

Poetry Series

Sharron Stephenson
- poems -

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Sharron Stephenson()

I have found the strength in my heart to stand by myself walk towards the air I
breath my love of the words I write always and will always come from the heart

A Bike Leads To Love

to ride a bike,
to drive a car,
sled down the hill,

loosen the thrutle,
around the bend and hit a tree,

is like how the mind goes,
when in a spin with love,

a guy with looks,
and sense,
a friend so true,
a man you can trust,
with the heart of life,
a person with the grace,
and honsty,

a friend who? ,
can keep a secret,
with the pride of love,

a man who? will help,
when a friend is in need,
the man of womens dreams,
i wish that man could be mine,
a cuddle a smile or a touch a kiss,
so tender,
the perfect romance

Sharron Stephenson

A Bulling Mind

a stab, a kick, a name
calling is all bulling,
from a child to a adult,
it is all the same,
so it must stop.
scars and buries,
will heal,
like sticks and stones,
the mental side,
should not hurt,
but takes longer to heal,
to understand why the pain,
moves away slowly from,
the past,
and that it causes heart ache

Sharron Stephenson

A Child Inside

i have a burning feeling inside,
like i am been torn apart,
the pain is unbearable,
the flashbacks are the worst,
nightmares are taken the toll on me,
i wish it was all gone there,
are times like now when i wish i was never,
born.

is this due to the feeling i was to blame?
this was all my fault,
he kept saying to me. if i told they would,
not believe me,
and i would be taking away,

could i have dealt? with all the problems,
in a different way,
all this is wrong,

i feel like i want to die right now,

i need help and support,
as this is going to be a long and hard,
road ahead,

could i have stopped this from happening,

i feel like a child trapped in a adult body,
i am so tired all the time,

i wish i could find the on of switch i,
had so i could turn all this off,

is it possible? for me to love someone and,
can someone love me

Sharron Stephenson

A Cry For Peace

Why should we face times alone when they,
Are there not the way, we wish,
Lies and truth can take the place,
Of love and happiness,
When two people who come together must,
Try to cope and sometimes fail,
The family can grow when babies take,
Over and cry for reasons,
On which can be hard to deal with,
Friends we have be the ones we,
Turn to for support and advice,
No-one knows what the future holds,
As for some they can learn the lessons,
The hard and the wrong way,
Everyone has a past,
Which can haunt our present and the,
Way we live,
The force of the problems can hit,
Like crash of thunder,
The timing can be so,
Problematic,
To the point where we can be hurt,
It can also make us realise that the,
That the world we live,
Is not the peaceful place we,
Hoped it was,
Try to remember the place in your mind,
Where nothing could hurt you,
At the end of the tunnel there will be a light,
That shines bright and is waiting for you,
To understand,
That we are only human and we all,
Can love and be loved,
For who we are

Sharron Stephenson

A Cuddle

a call a text a touch
a letter a hand
a cuddle a friend

a night a morning sun
a kiss a rainbow
a cuddle a friend

loneliness a crowd a room
up and downs around the corner
a cuddle a friend

a daydream a nightmare
scared and strong
a cuddle a friend

a penny a thought
a drive a push
a cuddle a friend

a movie a song
a play a whisper
a cuddle a friend

a drink a meal
a chat a moment
a cuddle a friend

Sharron Stephenson

A Day And A Month

a day in the heart
is a month of pain and tears
a day in the mind
is a month of misery and sorrow
a day of smiles
is a month of buries and harsh words

a day of kisses and love
is a month of silence and control

break the month
and walk the day

Sharron Stephenson

A Dream Concert

make the most of life you can,
as it can go so fast,
a sprinkle of sand,
that is all the time we have,
take a special moment and hold on tight,
a bad memory is just a flicker of dust,
floating around a mind of thoughts,
a nightmare is a dream wrong,
honey sweet pie a name of love,
a suggestion token from the heart,
songs sung from the highest hill,
can be the echos of the concert with the hand of,
the spirits above

Sharron Stephenson

A Dream Density

the ice of the golden touch,
will melt away,
when two hearts that beat as one,
with a burning flame,
has the power of the lion,
to divert the coil so you,
can live the dream you wish,

the spirits that roam the angel that flies,
are brighter than ever,
in their hands,
the stillness of the waters sound,
like the shore is calm and mild,

at home with nature,
is a beautiful density,
a morning call,
from the birds outside,
wakes you up,
with the perfect music,
to end the,
dream so true

Sharron Stephenson

A Dreams Pleasure

a story a thought a wish
is life's pleasure
a kiss a cuddle a touch
is a lovers dreams

Sharron Stephenson

A Dusty Sight

hear my cries listen to the whispers,
from this dusty mind,

watch the limits i bare,
to cross,

strip the words from once i spoke,
to the last vowel,

the sight i seek.
is in my reach,

just outside,
my control,

but in my heart,
the day will come,

when the palm,
will touch,

the last post,
and the past,
is far behind,
for the last time

Sharron Stephenson

A Family Nest

the house we built,
the roof we placed,
walls are strong and safe,

the outside looks like how,
the mind creates,
the chimney tops,
the satellite dish,
a crooked areil,

the home inside,
painted and wallpapered,
pictures and nic nacs,
all around,
furntiure and pattens,

a family begins,
the memories we make,

as the nest will empty,
as one by one they fly,

the garden is a mess,
the heart has gone,
but the house,
is always there

Sharron Stephenson

A Flag Of Roses

to hold a petal in your heart
for the link in the chain
of roses against the row of
thorns

the look of anger in the eye
the pain of terror in your
hand
strength disappears from the
lips of desire

read the seeds in which are
words

lift up a flag
and say
I am here
to fight
for what is mine

Sharron Stephenson

A Flight Of Thruth

play the bow of cupid
the strings of love and prayer
hunt the day for the rings of disire
a palm of strength on a shoulder of
a broken spirit can be placed
watch the wings of a flirty flight

open the gate of thruth

Sharron Stephenson

A Friend's Heart

No matter the problem big or small,
A friend with a heart,
A shoulder to cry,
A ear to listen,
A hand to hold,
Arms to cuddles.

No matter the tears,
A friend to help,
To understand,
To give advice,
To stop the hurting words.

No matter the time,
A friend is a friend,
From the heart,
From the day of the first meeting,
To the end of now and to the darkness,
Moon

Sharron Stephenson

A Heart Of Disrepect

to tell a lie never the thruth
to whisper the pain in the eye of a lover
to disrepect the ear of a friend
to watch the heart diappear of
one so caring and kin

Sharron Stephenson

A Helping Hand

the help you need is a hand away
the call is a button to push
a step outside the front door

the ladder to climb
the picture you hold
never a turned back
miles are never as far as you think
a warm touch on the shoulder
lets you know
i care

Sharron Stephenson

A Hug

when you dream at night or have a daydream,
they are plays that we wish could come true,
talk or even a cry can help in ways that no-one,
else can understand,
so when someone else is having a rotten day,
make it brighter by a smile a hug a hello,
could be just as good.

Sharron Stephenson

A Human Life

my wishes my dreams my hopes
my lows my highs my days
my laughs my tears my fears

my pains my moans my jokes
my guard my heart my thruth
my soul my angles my love
my battles i pick the wars i never
my scars my past
my wings my future

my life
a woman a human i live

Sharron Stephenson

A Joyful Joyce

to make the cupcakes,
first you need to have grace,
a heart of gold,

to make the best meal,
first you need a kitchen,
a eye as sharp as a eagle,

to bake for a crowd,
you need to have the patince,
of a saint,
the muscles of popeye,

to keep yourself sane,
you make each one,
of us laugh,
with the witty way,
you have,

we will all miss you joy

Sharron Stephenson

A Lie To A Friend

To place the cold love on a friend so true,
The halt of a wish to dream,
To cover the tears with a lie,
To feel the loneliness of a heart of gold,
The stamp that crushes the wind out of the,
eyes of brown.
To waste the hours of the past gone by,
count the nights that hurt the sleep of,
One, two, three.

The call of the birds on the winters days,
A hold of the secret memory.
The gentle touch, The wink of NO NO NO,
Place the love on a friend so TRUE

Sharron Stephenson

A Lip And Plate

a cup of passion
a spoonful of heat
a plate of peace and company

a lip of sence
a eye of pride
a ear of joy

a member a friend
a whisper a family
a week of memories
a month of summer

a dream of love

Sharron Stephenson

A Little Beyond

stranded on this little,
world,
without someone to love,
or care,
can make it so much harder,
to cope,
when things go wrong and out,
of control,

may you find that friendly,
voice and tender ear,
to listen and show,
compassion,

friends and strangers,
are the only link to the real world,
which is just beyond, your hand,
and heart,

never give up the fight,
of life and love,

as one day,
you could find both,
as you are stranded,
and lonely

Sharron Stephenson

A Misty Dam

make a splash,
control a wave,
the emotions flows like a dam,
open the ocean,
as the heart runs cold, blue and misty,

the porthole to the soul,
on which we seek,
is closed and locked,

calm and bright,
can see the end is near,

the price we pay for this world,
ahead,
is not what the future we had in mind

Sharron Stephenson

A Moment Gone

the fear in my words the world in my
fingers
the screw in my brain the pull of the
circle
the lie in my heart the kettle in my
pit of hope

people in my life the strength of my
family

the gentle manner of a moment the touch
of a soft massage
the colour of the mind whispers of lips
to lips

a smile the spark
the start of a long live love

all tied up with ribbons and
knots
mist in my eyes
the dreams I wish
are all lost and gone

Sharron Stephenson

A Powerful Love Dream

the day i met you you was the start,
of a new life,
the past i could leave behide,
because you love me,

take me in your arms,
lay me gently down,
the passion in your eyes,
lets me know that i will never be hurt again,

the beat of my heart,
next to you lets me breath,
the smell of roses,
on the pillow as we talk,

make the most powerful love,
until the break of dawn
and i wake to find,
it was all a dream,

and the heartache begins once more,

let me find the,
one true love

Sharron Stephenson

A Prince To The Heart

the sight of a black eye of a lover
the scar in the eye of a friend
the blame in the heart of a innocent
the pain and hurt over the mind
a button a miss a tear of a minute

a crawl a strap the number
a light a letter opens the hope for a
life outside the darkness
the last look from the living hell
to clear the word of laughter and a prince
waiting for his princess

Sharron Stephenson

A Promise In All

watch the words from these eyes of
mine

hear the cries from the painful lips
check the change of a cup of lies
from the soul of the ears

challenge the leaves of heat and hurt
memorize the promise to a heart

cross the hand together along the line
of peace and comfort

make a friend find a lover from
the strangers in the world

take a walk in the depths of a
crumbled mind and start to
mend the misery which parts the
strong and bad in all

Sharron Stephenson

A Quite Love

the true love I hold in my hand
the key you hold in your hand
can make a night a night to remember
so open the lock
and let the tenderness flow

the touch so soft
kisses sweet and rough
body next to body
eyes meet eyes
sinful and erotic

legs are apart
slip in powerful and hard
moans and play

deeper and deeper
more and more
flip over front and back

glee and calls
alone and quite

Sharron Stephenson

A Sexual Thruth

to seek the truth through the loving
arms of mine

to mind the mind gaps by the touch
of the lip to lip

to offer the hand of comfort and joy
to the heart of a friend and lover

to guide the body to the
of sexual and peaceful harmony

my bond and word and touch is
a point of no return

Sharron Stephenson

A Shot Of Beyond

a step back can mean,
a look forward into the wild beyond,
state of the jigsaw soul,
the mind stunned by a shot,
of shock,

the body may grow,
but the heart of PETER PAN,
is a playful little one,

stay true to yourself,
and the love you have,
shine through

Sharron Stephenson

A Silent Difference

to have lost the most important person or,
possession you have,
can be the beginning of the frozen world,
a silent moment as you watch nature,
slowly pass by,
a bird with a broken wing cannot fly and is waiting for,
someone to come and mend the pain,
the mind can be just the same but can take longer to,
heal,
the mix up jungle you may experience is part,
and parcel of the recovery process,
that old building has a clever hidden,
compartment a place to hide and scream where,
an antique book you find and can make the difference and,
allow the heart to smile and shine through which,
leads to a rainbow with the brightest colours,
and a peaceful life you have earned and will enjoy,
from now until eternity

Sharron Stephenson

A Sliver Memory

when you walk away,
from the true loves smile,
the heart will cry,
tears are broken,
wings that fly above,
the sliver lining,

spare the mind,
bangled dreams,
fruitless tunes,
the quite voice,
clears waters ahead,

steer the soul,
towards the heavens,
that shines with the lonely North Star,
the clouds that cover,
the sun,

from the day we are born,
is the day we start to learn,
what happiness and sadness,
is all about,

the milestones we face starts,
with the first step,
the kiss which stays in the,
memory,
from now,
till the end is near

Sharron Stephenson

A Sparkle Of Disarray

to find that magcial sparkle,
of peace and comfort,
in a mind of disarray,
is not a easy thing to do,

close the lid and lock away,
is not the way to go,
face the problem and jump the hurdle,
with tears fears and friends,
the motovation you have,
deep in your heart,
can help keep you going,

slow not speed,
day by night,
night by day,
the strength of the fight,
will continue to grow,

the sweet sweet person,
that had gone away,
will one day come back,
and shine.

Sharron Stephenson

A Speacil Friend

a friend is someone like you a kind a loving person,
gentle and full of fun,

a friend is someone with a heart of a gentle bear,
and cuddles that care,

a friend is someone who you can talk to,

who will never judge?

a true freind can be a man or woman,
friends are friends for life,
the friend can hold your,
heart,

in their hands,

and i have found that,
friend,

and that friend is you

Sharron Stephenson

A Statue Of Answers

The mist of the eyes are the pain in the,
Heart.

The wine we drink is the blood of the,
Cuts and pull.

The sertretch of the minds soul is the call,
Of the door slams.

The fingers tips are on the handle to walk away,
The catch of the look the statue frezzes.

The sun on the water below send a,
Puddle of truth.

The night of the moon pictures a war never,
To be won or lost.

Ahand comes around to ease the,
Feelings of death and never ending,
Answers.

Sharron Stephenson

A Story Of Words

my call my hate
your choice your mistake
my pledge my goal
tears rushing through the words of paper
footsteps close and closer
louder and louder
hide and hide
move away far far away
the watcher allowed to take the movement
time ticks the hardest whip

pause the worried moment
rinse the sugar coated lies and tales
heed a heart that waits and cries the
the lovers love
cleanse the pulse
a walk down the street of heat and power
a ear to listen
a touch a show
the emotions of friends together
a station a pen
the book the pictures
one answer two questions the story
songs and plays
my call my hate

Sharron Stephenson

A Strangers Hand

To see the months fly by
With the pain in the heart
To watch the years of memotie
Just walk away

To carry tears in the soul
While the world moves with pace
To pick the flowers in the seeds of love
Water the path of life and death

Guide the sences to a war of words and care
Pull the trigger that lays the body cold
Sort the leaves from the blood
Call the winds escape

Move the goals Head to the spot
Hand the hand
My friend to a mind of strangers

Sharron Stephenson

A Sugar Rush

to wish to dream,
create a memory,
close your eyes,
and slip away to the,
place in your mind,
where time travels so slowly,
above the clouds of cotton,
the peaceful souls fly so high,

the heart will stop and miss a beat,
as the fun of games will take control,
laughter and joy are a pleasure, to,
hear,

so when you find that sugar rush,
sing from the highest hill,
is the greatest feeling of all,
to wish to dream,
create a memory.

