Carol Tepana

Well in short I actually build computers, troubleshoot, upgrades, installing + networking for clients. I enjoy writing my poetic poems as I write from the heart. I write with passion which surges though me like a tidal waves. In my desires in life is to reach across many oceans and lands to reach the human race I love being around people learning new cultures, poems brings inner peace inside which often turmoil at times as we live in a world that is constantly changing before our very eyes. Having three beautiful children that also inspires me and blessing. Thank you for your comments from follower poets that I value every word written. I have yet to publish my memoirs. I’m semi-retired enjoy walks in nature and along the beaches.
Sister's Love

As I watch every sunrise & sunset with you,
I saw in your eyes the pain you hide,
For you were riding a roller coaster ride.
With many twist & turns ups & downs
like a whirlpool swerving around.
For there were times you wore a frown,
And your silence is louder then your cry
from deep inside it's hidden behind your eyes.
I look at photos of you in youthful time,
smiles laughter and living life to it's fullest.
I saw the anger frustration and confusion which reared from time to time.
But still you will rise every morning to shine to take in the fresh morning air.
Do your daily chores until you couldn't anymore.
The darkness was drawing near soon I knew I will face that fear of losing you.
But I love you and always will from the moon & back.
You knew the time & place as the world around you race by,
you heard distant chatter and vague outlines of people lurking around you.
You could hear them talk about you but never to you.
I miss you we miss you so before I leave to go to bed
I want to say 'THANK YOU' for all the lessons and love nurture and tenderness
support most of all it was your L.O.V.E a sister's love given to her baby.

Carol Tepana
A Simple Thought

When life is so complex
It has many twist & turns
up & down even turns you inside out
Why the most complex questions and answers
Are rectified with a simple thought
simple notion.. gesture even a word
It can put it all into order, with a simple thought
When things and people are in disarray
Your mind, body even your soul become scattered
just like our thoughts.
So when you find yourself in chaos.....
Allow your body to rest, your mind to be clear & quieten
the soul to run free...when all is done
A simple thought shall appear
Simplicity brings great joy to all & most of all YOU.

Carol Tepana
Laugh Till It Hurts.

When you're sad you cry
When you're angry you unleash with all your might
When you're confused you feel lost
When you're happy you smile
You laugh till it hurts
So why aren't we laughing more
Is it because we don't like to hurt
Or is it because we afraid of what others think.
STOP IT!
Live life, Love life but most of Laugh till it hurts! ! ! ! ! ! !
Laughter is the best medicine I know
That you can give and receive in an instant
yes it hurts but this hurt is so good for you.
So get out enjoy life, tell a few jokes, get with friends, go out socialize
Have no regrets,
And time from time laugh at yourself, don't worry you haven't gone mad
Just you laughing out loud it's ok we are human after all.

Carol Tepana
To Love To Be Loved

What is love is it a rose,
does anyone know does it flow
like the river that surges through our lands
Is it like the mountains that have jagged edges
that rough terrain, where very few go
to love is to know love, its a feeling that you have in your heart
to share your love is to care for another
A sister a brother, friend or a lover
whom ever you love it will be the one you let go
the one you will never forget how they made you feel
to truly love someone is to release them
they are real for they are true
wanting to be loved by you.
For true love could be right in front
but you are blinded and can not see with your eyes
You test their minds only to find it is not what you seek
See with your heart and you start to come alive this spirit deep inside
shall easy your worries that has once consumed you
pain which lingerers around for its your heart
that yearns to be loved accepting all my flaws
to take me as I am, inspire me and nurture my desires
turn them into reality allowing to love and be loved
I shall return it ten folds, with kisses and embraced in you tender arms
listening, whispering into your ears, sweet words of love. to say you have be
loved by me.
I shall now set you free, my love.

Carol Tepana
Love With Pain

To love you feel such pain,
As the clouds form a storm,
Its starts to rain
Thunder, lighting streaks across the sky.
To venture out in one, would be foolish,
The pain is so real is this love that i feel
or is my head playing tricks that makes it so surreal.
If so stop this pain, stop the rain, for I'm not the same,
their is no one to blame just it's a shame to not walk in the light
Why? must I always fight carry this and hidden out of sight.
Can you not see me, struggling to break free,
Do you care, if you do share this pain I carry
For only one's true love shall break these chains
So if you are he/she come and save me
from this misery of pain, dance with me in the rain.
The sun shall shine once more for it has made a rainbow
Of colours red, orange, yellow, green, blue, indigo and violet.
For my pain has now become silent,
their is love with no pain.

