

Poetry Series

**Priti Pauline**  
**- poems -**

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Priti Pauline()

# Always Got Time For You

Take time for yourself  
& Love the company you are in.

Take time with others  
& Love the company you are in.

Take time to be just as you are  
& Love the company you are in.

Be Still.....  
& Still love the company you are in.

Give time to do what you love & to love what you do  
& Love the company you are in.

How long will that take?  
For as long as you love the company you are in.

Priti Pauline

# An Ode To The System

Grab yourself an illness and come join the club  
Be happy in your misery and go to the pub!  
Singing, dancing and crying too  
You're a member of the club, it's great to be blue!

Hidden behind an illness mask  
What's your complaint? -that's a mighty task!  
Too afraid to be you?  
Now that's a bit of a coup,  
And still so stuck in the illness goo!

Cast out by the ones you love  
Your only hope is to seek from above  
So fly on the wings of a dove  
Go on - be your own gov!

Cinderella go put on your shoe  
Prince Charming's arrived; it's a bit of a do  
Drop the illness and banish the club  
Be happy cause you're happy and not in the pub!  
Sing, dance and write poetry too  
It's so much more fun when you're not so blue

Wake from inside your Sleeping Beauty  
Step outside flaming duty!  
Drop the task of trying to pretend  
All that's broken doesn't need to mend

You're perfect as you are  
A butterfly locked in a jar  
The scars are dissolving with grace from above  
To free the butterfly and to join the dove  
So now fly with truth, simplicity and love! !

Priti Pauline

# Beloved Child

When I left your father in marriage  
T'was to protect you from constant disparage  
Of hurling, hurtful rows of enrage  
Those sourced from pain on a rampage

T'was not a sight for a child to see  
And I took the decision to flee  
In a bid that you could be free  
And not be a branch in this poisonous tree

I know this choice has cost so dear  
Every day since, I have grabbed in fear  
Of how you and life did steer  
Yet things are not always as they appear

There was never a day when I was not by your side  
As I took on the job as your loving, ethereal guide  
I waited patiently for this infernal rage to subside  
Where clear signs of peace could be verified

My love for you could not be denied  
As I walked alone holding his blurtings of homicide  
Close at bay, although cast aside  
Words ring deep when you're terrified

&quot;Mentally unstable and an unfit mother&quot;  
T'was torment like no other  
I could not allow this for you and your brother  
To this day it causes me to shudder

A kind word never goes astray  
Even if it's a yea or a ney  
And no amount of Money will ever keep at bay  
Errors made for judgement day

There is a place where truth alone will reply  
It's a space in ones heart that's not so hard to defy  
Sometimes there are no reasons why?  
I am still your Mother with whom you can say Hi

Love is a beloved child  
To be treated gently and mild  
No matter how it's been exiled  
Love stands aloft and is to be Beguiled

I have longed for the day  
Where we could find a way  
To embrace the vast unspoken and allay  
All the hurts and fears my love of you would not betray

Priti Pauline

# Depression

Depression  
Suppression  
Keep it down  
Breathe like a clown  
Always a smile never a frown  
Always and Never  
Are not so clever  
When one tries to sever  
Sever the past  
From today at last  
But tenacious is its venom  
With Mothers lingering perfume  
That came into the womb  
And planted this seed of doom  
So 40 years on we'll resume  
Yet again, struck by gloom  
In deepest Winter after a dull autumn  
This child without it's mum  
Caught in an untidy sum  
A palace disguised as a slum  
Where no one will come  
Come to greet  
Depressions weep  
Into my flesh tears seep  
Where suppression will keep  
Keep 'til it explodes  
And reveals the untold...  
Untold grief  
The clown shakes in disbelief  
And has forgotten how to weep  
Depression still creeps  
Creeps out of my soul  
Having paid the toll  
Life begins with this simple goal  
The moment we lose control  
Lay still, become whole  
Break the mould  
For a new life to unfold  
Now IS the time to be cold

Release the past with all its hold  
Hold on to insanity  
'Cause in the final analogy  
With all its tragedy  
Life's a comedy  
And therein lies the only remedy!