Sharron Stephenson

A Tender Smile

make a move
tender heart
seek a song

gather the storm
winter the spring
turn a hand
wink a smile

Sharron Stephenson

A Tree Of Love

Pour the salt on the wounders of blood,
Skip the lips of pain.
Feel yhe tenderwhispers of a soul that,
Cries out for the cudedling arms.

Fold the heart in two that walks away,
Close the door from the weeping eyes,
Shake the tree that crushes the missing,
mind.

Hold the beating heart,
Cup the tide of words,
March the steps of love from you to,
Me

Sharron Stephenson

A Twisted Trail

to write to listen,
about what is been said,
open your heart,
follow your soul,
quicken the pace,
to catch the trail,
of the rounabout,
riddles are words,
in a twisted way

Sharron Stephenson

A Warm Sting

to be alone in times of woe,
can be the hardest thing,
we have to face,

the heart can skip and beat,
day after day week after week,
ache after ache,

the plague of tear down the warm,
face,
eyes are soar as they they sting,
the tunnel may be black,
as the clouds drift apart,
the sun will shine,
the heaven will open the door,
to the souls which are lost

Sharron Stephenson

A Weak Robot

there are times when the world is hurting,
and it crumbles around my shoulders,
the pain is like a burning flame,
a robot is metal and bolts,
that never sleeps,
when the memories are too strong to deal with,
the strength i have comes from within the,
deepest part of me,
friends i have are there to hear my cries,
my heart is sad and weak,
time on time is all i have to understand,
the words that have been unspoken,
pictures i see are the sky above,
even though the pain i am in,
i will always be there to help and listen with my,
heart and soul,
the moment that death comes up, my body and mind,
will leave each other and never meet again,
roam through the meadows of the green green,
grass,
swim in the blue blue sea,
or swing from the highest tree.

Sharron Stephenson

A Winters Dream

The hands of time ticks slow around the,
Life of a broken dream.
The pulse of the mind can bend to the,
Corners of the winters call

Sharron Stephenson

A Wishful Dream Of Candy's And Steel

to read a mind to lip to lip to cross a
soul
to body a heart to borrow a wink to lose
the fight

a diamond star in the look of a eye
wrapped in a cuddle of candy shells
to steal a kiss to win the war

to walk the aveune
to rock the sidewalk

my guard my steel
the iron gate
wind and rain

the cradle
the cry
from child
to mother
open eyes to find all a dream
my wish will never
come true

Sharron Stephenson

Add To My Heart

true to mind
eye to body
soul to heart
you for me
me for you

now and always
two has become one

trust in how the feelings have grown

more one foot to the door of mine

whisper the words i wish to hear

Sharron Stephenson

Air And Pride

the miracle the sense of pride
the wonder of life
sends the scent of the air
into the pores of giving
a smile a hug

Sharron Stephenson

Air Of Love

feel the end of the day
watch the heat of the heart pause
when the passion of love
cools the air around

Sharron Stephenson

All A Kiss

my heart beats with love and passion,
my body aches with tender touches,
my lips part for the kiss that will break,
the spell,

but all this is a dream,
as the man i love,
does not feel the same,

so the sex we have means nothing,
at all,

as the days goes by the winds will,
blow,
as the seasons will change and life,
as we know will go on the same,

so why? should we go on like this,
because we think that, this is the,
best we deserve, but it is not,

so side by side slip away move,
the dice,
click the button unlock the door,
and chase the demons far from,
shore

Sharron Stephenson

All Emotions Of Wishes

To feel the dreams of the foots emotions,
Fall to the gates of the pitted soul.
To dress the hearts desires of the best love for all and,
One

Sharron Stephenson

All Lies

all lies all pain
all lies all heart no
all lies all fault
all lies all false
all lies life's dreams
all lies all lies

Sharron Stephenson

All The

time to seal the greatest friendship,
of a life time
time to free the mind of,
souls,

time to open the heart of songs,
all the peace in the hands of you and me.

Sharron Stephenson

Alone Love

pull the wool over the tears of a waving
eye
tear the light away from the curling heart
move the centre's earth over the whitewashed
mind
search the wind a darkness child
reach a hand for a bottled soul

open the pages of a broken book
a picture appears of a loveless-love
tough roads ahead
rough bends behide
not alone all alone

Sharron Stephenson

An Arrow Of Hope And Desire

to feed the brain
find the knowledge

spin the wheel of fortune
to catch the luck of the draw

to fill the soul
find the one true desire

to fill the heart with love
send a message from cupid's arrow

to fill the world with hope
send a ray of happiness

Sharron Stephenson

An Empty Disagreement

to understand the feelings,
of a loved one,
take the time to listen,
the disagreement the wrong word,
could be the last you speak,
stop and think,
friends are not always there,
to lean on,
or give advice,
you are the only person you can lean on,
when times are going bad,
to make love is to make peace as two,
becomes one again,
angles will surround the empty soul.
as the music plays,
songs that sing into the minds,
of the lovers,
stay strong at heart,
and be true to yourself

Sharron Stephenson

An Equal Kindness

to be treated as equal,
the start and end must,
come from us,
from the date of birth,
to the way of love,
the lessons we learn,
from school and others,
may not be what we want to hear,
street life is harsh,
is true to the world,
treat others with,
care and kindness,
the way we to be,
treated ourselves

Sharron Stephenson

Angels And Eyes

pour the wine into the cups,
of dreams,

hold the hand of the memory,
of christmas past,

today tomorrow,
stars the steps of yesertday,

wishes and hopes love,
and present under the tree,

lift the lights of the,
the heart and see the friend,
in the eyes of the world,
and keep the angels,
safe and warm,

and have the best day of,
the year

Sharron Stephenson

Angels And Lies

To let your heart run free,
take a look at what is around,
search your mind and soul,
fake or true a smile can brighter,
any day,
friends, strangers or family can say a lie,
truth of the matter is what you believe,
past present or the future makes you,
who you are,
people in love grow together step by step,
so allow the barriers to come down and stand,
tall with the voice of int he very core,
of your heart,
poepel will talk with the best words of wisdom,
just have fun now when the time is right,
and learn that someone is always,
there,
the spirits, that roam the angels that flies,
will never let you down

Sharron Stephenson

Answered Love And Togetherness

to see the cracks of a sheet of rose
tinted pain
to hear the tears over the pops of a broken
broken bone
to pick up the pieces of silent emotions
appearances can be true or false
raining on a phone not to be answered

pulled cord the strings of the heart
draw the straw a straw of strength
a word of comfort
a hug as tight as tight can be
space and promises all in the name
of love

the darling kiss a vow so free
a night a night of passion
a daylight sparkle the summer sun
the ear of music gently in the breeze

the steps ahead the road of maps
a bend that shakes the worlds core and
spirit
space and promises all in the name
of love and dreams wishes and
togetherness

Sharron Stephenson

Arms And Gray

my mood lifts when you are here in my
arms
my eyes light the way to my heart when
you walk into the room
my pulse will race when you touch my
soul
my thoughts will clear when you reach the
sky

my mood will go when the punch reaches
my skin
my sky will turn from blue to black
when the wind changes the switch
my heart will break when the words i hate
you reaches the ears of pain
my thoughts to gray with suicide
mt words are stopped when this is over

Sharron Stephenson

Arms Of Peace

To climb the highest waves
Walk over the coldest coals
To hide the lonely tear
Move the painful step
Lift the bloody lip

Open the words
Leave a scream
Put on a coat
Walk through the open door
Peace and love awaits
In the arms of a friend

Sharron Stephenson

As Sweet

stay as sweet as you are,
as you grow into a adult,

stay as aweet as you are,
as the world spins,

stay as sweet as you are,
now and always,

stay as sweet as you are,
as the ideas will move,

stay as sweet as you are,
you sweet sweet young woman,

never change,
be who you are

Sharron Stephenson

Autumn Wishes

the isle of the open heart
calls for the hand of love and happiness

the soul is crying out
for a friend to say I am strong and
will always be here
as the candle lights the way to a
road of music and trees of autumn colours

place the switch of dreams and giving into
the palm of a door of a home
which is guided by a family and wishes

Sharron Stephenson

Awake And Fighting

when you look outside your window,
what do you see,
the sun that shines with gold,
nature so unique and quite,

the world never sleeps,
somewhere people are awake,
and fighting hurting each other,
crashing and burning,

all this is learned from a child,
that is, is the way we live,

drummed into the minds of the adults, of our,
future,

teach them love honesty but most,
of all respect all mankind,

please look and see the changes,
all this is doing to the place,
we live

now and always

Sharron Stephenson

Bays And You

in a lonely soul are words
a heart that bares the worst and end
the mind of bubbles and jumbles
a cross of knives and stones

carve the way to the door of life and
death
control the whispers of lies and hate
as the bays of hope floats along the
shores of dreams
time to open the lines of old and new love
don't fear the wrong and right way of
you

Sharron Stephenson

Bears And Yesterday

to watch the paint dry or flake,
a crack in the waves, the floor of,
power,
wonders of the times enlists the,
sence of the human disclosure,
wisdom the pearl of love,
the crow of flight,
bark of truth,
leaves thre cuddle of play,

to light a room,
the mirrors on the wall,
pandas and bears belong in the wild,
with soft soft pillows to lay the,
head with sleepy eyes,

so pray the young at heart,
child of the future,
elderly of yesterday,
the ones we love

Sharron Stephenson

Beautiful And Chained

may the pillow that you lay your head on,
be a comfort as you sleep the night away,
when the day breaks,
the birds will sing that sweet song that is a,
beautiful sound,
the night time is quite,
the only sound that you can hear,
are the gentle whispers of the wind,
through the trees,
the heart that beats with love,
is playful and free,
the heart that beats with pain,
is blue and chained,
although the year poeple are saying,
how their life is not forfilled,
until that specail time,
when santa climbs down the chimney,
and when the clocks strikes twelve,
the first kiss of the, new year

Sharron Stephenson

Birthday Wish

a birthday wish my birthday wish,
is to make love with the man i love,

a birthday kiss with passion and,
tenderness,
a birthday card which i will never,
get from from HC,
to ease ease all the apin is to end it all,
with a birthday justice,
which will never happen

Sharron Stephenson

Blind Story

a soft place to rest these tried eyes
a corner a quite memory
dark wishes light dreams
the tense moments
spoken word a tender touch
hardened heart
a box a box of nothing

the wasted time
ink of tainted seeds
many strings which pulls a seated goal
together one and none
a box a box of nothing

the road ahead a blind bend
a crash of poles apart
fences which fights the soul of emptiness
pills of the shores danger
take a ticket to the post full stop

pick the wisdom you see
feel the picture you see
the mind a broken chapter

a beat control the step
the last kiss the kiss of a story

Sharron Stephenson

Blood And Colour

time on your hands can make for a idle mind,
a mind that is broken is a mirror in two,
the reflection you may see may not be the truth,
the lie hides the truth,
the face is a sin it self,
the colour of the skin is not what is underneath,
the blood is the same, from man woman and,
child,
all around the world today, tomorrow and yesterday,
the one thing that is common is blood is thicker,
then water,
water is the food of trees and plants,
trees and plants are just part of the earth,
is round and around the sun
the sun shines and the moon glisters on the
people below

Sharron Stephenson

Blood And Kisses

harsh words hurts the soul
scars and bruises hurts the body
mind mixed up eyes and tears
blood and emotions

magical smiles
sexy caresses
that kiss
that turns you on
looks that lights your heart
happy ever after
 my one true love

Sharron Stephenson

Blood And Mountain Bird

can a soiled lip of mine coined a month
of souls
moments of peace lost in a second of blood

a key across the heart a pole of together
along the shoulders of strength
soldiers walk foot after foot on the backs of
fights and steel
heels and passion on the stroke of a hand
the gathering storm pulls the winds and pulses
the silent tear
winters snow the movies words

pages of a life stands on the mountains top
strands of the gift folds into the wakes of the
morning

the pointed count calls out with fears and
course
the painted cracks on the walls of death and
shadows
be as free as the song of the blue bird

Sharron Stephenson

Bluebells And Cocktails

check the time with the beat of the heart,
change the sound of chance,
remove the doubt the hint,
and cushion the love with the winds of fall,

guide the lonely and forgotten to the,
garden of sweet scent of tulips and,
bluebells,

the devastation of wars and borken dreams,
wings which do not fly,
are birds without speach,

sweet and sour,
sour and strong,
are the human bodies of friendship and love,

the cocktails the music played the,
gathering of all and one to witness,
the magical sighht of two hearts that,
come together under the moon of love,
and always be as as one

Sharron Stephenson

Body And Dreams

the pain i feel below the surface of my,
heart is so unbareable,
my mind is crushed,
the soul in my body is low and blue,

the sences i cope with are blown around,
the garden of dreams,

as the morning dawns i wish i not not,
alone, but i am,

thoughts have come to the,
foreground of danger,

carpet the wild horses that pull,
me apart,

memories disappear the return to huant,
my life of hope and love,

step and foot i will live and start,
to build the path of my future and,
the corner stone of the man i love

Sharron Stephenson

Body And Pearls

allow the light of the dreams flow through,
your body and heart,

let the moon and friendship guide you to.
the planets of fun and laughter,

place the arms of comfort on the soul,
which is lost in the world of the darkest,
sins and secrets,

when the prison bars are broken down the,
girl inside will grow into a woman of grace,
and pearls,

a soul mate will be waiting with the love,
that will overcome the wildest pull, and the,
stars will smile the brightest colours and,
dance on the snow of white.

Sharron Stephenson

Brain Needs Sleep

to set my brain to work i need,
to write the poems i feel.

put the feeling from brain through,
the senses of my body to the pen,
and the pen to paper,

the poem will write themselves if the,
body will allow,

the words i think the pictures i,
see all come from the brain,
the more i write the more i feel,
as the day is breaking dawn the,
brains wakes and floods my mind,

to close my brain i need to sleep

Sharron Stephenson

Break Free

no matter what you do,
never allow yourself to be put down,
keep your heart safe,
it is easy to forget,
how the heart can break,
don't regret what you do or plan to do,
you are human and not a robot,
so the feelings you have,
are normal as people can be.

