

Poetry Series

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- poems -



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Mark. S. Man()

Its time to follow some interests
and oh my word - its good to have time to be free
Time to write and rhyme
time for me!



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Alzheimer's (The Long Goodbye)

It's been a 'Long Goodbye'

Alzheimer's is a thief without a care
ruining lives, it's so unfair

It doesn't allow you to 'remember' whilst forcing you to 'forget'

It took you somewhere else to our deep regret.

It made you forget your family too

but remember - we will never forget you

It's been a 'Long Goodbye'

*

It's been a 'Long Goodbye'

We'll 'remember' you always but can't 'forget' your pain

You're with us in our 'memories' - until we meet again

Your 'memory' is our keepsake - with which we'll never part

We'll always love you and keep you in our heart

Gone, but never forgotten - so there's no need to cry...

'Remembering'... 'To live in the hearts of the ones you love is not to die'.

It's been a 'Long Goodbye'

*

It's been a 'Long Goodbye'

Your memories will soon return - you'll see

I wonder who's waiting for you

now that you are free

It's been a Long Goodbye, but 'Remember'

although I'm not sure how

We'll be together again - this is just bye for now!

Mark. S. Man

The Three Wise Monkeys, (Haiku Style String)

Those with Eyes, Those with Ears, and Those with Mouths...

Those who do not see
Do not know how blind they are
Please let me guide you

With no eyes to see
You will be safe at my side
Please let me lead you

Eyes that do not see
Do not know how light it could be
Please let me show you

Those who do not hear
Are tone-deaf to suffering
Wake up and listen

With two ears to hear
Why are you not listening?
Why are you so deaf?

Ears that do not hear
Become deaf to cries and lies
Why have them at all

Those who will not speak
Live with the consequences
of complacency

With a voice shut down
the use of propaganda
silences free speech

Mouths that will not speak
Cannot argue for a cause
So, nothing will change

If you see no evil, open your eyes to the suffering of those less fortunate

If you hear no evil, listen to those who have been dispossessed
If you speak no evil, raise your voice to sway opinion

The world would be a better place if people opened their eyes to what needs to be changed, listened to informed opinions and spoke up for what is right

Food for thought...

Mark. S. Man

The Politician (V2)

All over the news extolling their view
Lying and cheating instead of being true
Without courage, conviction or meaning what they say
They'll tell you anything for the needs of their day

Economical with the truth at best
No more honest than all of the rest
Waffling and whining, unable to answer yes or no
Do they mean what they say or is it all show?

Building their reputation at the expense of the nation
Why all the sleaze, lies and spin
Who the hell voted them in?

Expenses for everything, deeper and deeper with each gaffe, telling lies and
talking crap
The politician falls for the interviewer's trap
Creating disruption from their corruption
Enough of this apathy, don't stand for it
These leaches are so full of sxxx

If you care, don't just sit there,
Rise up,
Use your voice and shout
VOTE THEM OUT

Mark. S. Man

P T S D Nightmares (V2)

As the sun sets and day becomes night.
I start to lose focus of what's wrong and what's right
As the hour's tick by I experience a cost
Of the experience that leaves me feeling lost

I just can't bear those nightmare moments and struggle to express the stress I
feel

It's not just a scare it's not just fear
Its abject terror and all too real
I shout and scream, I awake in a sweat to realise I'm still in my bed
Yet again it's only a dream and I'm not actually dead

In those nightmares as the terror grips my core
I'd give anything to escape and to feel safe once more
Will these nightmares never end?
Will my broken mind ever mend?

When the sun rises and night becomes day
I see some light and find my way
I can breathe again, for one more day

Mark. S. Man

Depression (Darkness & Light) (V2)

I'm on the edge, everything's so dark, everything's so bleak
I don't feel the happiness I need and seek
I feel like I should cut and run as I can't see the fun
In the things I said and wanted or the things I've done

I'm on the edge and I don't care if I live or die
During the dark and grim nights that just go by
I sometimes want to lay down curl up and just cry
Not wanting to go on - but know I must try

I'm on the edge and don't understand why I feel down and sad
I simply don't remember happy times I'm sure I once had
Where have the happy feelings gone?
When did everything go so wrong?

I'm on the edge, not sure of the things I once knew
Not looking to ask anyone what I should do
Wanting to be left alone so I can think things through
I need to be able to do this without you

Having found the strength and resolve to push on through on my own
I'm no longer in need of comfort, I'm not in need of a friend
I've simply come to realise that at last, I'm on the mend.
I've started to see what's wrong and see what's right
I'm pushing through the darkness at last and can see some light.

Now, remembering what I've had
I know for sure that life's not that bad
Looking at the beauty that I'd once forgot
I now struggle to find fault with my lot.

Mark. S. Man

Peacocks & Posers (V2)

I'm not going to lie
fake nails, fake hair, fake tan, fake boobs, eyebrows and oh wow those teeth.
Shaved chest, pumped and preened, just the best
strutting like a peacock
so much better than the rest

Fake people keeping it real
How do they feel?
Hyped up on social media
Couldn't be needier
Don't ask me why - I'm not going to lie!

