

Poetry Series

Gaia Rose

- poems -

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Gaia Rose(6th December 1980)

I'm firstly a mother and wife, a writer of books, words of wisdom, thoughts of the day, Oracle cards, songs & poetry, one poem of mine has been published in a child's educational.

A song of mine 'Wonderman' is used in a short film named 'Strong Heart' where I also played a busker. The film was screened in 'The Monaco Angel Film Awards' December 6th (My birthday) 2014, where (as well as others) the great English/French film director 'Roland Joffe' was judging.

I love reading, nature, meditating, connecting, walking, sharing, loving and laughing...I love bringing peace, breathing peace, being peace, sharing peace & helping others find their inner peace. I love to love, especially those that are passionate, true & kind hearted non judgemental souls who see the beauty of my heart also. X

QUALIFICATIONS;

- Reiki Master/Teacher - Qualified Practitioner,
- Angel Healing/Therapy - IICT Qualified Practitioner Diploma,
- Crystal Healing - IICT Qualified Practitioner Diploma,
- Chakra & Aura Healing/Balancing/Clearing - IICT Certified,
- Spiritual Counselling - GTT Qualified Practitioner Diploma,
- Indian Head Massage - BABTAC Qualified Practitioner Diploma,
- Counselling Skills - Certified.

Life experience's...

I have overcome child abuse, homelessness & have lost two siblings (sister passed at birth & brother passed at age 26) brother - a fireman - Michael Miller of Blue Watch Stevenage Hertfordshire lost he's life in the line of duty February 2nd 2005. I received the George Medal in he's honour in a private meeting with The Queen, a moment that fills me with huge pride for my brother & something I will never forget.

I've suffered depression & anxiety which led to a break down, but my scars have helped in making me the woman I am today.

My aim in life is to help inspire where I can in many ways then one, & show people that they aren't alone in their suffering. I have my own beautiful business my where my passion is helping women re-connect with their inner light, their truth, their femininity, their strength, their wisdom, their love & their higher self so that they may walk this earth with a great knowing of who they are, shine

their light & stay true to themselves wherever they go, whatever they do & whomever they meet...Helping others is where my heart truly is. X

All poems are copywritten.

A Little Man Like You

When I think about you, I cannot help but smile,
You make me laugh when I feel down, if only for a while,
To have a son is oh so fun, but can be tiring too,
Especially when I've been so blessed with a little man like you.

You wear me out, you run me down, you drive me up the wall,
You make my heart miss a beat when you climb, jump and fall,
You dangle from the curtains, you stick things down the loo,
Oh life's so peaceful and quiet with a little man like you.

But then there is a softer side that people rarely see,
The side when you are in my arms oh so quietly,
Cuddling and kissing, like we so often do,
I love these precious moments with a little man like you.

Some mornings you surprise me, by helping make your bed,
By tidying your bedroom, by listening to what I've said,
You are my ray of sunshine, of these, there are a few,
I never could have dreamed to have a little man like you.

You tell me how you love me, repeatedly each day,
You make my heart burst with love when you smile at me your way,
So darling, don't you ever question mummy's love for you,
Cos I'm oh so proud of giving birth, to a little man like you.

Gaia Rose

A Mothers Anger

"One more word, just one more word! " before I start to break,
I feel the anger rising up, I tremble and I shake.
I try to think it's not their fault, their only little kids,
But it isn't enough to stop the anger breaking through the lid.

I leap to them with vacant eyes screaming "that is it! "
Grabbing at their little arms while I curse hiss and spit.
Dragging them to their bedrooms, throwing them to the floor,
Storming out to get away, slamming at the door.

Next I'm in my bedroom, my head held in my hands,
Trying hard to calm myself while I figure out a plan.
"Help me someone, help me please, " I mumble quietly,
"I just can't take this anymore, " I pray to god, I plea.