Sharron Stephenson

Breath Of The Pipe

to sink to swim or to float,
on the leaves of spring,
life barrier to the heart,
a movement a stroke of the pen,
words are felt,
the step of the eyes, please the one,
around the wing of strong and weak,
the pipe of emotions,

the song of the soul,
tips of taste the god of sweet,
scent of breath the hold of passion,
wisdom of true the seek of truth,
mirrors of the world, glass of fear,
or the glaze of memory,
the hair of tower, curls of the,
hands of lovers in cushioned,
with love

Sharron Stephenson

Breeze And Seconds

to catch the breeze,
to seize the sun,
feel the moment,
as the seconds pass by,

do not be fighting,
to show someone how you,
feel,

allow the day and night,
to flow together in the mind,
with the skips and joy,
of the soul

Sharron Stephenson

Broken Cross

take a step stop and look into the brown eyes
I cry

place a hand on the beats of a broken
heart

pick a cross and nail it the soul
which bleed

whisper around the lips which lies and breaths
hopes of clay

cloud the dreams of love and colour-full
songs

Sharron Stephenson

Broken Freedom

shirts and white
red and night
a bed blue and day
deep and love
afraid and cuddles
down in hell
marks are seen
denial and home
wrong and wrong again
the left and right
promises are made and broken
over and over
stand up and wait
for freedom and friends

Sharron Stephenson

Broken Wheels

misery and pain sit together,
with happiness and smiles,
why? does the heart beat,
when? the stikes of the broken clock,
wakes the eyes of the tender tears,

to be pulled apart by the fight,
of the wind,
whirlpool of the mind,
can be graveled on,
by the wheels of life,

to sensor the soul,
to harvest the emotions,
is a human act,

to refill the light of love,
allow the strongest friendship,
to be bound by strength,
and caring

Sharron Stephenson

Candy And Whispers

when the kiss of love taste,
like candy,
under the tinsel of the garden,
angel of song and hope,

the wish of peace and comfort,
flies high with the wings,
of the sun and stars,

gather the open space and,
plan the sight we all want,
to see and share,

the heart that wonders the lonely clouds are the souls,
that christmas means more,
pain and hurt,

so say a little whisper to,
the ears which hear and,
answers to all

Sharron Stephenson

Cards And Strength

when the notes of the cards are places on the
front door step
the wrong string is pulled

the whisper of the fog around the tender soul
mind the ring around the sleepy eyes
piece together the pullof the guardian
say he words through a prayer
mat the riches of your heart
be true and the strength of love

Sharron Stephenson

Caring And Crumbling

Wish a moment to kiss the lips of a loving,
Lover.

Hold the call to hear the sound of a voice,
Of a friendly friend.

Reach the hand of a caring soul from the,
Past gone by.

Cross the heart of the family member who,
Stands by the crumbling mind,

The hurt you feel will slowly pass the path of,
Riches.

The gaurded wing will soar through the clouds,
High in the sky at dawn.

Sharron Stephenson

Change And Friends

the way you feel is not who you are,
smiles maybe a frown for now,
sparkles and stars in the eyes has gone,
but not forever,

the sence of direction is crossed,
but not lost,
pride and indifference are not a crime,
but pieces of us,

signs ahead maybe blocked with,
paint of black,
faces we see are noticed but not remembered,

as time laps the mood will change,
happiness and love will return,
so take the mistakes and learn,
that who we are can change,
but the strength and emotions,
makes us human and friends

Sharron Stephenson

Charm And Foundations

foundations are a base,
a start, a level, of life or a building,
places of strength and hope,
roots are shoots of trees,
bulbs are flowers and sleep,
truth and love,
are foundations of the mind,

past and the future,
can be hard to see,
wit and charm,
pride and mojo,
can be the discharge,
of maserade and movies,

to clear the light to rise the chest,
hand the gift the gift of love

Sharron Stephenson

Child Play's

when you look into the eyes of a child
what do you see
love or hate
kindness of sorrow
peace or war
abuse or play

all you should see
is happiness and cuddles

Sharron Stephenson

Childs Memory Of Homemade Soup

place a bowl of homemade soup,
the best soup in the world,
bacon pieces cubes of tattes,
grated carrots,
onions which made you cry,
lenlits are red,
thickens the soup,

children fights who gets,
the sliver bowl,
the winter warmer,
cold hands,
a red nose,
a joke to mam,
which makes her laugh,
a good childhood memory

Sharron Stephenson

Clad And White

why? the puddles of the water can muddy,
the curved sockets of life,
what? lies underneath the hollow stone,
of the forcefully closed heart,

waves of suds the question mark? ,
the smallest of the branches T of words,
the dint in the letter,
what? the trick is to wait and learn,
clad the ladder with steel and wood,

the core's centre is the strength,
rings and cups of love and faith,
colour white of truth,
listen to radio of thre gardian angel,
tigger the power of the whirligig,
cupboard mixed with the stored,
bridge of hope,
the investor in you is you yourself,
only one who? can battle the battle,
of strange and useful willpower,
and thoughts of,
happy endings

Sharron Stephenson

Claws And Waves

time after moment sea and sun will merge,
and clash with waves and rays,

tempers and kisses should never meet,
as the tones of the environment closes,
with the ringing claws of sound,

colours of the wind and soul,
will kick and sensor the heart and strength,
of body, mind and person

birds, whiskers, rainbow and love,
pull sideways and roundabouts of,
the angles of the world's window of,
dignity

Sharron Stephenson

Clay And Life

to see the crackes appear,
the pins of the heart,
to feel the hand of power,
cover ther soul of life,

to gaurd the emotions,
of the titled prisoner,
in the walls of clay,

break down the sihouette,
open the word that will lead,
to love and happiness,

and always remember,
that poeple are poeple,
and not disconcerted wires

Sharron Stephenson

Coins Of Tomorrow And Goodbye

With all the love in my heart
The worlds souls in my hand
Time's of the winds blowing around in my mind
The worries of the coins fighting in the pit of
Emotions

With the call of the cards at the table of deals
Motions of the deep bottom of the oceans crawl
Taste of the wasting wisdom from the drawings of
fate

The tender ways to say goodbye
At the end of all this is the look of hope in
The eye
Of each and everyone of us
Today and tomorrow

Sharron Stephenson

Colours Of Heat

to entwine the minds hold the,
soul with the touches of the embraced,
bodies,
with the colours of the rainbow,
heated with love,

to catch the arms of passion,
so rare seal the kiss, the silky,
soft skin that shudders with a,
tempress glare,
the power of the excitement enthalls,
as the movement from head to toe,

to feel the emotion slip,
away day by day is a hard and,
long lesson to learn

Sharron Stephenson

Complete Freeze

come and see
play the game
school is safe
call to be in
asked him to stop
laugh and laugh again

the nightmares start
memories i freeze
in which danger lies

here and now
all grown up
a child lives within

friendships are amde and falls
sounds and colours
flashbacks are torn and torn again
pain and heartache piece by piece
for the day my life is complete

Sharron Stephenson

Concentrations And Life

osmosis is the movement of water molecules
which floats around the body
and soul
keeps the mind in tow

diffusion is the movement which are
atoms and ions which is a region of
concentrations then the lower section
of lower concentrations

all above are the life line
to life and all

osmosis diffusion

Sharron Stephenson

Cuddles And Sorrow

i marry the man of my dreams
the king of my heart and soul
i am the queen of his words and cuddles

i am the witch to his wrath
i am his bag to his punches
i am his box to his kicks

am his sorry
i am his clouds of flowers
i am his window to his world of sorrow

above all this is he the bad one
or am i

Sharron Stephenson

Cuts And Sorry

To piece together the mind of scattered words,
Redirect the road of hell,
To hear a soul of paper and nails,
Lay a head of tears and blood,
? Why the heart causes cuts and loniess.

A deep and hurtful eys looks a a face,
of trust and hope, ? who? pain through,
The body of mine:

Slaps and lies are given and told? ,
To the seceft, : 1 too many.

Day after day month after month,
Year after year, ? why? no stop,
He goes on and on a tear inside of,
The sorry

Sharron Stephenson

Cycle And Fun

on a frosty morning i picked up a
bike from a friend

the cycle track was over hills and woods

the day was long and fun
the flat of the roads was hard and
bumpy

a picnic on the sea shore
with the food i drink and eat

the evening comes and i head home
with the best
BIKE CYCLE FOOD
FUN i had

Sharron Stephenson

Day Dreams

cards, wishes, dreams and,
hope,
are precious memories?
from day when love was young

Sharron Stephenson

Death And Smiles

take my heart and hold it tight
take my soul and save it
take my body and lay with me

do not waste my time
do not make me cry
do not crush my spirit
do not break my love

take a flower and place it at my chest
take a minute to look into my eyes
build me up on a throne of petals
knock me down to a stop of a door
knock me over the thorn of a clown
knock me to the beat of a drum

you need me I need you
you have me I have you
to death to death
a tablet for the pain
a cut covered with cream and sorry
pictures and pictures of colour a black
white and smiles are misused

teach love not war

Sharron Stephenson

Dignity And Smiles

hear the cry of a child,
hear the whispers from the heart,
listen to the wind of change,

feel the beat of the drum,
as the band plays,
stand together hand in hand,

to steal away the sense of kindness,
to hurt the human dignity,
remove the love from,
all around the world tonight,

heartache, misery and sorrow,

turn around and give a smile,

tell the man, woman or child,
next to you,
that you care,

show the world how much,
we all care

Sharron Stephenson

Door To Fight

the time is right the is wrong,
to feel the heart beating with love,
light the eye with the flame from,
the soul of hieghtened emotons,

to tender the mind with the finger-,
tips that has won the battle of the,
evil words and pictures,

open the door to the whispers,
which send the spirits whirling,
around the compound,
of friends and the ones who care,

the porthole of life,
is strange and sweet,
dangerous but kind,
powerful and mild,

the plants, soil, bees and,
butterflies tend to the needs of,
others,
so why fight and destroy the,
world in which we live and pray,
just turn around and give a,
cuddle to those who have human feelings,
and who? care,
others forget to care

Sharron Stephenson

Dreams Aand Nightmares

you could be flying high on the wings,
on a horse with a secret name,
as the dream you sleep,
turns and crashes into a plague,
of nightmares

Sharron Stephenson

Dreams And Clouds

the music which is in my heart
plays loud and free
the beats gather around my soul
fly's gently and brave

melodies which turns the pulse of wisdom
pause from the second applause of heat

the dim sounds of dreams of the night of
smoke and cold

the day breaks and the eyes cry for the lost
rhythm of love

Sharron Stephenson

Dreams And Hands

place the words of truth in the hands
of friends
open the door to the strange world in
which we live
the waters that guides the shore to the
horizon of paradise

the nights are cold and loney
the morning sun wakes me from a dream
of tight and dark

Sharron Stephenson

Drum And Gold

Miles apart from the beat of a drum
Waves over the bend of tears
The eye of a needle pierces the deepest
Depths of the soul
The thruth of a lie hurts the rock
Of the heart

The darkness of a room
A scream filtered through the hands
Of evil words
A click of a lock a touch of gold
Shining through the night and day
From one to one

Sharron Stephenson

Dust And Hope

to breath and live as one in a body
of ice and blood

to feel the pain of another in a heart
of dust and rust

to see the bruises through the eyes
of hate and war

to fake the truth in a mindless soul
of deceit and fear

to free the victim of a crime
hold the passion in loving arms

to understand the hurt
hold a hand

to pause the past
open the box
and let out
a cry a scream

the future is hope
and

Sharron Stephenson

Each Sweetest Sky

may the magic that is in your heart,
be surrounded by love and happiness,
the whispers of two souls that match,
in perfect harmony,
send laughter and joy around the world,
to each and every one of us,
the breeze of the wind through the,
changes of time,
sway gently on our skin,
may the sun in the sky,
tan to a golden bronze,

the soil beneath our feet,
grow to the sweetest food,
for us to have each and every day,

the roof of the house,
in which we live,
keeps us safe from harm,
and dry from the storm outside

Sharron Stephenson

Earth And Words

please stay in my beating heart
place your cold hand in my loving embrace
stream your strength into the eyes of peace
walk into the water of courage
fight away the pain of corners and wings

hours afloat calls the powers of arrows
and diamonds
buried beneath the walls of rust and clay
a mixture of mental and wisdom
drives the pilot and dreams

pour the flames and reach for the highest
mountain
spread the word of the eagle's flight

tend the flock of each and every human
and creature on the earth we live

Sharron Stephenson

Equal From Birth

to be treated as a equal,
the start of the end must,
come from us,
from the date of brith,
untill the way of love,
the common bond we have,
is the sence of pride,
of doing right fom wrong,
to full stop the violence,
across the nation,
shake the hand of the person,
next to you,
say hello and give a smile,
allow the sweetness to flow through,
and the bitterness to be hidden,
the strongest words in english,
minds are,
WE LOVE ALL MANKIND.

Sharron Stephenson

Eye And Oceans

watch the fear in the cloud of a child
catch the eye of a soul in crisis
the lead of the heart gathers the point
of love and oceans

Sharron Stephenson

Eyes And Lies

when lies are told through the mouth of a
friend
when the words hits the heart through the ear
of the mind
who are the eyes of a lover to steal the
conscience of the soul

the caution we take when the fine has
been crossed because of the piecing
truth has s false ending

my tilde wave of hurt and fear has
a low shore of emtions

when lies are told to the face of a
lovers soul
the words stay and stay and friendship
breaks

Sharron Stephenson

Facts And Lies

war around the lonely heart
battle scars across the soul
conflict in the confused mind
stand still close your eyes
breathe in breathe out and take a step
into these arms of mine

make a wish
a kiss for a wink
stories memoires conversations
in friends lovers and families

beyond the facts and lies

Sharron Stephenson

Fast An Erotic

to remember the first time our eyes met
across a room of strangers
the first time I touched your hand
the memory of our lips and body which
moved as one

strings and bows are attached to the
mind of putty and mush

time has slipped so fast
my cries at night
dreams are raunchy and erotic

when we are together you lift me to
the heavens stage of pleasure and hips

perched on a mountain of snow
the wind around the heated and hearted
lovers

Sharron Stephenson

Fault And Lies

all lies all pain
all lies all heart
all lies all fault
all lies all flase
all lies life's dream
all lies all lies

Sharron Stephenson

Feelings That Fall

a sign a cover mutlipe warnings,
are not seen when the eyes only,
the lie that is told,

love is blind and a stake through the,
heart,

so why do we dall so hard,

the amazing feelings when held so,
sweet,

when we look at the lie we feel,
the same? mark is hard to answer,

so where do the blame lay when,
the truth stikes us down

Sharron Stephenson

Fight And Love

I call your name
I whisper your arms
I feel your steps
I hear your eyes

pull the strings
tear the heart
break the tears
stop the fight
and love me right

Sharron Stephenson

Fighting Love

The fighting words of disrepect,
Magic hearts of playful truth,
The bare lies from the pitful eyes,
Catch the soul with the sign of peace,
Tear down the barrier of life and,
Love.

