

Poetry Series

benaiiah sondashi
- poems -

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benayah sondashi()

28 December My Birthday

I walked into 28 with a list of demands, threats and promises
I wanted everything and more
I was not taking NO for an answer
I was pissed off for living half-hearted and shying away from what I wanted
This was going to be the year I demanded everything and more
28 was going to be my redemption, my payback from life
28 owed me and I was collecting
When I demanded "28 deliver the love I deserve"
She arrogantly tossed her hair and smiled back
"You are going to have to learn to love yourself first"
I had been there and done that
Heck I was the self-professed King of affirmations
But 28 stripped me of the lies I thought were love
Took away the false image I had of myself
Stripped me to an emotional nakedness and told me
"You will stand alone and this year you WILL learn to love yourself"
When I shouted, "28 this year all my dreams MUST come true"
She laughed in my face and with one eyebrow raised said
"Your dreams are answers to the needs of others, answer those and you
will have it
all"
How could helping someone else, waking up at odd hours plagued by the plight
of
someone else be the promise?
How did that translate to me having all my dreams come true?
When I took a leap to leave everything and centre my life on that
My dreams came true and with them the answer my spirit longed for
This was the purpose and passion translating into the dream
When I stood on top of my emotional mountain and demanded, "28 I
deserve a
good love, a strong love, a committed love. I deserve a good woman"
She rolled her eyes at me and asked, "Are you everything that you are
demanding
from a woman?"
She turned the tables on me and questioned my intentions for wanting a
significant
other
She stripped bare my intentions to show how shallow and out of touch I was with
love

She showed me that what I thought I had given in the past as love was nothing
Nothing but me losing myself in a bid to become what I thought was needed of
me
The person I was had to become what was needed of me
She showed me behaviour I had enabled in past relationships
Then she asked me, "Would you have married her, her or her?"
Then I realized I wouldn't have married none of them
She told me, "Now begin to become what you demand of your life"
?
I told 28, "Promise me this year my heart won't break"
She told me, "This year your spirit will break until you become dependent
on GOD
more than anyone";
In truth I broke and began to live for more than myself
I began to feel stretched when I didn't want to be stretched
I began to be pushed to patience and forgiveness when I didn't feel I was to
blame
My spirit let go of who I thought I was and became GOD's
Spotlights were brightly turned on, on how empty I was spiritually
How I often judged others when I was doing the exact same thing
Seeds of the fruit of the Spirit were planted in me
As GOD pruned and cut and showed me how to grow
In those moments repentance and conviction hit me
My spirit broke
With big puppy dog eyes I begged, "Please let me become a better person
"
She hugged me and smiled, "You are already on your way to that"
In seasons of heartache my smile came from my heart
In seasons of bareness my refuge became real and I became whole
In seasons of emptiness GOD reminded me that what I needed I already had
In seasons of wanting more I remembered that it all came with responsibility
When I cast an envious eye on the lives of others I remembered
The script is always different, my script is what I am living now
As we sit 28 and I, bittersweet, wishing I could stay here a little longer
This felt right, this felt real, and this felt like the life I should live
I am scared of what lies ahead
I don't know if I will grow or regress into what I was
She whispers to, "It's going to get even better"
I wish I could be as confident as she is
I wish I could be jumping up and down with glee
With hands held we whisper
"Spirit lead me where my trust is without borders, let me walk upon the

waters
wherever you may call me "
Goodbye 28 ~ you have been more than good to me
My Happy Birthday...
Beautiful 28
The beginning
The Dream
Becoming what I desire most
Broken to be made whole
Living the script
My prayer.....

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Dear Dad

My whole life was built
On looking up to you
In my eyes everything
You did was perfect
The faith I had in you
Helped me conquer
My own fears
Bigger than the universe
Faster than superman
Thought I painted the right
Picture of you in my mind
As time is the enemy of
Things that don't last forever
I begun to see the speck
In your eyes
The hole in your shirt
The skeletons in your closet
And it all came together
Making a complete confection
Of who I thought you'd never be
The glass of milk spelt and splattered
on the floor
But there was none left in the fridge
To refill what has been lost
I tried to bring the pieces back together
Because I knew it was all up to me now
Standing on my own
I built a strong foundation
With walls made of gold
But no roofings
The rain would pour right through
As time is a friend to things
That give experience and knowledge
I begun to see the how clean
Your shoes have always been
And how am not man enough to
Walk in your shoes
I realized when the sun sets
The morning isn't so far away

in spite of the good and bad in you
I realized that you are the greatest
Man to have walked the earth
Without the speed of superman
Without being bigger than the universe

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Failed Love

she told me the truth thats why i got pain killers,
if love is blind then somebody
tell me where am headed,
because its like i wear it on my feet
and i always end up in the wrong places,
she came and she left
like the breath flowing through my nostrils
only this time am not sure if
am ever going to breathe again,
they say words heal but every time she opens her
mouth the scar grows deeper,
so much for being in love,
if i had known it wz the architect of such great pain
i would have put it in a safe somewhere and only shown it to
the one who deserved it most.