10 minutes pass, the storm has gone, I've realised how I've been,
The calm makes me aware of this and guilt has now set in.
I slowly make my way into the quietness of their rooms,
Their little red faces wet with tears from their mother's angry fume.

"I'm sorry darling for hurting you, I just got really mad,
I never meant to make you cry, or meant to make you sad".
I hug them tight and tell them that I love them very much,
Hoping that they're still comforted by their mothers touch.

"I need you to be helpful, I need you to be good",
"Ok" they say in solemn tone, with hope they understood.
Wiping away remaining tears of the sadness that had been,
Hiding every single trace of the anger that they'd seen.

Now once again all is well, this feels a happy home,
Motherhood is oh so sweet when the angers overblown.
It's all so unpredictable, when push comes to shove,
One day it fits so perfectly, the next it's hard to love.

The trials and tribulations of motherhood, I've had,
Some days it comes so easily, some days it seems so bad.
I used to think I'm teaching them the ways and how to be,
But as time passes quickly by I cannot help but see,

That their the ones teaching me, in many ways then one,
They've taught me of a selfless love that comes from being a mum,
Self control is what I lack, they've taught me how to see,

If I don't control my anger, my anger controls me.
So next time that you feel you just can't take it anymore,
Don't grab their little arms and shut them out behind a door,
But realise there's a lesson that their teaching you right there,

And hold them close gratefully, with tender loving care.

Gaia Rose

Butterflies Of Love

I always will remember the butterflies of love;
They flew to me the very day he sent you from above.
Your sea blue eyes your jet black hair they made me oh so weak,
I went to talk then realised how I couldn't seem to speak.

Love is unpredictable; it does all kinds of things,
You cannot help but lose your mind waiting for phones to ring.
It stops life as you know it; you seem to lose your way,
To me you did all this and more when you crossed my path that day.

Staying up for hours while you kissed and held me close,
The nights seemed never ending, how I treasured these the most.
Years have passed and butterflies that were once inside have gone,
Doubt and fear seep in and what felt rights now feeling wrong.

You can't help question feelings that have altered since we met,
Those butterflies...where have they gone? I'm starting to forget.
I thought they'd last forever? I thought they'd never go?
Oh how I wish they would come back those butterflies I know.

Why is it when love falls apart our feelings shift and change?
What once was certain in our hearts now's hurting once again.
You almost become strangers, passing in the crowd,
The cuddles, kissing and holding hands now seeming not aloud.

So please will someone tell me where those butterflies have gone,
Why is it love can feel so right then somehow feel so wrong?
They must be out there somewhere; I wish they would come back,
And help me to remember those feelings I now lack.

Did I do something wrong? Or not treat you so good?
If you fly back into my world I'll love you like I should.
I just need to remember those feelings from the start,
So butterflies of love, please fly back to my heart.

Gaia Rose

Don'T Lie

Hate me, loathe me, knock me too,
Judge me for all I say and do,
I'm not concerned with how you feel,
Just speak the truth and keep it real, Don't hide your face away from me,
Because of fear and insecurity,
Be open and honest from the start,
Let me see what's inside your heart,
Don't make me think your what I want,
By acting false and putting on front,
Be who you are and let me see,
The one who stands in front of me,
I've been there, done that, bought the
shirt,
Dishonesty leaves you bloody hurt!
It's the one thing that I most despise,
So don't be false by telling lies! ! !; 0)

Gaia Rose

For My Brother Six Years On

It's been six years today, God took you from this land,
He held you in his arms for no longer you could stand.
And though I may not see you, I feel you every day,
You're still so very much a part of life in lots of ways...

You're a song on the radio; you're the wind in my hair,
When I see a fireman, I see you standing there,
You're the singing of the birds, and the dew drops on the trees,
On a hot summers day you're the gentle blowing breeze,

You're a pink and yellow sunset when you cannot help but stare,
These are just some of the things that let me know your there.
But most of all I see you in my children while they play,
I watch them and remember how we used to play that way,

Their arguments, their laughter, the same as you and me!
Memories I'll treasure for all eternity.
So know I think about you even though we are apart,
God may have you in his arms, but I have you in my heart....