Priti Pauline



# Divorced

In a world of matter & fact,  
devoid of gentle tact,  
with products, goods, services and trade  
all that humility forbade.

These disposable lives, they came `n then fade,  
disposable hearts - they've all paid:  
now divvy up the assets as mounting debts rage.  
Dispensable, expendable, full exchangeable,  
even the pain contained in this fable.

This pain that has cut like a knife,  
deep into my life.  
Mentally unstable, an unfit mother, no longer a wife.

This aching sorrow, `twill be gone tomorrow,  
still makes its presence known  
from inside my breast bone.  
It just moans and groans and moans still more,  
wails and whines in the absence of sunshine.

This place is a hole  
deep and dark,  
penetrating through to my soul  
secreting a black and sickly tar,  
dirty but unseen,  
sprawling, breathing, sucking,  
a sneered, feared being.

This is a sobering place of equanimity,  
within the spoils of femininity,  
without dignity or respect for noble masculinity.

Simply oozing a dark, blackened pus,  
a septic contaminant, wild with fuss  
that burns & can't be touched.

Deadly is its nature  
as it whispers in sweet allure,

calling from beyond the grave,  
into the mysteries of a night cave.

Into the heart of soul,  
where nothing is hidden  
and all is seen,  
clean and unclean  
has and has-been  
dream and illusion.

Yet, in the final conclusion,  
There's no more confusion.  
What seemed real, is not anymore,  
and there is no score, not even a draw.

Nothing is as it was before,  
simply the closing of a door.  
In accord with a higher law  
DIVORCED in a silent roar.

As I tremble from my core,  
to regenerate and appreciate,  
both destiny and fate,  
I've been cocooned  
within the silence of a soul mate.  
Sow now!  
Now, is the time to truly Create

Priti Pauline

# Everyday's A Birth-Day

From our essential roots within  
Cast off from original sin  
Amid the quiet of nature's din  
Surrounded by love, kith and kin  
Everything is completely win-win

Today is a day to rejoice  
As heaven descends through our inner Voice  
Being human we've made our own choice  
And be prepared to step up a gear  
Hear angels swoon and swipe at fear  
As Artemis runs wild with the deer

Even if others mock and jeer  
All too afraid to even minimally peer  
Inside their own being  
Outside of bias and leaning  
The way to healing, love and feeling  
Way beyond a mental ceiling  
They're too busy wheeling and dealing  
To notice or simply appreciate  
The enemy as their best mate  
Whom God & destiny did fate  
In bringing together on a blind date  
Set up as mountainous bait  
And ego's traps galore, in patience we wait  
The unveiling of so many beautiful traits

An unmistakable mystery beyond  
In which no one was ever conned  
Held in a universal bond  
Nurtured with nature and the help of friends  
Earth, Wind, Rain & Sun, grinding as they tend  
The winding road & watch the tree of life bend  
Yet another day it sends  
To laugh, to love, and to make amends

Happy can be the name of today  
With a jog back to our own birth - day

Witness Excalibur's sword cutting away  
Whilst Saturn has her say  
In excommunicating harm, keeping it at bay  
Amid the renewed theatre of your life's play

Priti Pauline

# Fear Is Your Friend

Fear is your friend.

There is nothing to fear.

For Fear is a different aspect of love.

There is only Love.

Fear is helpful and useful.

It can become your best friend.

Nothing will happen to hurt or harm you.

Fear is love.

To love fear is the greatest gift of compassion and respect for all humankind.

It is your handling of and dealing with fear that sets humans apart from the animal kingdom.

The fight, flight, freeze or flop syndrome is only to remind us from where we came from, our evolutionary past.

There is no fight, flight freeze or flop necessary for the survival of the human race.

There is no race.