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Sweet Dreams Verses Nightmares

laying my head on the pillow,
there was deep darkness
around me
and through the darkness
i came across a world
most desirable by man,
pigs could fly without
anyone fearing for their lives,
people had faces brighter
than the morning sun,
everyone loved and treated
each other as though siblings who just reconciled

laying my head on the pillow,
how could this be,
everything i loved,
things i've come to like,
all existed in this place,
flowers, birds and fish
sang a song that knew
no sadness or sorrow,

laying my head on the pillow,
as if awakened from day dreaming and given
a reality check,
the world i had come to
know and love disappeared,
i was now in a place where
sadness, pain and sorrow
ruled everything that existed,
there was nowhere to run to,
it was a place without hope,
but i believed in hope
that one day the world
that once existed would
come back and this
would all just be a dream,

but things got worse,

no life existed,
even trees were without leaves,
the ground under my feet
started falling apart,
i grabbed on to the nearest branch but it broke off
and i was falling into the
darkness deep down
it was a bottomless pit,
then awakened and realized
i was just laying my head
on the pillow.

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The Church

I've been overwhelmed
by my troubles
I cannot bear my burdens
Shame rules my mind
Loneliness is my only friend
My weakness is what I hold on to
I need to go to

A place where I can be set free
A place where burdens are lifted
A place where I can be open
A place where I can find fellowship
A place where I can find strength in weakness

My past is calling out my name
Sadness rules my life
My hatred keeps me alive
I have no place to call my home
I have found refuge at the bottom
I need to go to

A place where I can look to the future
A place where I can find joy
A place where I can find true love
A place where I can feel at home
A place where I can be lifted up

Sickness has taken over me
I no longer believe in myself
I even doubt the air that I breathe
I feed on lies to satisfy myself
No one comes to my rescue
I need to go to

A place where I can find healing
A place where I can find real faith
A place where I can find conviction
A place where I can find the truth
A place where I can find Jesus

I need to go to church

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The Fire Within

chain me
lock me up
step on me
ignore me
there is a fire within me
it has a heart of its own
block me
shut me out
silence me
its itching deep down my throat
i can't stand the heat
i have a burning desire
to let it out

chain me
lock me up
step on me
ignore me
i can't hold it back
it started as a spark
now i'm burnt on the inside
the smoke going to my head
its clouding my mind
block me
shut me out
silence me
you only adding fuel
i'm letting it out
and when its out
only then
at that very moment
will you feel
will you see
what i've been holding back

chain me
lock me up
step on me
ignore me

one last time
and at that time
at that very moment
will you feel
will you see
the fire

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Time And Experience

I found the past in my present
I built the future on my past
I found the gift of today
When I thought about what
The future has to offer
Where is the wisdom in experience
If there is no folly in wisdom
What's the real meaning of death
If our spirits live forever
Times never change
But circumstances do
I'll let mystery play with the future
Surprises couple with the present
And experience mourn the past
Because sun always rises from the east
And each day always comes to an end
Experience is not chained to wisdom
Nor is folly tied to bad results
But to the circumstances that burden
Our past, present and future because
Time is always anxious for the future
Experience loves the present
And wisdom never divorces the past

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Time Goes On

From the words left unspoken
To the things not done
Time goes on

From a mother's broken heart
To a father's shattered dreams
Time goes on

From one homeless boy
To the girl finding her way through the night
Time goes on

From the life not lived
To the plans never accomplished
It still goes on

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Words Of A One Hit Wonder

i will excuse the look on your face,
because you have forgotten me too,
we where together in the morning,
during mid-day you said
you had my back,
but left when the sun set,
i didn't choose my talent,
neither did i choose to be famous,
i've now ended up in the most unlikely place,
they say the night is cold,
but i have come to know
a colder place,
the hearts of human beings,
when the sun was out
friends were on me like
flies on a garbage bin
i didn't see them coming,
fame is like waking up
in the morning everthing
is bright and beautifull,
but when it gets late
you have to learn to keep
the lights on,

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