Gaia Rose

Here In My Arms

When I first saw you, you made me cry, I couldn't hold it in,
I knew from that second you were born you'd be my everything,
You are the little miracles that brighten up my day,
Without you in my life I'm like a candle without its flame,

You give me strength when I am weak, you help me understand,
When I feel that I can't carry on you remind me that I can,
So no matter where you're going, no matter what you see,
Here in my arms,

Safe you'll be,
My little girls and me.

Months have passed your growing fast and oh how you have changed,
You've turned my world upside down, you take away my pain,
Sometimes I watch you, hours pass, amazed that you are mine,

How lucky am I to receive a gift, so beautiful, so divine,
In my past or childhood, there must have been a moment of truth,
For here you are in my life, I must have done something good,
So no matter where you're going, no matter what you see,

Here in my arms,
Safe you'll be,
My little girls and me.

There'll come a day quite far away when both of you are grown,

I only hope when this day comes I've done enough to show,
You how to be the very best that you could possibly be,
By giving you all the strength and love I have inside of me,
There's going to be times you will feel hurt and experience life's pain,

But I'll still be here to wipe your tears and protect you once again,
So no matter where you're going, no matter what you see,
Remember, here in my arms,
Safe you'll be,
My little girls and me.

If Dogs Could (Childrens Poem)

If dogs could talk, what would they say?
I wonder, I wonder, what would they say?
"Please to meet you on this fine day,
Would you like to come outside and play?
I would like a big run and a toy I can chew,
A soft bed to sleep on when playtime is through,
Somebody to love me, who I can love too,
It's really not much that I ask of you".

If dogs could walk like me and you,
I wonder, I wonder, what would they do?
"I would walk out the door when I wanted too,
Or have picnics in parks with people I knew,
I would skip in the sunshine; I would run in the rain,
Then when I wake up, I would do it again!
Happily strolling down lane after lane,
The weathers no bother, sunshine or rain".

If dogs could drive, where would they go?
I wonder, I wonder, where would they go?
"To beaches, mountains and rivers you know,
Where I can run free, these places I would go,
I would swim in the rivers, in the fields I would run,
Then drive back to my home when daytime is done,
Back safe in the arms of my daddy and mum,
Oh if I could drive, I would have so much fun! "

If dogs could cook, what would they eat?
I wonder, I wonder, what would they eat?
"Steaming potatoes and big juicy meat,
Sausages, burgers, oh what a treat!
I would cook up some fish; I would boil up some rice,
Make curries with chicken, pork chops and spice,
I would throw in some vegetables, all diced up and sliced,
Oh if only I could cook! It would be so nice! "

Do you have a dog? Because if you do,
Treat them kindly with love; don't be nasty or cruel,
Hug them every day, till night time is through,
Because dogs too have feelings...
Just like me and you.□

In Gods Arms

When you feel sure your strength has died,
And seems like no-ones at your side,
Just turn your thoughts to god above,
The one that gives a constant love,

And know that he has got your hand,
Through troubles, helping you to stand,
You may not notice when his there,
Your hurting just too bad to care,

Then all at once you see the light,
A ray of hope that feels so right,
Darkness slowly fades away,
While happiness comes to ease your day,

Strength comes stronger than before,
And clarity stands outside your door.
Once again you start to shine,
Smiles and laughter fill your time,

Wondering just how you got through,
The darkness that had hold of you,
But then you see you weren't alone,
God held your hand and led you home,

To a home that dwells within your soul,
Filled with such love to make you whole,
Just waiting patiently unheard, unseen,
Till needed again to intervene.

So always know gods at your side,
Just let him in, don't try to hide,
He helps when no-one thinks he does,
And loves like no-one else can love,

It comes in ways we may not see,
Like children, friends and family,
We just don't see it at the time,
Just keep the faith all will be fine.