Carol Tepana
Mother's Love

My mother's Love was not like others
For I did not know her till late in my thirty
She was there but not my mother,
In yet she was, strong and sturdy
Beaming eyes, that was so wide
for I found her and she found me,
It felt like two strangers meeting for the first time
not knowing what to say, all that left our mouths
was a murmur of a few words, I'm fine
But our hearts had abundance of love, enormous wealth
For we yearned for many years, to meet
Holding back our tears, we often hid in our retreats.
When finally we could no longer stop this pounding heart,
Longing for each other that nothing could keep us apart.
We step out into the light, for we had each other insight
For I am now a mother and understood my mother's plight.
For it's a mother's love that brought us together.
It is an unbreakable bond that has bounded us
From the time she gave birth, which my cries were unearth
she has not forgotten me, only allowing to be free
Of such misery that she had endured for it was My mother's Love
That she give me, which I have gave my daughters indeed,
For a mother's love has its own degree...started from a tiny small seed
Only woman bleed, for a mother's love is there to read.

Carol Tepana
Believe In Love

I shall always be your inspirations and inspire you like no other
that you have come across; simply because I love you for you are true.
Not only do you have my heart but you are my soul mate,
Which the stars and moon have laid down our fate,
the sun and clouds that lingerers high above are our light
during the day and through out the night.
For you are here to stay as long as we breathe
Every breath we take we shall never forsake,
One another we live life to the fullest.
We have faith in the one that is all around us he is known as the all mighty God.
We might not see him but we believe in him for his love is great,
And we are his children, he has given us life by allowing us to breath so don’t
waste it, for those who make haste do waste,
What I mean is those among us who do not love and have faith and hopes are
lost with in time for time is endless and thou shall lose their way.
For they have strayed only looking down wearing a frown,
show them the way lend them a hand, for you do understand
that their heart is heavy,
Lighten their burden if only to listen so be it, a cup of tea there will always be
you and me. We are the fortunate ones who knows to love, to live, to
give weather it be out of time for it is not the time we,
clock in and out of work or the time we sleep and eat,
but the time we make for each other that has no time for we have made time,
Out to spend with the one we care about.
So do not flout about worrying if I am here or not, for I am;
When you do not hear or see you know that I do believe in you,
I love you, live for you, be with you, I need you, faith in you, these are but a few
words only three which are you and me or you and I,
For which every way you put these three words there will always be you.
So if the window is only ajar slightly and open for only a moment in time we
have with each other we shall always make the most of it for each moment
We share our love grows stronger and it shall last longer even if its not forever,
It will be in this lifetime for we only have one life but if I do not get to meet
you we shall meet in our other life the one where our souls
go to there they last forever and ever.
So take plight for we carry a special light
Within us that shall burns internally as this flame of our internal love shall never
be distinguish  Amen....
ABC...123 three words three numbers.......BELIEVE! only one Love
Carol Tepana
Love Of A Man

A love of man he is sometime hard to understand for he is apart of this land,
He was born a baby, became a child, then grew into a rebel teenager,
Bonded with love from none other than his mother, which is unconditional
He was given his father's name, to carry in life's games.
Whether it is love or life it's self both are for you, my son.
For you is no longer a boy but a man,
There will be one day a woman who shall understand
Her love will be true as yours will be too,
Both shall walk across this land, which we call earth,
It has many mountains carved on its land.
Vast oceans that stretch miles as the eye can see,
Life is for the living, love is for those who are giving
They will not place a chain upon you they will allow you to explore
Uncharted territory which man shall explore with his mind
He shall find, what he desires only he knows
His heart shall seek not of a statue but of art, thou art of love.
His soul which is complex but holds truth, he does not speak of,
A man of few words spoken is a man who love is true
He needs no words to say to thee; all he needs is to believe.
As strong as the trees that grows in the ground
Do not wear a frown; your heart is truly your crown.
Do stand tall, if you shall fall, remember us all
For a man to love is a man who knows where has come from
Where he is at, where he desires to go only he shall know.
He loves life simplicity and its challenges which he will face,
But he shall not disappear from my mind and heart,
Even though I see him in my eyes
Not looking behind, nor leaving a trace.
Love of man is not the size of his wallet or size of his muscle
But of the truth within his heart, his love.