We are here to understand fight and flight, to improve, sophisticate and refine our ways of handling these primitive and instinctive ways.

Our intelligence and integrity are our friends for dealing with fight, flight. freeze or flop

Fight, flight, freeze or flop are extreme ends of a dualistic spectrum where fear meets fear, but also where love meets love and there is no fear.

In between worlds there is only one world, there is only love.

Handling fear is dealing with love.

Ever flowing from the heart, it cannot be ceased, cannot be blocked nor stopped, it is only love.

Love is the only conqueror.

There is no conqueror it is only love and compassion.

It is all love, just like the rainbows different wavelengths, creating different colours, different stories, different pictures, different films or different movies, just different.

Different is the way of the world.

Different is love.

If you feel fear, then you fear love.....And with love there is nothing to fear.

There is only love.

Priti Pauline

# From A Departed Friend

Just because I've left my body  
Does not mean I'm not by your side.  
These past few months on a stormy ride  
Coping with a wounded pride  
And now I have died  
There's nothing more to hide  
Mother Earth opened wide  
For me to leap and jump inside  
And take a new job as your guide

I was your friend in Life and I shall be in death  
Not so much changes in the exhaling of a breath  
I am watching now without saying a word  
And bow my head to all that's absurd  
In deep acknowledgement of not being heard  
& Acting as a flipping nerd  
Prattling on like a twittering bird  
& What can I say to you my dear?  
I am listening now, and I'll lend you my ear  
I don't doubt your love is sincere  
I am with you so have no fear  
Please don't cry, wipe away you tear

Enjoy life, each and every day  
But do make sure you have a say  
As a kind word never goes astray  
Even if it's a yea or a nay  
Don't ever bother who's to pay  
Money will not keep at bay  
Errors made for judgement day  
No one's to blame  
As I sit with the eternal flame  
And see my life as a game  
In which you all came  
To play a part  
In this world of exchange and mart  
We're now off to the races and a brand new start  
Do make sure you put the horse before the cart  
As luck in life comes only from a good heart

Now it's time to say good bye  
Where truth cannot lie  
Not even if I were to die  
I was not such a terrible guy  
With whom you can still say Hi  
Whilst eating yummy blueberry pie!

Priti Pauline

# Housework

Housework  
Bloody housework  
Emotional, raging storm  
Different opinions clearly form  
Concerned or not  
So concerned  
Dividing

Dividing  
Separating people  
Husband and wife  
In anguish and strife  
Unpleasant, unruly life  
Fierce arguing  
Stop

Stop  
And consider  
Hither and dither  
The plight of affection  
Without direction  
No connection  
Lost

Lost  
At sea  
Waves crashing, breaking  
Emotions depleted, rippling ashore  
Tension no more  
Quiet stills  
Chills

Chills  
My heart  
Cold and alone  
Deep to the bone  
Poor lost affection  
Without direction  
Imperfection



Imperfection  
Mystical affection  
Losing connection  
Toward loves burning candle  
The sweetest handle  
Turn around  
Found

Found  
A love  
That burn's  
Dear and so clear  
Night and day  
Eternal flame  
Tame

Tame  
The Rage  
Cuddle and crave  
Divine sage, Be brave  
Knowing you gave  
From the  
Soul

Priti Pauline

# Love: The Key To All Knowing

All that is LOVE, is you  
You only see with the eyes of LOVE  
You can only act with the consciousness of LOVE  
You are LOVE, personified.  
Venus for LOVE, amour  
Remember you are pure 100%,24 carat LOVE  
You cannot be anything but LOVE.  
There is no ego, it's only a game.  
No winners, No losers  
No competition  
No judgement  
Only LOVE.  
LOVE for you is eternal  
It always has been, It always will be.  
Be safe, Be secure in this knowledge  
This is the truth  
You are LOVE, you're my daughter, you're my son  
You're true LOVE  
Allow this to be matured,  
To become Heaven on Earth personified through you.  
Forget your doubts, Forget niggles and humanness  
Set them aside,  
Become LOVE.  
It is not love of thyself which endures, but LOVE of another.  
BE sure to know this most deeply.  
That is the key to all knowing.  
Be sure to know yourself,  
Where you stand & Where you are coming from.  
Forget QED, it doesn't matter  
LOVE is all that matters!  
LOVE is All that which becomes Matter  
Know this  
Know LOVE  
Feel LOVE  
See LOVE  
Hear LOVE  
BE touched by LOVE  
BE.  
Be LOVE.