Mixed and open wounds of yesterday,
Left unforgoten,
The why's and how's now in the minds of,
The winds of tomorrow and always

Sharron Stephenson

Fingers And Pulse

place the hand on my heart and feel it,
beat,
whisper gently the words i wish to know,
wrap those loving arms around my back,
and hold me for ever more,
the moves you make makes me smile,

save the tender touches untill we are,
alone,
when the passion hits the heart the pulse,
will rise, the eyes will widden and gkow,
the earth will move when our bodies,
become on,

rub the fingers across my soul and,
allow the breath of love to flow untill,
the morning sun,

but was it alla dream, and you made,
it come true

Sharron Stephenson

First Date

the first date,

to look your best,
you spend hours,
washing, drying,
styling your hair,

in the pile of clothes,
on the floor,
you look,
your fav outfit,

the makeup is taking,
hours to layer the,
layers,

you leave the house 30mins,
late,
you get to the pub,

and he is not there,
lololololol,

he thinks you are the best,
in the world,
so have a good time

Sharron Stephenson

Flames And Wishes

spaces we cannot see are the whispers,
which can be heard,
a broken chair is like a tree in,
winter bare, with splitters for dreams,

the spice of life, are tales and,
stories from the young at heart,

when the sky below meets the ocean,
above the horzion will open the gates,
of love and hope,

a birthday wish a christmas light,
are the flames flowing around the,
heaven tonight,

cards are dealt with the,
past present and future in mind,

the road is closed for the,
party to begin when the bride and,
groom say the twickle magic,
words i do for now untill the,
end of time

Sharron Stephenson

Freedom And Home

when the time is right to understand,
the feeling we have,
is when the heart is strong,

the fighting will stop,
when emotions start to flow,

the words we speak or write,
will happen the sea is calm,
the waves of heat and colour,
unclouds the tears that roll,
down the broken wings,
of love and dreams,

may the freedom we find,
last forever,
the days of happiness,
continue,
the nights of fear,
disappear from our thoughts,

allow the love we share,
to grow and grow,
no matter what,
struggles will come and go,
is we stay as one heart,

my home is safe,
aswell as your arms,
where i hope i will,
be for now and always

Sharron Stephenson

Friends And Shame

when the mind is blocked with this and
that
the shame is not yours when you talk
so scream and shout

the true friends will understand
and wrap a arm
and say i will help

Sharron Stephenson

Friends And Thoughts

a kiss is just a kiss
a wink is just a wink
nothing is nothing

my wish your wish are just wishing our life
away

the power of the soul
the kindness of the our hearts
can bring family's together
and strangers to be friends
all around the globe
of human thoughts

Sharron Stephenson

Friendship

when life is blue and dark
you have a friend to call
when the day is black
you have a friend to call
my friendship is real and always
true for you
now and for ever

Sharron Stephenson

Friendship Of Friends

I left your arms I walked away from the
safe eye of a cuddle
you left my heart the sound of your voice
sailed away from my soul

the tenderness of your touch slides through
the books of my body
the tricks of a wink soled around the lips
of a kiss
the ball of lightning strike's the questioned the
fun across the word of love

the stamp of the hand clasping the hand
guarding the warmth of the friendship to a
friend
the speech that sealed the bond between
you and I from now until the time of
time

the end of beats
the call of the mighty
reaches the tip of the world

Sharron Stephenson

From A Friend To A Lover

to make a friend a friend we say hello,
to make a friend a lover we fall in love,
to make the world live in peace and harmony,
we must invite everyone together and share the,
common ground,

the joys of life from birth to death is what,
happens everyday of the year,
the wishes and dreams that you have may or may not,
come true,
take the time to watch and learn from all around,
just remember that no matter what your feeling are,
you are not alone

Sharron Stephenson

From A Frown To A Tender Kiss

to watch the sadness
to ease the pain
in side the body of a child

open the arms of a friend
wipe away the tears
cuddle the heart

change the hour
from a frown to a crown

slide and skip along the shore
place a tender kiss

then you will see a child
grow into a very special ADULT

Sharron Stephenson

From Childhood To Adulthood

the first smile from a,
newborn,
the look of love in their eye,
the touch of the hand to the,
fingertip,
the sweet smell of the new birth,
which should be protected,
from evil and sin,
a child who is hurt from a family,
member or a stranger,
could grow into a adult with fears,
and the lack of trust,
they may not be able to form,
friendships or find their soul mate

Sharron Stephenson

From Emptiness To Confidence

when a man and woman who are friends, crosses the,
boundary and become lovers,
the protection you have built around the heart will,
crumble and fall to the ground,
the rules of life will change for all that care,
as they watch peace and pride,
will help deliver a soul from emptiness and been,
alone,
to a person where the level of confidence and,
standards have grew

Sharron Stephenson

From Misery To Love

the memories from the past
will never go away
the truth of the pain may
never be know
the ones who causes the pain
are in the wrong

the innocent souls
are not to blame
and the love they can show
will be the greatest of all

Sharron Stephenson

From Pain To A Bride

why? does the pain hurt so much,
when your heart is snapped ınto pieces,
little by little your soul declines beyond,
repair,
the mind mind is distort from the news you,
get,
the one you love loves another,
the one who stole the happines and,
turned it grey,
as you weep alone at night just remember,
after a while you will start to heal and,
grow into a sweet loving girl,
so never forget that deep in your,
heart there is the power to say that,
I am a woman and not a toy to be,
played with then dropped,
so walk away and never look back the,
future is bright,
a man is waiting to sat i do,
to the girl he loves,
loved birds all loved up,
the ring a dress on the wedding day,
in the church, family and friends,
are waiting for the woman to be a bride,
with happiness and love deep in her,
heart,
so the pain has gone.

Sharron Stephenson

From Sorrow To A Swan

the peaceful rainbow which had followed,
the black clouds from the storm,
of life which caused a painful sorrow,
has come to a end,
the new begining starts with the belief in myself,
that i am a person and a friend,
the support will help from the people i love and,
trust,
all of a sudden the obvious came clear,
that one day i can grow into a beautiful,
white swan

Sharron Stephenson

Future Moves

take the change of the,
seasons outside to look,
back on what you have done with,
your life,
and see on what can be achieved,
in the future ahead

Sharron Stephenson

Gather Goals

to undertsand the mind of thoughts,
the wind of plays,
see the light that guides the hearts to the,
plane where the rainbow of magical colours,
sets you free,

take a moment and check the motion of,
the ties of hope and laughter,

gather the clouds of souls,
which has lost the path of goals and,
wishes,

love lives in all of us, day after day,
the good and bad controls the,
dictionary of lips and determination

Sharron Stephenson

Glant Angels

the clothes does not make the person,
the camouflage just masks the pain,
scatter the ashes of the words and the,
pictures around the four winds and season,
allow the friendship and the love flow through,
the heart and let the glant hand giude,
you where,
the angels sing the passionate kiss,

the comfort and pleasure that can be,
given and returned from a lover ora,
friend,

with a mixed mind and soul turn,
to prayer and serve the wisdom far,
and near,

for now and always

Sharron Stephenson

Glass And Tears

count the tears that roll down my broken,
heart,
feel the pain that roam around these eyes, ,
of ice,

chain the soul to the guard with keys,

sugar the sour emotions that flow,
with water of salt,

colour the body with ink of blood which,
comes from the lips of red,

reasons i speak, words i hear, steps i see,
are never opened to the world outside,
my glass walls comfort and peace

Sharron Stephenson

Glass And Thorns

deep in my heart there is a broken soul
deep in my eyes there are shattered glass
there is a hole where the love should be

the toll of the emptiness is heavy and
lonly

tears are needles from the thorns in my cries
poles apart lovers and lovers no more

Sharron Stephenson

Glass Storm

To see the smile on the face of a broken heart,
Look into the soul of the eyes of the storm,
To feel the sense of the windy and eerie pride,
Walk the path of a mind so blank,
To call the words of pain and a cover of loneliness and,
bloody misery.
Feel the panic in the voice of a craving cry,
Hold the hand of a glassed visioned spirit.

Sharron Stephenson

Gold Hearted

read my heart please,
as i am a open book,
to hold someone as,
as special as you,
for you to hold,
a person like,
me,

a heart of gold,
fa friend for ever,

words are spoken,
just like a play,
when we are,
scared for life,
we run and hide,

do not bury your head,
come and find the,
gold hearted friend

Sharron Stephenson

Golden Foxglove

to seach the mind to relax the soul,
open the gate to the wonder of the growth,
around,

gather foxglove thistle or the weeds,
look the roses are blue the daisies,
are red,

the birds are flying happy in the sky,
of silky white,
the sound that skip around my heart,
allow the senses glow so bright,

the senses flickers with the scent,
of wild golden buttercups and oranges,

to the picture the outside world through the,
tinted glass of the serect garden of love,
and hope

Sharron Stephenson

Grandpa's Words And Love

as the wind blows
the sweet words
the strongest smile
from the grandpa's love

as the sea flows
the nice hot tea
the safe place
of the grandpa's love

the heart that breaks
the longest strongest cuddle
in the arms
of the love from grandpa

as the years go by
the child grows
the one thing that
stays the same
is the love from grandpa

thhe day you left you left a hole
that was only healed
with a dream about
myt grandpa's love

Sharron Stephenson

Grey And Serenity

the cross of the heart
call the barer of the soul
colour the black and grey
walk the mind down the beach of hope

power the step of winks and holds
care forward the eyes of the window panes
glide the passion be hide the poisoned
shells

comfort the present day of learning and
understanding

protect the future from the misery and see
the serenity

Sharron Stephenson

Hands And Wings

to curl up on the sofa with head in hands
tears flowing down my watering eyes
to cover up the sting on the cheek
lips are slight and open

my body is a mess my arms are cut
my legs are shaking my hair in a pony tail
my mind is wounding left to right
my world has crumbled around the tight shoulders

the sleep i want is never there
the knock one two three
door opens i am not alone

a voice says i am here to help
with the arms are stretched out
i walk into the light of the wings
of love

Sharron Stephenson

Hard Words And A Friend

My steps my hand,
My coldness my pain,
My battles my scars.

To feel the movement from the beat that,
Sores the rosey smile,
The words i speak the words i hear,
I love you.

The peace and warmth from a friend,
Above.

My step my hand,
My coldness my pain,
My battles my scars.

The words i speak the words i hear,
I love you.

The peace and warmth from a friend,
Above.

To feel the movement from the beat that,
Sores the rosey smiles.

My hand my step,
My battles my pain,
My coldness my scars

Sharron Stephenson

Harsh And Fearful

the way I feel when my body moves
the heart skips the mind cuddles
poles away miles of tears

slide the crush across the shore
torn apart by the cruel lies of wisdom

tender words from the harsh intent of the
damaging blows

curled up in a ball like a fearful child

the strength that comes from pain
is the most powerful song of
beauty and pride of a woman
who falls in love
with a soul with
a colourful laugh and
smile

Sharron Stephenson

Hate And Stage

to wish to have a world full of joy and care
to mend the manners of right and wrong
to gather the poles that has flown across
the seas and stage

to phone a friend for a word of comfort and
smiles

to bury the emotions of sins and crime
of passion or hate

Sharron Stephenson

Heart And Factions

a crossword puzzle can be read,
in letters and numbers,
a pain a stitch in the tummy can,
be helped by a tablet or,
a cream,

the factions of the soul and thoughts,
are just the same,
in a unique patten size,
the tacks ahead are not as clear,
and simple,
to the mind and heart the questions,
are waiting for the answer which are hard,
to find,

in time the around becomes softer,
and sweeter to the buds of all,
and one

Sharron Stephenson

Heat And Strength

to feel the pain that stabs the heart
that is full of love
the ache that breaks the soul of
strength
mind to mind body to body that
contacts the stars of heaven

the desire the magic
waves
hold the key box
whispering words

play the song of love and heat

Sharron Stephenson

Heroin And Advice

the way we seach our past,
present and future,
depends on how we live,
after heart ache and,
misery,
smiles cuddles and talk about,
the worst feeling can help to,
a point,
peace harmony and old music,
heart warming movies and comfort food,
can turn into your best friend,
alcohol and drugs will pick you,
up for a while,
but the answers are not at the,
bottom of a bottle or a needle,
full of herion,
the best advice that poeple can,
give is to allow time to grieve,
and slowly day by day the will,
to fight will take over and you,
can live the dream you wish

Sharron Stephenson

Hiding And Thunder

my heart is beating
my eyes are closing
the soul is hiding

the thunder clashes against the tears of
glass

memories are thick and loud
from the ugly past
wind and sorrow fly around
the room of hell and fire

peace and cuddles are my
wishes

Sharron Stephenson

Higher And Below

spread your wings and fly
higher and higher

never let the world below you
fold your dreams

always float on the clouds
sail the winds across the oceans

never allow the disappear
steal your thoughts

the mystery of the peoples hearts and souls
is a good place to find a friend

a bird a stone a wink a kiss
the box a lock

my wings are open
my oceans
i will fly

Sharron Stephenson

His Love

take the misery you feel deep,
down in your heart,
and turn it into a song of love,

may the pillow of dreams,
be as sweet as a apple bud on a tree,
and not as bitter as a lomen,
drop,

the long and nasty nights will,
not always cloud the peace,
and comfort the memories you,
hold so wonderful,

hold the hand,
take a moment,
say a prayer,
never let go,
of the love he had for,
you

Sharron Stephenson

Hoilday With My Mam

up a week
down two days
the holiday with
my mam

home she gone
up three days
holiday with
my mam

Sharron Stephenson

Hold My Breath

when the love fills the heart can be
strong and new
the brute force on which it can hit
takes the breath away

when the love is only one-sided it can
hurt and break
the magnet which holds everything
together falls apart

the short and evil which roams
drives me insane and stops me saying

i love you

Sharron Stephenson

Horses And Raining Sun

i am crazy in my mind
i am dancing with fear in my heart
my pulse is gathering pace like horses running
in my my wisdom of the old the learning i feel is
drifting away from my body and soul

the beneath my feet is hotter then the
mid-day raining sun

the breeze of the wind on my face is as
spearing as the thorns

to stand up and
say i have a problem
i need help
is hard to do
but remember the first stepis a baby step
to a life of goodness and juy

Sharron Stephenson

House And Strength

my roof is brick
my windows are glass
my doors are made from wood

the paint on my wall are gone
the strength is on the fence

the house is my heart
my soul is the breeze outside
the hallow hole is a cloud of black

Sharron Stephenson

I Am Hurt

I am scared I am nerves I am one
I am alone I am living I am free
I am up am down I am hard
I am soft I am here I am a woman
I can love I am not to be loved I am used
I can hurt but I can not be hurt by you
I am day I am night I am all things

I am light I am dark I am human
I am not a punch bag I am not a bruise
I am not a fire I am not a break a bone
I am not a fight I am not a black eye
I am not a bloody nose I am not a target
I am not a witch I am a woman
I am hurt but I can not be hurt by you

Sharron Stephenson

I Hate

my days are long and lonely
my nights are dark and heavy
my weeks are unhappy
my months are just months

Christmas and birthdays i hate
moments i miss
seconds i do not understand
things are out of control
Mondays are happening every day
after day
my life is dull and boring
thoughts are racing and boiling
in my mind

my heart is destroyed
my soul is black
life i wish i could change
my wish that life would go away
and leave me alone

Sharron Stephenson

I Now Sleep

place the stake through this,
blue heart of mine,

murder this soulless body,

take a knife to the,
dead beat brain,
slip a pill into my drink,
and let me go in my sleep,

do not cry,
do not weep,
for now i am at peace

Sharron Stephenson

Iceberg Of Tears

the tip of a iceberg starts with a,
dropp of water frozen in time, as the cold,
spears spreads over and over, and the bottom,
will rise to the top and breaks through, from,
the unsalted tears,

the love i have for you is just the,
same the (looks) , winks and the smiles,
as we walk hand in hand the joy in,
my heart is never forgot,

if you fall my arms and desire,
will catch and protect all of you,

move the decade forward to find that,
everything has changed,
all expect the feellings we once shared