So when the world is causing harm,
Just know, god holds you in his arms

Gaia Rose

Life Is Just So Precious

Sometimes I sit and wonder, like everybody does,
Bout money, houses, material things, security and love,
I sometimes get disheartened, bout not having a lot,
But it's not bout getting what you want, it's wanting what you got,

Cos life is just so precious...

It's gone within a flash, it's not about how much you own,
Or bout your hard earned cash,
It's not about receiving, but learning how to give,
It's bout being happy within ourselves and learning how to live,
It's not taking for granted the special people who are there,
It's showing them each and every day just how much you care,

Cos life is just so precious...

With all its twists and turns,
And even though we sometimes fall, we have to so we learn,
To pick ourselves straight up, and carry on with pride,
Knowing that we've done our best in all that we have tried,

Cos this is all that matters, when the day is through,
So don't forget to put your all in everything you do,
Cos life is just so precious...
But sometimes we forget, so make it good, laugh and love,
And live with no regret.

Gaia Rose

Look To Yourself

when brightness is fading and the darkness appears,
hope is all gone and nothing is clear,
the answers' are inside to help you grow strong,
so look to yourself and you'll never go wrong.

when life seems a struggle, and sadness takes place,
the smile that once shone now a frown on your face,
tears falling like rain while heartache takes hold,
just look to yourself and you'll never grow cold.

when people are judging and not lending a hand,
criticizing your nature cos they dont understand,
just take a deep breath and come back with a smile,
when you look to yourself you can run any mile.

when negative energies are pushed onto you,
you've lost who you are, positive feelings are few,
dispel it with love and your strength deep within,
if you look to yourself you'll be sure to win.

so always remember when you lose your way,
confusion sets in and peace has now strayed,
to look to yourself and hear that true voice,
its there if you listen to help make a choice,

just waiting to lift you and fill you with love,
a positive glow from our friends up above.
so know in your heart that your never alone,
just turn to the light, the place i call home. x

Gaia Rose

My Precious Little Girl

When you came into my world you took my breath away,
I'd watch your little face for hours while beside me you did lay,
Your little hands your little toes, the way you scrunched your eyes,
There's just not one thing about you that any mother could despise,

You are a little angel that God has sent to me,
You give me cuddles when I'm sad, you ease my agony,
You've such a gentle nature, your heart is full of love,
To be blessed with such a daughter is more then I ever dreamed of,

We have our special moments, like mothers and daughters do,
For a while it seems the world has stopped,
And all that's real is me and you,
It's oh so deep a mother's love, for her precious little girl,
I'm the oyster in the ocean, and you're my shiny pearl,

Everything about you is perfection from above,
Your one of life's few miracles made entirely of love,
So darling, if you ever see me gazing while you play,
It's because I love you so very much, in each and every way.

Gaia Rose

Night Time Is Here (Childrens Poem)

Night time is here, now its time for your bed,
The moon is now saying lay your head down to rest,
Pyjamas go on and your teeth are now clean,
Removing all traces of the daytime that's been.

□

Night time is here, pull your curtains closed tight,
Shut out the stars that twinkle so bright,
Off goes the tele so silence can come,
Its time to relax, now daytime is done.

Night time is here, your starting to yawn,
For now is the time to sleep until dawn,
So lie down beside me, rest your little head,
It's now time to shhh, for the worlds gone to bed.

Night time is here, the suns gone away,
And now it's your turn to rest from the day,
So we all say goodnight with kisses and hugs,
Until morning is here, and the sun's woken up,
So snuggle down under the covers so deep,
For now is the time to rest your eyes and sleep,
Dream all night through till morning draws near,
Until we meet again, when night time is here.