& then LOVE more.

Priti Pauline

# My Song

Mission Impossible, the tapers been lit  
Onto my song, this is it.  
Last year, last week, all day long  
My song!  
A songbird is singing from deep within my core  
To the magic of life and an open door.  
Experiencing the world in love or at war,  
T'is a delight to be in service once more.  
My song maybe happy, it may be glad,  
Maybe longing, desperate, boring or sad.  
It maybe good, may be bad,  
Even slightly mad  
But 'tis My song, me lad! !  
My song, my life.  
For all its hopes and all its strife  
My life.  
I had everything....  
And nothing.  
A soul mislaid  
With nothing to trade.  
A demolished tower  
Crushed by material power.  
There Is NO Choice  
When deaf to your Inner Voice.  
The songbird survived, tattered and torn  
A time to cry, a time to mourn.  
To live again for another day  
Older and wiser, with more time to play.  
Life's to be enjoyed every step of the way.  
Listen to your heart and you'll have a say  
To the song that you sing, every single day.  
So this is it, my song.  
No more right, No more wrong.  
There's still time to be  
To wait and see....  
To BE ME  
Yippee! ! ! !



# The Crazy Place And Back

I've been to the crazy place and back  
I don't want to go there, its way off my track  
Totally trapped  
Nowhere to go  
No way out

There are monsters in the crazy place  
Large wagging fingers from way outer space  
Laughing and scowling  
Any direction  
There's No protection  
They're conspiring against me  
Complete persecution  
No-one can help

They're closing in on me  
The tunnel is shrinking  
I'm going to be consumed  
I'm about to be doomed  
I've been engulfed  
I'm to be destroyed  
I'm drained  
I'm Numb  
I'M LOST

Its dark, the lights are dim  
I'm a total victim

I've been to the crazy place and back  
By weaving a path where there is no track  
A personal implosion of atomic magnitude  
T'was the price I paid  
For being crass and rude

Learning the lessons of humanity  
Had self-pity  
And cried an eternity

The river of tears dissolved my pain

In order I be born again  
A unique creation out of the ruin  
To the way ahead  
Something is brewing

A trumpet bird, flighty and free  
Following her path of destiny  
Trumpeting the sound of a dawning day  
Colourful and bright  
And in her own way

Never again to be scared of the night  
Now I know I'm my own light

To love and to cuddle  
And at peace to BE

This has its own importance in being me.

Priti Pauline

# The Home Coming

In coming home to Thy Self  
We can uncover incredible wealth  
From the cards that life has dealt.

It's a wealth that's not so easy to see  
With eyes trained in fantasy  
And for those who only deal in certainty.

From deep within what do we find?  
A person who is gentle and kind  
With a very curious mind!  
That's desperate to unwind  
Caught up in mental columbine!

But the task is not so dire  
If we use the element of fire  
Burning through to the wire  
Spurred on by our hearts desire.

Lying beneath a benign face  
Is a tapestry of life carved in lace  
With not a single stitch out of place  
For this sentient being to the human race.

For those who have the heart to see  
They live a life of wonder and glee  
And spend time to seek the little me.

Little me, has a story so bold  
That was hidden in a heart 'On Hold'

Priti Pauline



# The Kingdom Of Freedom

If something is free,  
Then that's not meant to be!  
Yeah, so what the price,  
Of something so nice?