Sharron Stephenson

Jail Away

my mind is in jail
my heart is in love
my body is locked
my soul has flown away

Sharron Stephenson

Jugdement Hurts

to see the world,
through closed eyes,
is not the right thing to do,

you can hurt so many people,
with words and fists,

open the lines of communications,
make friends not enmies,

try to help and unerstand,
what is going on,
in the life of the world,
before passing,
judgement

Sharron Stephenson

Kick And Feelings

the shadow of the movement in the rain,
and sun is just smiles and tears,
from the angels above,

the peace and boardom we feel is,
just the saddness of the world,
going round,

place your hand on the heart of the,
poeple, to say that we care,

the look of love in the faces and,
eyes of friends and strangers are,
the feelings of grace and humanity,

to turn the other cheek is a kick,
in the head of those who understand,
the need for help,

the simple word the ear to hear,
is in all of us

Sharron Stephenson

Kindness Pain And Proud

to brave the winters pain
to jump the spring of misery
to ride the summers blood
to live the autumn blues

to escape the sun of terror
to leave the moons punches
to gather the power of a candle
and blow

emotions and fights
angles and fairies
play the string of love
when the heart is hit
with a bolt of love and
kindness

a colourful rainbow
a stained glass window
shows how fight is strong
to be proud and beautiful

Sharron Stephenson

Knight Of The Shipweck

the passion of love is in your,
heart,
waves of the sea around,
entwined bodies that lay,
on the shore,
your destiny is in your hand,
the future and the road ahead,
is only a step away?
that is what the feeling is like,
when strangers comes together,
and end up as one,
the love may fade and the,
pain and hurt begins,
in your head it is a shipweck,
barriers start to build around,
to protect the heart that,
is aching,
a message comes from the,
spirits above to say,
keep walking and one day,
you will find a strong,
knight that wins the,
wings of love,
and the dream start,
again

Sharron Stephenson

Law And Courts

You sit and listen to the question
The answer you give
The thruth the whole thruth and
Nothing but the thruth
Behide a screen
The public gallary waits to see
A case to be heard
The whispers
People on the jury
Barristers and judge
Defender and witness

Chargers are read
Right or wrong
Gulity or not gulity
Tears are cried
The end is the end no turning back
No corners no bends no second
Chances
In a court of law

Sharron Stephenson

Life And Lie

the face the tell the mood
the smile the lie
the cold shoulder
no emotions
no love life
the pull on my heart

Sharron Stephenson

Life And Memories

my life all on my own
all cried out memories are forward
panic sets in what to do no understanding
the pain is real my health is over flowing
a hand a word
people around busting at the seams

to forget is not a crime
forgiveness is a promise

a baby a poach
the winters spring
trends fall and turn upside down
but my life all on my own

Sharron Stephenson

Life And Music

when the story is cut short
the line grow to large to hide
music listen hand and weak
words express all the pleaseure and saddness

life is above and below
people see and say what they wish
first
colours are the soul of the eyes
pictures are the windows to the hearts
the scent of the flowers flows
around the light and gardens

Sharron Stephenson

Life Can Be Better

To make life better is to understand,
That the help you need is there,
All you have to do is ask,

The first step is the hardest,

The embarrassment will be there no matter,
what, but will leave over time,

When the steps are over,
You will be the man or woman,
Who you what to be

Sharron Stephenson

Lines Of Llove

to maintain the lines of communication,
takes time and understanding,
to ensure the truth is at hand,
ease the words carefully and clearly,

search the waves of lost emotions,
is to hide the heart of love,
when the body of contact is made the,
soul will cry,

to climb the mountain of dreams,
first you close your eyes and sleep,
so soundly and peacefully,

to slip down the other side,
is when the nightmares foam the,
tears of fears,

in the morning sun the waters of life,
is still as sweet as the lovers kiss

Sharron Stephenson

Lines Of Touch

to mend the seed of the broken hearted,
ease the lines of the common words,
look at the eyes of di-colour,
lay out the hand of the midas touch

Sharron Stephenson

Lip To Lip Pillow Talk

memories are sweet to mind,
lip to lip pillow talk,
with the one you love,
bodies entwined in the heat of passion,
when the love is sweet and strong,
life can blow you down like a,
feather when the heart is broken,
always remember that,
time after time you,
can mend again,
the world can destroy itself,
as long as part of you,
is strong enough to cope,
words mean nothing if you are,
hurt so what can you do,
find a friend,
who you can trust

Sharron Stephenson

Lips

the swipe of the hand to the cheek
stings the heart of mine

see the words in the eyes
to the words for the name
in the cards of scent of and sweet
gather my arms wrapped round the steel
of grit and sound

mind the prints in the heart
of love and pride

Sharron Stephenson

Lips Words And Dishonour

clouds foam a rainbow a rainbow of love
birds sings a song of peace and joy
hands that hold a hand of comfort and pride
the heart that beats, beats with a arrow of
desried lips

a friends, friendship a bond for life and ever
wishes and dreams wash over the wings of
death and hope
cover to cover mind of action
reaction over the never ending word

inivisible to the look of smoke and touch

rromantic, romancing
killing the floor of motion and meaning

pull the soul from the depth of weak-ly voice
punch through the wves of roads and
dishonour

Sharron Stephenson

Listen With People

see the people,
around the world,
and the pace is different,
colour or creed,
the blood they bleed,
is the same?
Peter Pan's and Wendy's,
listen to what they say,
pull back and think,
before you reach,
down and kill,
wars after peace,
peace after wars,
always goes wrong

Sharron Stephenson

Listen, See And Care

to lose control of the emotions,
in your heart,
to feel like the world has,
come to a end,
to live in fear,
to live in darkness,
without a friend,
can be a hard place to be,

a ear can listen,
a eye can see,
the heart that care,
a memory has gone,
a whisper of air,
flows through the room,
to leave a peacefull and colourfull,

friendship floating on a cloud

Sharron Stephenson

Lost And Grained

time lost in a row
time lost in a brawl
time lost in words of hate

time gained in passion
time gained in love
time gained in smile

Sharron Stephenson

Love And Actions

the bulb and soul
lights the hearts guard
the dictionary of the mind
plays the cards next to the eyes of pictures
and words

the music
the melodies
helps the body reply the scenes of love and
devastation

pull the wings of square write the lines the
waves of defence

actions we do
the reactions we have

Sharron Stephenson

Love And Tears

to see the pain of lost love through these,
eyes of mine,
feel sence ofpride fall away from,
my control,
to stop the tears breaking up the the blue,
of my heart,
the emotions in my soul will change,
and change again no matter what,
allow the grieve to flow and after,
all is done,
gather the dignity and hold the head up,
high and say you may be gone,
but i will love again

Sharron Stephenson

Love Lies And Hate

the words i love you will never leave
my lips again

the trust i held has gone

the man i held in my soul
has lied

the eyes i looked into are now black

the motions and emotions in my heart has
played out now and always

once bitten twice shay
is there and ever more

tricks and blood flow through my body
and rages high

my potion is hate

Sharron Stephenson

Lovers Skin

to place a label over the heart
to wish a penalty on the arm of a friend
frame the eyes with thorns of ice
cover the uniqueness of the colour of the skin
pin a curve on the body of stone
washing the crime of pain and hurt from the
lovers love

Sharron Stephenson

Lunch And Miracles

as time goes by the pride and joys
come and goes but never from
the heart

the tears you cry are happy and sad
the little miracles' have grown

peace has settled but not for long
as one by one they
come for Sunday lunch

Sharron Stephenson

Lungs And Chest

em bolus in the lungs is called
pulmonary
a clot bloods vessels
blockages in the artery's

the pain in the chest
to the heart
can be hard to deal
so call a doctor
for the help you need

pulmonary embolus

the pain in

Sharron Stephenson

Machines And Darkness

the rain may fall,
in the darkness,
as the pain sinks the heart,
the brave and the weak,
are human and not machines,

flowers and plants,
grow in the soil, so we can see pretty things,
animals we feed,
to feed us,

the world spins,
as we sleep and dream so softly

Sharron Stephenson

Marry Me

to spring around like a jack'n'box,
to hop and move the way we know,
when the love is fresh and,
as sweet as the petals on a rose,

the chirstmas together the,
romance the suprise waiting uder,
the tree,
the sparkle of the lights hits the eyes,
with the words ' MARRY ME ',
on the ceiling

Sharron Stephenson

Maybe A Chirstmas Love

to the sweet sound of the hearts and souls,
wishing and hoping,
the day will come when the coin in the,
wishing well comes true,

the gift of friendship,
maybe the love that could last,
for ever more,

for happiness and laughter,
at this chirstmas time,

the snow on the ground may be white,
and jingle bells ringing out

Sharron Stephenson

Me And Ever

family and friends can whisper the words of
love and comfort
strangers and the world can heal the pride and sorrow
you can heal the wounds and bruises

me i can love me from now and ever

Sharron Stephenson

Me And Me

when the wind of the past blows through
of today and tomorrow
the pages of scares bleed along the words
of wrong and death
eyes of sight looks into the worst part
of human life

wars and prisons gangs and fears leaves you
lonely and strong are busy and fun
mind and peace covers the words of now
and for ever
friends and lovers strangers and family are always
here there and everywhere

music and lies can be a wise or a line of
hate
laugh and cry
tea and coffee
me and me
walks and parks

Sharron Stephenson

Me And My Heart

a mouth of blood
a body of scars
a mind a pain
a lie
the pressure the truth
I dare you the last you will
the moment I die
the loss of mine
the power you have
control over me
the time give the gift of hell

the minute I wake
the path of green
the walk care free
no more cries
one clear sigh
look in the mirror
and see the smile
you have gone forever

I play the sweetest sounds
I no longer cover up
I breath
I live
the gates are open

I have lived the past in the past
I now the love I give is the love
in my heart

Sharron Stephenson

Me Is Me

When the minute passes a piece of the wind blows,
The hands of dreams into the darkness pit.
A pocket full of pennies rattles with the,
Shift in motions.

The colour of black and white fades to,
The gray of rain.
A cup of promises breaks when the time,
Of love bleeds.

The whispers hurt the power of secrets,
Which turns the memories into powder of snow and,
Restlessness.

Walk the path and say me is me right or,
Wrong I am me here strong and,
Proud

Sharron Stephenson

Messed Up Please

a seed of sand a jolt of liquid,
the mixture of growth and wisdom,
so everyone says,
but day after day the misery and pain,
suffered by someone,
life to them id just one big,
messed up deep emotional,
box,
fake smiles, words are wrong,
just to please the poeple around who,
know,
that there are to mend the halls,
or mirrors,

the pure soild gold hearted,
was rewarded,
with the sight of love and happiness

Sharron Stephenson

Miles And Bells

miles and miles apart
out and waves are close together
pulled away by walks and fears
dancing and parties laughs and fun

wedding bells will never ring
pearls and strings I dream

Sharron Stephenson

Mind To Feelings

to merge the heart and mind combine,
the fight and kisses,
clash the season and the months,
to understand the way of the people's,
feelings,

dice the new planet of the soul with,
love and lay the truth of words,
with the bright smile of happiness,

the mist and blood will overcome and,
deport the hover of the broken body,
and will lift the golden wing of peace

Sharron Stephenson

Mintues Of Hell

day by day
rolls into one
boredom by boredom
moments killed by hell

lonely by lonely can be
hard to plug
the thoughts of arms
and tender lips

lack of play
wash by wash
night by night
all you can do

tidy all twice and more
treat over step

in and in again
out of the door

thirty minutes must go now
friends

Sharron Stephenson

Mirco Cuddle

to watch the play of emotions
through the black coloured porthole
to cuddle the winch of the pain

to hold the pinch for the longest time
to space the punch and kick
able the truth disable the lie
micro the tears to the hell below

Sharron Stephenson

Mirrors Strength And Lights

As a wish is flown as a dream is awake
The flame of a star is burning in the night
Of the morning dawn

The life of a heart is to beat after beat
To love after the words are tried out
Dig the path to a world of gold and hope
Pause and hold the strength of a
Faded breathe

Call the ring of courage forward to the mind
To pray for the end of daggers and
Smoking mirrors

Blood stained doors lead to a empty
Shelf pulled apart by the whispers of crimes
And bullets
A hand in hand is a envelope around
The core of kindness and friends for
Today and lights forever

Sharron Stephenson

My Best Friend

no guilt no regrets
a heart to help
tears may fall
a hand to hold
whispers of love
no worries
a problem no more
my friend

arms strong and safe
tight and soft
protection waiting there
time no matter
always there to make a laugh from a frown
my friend

music a movie for a special night
scary or funny cuddles and kisses
a friend is a friend for life and ever

Sharron Stephenson

My Call

my point is broken
my light is dim
my danger is near
my call

the day in a life
the night has covered the golden hay
the pool outside is bare
my call

my body
my goal
my step
my call

Sharron Stephenson

My Glass Heart

my lonely heart
my broken heart
my silent heart
pulsing two three four

my crying eyes
my weeping eyes
my torn signs

memories are faded slowly
passion folding fast
words are leaving my mouth caught and
out

pictures and sleep I see and don't
awake and hurting
pain and cuddles I have and I need

walking around the mind of sorrow and
mist and mirrors of glass
light and down
wrapped and worn

arms are stretched out
no steps are taking
my lonely heart

Sharron Stephenson

My Mental Health

the web of pearls the seed of the sea
to send the music to halt the picture
memorize the sound of the gathered tabs of
life fictions of state and control

the midnight's flow of the door stare
into the mist of water from the soulless
glass sorry that tilts the heads
shake pause a thought the worlds
pull
over and over one and three always the
will to steer the fight one way and
the other to you and never wrong
coil the motions into a ball
top and bottom

the guide the light blue or green
what is the differences when the
grieve is low and burns
time to call to whisper
time to mend
time to walk
two four how any more must
go on and on
kind and calm
look and care mental health

a child a mother a sister a brother
no more special time alone
i say no wrong is wrong
no force no pushing
pain no more
please
i am hurt
to hurt to call
to late
look and care mental health

cover over head a silent cry

cover over the pain no-one to see
cover the emotions no-one to hear
the quickness and quietness
dark room
look and care mental health

told to do as you are told
right or wrong
no-one to know
the secret
the world needs to know
no is no and means no
look and care the mental health

the past present and future
are mine and yours
makes the world the world
look and care mental health

Sharron Stephenson

My Mistake

to wash the pains away from the soul
of yesterday mood
to fake a smile on the face of sadness

to watch the black words from the heart
of anger
to guide the warmth of love from a heart
of stone

to move the right of comfort to the arm
of a hurting mind

to understand the sorry that never heals
the turth
my mistake
will never happen again

Sharron Stephenson

My Soul

the day may ring out with bells of one
and two
the tender waves of words and pounds
sends the body into a whirlpool of shakes
and happiness
the seed of passion through the mind
of family and friends

the clouds of wind and rain around
the garden of romance and gaudiness
the dress and suit side by side
moves the heart and soul into the church
of the lord above

so take a stand and say you are the one who
stole this heart of mine and always will

the one i love

Sharron Stephenson

My Window

a drop of blood
scrap of the night in the eye of pain
the thought of the murder of the heart
killing my soul

a tale a tell a crow
secret's of the innocent inside
critical moments in movements

my window my blackness
the block

my world upside out
the last word
attention span shorter and shorter
my window my blackness

Sharron Stephenson

My Words For You

tease my body with the fingers
of yours
make my heart skip a beat
leave a kiss on my lips
send my soul to the stars above

open my eyes to a smile
touch the words to my ear i long
to hear

place a hand on my hand
embrace the love from me to you

draw a picture
a red red rose

Sharron Stephenson

Nails And Love

the wind of emotions are changing
against the wall of steel and colour
the soul and heart are parting ways
when the mind and body are fighting
the sand-times of love

the nails of a cross are the pain
of death of a friendship in the
wink of a eye

at the end of the road
is and candle of hope and dreams
so chain up
and say
I am strong
I am a good person
a shoulder of tears
so here I am

Sharron Stephenson

Nature And Pride

the curve of a tree
the shape of a leaf
the colors around
the scent of the flowers
the whisper of the wind

the gate to the heart of nature
the walls of the soul
the blinkers of mistakes
all ties up with the rope of passion
and lonely times

time after time the word is fight
fight for what
love and pride

Sharron Stephenson

Nature So Perfect

the leaves on trees,
petals on flowers,
are all unique,
in their own special way,
from size and colour,
to patterns and spines,

so pretty and bright,
the sense of smell,
the waves of the wind,
can send them in different ways,

flowers and trees,
live in perfect harmony,

so why do people like us,
destroy the world,
and each other,

when we should look at nature,
and change the way we are,
today,
for a peaceful tomorrow

Sharron Stephenson

No And Pills

a belt a snake
a woman a man
bubbles and teddies
pills and wills
flowers and punches
relief and heat

my wishes my dreams thoughts and cares
logs on fires of gold and red
forever and ever
walks thought the fields of blood and
death

boxes and moves
open and covered
numbers and wise
up and out
world lonely and be hide

his hers ours mine yours them now
and then
midnight snack a morning wink a
kick
sly and careful bruises and love

my body I say no
your body he says yes
right and wrong
my body I say no
your body he says yes

Sharron Stephenson

No More Fear

The fear has lifted a skirt i will wear.
dresses i can wear.

