

In My Heart

Poetry

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I.

Transformations

We are in a time of transformations  
A time for feeling and looking in  
A time to shift our aspirations  
A time for healing to begin

Volcanos have always erupted  
High tides have always been rough  
Yet hope is often ignited  
In spirits sculpted for fisticuffs

II.

## Sweet Things

Musical ice-cream trucks  
Warm summer sun  
Glistening lake and happy ducks  
Puppies so cute and fun

Snow cones, cherry red  
Cold and icy on the porch  
Bike tires spin and race ahead  
Roses blossom with sweet birch

Sand castles guard a Queen  
Cool and salty ocean waves  
The sky's a clear aquamarine  
Crystals glimmer in secret caves

Laughter bounces over phone lines  
Satellites drift around the earth  
The smell of fresh rainfall and pine  
Stars shine to tell you what you're worth.

## III.

### Things That Shine

Glistening stars in the night sky  
The warm sun on a summer day  
The full moon glowing outside your window  
Dancing flames over melting candles  
Fireflies in a meadow  
Jellyfish swimming in the ocean depths  
Glowworms hanging from stalactites  
Your spirit  
Your heart  
Your mind

## IV.

### In My Heart

I hold you in my heart  
Every day  
My heartbeats say "I love you"  
Like Morse code

That only knows one rhythm  
Sometimes there's palpitations  
Fear and pride cause a divide  
Mended by a quilt of memories  
Stitched together with affection  
Every night I fall asleep  
With adoration for you.

V.

If I Were A Dragon

If I were a dragon  
I would unleash my rage with fire  
I would soar beyond the clouds  
I would set the sky ablaze

If I were a guppy  
I would show my love through kisses  
I would spend the whole day swimming  
With my friends under the sea

If I were a raincloud  
I would let my sadness  
Wash away the snow  
And help the flowers bloom in spring

If I were a pond  
I would let the koi fish swim  
I would welcome bunnies and bird songs  
In a place of peace and calm.

VI.

Secrets

I tell all my secrets  
To the tree outside my window  
I whisper wishes  
Into her green leaves  
I rest my burdens  
On her strong boughs  
She reminds me  
To take time to be still  
To embrace change  
And a little more growth.

To make time in the morning  
To hear the birds sing  
To rejoice in a little rainfall  
To feel the sun  
To enjoy the moonlight  
And to be in no hurry  
Because sweet things  
Are all around you.

VII.

Dream

Always leave room in your heart  
To have a dream  
Even if it seems far away  
Even if it seems impossible  
Even if it seems  
Like there are too many obstacles  
In the way  
Create a dream  
It will keep you going  
Your own personal guiding star  
In a night sky full of constellations.

VIII.

Bluebirds

Bluebirds are nestled in the trees  
Ocean feathers  
Bunched like flower petals  
A vibrant arrangement  
Just for you  
A gift from Mother Earth

IX.

I Drift To Sleep

I drift to sleep  
Wrapped in the wings of the moon  
Crowned with starlight  
Cloaked in the magic  
Of oceans  
The winds sing me lullabies

Raindrops wash away the past  
In my dreams, the future is bright.

X.

Sunrise

Sunrise brings warm skies  
Pink like cotton candy  
The robins sing  
Melodies that dance  
In the gentle breeze  
The trees stand tall  
White, fluffy clouds drift by  
A moment of peace  
To feel the love of the Universe  
To be filled up by light and miracles  
And to send it back  
Offering peace.