

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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This entry was posted on Saturday, September 17th, 2022 at 8:24 am and is filed under [Poetry](#)
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