The fear has lifted a sleep i can have,
Nightmare no longer hurt me.

The fear has lifted walk i can take,
The freedom i wish is here,
The fear has lifted no more worries he will,
find me.
put me on a highway and see me shine,
no crossroads i face.

See me swim happy and peaceful,
watch me gym with music and no fear.

The friendships i have, have growing,
stronger and stronger,
my family back together again.

Now the fear has gone? why,
the man who? causes the pain has gone.
The death of him...

The fear has lifted.

The smile i smile are real and proud.
NO MORE FEAR AS I CAN LIVE MY LIFE

Sharron Stephenson

Not The Last

sit with me
lay with me
play games
open up
tears flow
pain begins
hurts inside
laughs out loud
smile on face
still as a robot
silent as the night
the first
not the last

I wish to die
I wish to be free
I hope to stop
month and year
the first
not the last
black and red
raw and raw
more slow
legs are weak
too weak to go
door open
hand are washed
told to say
say nothing the moan of pleased
the first
not the last

thrusted hard
scared
unsure
what has happened
my fault
me to blame
looks too alike

the first
not the last

goodnight
cannot sleep
still as still can be
wrong to say
the first
not the last
become numb
the call
pain begins again
the first
not the last

no longer a child
no longer a little girl
adult in body
years come and go
the first
not the last
no peace
no guard
not to say no

never again
promised made
promise broken
the first
not the last

why
he knows
control
power
the first
not the last

love fall in love
flashbacks
nightmares
worries

safe in arms
the first
not the last

the first
not the last

go through
learn
understand
move on
the first
not the last

Sharron Stephenson

Notions And Smiles

Move a set of words from the owl of wisdom
Stand a free from the crowds of pearls and
Waves. Hold a mornings day break in the
Eye of a soul.

The touch of the torches light lifts the lyrics of
Life, stories of old and new. Pieces of hit and
Misses along the path of mind and heart

The thought of here and now over the pages
Of coloured pictures, minutes and seconds of
Time floats away on the train of wasted
Time

Emotions and motions of love and games.

The death of hope and wishes.

Fingerprints and movies saddled on the
Porthole of memories and courage, cuddles
And joy tangles the last breathe of growth
And smiles

Sharron Stephenson

Oil Of The Living

share the news open the silence,
bolt the numbers wodden counts,
peach of fruit student of life,
memorys are death,
with a fatal floor,

a trick of the soul,
the zip of the emotions,
pages are closed,

release the clip,
the waters will part,
to allow the oil of fuel,
pull the living through,
step by movement,
on the picture of love

Sharron Stephenson

Our Feelings Are True

you still hold my heart in your hand
my dreams and soul in your heart
all my hopes and smiles in your eye
all my love and tears are in your
words

all your hopes and smiles are in my eye
your heart is still in my hand
your dreams and soul are in my heart
all your love and tears are softly held in my
words

our feelings are true and strong
so why fight the truth

Sharron Stephenson

Our Wings For You

the day you left,
the gap was there,

the fortune in our hearts,
you give will be ever lasting,

the hopes and dreams,
are built, was because of you,

so as you leave,
the wings of the family,

keep us in your heart,
as safe can be,

our love for you,
will never end

Sharron Stephenson

Page And Wrong

my soul is caught up in a battle with
right and wrong
my mind is locked from the north
my heart is divided into two
my body is racing

the lips are placed on the page
scented with peace and comfort
eyes are centered on the piece of the
puzzle

so take control of the love you sent
across the pond

Sharron Stephenson

Pain Of The Soul

to find a soul mate in a friend
these eyes cry with love
my lips kiss with passion
arms that wrap with softness and
care
fingers that are tender and gentle
bodies that entwine with you

but then the crushed of my heart
leaves the bars bitter and wrong

Sharron Stephenson

Paint And Blues

to chase away the blues,
with a mind of a child,

to catch the soul,
with the heart of a adult,

take the meaning of life,
and start again,

scratch the surface,
with the teeth os a shark,

mend the mirror,
with the glue of love,

paint over the cracks,
with the leaves of nature,

remove the name,
of the one how hurts you

Sharron Stephenson

Paper Winds

To lock away the pain from the future's path
Move the wings across the floor of the heart
The hand of time ticks for the beat that
Guides the winds of passion and paper
Roses

Sharron Stephenson

Passes And Goodness

the mind is a wonder with mazes and mist,
the roundabout of pictures and stripes,
see and feel all the words which foam a,
barrier of fire and keys,

the heart passes everyday no matter,
who or what you dreams you make,

the footsteps in the wild hopes of love,
will sprinkle and gather the goodness,
and music,
which helps the sex and life of the world,
and us,

wind and rain snow and sunare trees and,
leaves of saddness and blue,

but with smiles and trueness we will,
overcome and breath

Sharron Stephenson

Passion And Roads

take a moment from the past,
look through the photos of dreams,
remember the days and nights,
when you were alone,

when the heart was strong the mind,
alight with the words of pearls the,
soul covered with golden songs,

as the years pass the childhood,
grows into the adult who stands,
infront of the mirror today,

the fears and tears that will flow,
will gaurd and giude the love beyoud,
us all,

the sparkle of the whisping road is,
a foot ahead that marches on with the,
fight at hand,

stay with passin and control of,
the emotions deep inside and the,
battle of worlds love will be won,

by you and me,

because the heart is strong

Sharron Stephenson

Past Sins

to hold the memories from the past,
can be a painful box to open,

wishing and hoping that things could,
and should be simple and clear,
is not a sin but a human fact,

crack a rule break a vow,
miss a picture, hit the wall,
of desire,

to make the world a better place,
to live,
turn to strangers and make a friend

Sharron Stephenson

Peace For Tomorrow

time on this earth is so small and precious,
so why do people fight and hurt,
all around the world is hunger and pain,
abuse and hate from strangers or family,
is not love at all,
tenderness and care from birth and onwards,
is what is needed to make for a peaceful place to live?
and grow into adults of tomorrow and,
to teach one another that when your,
heart is full of love,
that is when the world will be as one

Sharron Stephenson

Peaceful Planet

things can be the way,
the world see's you,
take a step backwards,
to think about the words,
and misery that pain can cause,
that may surround,
the shoulders,
of the love you love and care,
about the most,
find the place in,
your mind,
when you can remove all,
the the painful,
thoughts, you know can hurt everyone else,
only allow the pleasent and dreamful memories,
let the world know the soft,
and gentle side of you,
when the war and hate is over,
the planet will become one

Sharron Stephenson

Pepples And Fish

dark nights the moonlight is bright,
the sea crashes onto the shore,
with the sounds,
from beneath,
the sea bed,
is full of fish,
whales and sharks,
coral's and pepples,
seaweed and love,
can bring the ocean,
Pepples And Fish
to life

Sharron Stephenson

Petals And Pages

the buds of flowers grow day and
night
the light and rain sends the laughter
and rain

the heaven above brings the petals on
the wings of angels

the love i give always comes from
the book and pages of my heart

Sharron Stephenson

Play On Death

To pour the salt over the soul of,
timeless hate,
To remove the fear from a child in,
pain.

To hide the truth deep down in a locked,
box,
To keep the heart beating when death is,
calling,

the battery's energy is low and flat,
The secrets you keep.

Seal the sight of a lonely cry,
Breathe the winds of a winter's cold.

Heat words that scars the pale of now and,
Yesterday

Sharron Stephenson

Points Smiles Lies

with the sun and moon in the sky
with the scares and scars in the eye
with the words and hands in the mind

sow the wings of dreams and climb the
mountain of games and smiles

gather the truth and pain
lead the words and lies to the pit of
anger
place a warm arm out to reach
the friend of many

Sharron Stephenson

Poles And Horses

a hole a black hole
a hole a deep hole
a hole a lonely hole

a pole a round pole
a pole a flag pole
a pole a maypole

a horse a riding horse
a horse a rocking horse
a horse a clotheshorse

a heart a beating heart
a heart bleeding heart
a heart a broken heart

Sharron Stephenson

Posion And Powerful

the coolness of the waters edge
rush of feet stretched out
the summers sun high and strong
never hurt the one person in your life

the will to overcome is more powerful then
the battle of you and who

stand tall and walk through the
barriers of poison

Sharron Stephenson

Present And Thruth

my thoughts my path
the truth i follow
memories i make
the past is in the present and future

Sharron Stephenson

Pressure And Bumps

a burst of pluse,
a beating heart,
the open mind,
the soul aflame,

the race to the top,
the stress,
the expectations on the shoulders,
of the person,
you love,

the fall from grace,
the hard bump,
to the ground,
can be from and cause,
a mental illness,
so do not think,
that it will not happen,
to me,

because it can,
it can happen,
to anyone,
at anytime,
or place

Sharron Stephenson

Problems And Dug Outs

problems are not problems if and when the hurdles are jumped
walls are broken if talked through
vows are disconnected when the wills are parted
windows are smashed because the truth has
hurt

pain is tough just like life and memories

colours are there and everywhere

bouquet of wisdom
a pocket of shells
the search for pennies
mask the period of open and closed

fight and wounds wars and hate
minute by hour for the second
brave and solo a coward a no man

step forward two thousand rounds caught in a
cage of wire and screams loud and crying
the meeting of the minds to risk the plan of
what
tears and home
skies and sleep
cuddles and blood
meals and dug outs
dreams and death

to end the scars of seas and countries
call to bare arms
watch the flag
count the souls
the will the power the button at hand

everywhere the wars
and dreams death
and memories

Puddles And Sparks

river runs deep,
a paper cut will hurt,
a cold razor against the skin,
first thing in the morning,
the air we breath can be fresh,
as the montain tops,
covered with snow,

puddles are fun,
when we were kids,
pick and mix,
penny sweets from the corner shop,

so why? does love,
sometimes fall apart,
when we work so hard,
to keep the spark,
alive

Sharron Stephenson

Pulse And Soul

the rain falls in the heart
ice in the eyes

hold the power from the
soul

stand to the face of the
pain

recall the strength
from the pulse
of a friend

move step by step
and grow

Sharron Stephenson

Puppeteer's Soul

the strings of the puppeteer,
will pull the cup of life side to side, ,
the handshake of friendship,
a spoon that stirs the flames of lights,
the puzzel that crumbles the strongest,
words,

that ballard of the love song that soars the,
hawks eye of the human heart,
so sensor the soul that is in the,
graceful arms of the world outside,
your heart

Sharron Stephenson

Pure Guilt

the words from my lips
tears rolling down my cheeks
the feeling in my heart
my pure guilt

i am sorry
really sorry
truly sorry
my pure guilt

friendship may be over
the love between us has gone
court has closed
my pure guilt

Sharron Stephenson

Question And Answer

the path you walk
the question in life
the places you go

the answer you answer

Sharron Stephenson

Question To The World

the world is not as open as we think,
doors are closed the heart is blocked,
the question on our minds,
the answer in the winds of change,

deliver the power of control,
fill the cup of heat and comfort,

so pour the coldness of the sin,
through the holes of love and,
hope,

measure the waves of people,
coping with problems,
dealing with pain,
so the question is,
the answer is,

the world is just one big
question

Sharron Stephenson

Questions And Games

when the start ends just as quick
the problem is more and more painful
an answer is a question to bare

a care a knot to tie
the breath no stairs to climb
rings and chains
promises and bells
a wounding click a memory lost in a
social pass

a minute in the hand of a day
calls to the heavy point of emotions
a letter the brief clue
to the walls of dangerous games
fight and fight to gain the motions
of heat and cold

Sharron Stephenson

Quick As A Flash

the tears that roll down the cheek,
are a sign of the unhappiness,
we feel on a daily duty,

sweet or sour,
sugary and bitter,

moods can change,
as quick as a flash,
up and down,
round and round,

take a step back,
look at the world,
in a different way,

and all the problems,
we can see,
may not be as big,
as we think,
they are

Sharron Stephenson

Rain And Blood

to cut the word,
heal the cover,
move the sensor over the masked scars,
spoon the rain that leaves the world with,
mixed garden of power and growth,

wish for a dream of cards and hearts,

the gem of thoughts is when the true,
friend you find turns out to be the,
soul mate for ever

Sharron Stephenson

Rain And Peace

To breathe and live as one in a body of
Ice and blood

To feel the pain of another in a heart of dust
And coils, only a layer of paper and
Clay peers the eyes of hate and
Steel

Purple and rain across the waves of terror
And locks, pause and open the lips of
Dreams and hopes of yours and mine

The open hand the closed fist
Then threaten look the steps of horror
Chains that rip apart the wounded soul
My hand in your hand forever and always
Love and peace

Sharron Stephenson

Rainbow And Hell

light the way to cupid
halt the path to the gates of hell

walk the white line of love
run from the dark side of hate

shine the magic on the dreams of play
block the moon from nightmares

show the rainbow of colours
skip the dull of rain

Sharron Stephenson

Rainbow Of Trust

to see the scene as clear,
as the rainbow after the storm,
has gone,

open a porthole tunnel which,
the stars will shine gather the winds of love,
allow the leaves of life,
spread the seeds of love,

pick the friends you think,
that you can trust,
family may be far but,
near in the memories you,
make