I'm going to have to pay for it?  
The agony could really be shit!  
Cutting & Carving bit by bit  
A soul so small it's hard to recognise  
The person living in a modern disguise

Where a face is not a face  
A soul masked with almost no trace  
How to find this delicate lace?  
Slow down, and drop the pace!

Enter the night  
And find the light  
That illuminates the untold  
And cast's a new mould  
Be brave, be bold and let it unfold,  
No longer be bought & sold!  
Freedom  
Is its own kingdom  
Where there's no lost, only found  
And silence is the only sound  
Here, Kings and Queens Are Crowned.

Priti Pauline

# Try Again?

This relationship has come to an end  
No more twisting, turning trying to bend  
There's nothing more to defend  
Broken, shattered into pieces, too much to mend

All these years  
Not facing this fear  
Escalating trauma  
A soap opera drama  
Is this what they call Karma?

Screaming and shouting has all been done?  
There isn't really any more fun!  
The game has lost its goal  
Inside this marriage mould.

There's so much between us but nothing can console  
The cries of my beleaguered and wounded soul

My sorrow is immense  
The unbridgeable gap of this emotional fence  
Surrounded by fog so dense  
One step at a time to find our way clear  
To the friend who once was so dear  
Nothing can stop this unborn tear

Goodbye my love  
From this heartache bestowed from above  
Bring us peace on the wings of a dove  
Restore us with faith, beauty and love

And in the cold light of day  
The sun will still shine and she will have her say! !  
Tomorrow is another Day....

When trying to say good-bye  
I was suffocated by a terrible lie

Lets end it all.....

I had to stumble and fall  
And watch the dismembering of an egoic pride  
That which could no longer run and hide.

And in my sorrow  
I find there IS room for tomorrow!  
And In the depths of pain  
Could we could still try again?

Gamblers mentality  
Is this the reality?  
Or the capacity to change  
To live and rearrange  
What's important in life  
Is not tittle tattle, gossip and strife  
But the love and affection  
Of a deep and abiding connection.

I thought I'd lost my friend  
It was all to end  
Who's pride wouldn't bend?  
Is there a chance we could mend?

The desperate cries to be heard  
Are now the word  
And the key to tomorrow  
To drown out our sorrow.

Priti Pauline

## Twenty-Three Plus Seven

Twenty-Three years I gave to you - broken, blessed, bonded and true  
Now banished and brushed aside  
Completely taken for a ride  
You bet, you'd better run and hide  
From your dogged, envious, jealous pride  
In an alcohol brain that's all but fried.  
The countless times you lied, lied, lied!  
With nowhere to go and no one to guide  
Drunken blackouts, missing pieces all set to one side  
Cruel remarks, evil and snide  
No wonder the gap was so wide  
Nothing to bridge nor to turn the tide  
Depths of hatred I simply could not abide  
Emmeshed in Your deep desire that I should die

& unborn babies, where I could only cry  
I can't, I can't, I did sigh.  
Bring life into this world and let it fly  
Now chained and choked with no key to untie  
Viciously spat on a smoking money pie  
And I'm just left wondering why? Oh why?  
Needless punishment, as innocents walks by.  
You didn't even try  
When all had gone awry  
To make amends or even say Hi  
Head stuck in a bottle, empty and dry  
23 years, a bargain, good-buy, good-bye!  
The wretched price to uncover a lie

Now turn the page. My, oh my  
And I'll show you, if I may  
A 30th Anniversary that would never see the light of day  
As I bow my head and pray  
God knows more than I could ever say  
Heaven help you find your way  
Whilst keeping fragility at bay  
And I stay far, far, far away  
I know one day you will pay  
A price that's more than Trice, Trice, Trice

When you look inside such a scandalous vice  
That squeezed and burnt anything that was ever nice  
Of 23 years, gone on the roll of a dice  
Russian roulette put on Ice.....  
But this marriage was No Sacrifice  
No Scarifice,  
No Sacrifice at all.

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Priti Pauline