The thin veneer, that protective cloak
When no one's around becomes a joke
Is it about what others think or how you feel?
Be true to yourself and keep it real.

It's not all about looks
that shouldn't be life's goal
Forget the plastic personality
Try to develop your role

So, less of the attitude and being crude
Put some clothes on, stop being lewd
There's no need to prove that your tough
Enough is enough of this fake stuff

If you can't keep it real
If you don't even try
it's no big deal
But don't ask me why
Because - I'm not going to lie.

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Mans Best Friend (V2)

I once met a dog walker on a canal towpath with a dog lead in his hand but no dog in sight. When I asked, where was man's best friend?

With glassy eyes and strain on his face, the dog walker told me that the dog was old and very ill. He couldn't let the dog suffer and so, made the heartbreaking decision to put the dog to sleep.

'I know and understand how he must have felt...even though it's for the best, it doesn't numb the pain or stop you from feeling like your heart will break...I simply nodded and said I'd let him get on...and finish their walk...'

The dog walker, looking down with lead in hand
without man's best friend to command
looked ever so sad, lost in thought about the friend he once had
Mile after mile a lonely walk, not yet ready to stop, not yet ready to talk

We've all been there, we all know
how it breaks your heart to let them go
If only there was a magic wand
to stop them from going over the rainbow bridge to beyond

You could turn back time to when you first met
to have those years again with your loving pet
Although in reality, in the end
You have to say goodbye to man's best friend

Lost in thought the dog walker trudges down a lonely track
unashamed, no longer holding back
thinking of man's best friend, through all those years
with no one around to see and no one that hears
the painful release and privacy of his tears

As time went on, and perhaps at last
the dog walker, after thinking things through took the view,
that there's too many dogs in shelters needing love, needing a friend
perhaps there's one that could help his heart to mend

Now I see the dog walker again
With spirits raised, no sign of strain, no sign of pain
full of pride, a new friend by his side

going at a pace with a smile on his face

Mile after mile enjoying the walk, no time to stop, no time to talk - Walk On

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Brother To Brother V2

Bravado and ego put to one side, brother to brother, we were honest with each other

Now is not the time to pretend or lie
We both know that soon you will die...
So, let's just say what's on our minds today
It's time to weigh the cost of life, and pay
It's Judgement Day

You know you've not got long, and it's time to say goodbye
There's no point upsetting anyone, so please be kind
choose your words carefully for those you leave behind.
You know your time has come, so tell me what's on your mind

'There's something wrong, I feel it in my bones, it's a slow shadow, a silent pest.
A creeping darkness 'inside' willing me to rest'

Now that you've received the call, it's unsurprising you feel some fear
Be ready, settle your mind, you know that death is near

'Having looked deep and hard at my reflection
There's no consolation, I expect no compensation
It's time to embrace my final destination'

I know I'm on my way and scared to be alone...
accepting of my fate, it's time to atone

I'm struggling to comprehend that soon I will die
I can't believe it's time to say goodbye
Unanswered questions spin around my head
With no hope of answers before I am dead'

Is this really happening?
Is it bad luck or devilish intention?
Chance, or divine intervention?

I wish I could stay, I want to live, for just one more day...
Words can't describe the anticipation of when I'll come to rest...
As far as I know, we get one life, this is not a dry run, this is not a test...

Don't take life too seriously, enjoy it while you have the time, to waste a day is such a crime'

So ill and in such pain, prolonging this life you've nothing to gain
Nothing to look forward to, no reason to remain.
I told him he had done his bit and so,
perhaps now is the time to just let go

In this moment, while you're in pain, but aware of your plight
Stop thinking about what you've done wrong and what you've done right
You tried so hard, you did your best
There's no need to suffer any longer, just relax, let go and rest
There's no need to struggle through another night
It's time to accept you've lost this fight

It's impossible to comprehend
the quietness of the end
I Witnessed it first hand
that crossing over to a promised land

With the arrival of death
I witnessed that last breath
It was his time to die
I held his hand and said goodbye.

Mark. S. Man

Graduation Day

Riding high in your cap and gown?
Well, this may sting or make you frown
I'm not stating this to bring you down or make you blue
I'm just painting a picture of what's right and what's true

Did your tutor sell you the dream and say you're the best?
Well, you're in the human race, just like all the rest
It's time to come down to earth and make your way
You're going to have to compete to earn your pay

Don't go thinking that you're the dogs
that just proves that you're no clever clogs
With a Bachelor's, Master's or PhD
you're never too good to make the tea

Now you're leaving academia
don't think for one moment that you're superior
With a Desmond or a First, it really doesn't matter
you shouldn't believe the tutor's patter

Life isn't fair so take great care, be kind and remain humble.
There's always someone watching, waiting for you to stumble
And when you do, they'll offer a helping hand
whilst secretly hoping you'll fail to stand

There's no need to follow the crowd, so don't try to be the same
Just be yourself and play the game
No need to blend in, you're not like the rest
You're only here once, this is not a test

You're unique, so walk tall and stand out
Use your voice without fear
Get noticed, Stand up and shout
'I'm here'

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