Gaia Rose

Now That Your Gone (Brother)

I was just sitting here, thinking back bout the days,
You were still in my life in so many ways,
From the day I was born you watched over me,
Protecting and caring, just how it should be,

Through all of my youth you stuck by my side,
Just like a father, beaming with pride,
Never once straying or pulling away,
You did wind me up though, day after day,

That was just brotherly love though, I know how you cared,
Cos you'd be quick to stop, if I got upset or scared,
You'd lecture me on things, tell me right from wrong,
All this I so miss, now you are gone.

There's a million and one things I miss about you,
Too many to say, so here's just a few;
Your loud laugh, you smile, your endless jokes,
Your brown eyes, your compliments, the way that you spoke,

Your humour, your style, the way that you stood,
If I could cut my right arm off to see you again, I would,
But I know this can't be, how I wish it wasn't so,
Why did you have to die Mike? Why did you have to go?

It just doesn't seem fair that your life was cut short,
Everything that you went through, I'd just never have thought...
You'd be taken away so suddenly like that,
No last goodbyes, no last chats,

They say only the good die young, I believe this to be true,
As they've taken the best man there was, they've taken you,
So rest in peace Mike till we meet again,
Don't know how though, what where or when,

All I know is I love you more than you'll ever know,
It just makes me sad that I never got to show,
You just how much you meant to me, back then and now,
Hopefully I'll get a chance, somewhere, somehow,

So God, look after him, please hear me this time,
He's the best big brother there was, and I'm glad he was mine.

Gaia Rose

Pacing The Fields

Sun on my face, wind in my hair,
Time to myself, no-body there,
Pacing the fields, forgetting my woes,
Where I end up, no-body knows.
Every step taken helps me to forget,
All my frustrations, all my regrets,
Dog at my side, together we tread,
Marching in sync while stresses are shed.
Freedom is mine while pacing the fields,
Wide open roads, forests and hills,
Boots on my feet, scarf round my neck,
Got to keep going, no stopping yet.
At one with nature and all she has gave,
Her beauty astounds me, this Earth she has made.
Thunder or hail, sunshine or rain,
Pacing the fields diminishes pain,
Eyes open wide, focus is bright,
Trekking the hills turns wrong into right.
Time has no meaning, everything's still,
Negativity fading, wont becomes will,
Stopping to rest and take it all in,
Peace now replacing the sadness that's been.
So if you can't find me and no-body's home,
Outsides where I venture, outsides where I rome,
Pacing the fields is where I shall be,
It's the one place where life becomes clearer to me.

Gaia Rose

Precious Memories With You (Mother)

Looking back remembering just where it all began,
Tiny ears, tiny nose, tiny feet and hands,
Holding me close within your arms amazed at all you see,
Do you remember how it was when you gave life to me?
No doubt we had our cuddles, much more then one or two,
These memories so far away, precious memories with you.

Years go by so quickly, childhoods been and gone,
I sometimes sit remembering my life when I was young,
The stories that you told me, the costumes that you made,
Tucking me tightly into bed while kisses were exchanged,
Making cakes for birthdays, especially for me,
Hours in the kitchen preparing for our tea,
A few things I remember, not quite sure how I do,
But all the same there memories, precious memories with you.

I'm now myself a mother, just like you are to me
I try my best in every way but their too young to see,
Just like I was back then, not seeing how you tried,
But I know now you done your best in all that you applied,
And even through our fallouts, in times we don't agree,
I know I'll be ok cos you'll be standing next to me,
So know I'll love you always, i'm proud of all you do,
And grateful for my memories, precious memories with you.

Gaia Rose

Shine

Why do you pretend to give me what you can't?
You tell me your my friend, then prove to me you aren't,
The phone calls getting fewer, not like they used to be,
You must see its you changing but you make out that it's me.
I do my best with people and know exactly who I am,
At first you seemed to notice me, you were my biggest fan,
Then others come along and I'M getting left behind,
How can a person seem so awake then somehow seem so blind? !
But now I clearly see why your friendships shifted and changed,
It's your insecurity within yourself that's getting in the way.
Cos somehow you feel threatened by the strength you see I've got,
And know the strength you hold inside mounts up to not a lot.
But I will not stop shining because of others fears,
I'll be myself in all I do come jealousy, hate or tears.
You can walk beside me and shine as much as I,
Or diminish in the background where YOU'LL get left behind.
We all have choices in this world, start making them today,
When others glow like big bright stars that blind you on your way,
Don't put them down and turn your back because YOU'RE in the dark,
But turn your eyes towards them to ignite them with THEIR spark.
Then we can shine together and help others do the same,
For Each and every one of us was born to shine this way...

