

# Cultural Daily

Independent Voices, New Perspectives

## Saundra BC: Two Poems

Saundra BC · Saturday, September 17th, 2022

### Two Poems by Saundra BC

#### My Friend

A spirit of depression is riding my friend today  
I've been trying to help him work through the troubles  
But he's in a place where he needs more than I know how to offer

Talk with a counselor I say, they've been trained for such a thing as this  
Don't try and handle it all on you own  
The burden is too great and you are too small

Thoughts moving, mind walking, mind thinking, thinking, thinking, thin-kking  
I'll go with you, every step of the way  
The recesses of the mind, is grim, there is no light there  
I'll sit outside the doctor's door until the sessions end  
The voice doesn't stop, echoes, the voice doesn't stop, echoes

I'll offer you my shoulder, when you need to lean  
Melancholy days, wandering and wading through heaviness  
It's ok. I don't mind. I love you, my friend  
Where am I? How did I get here?  
I'll sit with you through the night, until we see the light of day  
Make it stop, but it won't stop – moving. – All I can do is pray.

How can we bring you through these troubled times  
Turn on the light, where's that thought going?  
Invest in you, this cerebral real estate is prime  
What is this place? How did I get here? Am I lost? I've seen this place before  
This is your freedom my friend. We're here to help you, this is your open door.

My beloved, I want to see you smile again and hear your deep gut laugh  
Let me listen to that sound which causes me to chuckle while standing in the  
distance, and watch as the gleam returns to your eyes

Feel the warmth that radiates from your beautiful heart  
 Know your presence is most valued, know we've heard your cries  
 Rejoice for a new day, a day that you have found your inner strength  
 So please, wake up, get up my friend, you have a life to live  
 I can see the light, so many beautiful colors. . . . .

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## Ode to Hawaii

Beautiful clear skies, earth toned sandy beaches  
 Clear turquoise water, just look straight through it  
 The smiles of sunshine beaming down upon your skin  
 With sunshade covered eyes, watch the sunset as it glides across the horizon  
 Headed in for a nightcap, just before the darkness begin

Colorful fish, tall green trees  
 Mountains that are raised so high, the peak touches the sky  
 Tourist filled streets and sidewalks, stores filled to capacity  
 Dining outdoors at restaurant near the water, impromptu photo op  
 Chill, take a deep breath, and enjoy a MaiTai

Some mountains are split, blasted right through the middle  
 Move mountain, make a passageway to the other side  
 You're not so impossible to climb, for I now have a tunnel  
 Tunnels so dark, once darker than the night, thank goodness for artificial lights  
 Wait, elevation change, going to a new height

The tunnel isn't too long, but it blocks the island's hue  
 But there is light at the end of the tunnel, once there, you will enjoy the view  
 The breaking of day is on the other side, the flowers in all their glory, has a beautiful surprise

A mild warm day, gentle breeze blowing, light fluffy clouds hovering, the day is just lovely  
 Beautiful tropical day all dressed and wrapped in a multi-color bow  
 Take a dip in the water, then relax on the beach for the evening show

This place sounds magnificent, so where is it located  
 It is on a little rock, right across the ocean  
 I've been there quite a few times, just taking in the scenery  
 The island of Hawaii, you'll love the sunshine, the beaches, and all the greenery

Hawaii

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