Carol Tepana
A Woman's Love

A woman who loves, is as warm as the sun,
She loves with her heart, which desires true love.
Her mind has knowledge that at times knows no fun,
She cries with a smile upon her face, wearing a satin scarf which is laced.
Her eyes so endearing filled with pure love, who's poised with such grace.
There is a smile upon her face; the tears have left no trace.
As she stands alone within her home,
Never will she cry when the sun is high
As the sun sets and the moon starts to rise,
High above the dancing stars they sing her song
There is a twinkle of crystal with the glistering of the moonlit stars
She sees not with her eyes, but with her heart, waiting for her beloved, true love
Who will do her no wrong for the stars sings her song.
'So what song am I? ' do you know my love,
For it's like a pure white dove, who symbols my love
I carry deep inside from prying eyes
Who wish me not to love but instead to hide?
I can not hide from true love no one can,
If you are the man who understands, me
Save me and set me free
Who dreams of far away place
Who dreams often turn into nightmares,
Silent are her screams, the pain that burns for she yearns.
As her fears are finally realized, it is her heart that cries
For she loves, knows love, needs love wants love and have been loved,
But most of all to find true love,
Her soul is at times lost between the folds,
Which are often said and told, met with only the cold?
So a woman's love that I have told is a not to be sold.
She is not for sale she is not made out of gold
But of treasures which are beyond any words,
Expect one
LOVE

Carol Tepana
True Love

Is it real or make believe?
In my mind or lost with time.
Well for those of us who seeks, searching far and beyond
who never allows others to see, what lies beneath one's heart that it desires,
kept only in place where no-one knows, hidden from those who wants you to fail.
Because you love and want to love and to be loved to find true love,
He or she shall fit like a glove.
Molding yourself to ones thoughts and feelings,
there is no beginning or end but the space between,
It is filled with true love, it has no walls only transparent windows.
Which you see each other in a reflection of their soul is in you
as you are in theirs holding each other from miles apart,
hidden within each others heart,
For precious moments taken in time,
has captured within our memories and in our minds,
treasuring and nurturing each other.
With tender kisses upon our lips,
gentle strokes and embraced in each others arms,
Never wanting to let go,
True Love, True Love
Pure white like a dove,
Spread your wings and fly with me
Over vast oceans and mountains we shall fly free,
For we have no fear, for the true love is near
we carry it so dear.
True love shall conquer all, as we shall never fall
As we stand side by side we stand tall.
We have true love can you see, believe and it shall be.

Carol Tepana
Bed Of Roses

As the fragrant of the enchanted garden
swept through the night
She lay upon her bed of roses
Luring those who follow her sweet scented aroma
for those who ventured into the darkness
Unaware of her hidden thorns which lay beneath
as they are drawn towards her, their eyes are in a trance
For her beauty is so becoming that they can not resist
the many colours that she has white, red, pink, yellow,
and colours blended with the unconscious mind
Her scented aroma grows stronger as they near her
still unaware of her plans she has for them
Reaching over to pluck her from the garden
where she has laid for those who view her and only smell
her sweet fragrance which fill the air
Suddenly there is a sharp prick, his pink skin like the pink rose
turns blood red, like the red rose
as it drains slowly he turns pale white
against the white rose
As the sun begins to rise her petals reopen
to take the light
No one knows what happen in the night
for where he lies is in a bed of roses.

Carol Tepana
Three Lessons I Shall Teach You.

When you don't want me, but need me,
I shall stay,
When you want me, but no longer need me
I shall go,
Cause now you know that want is not greater,
But what you need is.

Carol Tepana
In The Center Of Life

When you have reach a crossroad in your life,
You will have ten things which you must do.
1 Look to the left of you,
2 Then look to the right of you,
3 Never should you look back cause you know what's behind you,
4 Remember where you had come from,
5 And where you are at in life,
6 You will then know where you are going in life,
7 When your mind, heart and soul are one,
8 You are now standing in the center of life,
9 You will then take your first steps forward into the unknown
10 Only knowing that you are now on the mend & living your life

Carol Tepana
There are many words that is written or spoken,
Whether it be text, typed, chatting or hand written,
Do we believe what we see or hear yes and no,
That fact is a lot of us do not listen or read,
So we do not see or hear,
So that leaves a debate open to all who dares,
You see we all choose what we want to read,
And what we want to hear.
Some of us call this word selective,
What is this word selective mean to you?
How often do you use this this word in every day life?
You will be surprise how often we use it.
Take a moment
So even though you might write this word or even say it occasionally
The time you think you are not using this word you are!
We all select what we want in life what friends we like to have,
Who we love, who we don't love.

Carol Tepana
What Is A Friend

What is a friend?
What does a friendship mean to you?
Here is what it means to me.