Gaia Rose

Speak Up

When you take a stand and say what you choose,
Without hesitation, or being confused,
Not holding a fear of what others may say,
But to say what you mean in everyway,

It liberates your soul, by setting you free,
No longer a prisoner of insecurity,
But a teacher to others who sometimes hold back,
By seeing in you the strength that they lack,

Releases their fears and doubts that they hold,
And helps them now see its ok to speak bold,
Just do it with dignity, kindness and love,
Give all of your fears to our friends up above,

Don't compromise yourself to collude with the rest,
Speak truth in your words and remain at your best,
If others don't like the control that they lack,
Because of your strength to speak truth and talk back,

Let that be their issue, don't lose who you are,
Keep making that stand and you're sure to go far.
We all have the right to express our beliefs,
Our ideas, opinions, happiness and grief,

But we must allow others to do just the same,
Respect them and their wishes without drama and pain.
To allow them to shame you or belittle your voice,
Says "its ok I don't mind" like you don't have a choice,

And the more you keep quiet, the more they control,
Giving up who YOU are so that they can feel whole.
It just doesn't make sense to allow this to be,
I'm no better then you, but your no better then me.

So keep trying hard to find that strength deep within,
And Let old habits go, so new ones can begin. X

Gaia Rose

The Little Mouse I Met (Childrens Poem)

Late one August evening, in the cold and wet,
I looked outside the window and a little mouse I met,
She was sitting in the tree tops covered by the leaves,
Sheltering her self from the strong blowing breeze.
I got out my umbrella and my coat so warm,
Then slowly made my way across the green wet lawn,
Trying not to scare her from out her little tree,
Hoping to get near enough to ask her home with me,
"Hello little mouse, will you come in from the rain?"
She didn't seem to hear me so I asked her once again,
"Hello little mouse, will you come in for some tea?"
Then all at once she answered, oh so quietly,
"That would be just lovely, that would be a treat,
Just to get in from the cold, and warm my little feet,
I've been out here all day, i've nowhere else to go,
Id be so very grateful if you took me to your home,
I wouldn't make a sound, I wouldn't make a peep,
All I need is somewhere warm where I can go to sleep".
I took her in my hand and walked back to the house,
Being oh so gentle as I held this little mouse,
I found a little match box which I gave her for a bed,
I put it near the fire so she could warm her little head,
She snuggled down so tightly in the matchbox nice and warm,
"Goodnight" she said so peacefully then gave a little yawn,
I wrapped a piece of cheese up and a little slice of bread,
I laid them down beside her, next to her weary head,
"Goodnight little mouse, sleep well until the morn",
Then off I went to rest my head and dream until the dawn.
When morning came I went downstairs to see the little mouse,
But noticed that she was no longer sleeping in my house,
All was left was crumbs of cheese and bread that I had gave,
The little matchbox where she slept was very neatly made,
I looked out of the window at the early morning dew,
The sun shone down upon my face, reminding me of you,
I hope that your ok and you get to where you need,
I'll think of you always, and hope you'll think of me,
And when I see a tree top, I never will forget,
That cold wet night in august and the little mouse I met.

This Is Our Calling...

THIS is our calling...

We must awaken to ourselves...

To each-OTHER...

To life...

To our MOTHER earth...

To the BIRTH of a greater creation...

From a place that runs deeper than MY blood...YOUR blood...OUR blood...

Deeper than the ancestors that connect us so DEAR...

Where LOVE overcomes FEAR...

