

Poetry Series

Sandra Hearth
- poems -

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Sandra Hearth()

Do You Dare

Do you Dare?

A world of peace, a world of hope.
Not full of violence, crime and dope.

I want all that's bad to be stopped in its tracks.
I want all that's good and filled with all that it lacks.

I need this world to become quiet and calm.
I need all the innocent kept safe from harm.

I pray that the day will soon be here.
I pray all will be protected, all we hold dear.

No more starving, illness or war.
Let's step on through, open the door,

To a fresh beginning, a place of joy,
A wish for every girl and every boy.

May the earth heal and feel safe once more.
May it start afresh and forget all the horror and the gore.

Let it begin, step by step, let the change commence.
Let's wake up and use our common sense.

Mother Earth is in pain and struggles each day.
Let's all start to help her heal, take the hurt away.

I wish my dreams would come true,
That we can start to save this world, make it good, for me and for you.

Let us learn from all our mess,
Show more care and kindness.

To show respect for all living things,
To be grateful for what all this earth brings.

There is beauty under all the bad.
There is joy under all that's sad.

We need to find that space, that key!
We need to act now, open our eyes and see.

We have but one home, a land for all,
For each living thing that flies, walks and crawls.

We have to learn to share, to care.
It's time to stop the horror, come on, do you dare?

Sandra Hearth

I Am

I am here beside you,
I am here to watch what you do.
I am the morning dew,
I am here to guide you.
I am the spring showers,
I am the perfume from the flowers.
I am your favourite place,
I am the gentle hands upon your face.
I am all around, I'm everywhere,
I am listening to your prayer.
I will do all that I must,
I will protect you in this please trust.
I am in spirit amongst all you see,
I am always with you my daughter, I am now free.
I loved you then and I will love you now,
I will love you for eternity this is my vow.
I see your tears and your empty eyes,
I hear your endless questions of why.
But I am your blanket, I will surround.
Your guardian angel you have found.
From dawn to dusk I am at your side,
I look at you and I'm full of pride.
You never lost me, I am always here,
I am in your heart and forever near.

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Inside Out

I wonder how the world would treat us if they saw the inside,
I wonder how people would react if they saw the things we hide.

To have all the truths and fears exposed,
Without covering up, without keeping closed.

I wonder how people would behave
If it would help compassion grow, help save.

To see without the lies and pretence,
Without judgment or offence.

To know that there is pain or joy,
To understand and not destroy.

To be shown the inner fears,
To finally understand this persons reason for tears.

To place what's inside out, may be the only way that can save,
To free us, to unslave.

Our ways, our wrongs our stupid narrow thoughts,
A new way, a way we need to be taught.

To show the inside out would be a powerful tool,
Maybe then, we can learn to stop being the fool.

Maybe then we can love and not hate,
Maybe then we can accept and stop the gossip, the debate.

We all carry with us a bag filled with stories we dont want to share,
Maybe now we can stop all the guessing and all learn how to care.

Sandra Hearth

No More A Me Or A You

The destruction, cruelty, greed, to name but a few.
The blindness and the arrogance we spew.
Demolishing habitat, nests, dens and sets.
Only anger, greed and threats.
This blind sighted foolish way,
will destroy everything one day.
You see no one seems to care, or fear,
respect, love and doing what's right is no longer clear.
It's fight or flight,
From wars and death, we are blind to the sight,
the view is disappearing each and every day,
no more space for nature to play!

Humans have become a burden upon this land,
It's time we stopped and took a stand.
That we, as a race, must stop and stop now!
We have started a count down and must halt it somehow.
We are on the brink of no return,
When will we hear, see, stop and learn?
The animals belong just as we do,
Who said they don't, answer me who?

We never learn, we just continue to play...
We never listen to whatever the experts say.
We humans believe we are the top of the tree, we are number one,
but carry on like this and we will soon all be gone.
Then the earth will flourish and nature will fix all the wrong.
Balance will find a way,
A new beginning, a brand new day.
Push our luck and ignore all the signs, continue on this path,
Then don't complain when your caught within the aftermath.

For once wake up now before its too late,
or say hello to your self inflicted fate.
Nature will erradicate all that is a threat,
and humans are guaranteed to loose this bet.
They have had chance upon chance,
It's serious, its a mess, open your eyes, take a glance.
Time after time, again you've all been warned,

but you laughed, ignored, humiliated and scorned.
There is no more time, you must act now,
curtains are drawn, time to take a bow.

Nature will survive, humans will not.
They will become the race that time forgot.
A history of endless possibilities that were wasted and lost,
Their greed and cruelty and thirst for power, paid the ultimate cost.
Sad it is that the cycle of life had to eradicate,
sad indeed they never listened, it was too late.
Now this planet is blooming and all is at peace,
All cruelty, destruction and greed has now ceased.
The human race had a home filled with amazing beauty, food and endless gifts
that are now gone,
and all because we did it wrong.

Now gone from this world forever no more,
nature, has at last levelled the score.
It got its own back and pushed us aside,
No more fear or need to hide.
Life is amazing here on this earth, here and now.
Never again will a species cause so much pain, this is their vow.
The people are all gone and all is calm,
Animals and nature safe from their harm.
The human race had more than one chance, this is true.
Now there is no longer a me or a you.

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One Day

Am I invisible, does this world not see?
Am I not alive, do you hear me?
As I journey along the path a crowd pass by,
Am I walking or did I just die?
No one looks or notices, I may as well be air!
They all go by without a glance or a care.
They are full of light and energy,
I go unnoticed, blanked, no one can see.
I hear the waters below flowing fast,
and see it as my life flying past.
I see, hear and smell it all...
But in this big and busy world I have never felt so small.
Now that age has made its mark,
and I no longer hold a spark,
I am disappearing into the space,
Where nothing lives, where I no longer have a face.
Alone, I dream, I make believe,
sometimes I smile, many times I grieve.
Was this the purpose of my journey?
Is this the conclusion, I, myself and me.
I suppose all is not lost, as I still enjoy what's around,
And I adore nature's smells and sounds.
But it would be nice, just once in a while,
To feel the arms of another, someone who would make me smile.
I will walk alone for now and do what I must do,
And hold onto the possibility, one day one may become two.

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Three Little Words

The three most painful words I can say,
are spoken from grief since you went away.
But not for a moment or a while, no, forever,
I cannot take it in, I will not see you again, no never.
Three small words that leave my lips,
But it's difficult to comprehend how it chokes and grips,
It holds you pinned against a wall of stone,
Stops the air getting in, leaves you lost and alone.
The knot that sits in the pit my stomach, it never leaves,
It calls me daily, feeds when I grieve.
A task like shopping or taking a shower,
And there it is, with its consuming power,
bringing me to my knees as I fall apart,
the tears fall as I break my heart.

You see these three little words mean much more than you may think,
I walk a fine line fighting to stay away from the brink.
Because this is the truth, it is a battle for me,
It is a reminder of the pain of which I'll never be free.
I have no idea when this will pass, what I must go through,
but the three little words I know will never leave are, I miss you!
I miss you like the flowers miss the rain,
And here I am, without you and in pain..
I miss you like the day without night,
I miss you like the sun is no longer bright.

These three little words that have become my shadow,
following me around, wherever I go.
I miss you, yesterday, today, tomorrow, all of the time.
And I don't honestly think I will ever be fine.
So I will accept and do what I must do,
but I will, hand on my heart, never stop missing you.

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