A friend is someone special who you come across in life,
He or she will be there in your time of need.
Whether you meet them on a bus or the internet,
You know you found a friend indeed.
As you walk though life not knowing the outcomes,
Your friends that you have met along the way,
Has now blossom into a friendship that will last you a lifetime.
Even if you don't get to meet face to face,
You know they are there to lend you an open ear,
To listen to all what you dreams of becoming one day,
And also to lift any burdens which weighs you down,
They will replace your frown with a smile upon your face.
Enlighten your day with comforting words.
Every day as the sunrises high in the sky,
As you go out into the world you know your friends are out there too,
And as the sunset ending each the day,
You know that when the natural light fades into the distance
Your friendship with friends shine bright,
Through out the night.
So this is for all my friends who I have meet through the net.

..

Carol Tepana
Live, Love Life

Live life without regrets cause there are worst things in life, like not living life it's self.
So also cherish your friends old and new, for friendship is true and should not be taken for granted.
.your heart will tell it is a warm feeling that you feel deep inside.
Your eyes may see me, but your heart shall feel me and your mind shall think of me, I know that you love.
This is life, so live it, love it you are now living life itself.
For without love you will not live and if you don't live you shall have no life because you held on to your regrets in life, let them go and start LIVING LIFE.....

Carol Tepana
Yesterday, Today, Tomorrow

Yesterday was a day that I spent alone
Thinking of a dear friend whom I had then
While my dear friend stayed here, recovering from Monday
to Wednesday, I felt so down heart when taking a dear friend home,
Because when my dear friend was here we thought about tomorrow, and talked about what we done yesterday.
Only to realize that we were living today and we live every moment,
Treasured one another, respected, even made each laugh so hard it hurt bringing smiles to our faces
You know what you had yesterday, you know what to look forward to tomorrow,
But most of all you enjoy what you are have today, cause tomorrow will be today and today will become yesterday.........

Carol Tepana
To Those Who Serve Unconditionally

This is written for those among us who serve and protect us and they give up their time to care when no one else does.....

It starts like any ordinary day like you and I
But that what we like to think that happens out in our day/night
We leave home to go to work not knowing what to expect
For in a short space that we call time things turn for the worse
We are the ones that they call we are the ones who are there first
We are the ones who see it all
Who are we? Do you know? Do you call? Do you know our names?
We are the ones who will give up a lot but ask for nothing in return.
We are shunned at times then again we are embraced when seen
We do our jobs but they are not ordinary jobs
cause we are not ordinary people in yet we are.
Why do many people forget this or us should I say
All we like is you to understand us, that we are their to help when you are hurt or are in need of assistance.
To resolve any problems that you may have, as best as we can.
We don’t always get it right we are human after all

Carol Tepana
Forbidden Love

Forbidden love is someone you see and feel deep inside
You are connected but don't know why?
You feel what they feel, you hear what they hear, you see what they see, you know what they know.
Suddenly your whole body comes alive, you feel your heart pumping faster and faster, breathing becomes difficult at times.
But you know that they are miles away from you,
Both coming out from their comfort zone meeting in a secret place.
That no one knows only yous do as it shall remain this way
You know what they are going to say even before they say it,
It is a fruit that you should not touch but you want to taste.
It is a song that you want to sing but can not open your mouth to sing it.
It is a person you had seen but must not be seen with,
It is a word that you do not say or allow it to utter form your lips
It is a feeling that you can not describe or even explain.
What is this? What is happening to me? Can anyone tell me?
For I know what I have done but do not care for he is the one
Who has my soul and heart as I have his but we have others who we care and are close to us.
What shall we do?
Do we climb to a top of a mountain to scream out what we feel.
No we don't do this instead we only mail one an other.
This is what we do as we keep mailing each other,
the yearning for each other grows stronger and stronger
Deeper and deeper as it brings us alive.
We both realize this is forbidden love but choose not to let go
It brings us alive and we find ourselves living life.
Walking into the unknown where forbidden love is......where you may ask? ... but know one knows where it is only those who have been down this road.......
Full Moon

It was a clear still night in July

There under the stars that shine so bright above

Stood a lonely figure beneath its shimmering light

His blue eyes had not known love until he stood under the moonlight.

There he experience what he had once forgotten

It was the mystical rays of the full moon,

Which had capture this mans heart.

As he raised his head towards its skies,

He then followed his intuition which lead him into the dark

With only the moonlight and stars to guide him

He walked not knowing where it will lead him.

Only knowing that the unknown forces of the full moon was pulling him.

Closer and closer to what he seeks, was it love that he seeks.

If so he will soon know as he came upon a beauty,

Which had stop him in his tracks.

He paused to capture this beautiful figure of a woman

Which was also standing under the moons light.

Both allowed their eyes to meet in an instinct

They had both embraced one another in each others arms.

With their lips gently touching they kissed under the full moons light.