A place, much deeper than the soul...

Where all is knowledge & wisdom...

where each of us is WHOLE...

Calling out to hearts, opened & closed, to minds, opened & closed, to eyes, opened, & closed...

HEAR my heart... FEEL my heart...YOUR heart...OUR heart...

We ARE one...

Connected by the trees & the earth, the moon, the stars, & the infinite energy that weaves & binds us together through our love, & also through our pain...

My brothers & sisters, near & far,

HEAR our calling...

The rain that falls,

The wind that BLOWS...

The beauty & destruction that FOLLOWS...

Let it remind us we are merely lease holders of all we SEE,

All we BREATHE,

& WE...

Who HAVE been set FREE...

To make the choices we so blindly choose...

Why do we continue to turn our CHEEK against the chaos which surrounds our planet, our lives, our homes, & our hearts...

We can't just talk we must ACT...

We need to push aside myth, hear FACT...

By realising we ARE one...

Your pain IS my pain...

This world is OUR world...

Its heartbeat is OUR heartbeat,

Pulsing through this EARTH...

Giving BIRTH to our future...

NOWS the time to come together...

Don't get caught up in the illusion that life lasts FOREVER...

It does not...

We are merely manifestations of a greater consciousness...

Let loose in this playground which is life...

We MUST recognise this truth & correct the corrupt-ness in ourselves, our hearts, our homes & our LAND...

We must choose to Make a STAND...

There IS hope for a peaceful change...

Don't allow tv, politicians, news, & those who wish to stay asleep to re-arrange the TRUTH...

They want you to forget...

They need you to falsely BELIEVE...

This is why they continue to FEED the sweet poison Into our hearts, minds & souls...

Making us forget our TRUE home...

Our TRUE goal...

We must journey WITHIN,
if we are to BEGIN again...

Does the destruction have to be so BAD,

Within our hearts,

Within our LAND,

Before we wake up to whats already too late?

Why must we HATE on each other?

This was never our FATE...

When the last leaf FALLS...

When the last bird CALLS...

When endangered is no longer a WORD to be HEARD...

Whats it's gonna TAKE for us to BREAK the patterns that WE weave through our precious existence?

They talk about a safe world then create MORE war & cause MORE PAIN...

Someone please EXPLAIN? ...

If you truly understand,

Raise your hand...

Surrender to each-OTHER with love & peace for one ANOTHER...

Lets do this together.

Together...

Together we shine the beauty of our light so much brighter, just as God intended.

Together we stop the FIGHT...

Our wrongs become RIGHT...

We ARE equals...

Look into each-others EYES,
The tears we each CRY unite us in the knowledge that this isn't how we want it to be...
You & ME can BOTH be the change we want to SEE...
The power that WE'VE been given was meant to be used to share love, peace & UNITY...

THIS, is our calling...

But first we need to wake up.

X

Gaia Rose

To Stay Or To Go? That Is The Question

Why are things so bloody hard! Decisions decisions to make,
I just give up! So bloody tired, confusions the feeling I hate!

I have my reasons to feel this way, but that doesn't tell me what's best,
Is my fate to leave, or suffer and stay? Feel like i'm being put to the test!

My wants and needs becoming so strong, control is something I lack,
How can feelings so right be something so wrong? Why can't I leave and never
look back?

A man in front of me giving he's heart, but my heart no longer needs he's,
Do I think of MY needs, rip this family apart? Or do I give this man what HE
needs?

□

I just want the freedom that's bursting inside, longing to do as I wish,
Trying to contain it, trying to hide. Why cant things be easier than this? !

I never expected to feel like I do, but now its here, which way to turn?
Do I stick with the old or move into the new? I guess this is a lesson to learn.

I just can't go back to that mundane life! Challenges is what I now seek,
NO MORE just a mother, NO MORE just a wife! I'm using my bloody voice to now
speak!

