

Poison is found in the thorn

One small prick can bring about your demise

Fly Eagle

Spread your wings but fly away from the sun
Chase the rainbow
instead

Janice M Pickett

You'Re Gone!

The soccer finals were happening
and we all gathered to see
the final two teams battle it out
they arrived all filled with glee
The Ref however was related to the others
so his daughter's team just shone
He informed our kids
'You don't stand a chance! '
'I can tell you now" You're Gone! '
That shook their confidence
when they saw that the others were
five giants who fought like dogs
with threats and hits not allowed
they had arms like giant logs
twice the size of our gentle team
really vicious and out for war
really big thugs that always fought mean
and a ref on their side that's for sure
The Ref allowed the vicious attacks
and the hits and the kicks of his team
but deliberately missed three of our goals
and shattered our children's dream
Needless to say one little girl
still managed to score 2 goals
her other 3 were not punched in
so they lost to the giants holds.
It broke my heart to see the way
those children were treated that day
and to the ref and those bullies who didn't play fair
I only have this to say.
Sport is meant for playing
Showing spirit and having fun
not for bullying threatening and kicking
no-one cares who won.
If you play it fair you feel success
the thing for which you long
but until you learn
the meaning of 'sport'
you've lost you've failed' YOU'RE GONE'

Janice M Pickett