Sharron Stephenson

Rape

whispers of heat clouds if cold
movies to cry pens to write the soul
memories of lines cars ice cream and control
lies are told to protect
music loud to drown the slaps and rape
hitch and no-where to run now and ever
the last wish
I was never born or lived

Sharron Stephenson

Rocks And Waves

may the waters of the world,
be as calm as the sky,
picture the moment of the waves,
that splash against the rocks,

pull the shore of wishful dreams,
guide the light of the ocean,
power to the heart of the,
mountain edge,

feel the lacks of the heart,
as the soul leaps around,
the beach of love and time

Sharron Stephenson

Rope And Hope

when the love in the eye has lost the sparkle
when the heart loses the beat
when the pulse has stopped

the mind has boxed the words into a world
of scrapes and winds
the body has a rope around the soul

inch by inch the palm of the hand
clings to the end of the day

the close of the fist
the pull of the arm
may happen to you or me

Sharron Stephenson

Roses And Birds

when the weather is hot outside
my garden blooms with roses
and the flower power blue

the sea is calm
the boat i sail is the wind in sails
around coast to coast

then the starts to fall
the cold of the breeze makes
the water just right

the birds in the sky
fly so long and far
so a drop of cool wqater
in a bath to splash and flutter
they wings

weather flower
boat sea
bath and rain

Sharron Stephenson

Rust And Strings

the change of the feelings,
inside the heart,
can mean,
the wind of love,
has caught the strings so tight,

the puppet will fall,
with a bump,

the chains of sorrow,
will crash and rust

Sharron Stephenson

Salt And Blood

to watch the wind throw around
the heart of stone

watch the shore wash away
the soul of salt

to see the mountain crumble
on the mind of clay

see the lighting strike
the blood of the eye

the extra fight
in which a stronger
human will emerge

Sharron Stephenson

Sand Care And Why

Take this heart of mine and soar it high above
the plane of the earth's cries
A pride smile from the scent of a roses's petal
Curl the wand of magic around the arms of
Thruth
The path of gace and fear a gate which
Leads to the blanket of sleep

The pull of the wind down the eye of a
Lonley shade of sand

The point of a lie is a word from the lips of
Who and why
No matter how crazy day after day can be one
Thing will always shine through is
People who love and care

Sharron Stephenson

Scared And Goodness

pictures are just words in colour
movies are just emotion in movement
life is normal to be scared
call upon the goodness of others
listen to the eyes of a friend

Sharron Stephenson

Scary And Thoughtless

may the memories of the past
stay safely in a box
and not to worry
of the scary minute
they come back

find the joy
look into the wisdom of the words
played in a soft spoken dream
from the guardian wings
that is gently wrapped around you

the future may not as thoughtless as
you think
hold the card of love in the hands
of the king of your heart
and you are the queen of his heart
and together and life will be
as one

Sharron Stephenson

Second Denial

a love a tear a moment from the past
a kick a slap a minute to cover
a kiss a smile a second to a friend
to stop a wink a chat to be nice

to listen to cry to a lie
the wash the denial the hurt
affair of the body and soul

sorry again and again how many times
is two enough

the world around is good and evil

Sharron Stephenson

Secret Soul

May the secrets never lie,
May the power never crumble,
May the wisdom never fail,
Take the souls music and play load and,
From the pit of love

Sharron Stephenson

Sense Of Pride

to feel the pain,
see the misery,
shake the soul,
check the pulse,
a heart beat,
the memories are still as raw,
as the first thrust,

as the say time is a great healer,
(what a pile of water) ,

the longer time goes on,
the weaker we may feel,

a sense of pride,
a pinch of love,
can bring peace and happiness,
into the live,
of a lonely child

Sharron Stephenson

Sentamental Wind

do not give up on the fight
do not give up on the right
we are wrong we are one
walk away to the straight
sit on the peace of hope
take the pain to the war of no-way
stead the hate around the gate of help
portrait the words of sentimental to
the heart of the strong and
lonely

mark the line whisper the call of duty
para the cord to contact the pieces of
strange and weak
pull the waves of young and old together
climb the ladder to the light to the
calm wind

watch the problem fall to the ground
gather seas of looks and knowledge
blow to the sins of boxes and seals

Sharron Stephenson

Shadow Dreams

a shadow a pulse the beating of the
heart

a flinch wrong a slap the belt
the night a day of terror time after
time

again again and again
a tear of the skin
marks of a unseen past

hunger for the sleep of love
a life a thirst for dreams

Sharron Stephenson

Show And Cry

take a move to change your life,
is to start a new,
step by step,
movement by motion,

the heart and mind,
are at breking point,
thake a look at Why?
this has started,

see the problem,
understand the reason,
seek the hepl you need,

a mental breakdown is not,
a crime,
but a cry for help,

the way the body works,
can be hard to know,
we are flesh and bones,
and not machines,

keep the soul clear as,
as clear can be,

do not keep the emotions,
loked away,

let the show,
allow them to hit

Sharron Stephenson

Sing A Smile

to sing a happy tune,
as you walk down the street,
feel the wind in your hair,
the sun on your skin,
place a smile on your face,

say hello to a stranger,
give a hug to a friend,
a kiss a lover,

place a hand to the world,
and show you care,

mind the children,
as they sleep,
soundly in their beds

Sharron Stephenson

Sleep And Timing

with the warm arms wrap tight around me
with the warm words in my ears
with the warm touch on my lips

with the body so tender next to mine
with the night rolling in
with the music in the distant
with the timing right
the dreams and sleep
the love we have is so strong

Sharron Stephenson

Sleep Of Fire

to dream first you must sleep,
day time thinking about all the wishes you have,
is like a dairy unwritten,
without the feelings from the soul,
the way you are on stage,
is only false drama?
move away from the city cries,
into the country fields,
a village pub the blazing fire,
a name of a lover,
spoken of the lips,
romeo and Juliet,
plays a part of life,
just like songs we know,
every time we turn away,
the world slips by

Sharron Stephenson

Sleep Roses And A Wedding

when i sleep i sleep with dreams
i walk into your arms
i run into your passion

your heart is my home
your arms are blanket of comfort
and safety

when i sleep i sleep with dreams
your eyes are my skies
your kisses are my chocolate cuddles

the love you have for me
is a garden of eden
the court of your laughter
is my picture of colours

when i sleep i sleep with dreams
i step onto a petal of roese
which you lay with your tender
touches

the dreams of a wedding day

Sharron Stephenson

Sorry And Rollercoasters

to walk the line of danger
face the road that leads to the point
of truth

look into the deep eye of passion
feel the hunger from the soul
of mine

stairs that roam around the
trees which hides the hut of the
only wish that plays through
the stars and frees the rollercoaster
of lovers

sorry cannot always mind the
guarded heart
that has suffered pain and breaks

Sharron Stephenson

Sparkles And Colour

rolling down and down with the coaster of
signs
round and round with the circle of pride
up and up with the power of respect
side by side with the gates of love
without you in my life the life I live is not
a life to live
when nothing is in your heart it does not
beat

cup half full is a cup half empty
the magical sparkle in the eyes of lovers
in love
spikes the wheels of passion
talk and shout to the backs of hell
pauses and letters in the post of emotions
shadows and clouds in the light of the
moon
whiskey and romance slide through the
glass of rose tinted colours

dances and fights all end the day of
pure and white

Sharron Stephenson

Speech And Zero

the colour of the sky
the depth of the sea
the red of blood
the race of speech

the cards of wisdom
the trick of the hand

the darkness of the mind
the rain of steel
the silk of love

the look of zero

the sense of passion
the fruit of assets
the face of a humans heart
the soul of a child
the movement of fear
the lines of bruises
the skin covered by hate

my hand in the hand of a stranger
the arm of a friend

Sharron Stephenson

Spring And Bare

a penny a thought
a whisper a mind
I am here to fight the battle
never a war
across the stormy waters
of a childhood spring
the moment in time
a frozen second
in a hour of hate and rape
months and months
of tears and blood

I need a wish
honest to god
the lie I never told
a headache of pain and control
the wall ahead I cannot break
a call I cannot make
the door I cannot see

my heart that does not beat
the memories I relive everyday
night comes the pain I bare
I am not a bad girl
I am a good adult
in a bit of a whirlpool of life

Sharron Stephenson

Staff And Friends

when times are not as clear,
as the morning sun,
pain and problems cause such misery,
and life seems blue,

there are people who you can turn to,
who are always there,
no matter what is going on,
they are always there to lend a helping,
hand, listening, caring without a word,
of judgement,

even though you know that they,
have their troubles and,
hard times,
that does not stop them,
from going above and beyond,
the morning calls,
just to see if you,
are coping well,
that is what I call, the best,
STAFF AND FRIENDS

Sharron Stephenson

Step And Blood

count the tears that roll down my broken
heart
feel the pain that roams around these eyes
of ice
chain the soul to the gaurd with keys
sugar the sour emtions that flows
witth water of salt

colour the body with ink of blood which
comes from the lips of red

reasons i speak words i hear steps i see
are never opened to the world outside of
my glass walls of comfort and peace

Sharron Stephenson

Strings And Arms

my mind is like a ball of string
knots and ties
circle of ups and downs
around of beats and punches

a trail of woes and moods

a ray of hope at the end of
the tunnel
a figure i see
a step one and two
arms stretched out wide
fall to the knees and cuddle
the friend who waits

Sharron Stephenson

Sugar And Hate

gentle down the lane of sweets
careful down the road of candy
power down the path of love

rough over the waves of hate red

next the scare of race
pulled apart from bruise's and fist

walk the fine line of happiness and sadness
memories of fights and blood

guide the heart and mind over the
gardens rainbow

spray the body with kisses from
the tender lips

force the past into a box of sour mints
lock the lock with the key of sugar
and pen

Sharron Stephenson

Sunshine And Cracks

to chase to fight,
love or hate,
peace or dishonesty,
sence or disordererly,
loyalty or distrust,

the choice is yours,
make friends not lifeless souls,

feed the children with love,
and cuddles,
fill the precious minds,
with dreams and hopes,
a ray of sunshine,

not the pride of i can,
do what i want,
and there is nothing,
you can do,
to stop me,

check the price we have to pay,
for the cracks,
in the world today,
for safer tomorrow

Sharron Stephenson

Take The

take the world by the neck,
and give it a shake,
to wake the sleeping souls,
when the angels fly around,
the peace will fall,

Sharron Stephenson

Teardrop And Freedom

The freedom of the door, to the eye of the soul,
Seek the limit of the emotions of the motions,
Depth.

Comfort the call of the lonely teardrop, through,
The ache of heartache.

Sharron Stephenson

Tears

tears that roll down the cheeks are the love seed
that start the weeds to grow
shield the wings of the dove
from the head of a fox

round the human soul
buy the heat of passion
skip the body of pain

wipe the cuddles from the anger of nightmares of sleep
tickle the smile of glass
steer the comfort kiss from the lips
to the heart of a friend

manage the wave of sadness
to the shore
of the guide
in the hand of mine
and the eyes from
you

Sharron Stephenson

Teenage Arrows

when the arrow of love hits the very,
core of you,
the fight inside the body will lose,
a moments laps of the human touch,

the teenage thoughts mingles and,
mangles with the ups and downs,

emotions, winks that bleed day and,
night, minute after the second hand,
on the face of the clock chimes the,
hearts excitement,
power and hopes, the merry,
kisses will never go slow

Sharron Stephenson

Tenderness Or Erotic

a daydream a fantasy
dream as you seep
soft sexy romantic playful erotic tender
and pleasure

a nightmare
scary horror painful evil wicked
darkness emptiness loneliness

can a daydream and nightmare be
one or both

which one are we as human life

can we live without them

are dreams and nightmares just us in a
different world and time

we see them can we feel them

trust them if we wish
can they come true

believe or not you choose

one heart one beat
one wink one black
one kick
one cuddle one slap
enough or not
cry or smile
stop or more
all a nightmare or a dream

Sharron Stephenson

Thank You

May the days of love in your heart be as,
Bright as the flame on a open fire.

Allow the passion flow through the eyes,
Which cries the tears of hope of goodness,
The sound of beating drums,
The midas touch of the golden gate,
Which leads to the soul of forgotten memories.

Once twice around the globe of happiness,
A tale of kings and queens,
The twist of reason in the heart of the battle,
The only walks along the field of death and,
Blood.

Place a hand on the shoulder of the,
Old timer in the street and whisper,
Thank you sir thank you miss.

Never forget the time and bravery,
Of one and all around the world,
Who stands for right or wrong now and,
Always

Sharron Stephenson

The Arrows Of Love

the arrows can fly minute to minute,
burning flames around the heart,
the head is the bully a big soft bully,
eyes may weep with the tears of love,
a kiss with a hint of passion,
teenager an adult can have a crush,
until the romance goes bad,
the opposite will happen,
the tears you cry are the arrows of sadness,
the walls of fear will built and built

Sharron Stephenson

The Battle Field

to see the tide shift from smooth,
to rough,

the north wind change, the clouds turn,
grey,
the mountain tops are covered in mist and,
snow,

boats heading to sea,
birds are singing a happy tune,

lights come on as darkness falls,

people walking or driving home from work,

but must we forget that there are living things,
in this world that we must never forget,
about,

bloody battles, wars which poeple die,
just because poeple say to fight,

so stand tall,
stay strong,
and in our hearts,
we win in the end,

take a moment to think about the place you,
wish to live

Sharron Stephenson

The Burning Unknown

my mind is pulling left to right
my body is in pieces of a jigsaw mess
my soul is on fire and burning

the heart is a block of concrete clay
the deep flashing moments of pictures i see
of the past present and the future is unknown
to the human eye

the light above
is the love of ones true love
the hand the cuddle
makes me and you

Sharron Stephenson

The Child Of The Wind

the changes of the wind,
maybe the time for one,
to look to the future,
with the past locked away,
and the key thrown far into,
the sea,
the waves are high and rough,
the shore is calm and mild,
just like the mind of a child

Sharron Stephenson

The Clouded Devil

the way the poeple talk, walk, and smile,
is how the they show the fellings caught,
up inside the heart,

the devil has gained control of,
the soul and mind,

the mood has flip upside down,
ease the clouds of dust,

the sidewalks and roads are painted,
with gold plated leaves, the eyes,
can see the pain and hurt,
that goes around and around,

as stroke of a the hand the care of,
a arm warmth of the toutch,
can bring happiness to the world,
and man and all

Sharron Stephenson

The Colours

a rainbow has many colours which mean different things,
to different people,

red could mean love or danger,
yellow could mean the summer sun that rises,
pink could mean that they are happy,
green could mean the colour of the leaves on a tree,
orange could mean the autumn days or the sunset,
purple could mean peace and harmony,
blue could mean sadness or the colour of the sea,

so the next time you see a rainbow take a look and,
think what it means to you,

allow yourself time to remember the happy days that you,
have had,
your future could be as bright as the rainbow,
you have seen,

Sharron Stephenson

The Crisscross Papers

to sprinkle the dust of magic words,
around the bauble of colourful coral,
douse the pieces of your heart into the,
centre of the ocean deep with love,
counsel the mind to crisscross the,
electrifying wires that inspire the soul,

the tinsel of the trees,
blankets of the heat of comfort,
the bark of life,
gather the papers make a fire,
embrace the flicking flames of the person,
on a new road of life,

the step you take,
the mime you say,
the pebbles you walk,
is the right and wrong way to go,

march the straight line,
to understand the world,
and human emotions,
are never the same

Sharron Stephenson

The Crush Of A Tear

the day I walked away from the arms of his
the crush of a tear down the cheek

the week of hell and pain
tender and rough words from the heart and
lips

sadness arises above the part of the mind and
body of mine

Sharron Stephenson

The Danger Ahead

to rally around with a car of heat,
play a damaged game of chance,

the power of the road ahead,
the speed of the track,
one and only way to win and lose,

the engines will fire up,
the sparks of light,
hand of music,

black and white,
red or yellow,
no matter which,
all has gone,

the flames are high,
the tension deep,
the glory has,
deepened the passion,
the passion for danger

Sharron Stephenson

The Danger Point

to walk the line of danger
face the road that leads to the point
of truth

look into the eye of passion
feel the hunger from the soul
of mines

stairs that roam around the
tree which hides the hail of the
only wish that plays through
the stars and frees the rollercoaster
of lovers

sorry cannot always mend the
guarded heart that has suffered pain and breaks
into a space of cold and fear

Sharron Stephenson

The Darkest Final Cross And Promises

To guide the racing pulse to the highest,
Peak of the words that puts a smile,
On the lonely crying soul.
To rewind the moment back, to the second beat,
of the hasty heart. Remember the number of,
The nations call.