Cos i'm not JUST a mother! I'm not JUST a wife! I'm a woman who wants to be
seen,
I feel i've gave others myself in this life, but now I feel its time life gave to me!

I don't care what's important I don't care what is right! I just need some
excitement once more!
So please my dear God, please give me a sign, hand me the keys and show me
the door!

Gaia Rose

Would You?

What would you do? If I told you my fears,
And I spoke of the sadness i've felt through the years,
Would you give me your time and lend me your ear?
Would you pass me a tissue when I shed a tear?

What would you say? If I was in pain,
And needed somebody to take it away,
Would you be the one who says its ok?
And tells me that things will be better one day?

What would you give? If id lost everything,
And nothing was left but a smile and a wink,
Would you give me the world and all that is yours?
Or would you run and hide behind tightly shut doors?

What would you feel? If I fell to my knees,
And every ounce of strength left had just seeped out of me,
Would you stand by my side and carry me on?
Fight all my battles until I came strong?
Would you say what you mean and mean what you say?

Or lead me to believe that you will be this way?
See I think it's the latter, you may disagree,
But the one thing that's different between you and me....

Is I would give you time, and lend you my ear,
Or hand you a tissue when you shed a tear,
If you were in pain id take it away,
Id tell you that things will be better one day.

And when all that's left is a smile and a wink,
No-ones around, you've lost everything,
Id give you the world and all that is mine,
Id push you in front, not leave you behind.

If you fell to your knees, every ounce of strength gone,
Id carry you through until you became strong.
See I say what I mean and I mean what I say,
How it is such a shame we weren't all made this way.

Gaia Rose

You Can Be Anything (Childrens Poem) By Teri Hopkins Aka Gaia Rose

You can be anything, but you must try,
So never give up, REACH for the sky.
You can be a sailor or a pirate at sea,
And catch all the fish in the ocean for tea.
You can be an astronaut and shoot into space,
Or a pilot and take people from place to place.
You can be a cleaner making everything shine,
Or work on a vineyard and make lots of wine.
See you can be anything, but you must try,
So never give up, REACH for the sky.

You can be a doctor and look after the sick,
Or a builder building houses, brick after brick.
You can be a dentist and fix a cracked tooth,
Or look after horses, mending sore hoofs.
You can be a singer singing songs to a crowd,
Have everyone screaming your name out aloud.
See you can be anything, but you must try,
So never give up, REACH for the sky.

You can be an actor and dress up all day,
Pretend to be different, whoever you may.
You can be a hairdresser and cut peoples hair,
Cut all sorts of shapes, whatever you dare!
You can be a plasterer and smooth wonky walls,
On ceilings in bedrooms in toilets and halls.
See you can be anything, but you must try,
So never give up, REACH for the sky.

You can be a fireman, and save some ones life,
Putting great big fires out, morning till night
You could be a policeman patrolling the roads,
Keeping the world safe from the bad boys and girls,
You could be a scientist making potions and pills,
Finding new medicines that help mend the ill.
See it really doesn't matter whatever you choose,
As long as you're happy you never will lose,

But don't look at me to decide what you do,
The only one making that choice will be...
YOU!

Gaia Rose

Your Opinion Means Nothing

Your opinion of me means nothing at all,
Before you try to stand you should really learn to crawl,
Try to push me, I'll push harder,
Try to fight me, I'll fight harder,

My will to live is stronger than yours,
So do your best, draw your swords,
Your words mean nothing, they cause no pain,
Tell me what's it all for? What do you gain?

I have my family, I have my friends,
What do you have through those split ends?
Your opinion of me means nothing at all,
Your not there for me when I'm climbing the wall,

You don't pay my bills, you don't pay my rent,
You don't give me money when mines all spent,
You're not the one there to kiss me goodnight,
Or cuddle my kids when they've had a fright,

You don't give me strength when I feel weak,
Or become my voice, when I can't speak,
So you see your opinion means nothing at all,
And its you, not me, that's playing the fool.

Gaia Rose