The rainbow clouds of human to human,
Date of crying eyes,
Walk the pace to the longest river of tempered,
Love and broken promises,

A treat a cuddle of the dangerous pull,
Life to life, lights the darkest hood.

My cross your cross we have to bare,
The power control, of the waves of now and,
Yesterday.
Pole the constitution of punches and buses,
Hear the scars of wars gone by,
Guns and prayers of churches and clubs,

A dance the nightmare swing,
The ring the wrong romance,
Now the price of hit and miss, keeps the,
Sinners wishes hidden down the tunnel,
of hate and death.

Nighttime skies,
Morning sun,
Heaven and hell,
Takes the earth round and round the final,
Song

Sharron Stephenson

The Deepest Journey

the past is hard to face head on. no matter,
who we are? man woman,
many poeple feel trapped in a body they do not,
even know,
a child like mind a playful soul,
may not be a curse but a painful memory,
when the twist and turns of the rope around,
your neck lets you bearth,
the sigh will be the deepest and many,
will follow,
the belief you have inside yourself comes,
near ans shouts,
just because you have cleared a hurdle does,
not mean there are no more to hold you back,
around the globe there are poeple who?
do not understand that suffering in silence,
can cause more pain and heartache,
the tinted colored glasses which has clouded your,
vision will fall and the focus,
returns,
and you can see that all the colours of the rainbow,
are brighter then ever,
nature seams more alive and contented,
the strength and support you find,
from friends family or strangers,
can keep you going,
on the long journey ahead of you,
always keep that smile you smile all day,
through,
and never look back

Sharron Stephenson

The Dignity So Strong

to believe in something so strong,
with a passion,
or to think that the world is in need,
of a heart,
from the sidelines or the centre,
the points of view will always,
be different,
to maintain the dignity of,
our souls,
we proceed to understand,
the reasons why? right from wrong,
will always fight,
one will never win alone,
but together,
we stand a chance

Sharron Stephenson

The Drugged Plight

to block out the black rain that,
is pouring in your heart,
is to see the smile on the face,
in a mirror,
in a time of change,

to place a cover over the soul is to,
bound the past, to the dark side of,
mmagic,
maintain the calling of the mind,
whisper the sound chatting the words,

to drive away the footprints of life,
to drift theemotions of drugged,
universe of the human plight

Sharron Stephenson

The Eye Of The Golden Touch

to feel the wind through your hair,
the air on the skin,
sun that burns,
spread the wings and fly high above the clouds,
where the rain will into the eye of,
the eagle,
the arrow from cupid's bow strikes the heart,
at a thundering pace,
when the time is right,
speak the words in a magical way,
the golden touch of the fingertips,
to the lips of a lover,
the ice which breaks when the heart is open,
mind, body and soul enrolled as one,
just remember love is a two way street,
when a special spirit does not know,
that an angel is there,
with hopes and dreams,
of happy ever after

Sharron Stephenson

The Eyes Of Endenvour

dropp by drip the clear waters,
from the eyes foam tears,
which with the power of emotions,
endenvours the saddness on the face,

ease the fever of control,
lift the words you feel and hear,
to the garden of the wingless flight,
the grounded passion,
awakes the gaurded branches,
of the fluttering birds of paradise,
enfolded with love

Sharron Stephenson

The Eyes Of Friends

this feeling that burns inside,
I cannot fight, i must explain,
truth or lie what to say,
keep a friend and tell a lie,
gain a lover and say the truth,
from a jack to a king,
a rose to a queen,
the river runs free,
two hearts beating in tune,
what the world needs is,
the strength to stand,
hand in hand and to say,
united we are,
and turn around to,
look into each others eyes,
with the look of friendship and not,
hate or war

Sharron Stephenson

The Fabrics Dream

place the word in a mindless paw
open the palm of the countless light
beat the weak week after week
pour the soul into the pit of wind and
hell

calm the step of the musical dance
sprinkle the rain of a eye of a dream
pole of love

death of death
peace on the thudding wing
coat of feathers and tears
call to the arm of a child's play

bare the snow of the summers sun
pull apart day and night

pass the flaming wink to the fabrics
core of life and pray

Sharron Stephenson

The Fear Of Good

behind the fears of the world,
there is still alot of good,

people are needed,
people need to care more,

to win the biggest heart,
of the lord above,

we should open our hearts,
to the world,
listen and watch,
the movement,
of the words,
which slips wrongly,
from the lips,
of strangers,
who may become,
friends

Sharron Stephenson

The First

the very first step the very first cry
the very first breeze the very first sea
the very first wave the very first tooth
the very first heart beat
the very first man the very first woman

the very first punch the very first word
a very bad temper
the very first war the very first death
a lonely room
the very first bird the very first birth
a blade of grass
the very first whisper the very first mile
the highest first mountain

the very first drop of rain the very first color
red
a cuddle a kiss for luck
a maze of wisdom

the very last words i love you
the message send is
no matter what the first thing is
what matters is here and now

the very last words i love you

the first home the very first shelter
a memory
the very first flower the very first number
the first return
the very first wink the very first mistake
a stone
the first storm the first book read
the very first picture the very first sight
the first and last words
i love you

the very first lost the first climb

the ray of sun for the first time
the light of the moon and stars for the first
time
night and day
the very first cup the very first white of the
snow
i love you
first and last words

the first look the first crush
the very lay of hands for the first time
the very first spark
i love you
the first and last words
i love you

my life your life
in dreams
my day your night
keeps us as one

Sharron Stephenson

The Gate

the road i walk
the gate i close
the path i choose
the cloud i see
the rainbow of red and blue

the door i open
the tile i place
the floor i lay
the flower i smell
the nail i hit

all leads me to the heart of you

Sharron Stephenson

The Glass Of The World

to c the smoke,
to feel the smoke,
is like a fire,
that burns,
deep inside,
when the heart,
is broken,

to c the fields of green,
is to touch the medows,
is a springtime lamb,

to c the world,
through rose tinted glasses,
to to block the sun,
to watch the world,
go round,
is to love all,
and each other,

to c nature,
to love nature,
to see a plant,
grow from bud to bloom,
can be a great lifetime,
of colour

Sharron Stephenson

The Golden Friendship

to beware of the feeling of others,
when the pain sets in
the emotions are high,
moods are low,
tears will flow,
be a friend and be there,
through thick and thin,

the heart and soul,
are torn apart,
mind and body shuts down,
be a friend and be there,

open the lines of communication,
with the ones you trust,
let them in,
to help and care,

take time out,
for your self,
let the energy shine,
be a friend and be there

Sharron Stephenson

The Golden Voice

a voice that goes,
can mean time lost,
the ocean waves,
one is at home with nature,
so blue and clear,
calm or stormy,
it is always there,
no-more steps will you feel,
when the time comes to reach,
the resting place,
in the loving arms of the,
lord above,
the Golden light that,
awaits with the ones,
who love and need you

Sharron Stephenson

The Heart In The Mirror

to look deep inside the heart,
to find the strength to fight,
may not always be there,

the soul can be searching the past,
for the answers to the questions that,
the head has brought forward,

catch a glimpse of the face in the mirror,
and see what is standing in front,

the lie you tell may be to yourself,
but the people around can only see,
the truth you show

Sharron Stephenson

The Heart Of Nature

the nature around us is so special,
the way it's starts from a stem or a seed,
very tree is one of a kind,
just a man or woman,
the feelings we share are so unquie,
from the moment the heart beats,
time will tell on which road we travel,
who? knows why? the crosses we bear,
pattens will show the dark side,
of life,
true friends and memorys,
can be your guiding light,
the words we use have many neaning,
which are only know to you,
alone,
so take the chance tyo understand,
on what the surroundings,
are whisping about

Sharron Stephenson

The Heart Of The Little Love

Feel the blood, feel the pain, shh be quite,
The tears the screams the slap told the,
Secret must be never told.

Day after minute, second after night, morning
Awake a safe place no car bedroom, bath-
Room, sitting room inside, outside woods,
Car park a mental peace in a school bit not,
Not long tick of the clock means more to,
Follow.

Please stop please stop, i am hurt, no longer,
A little girl,
Why? Why? no understanding, the words your,
Fault-looks likes mam - you asked for it,
How? by wearing a skirt.

One two three hold me down take a.
Turn. So scared feeling alone.
I hate the life I hate.

The adult inside feels the past,
The child inside feels the bad in the heart,
The adult and child can now feel the love.

Sharron Stephenson

The Heart Of Thorns

To wish the heart free from the chains of.
Ice Remember a meadow of green and,
Golden blue.

A flower of petals and thorns in a row of,
Wisdom and power. The shower of rain,
And sun in a cloud of spirit and pearls.

Sharron Stephenson

The Heart That Dances

times stands still when the eyes of a,
stranger locks with yours,
heart skips a beat,
palm to palm,
moves you makes towards each other,
slowly and tenderly,
the quickstep the tango,
dances that require body to body,
contact

passion hits and takes over,
as the heat of love,
moves into the space in your heart,
love making,
soft and caring,
from a man to a woman,
can be a wonderful dream,
if only they come true

Sharron Stephenson

The Heat Of The Barrier

the memory you wish to hold is no,
longer willing,
the struggle to battle and force the,
window of pain to disappear,
can be a stab at the thought of the time,
is right to let go,

the note in your mind has slipped,
down and the message of look,
disappoints the eyes,

eyes are the future cameras to,
click and rewind,

a moment to reflect a second to,
forget a life-time to forgive is not,
always possible,

to recovery from the past take 1,
barrier at a time and never,
conceal the strength you have,
in your heart

Sharron Stephenson

The Horzion Of Dreams

a slow crawl,
a quite whisper,
a playful time,
windy day rainy days,

the learning years,
the stranded memory,
the soulful heart,
strong at strength,

eyes that see,
mouths which talk,
ear which listens,
a caring person,
when unhappy faces,
walk through the door,

so take a turn to watch over,
the tender ones,
as the music plays,
the crowd will roar,
but just remember the horzion ahead,

the message sent,
the mesage returned,
the heart which breaks,
the mind which toils,
for the ever after,
in the world of dreams

Sharron Stephenson

The Last

i wish the last wish
i hurt for the very last time
i call the last call
i cry the last tear

i talk the last word
i write the last letter
the last time

Sharron Stephenson

The Last Kiss

my heart belongs to the heart of man
my body belongs to me
my mind is in a twist

my hands long to touch
my lips longs to be kissed
my eyes long to look
my cuddles long to wrap

the walls of love is hard to break
the silence of the words
lyrics of the music hide the pain
of the last kiss

Sharron Stephenson

The Life And Kiss

may the sentence from my heart to your
heart be the words i love you
may my lips kiss your lips
before we say goodbye

may the pain you feel be placed
into my hands
may the path of passion
lead you to the door of mine

may the fall winter spring and summer
fill the soul of play and pleasure

may the life you live be full of all
the things you and i find and hope

Sharron Stephenson

The Limits Of Trust

make a promise,
to a friend,
and keep it safe,
never speak a word of lie,

a head and mind,
can be puzzle if the trust,
is broken,

take a moment to understand,
the emotions,
around the soul from the one,
who hurt,

always allow the friendship,
to grow,

soar to the limits,
if a friend becomes,
a lover,
but never break,
the promise you made

Sharron Stephenson

The Lost Word

when the world spins around,
the ages changes,
people move step, by step,
night after day,
lies and truth are spoken,
the sights are seen,
pieces of the jig-saw is missing,
lines we cross always comes back,
and hunts,
the past can sometimes be forgotten,
other time it hits you least expect it to,
no-one knows why?

Sharron Stephenson

The Love For Yesterday

no matter what you today tomorrow may be better,
time will come when the pain has gone,
your strength comes from deep within,
the heart you have still beats day and night,

let your spirit fly around the soul and mind,
allow the peace and love come to you and the hug,
that brings the warmth and harmony,

laughter and joy tears can heal,

loved ones and friends can bring support and the help,
you need to help yourself to beat the pain.

what people say are only words,

words heal as well as hurt,

understanding what is wrong is the first step to breaking,
the cycle.

the only one who can heal you is you yourself with help,
so keep your hopes alive

Sharron Stephenson

The Man

the love i crave is out of my
reach
the heart i desire is not in my control

the hand i wish to hold
the lips i wish to kiss
the body i long to lay next to

the man i love

does not feel the same

Sharron Stephenson

The Mind In Two

half the time the mind is in a,
twist,
the other times the mind is laughing with,
peace and pride

Sharron Stephenson

The Mountain Chest

trying to be happy when you are feeling blue,
is not a easy thing to do,
a fake smile on a face,
can tell a thousand lies,

the eyes that are like the stars,
can hide the truth of emotions,

as the river runs cold,
the love you have is told and sold,
keep a pack of cards close to the,
chest,
as the number of souls climb to,
the top of the mountain,
and sings a love tune,
for the one that slipped through,
the net of dreams

Sharron Stephenson

The New Year

the snow that falls, which makes for,
the perfect day,
a new year which follows,
means that the world has,
spun around again,
sometimes we forget,
that there are people, who have,
not got the joy and happiness,
as they have no-one to love on this special day,
no water, food, shelter or a family,
so as you enjoy this day,
say a prayer for those who's,
christmas means sorrow and pain,
we can all help to make this day,
the perfect way to end the year,
for one and all,

merry christmas everyone

Sharron Stephenson

The Ocean Soul

as the waves covers my head,
i sink to the bottom of the ocean,
my heart full of lead,
dreams i wish floats away,
memorys i hold so dear drifts to,
shore,
time passes so quick today,
as the air i breath,
foams around my shoulders,
the music i hear from far and near,
is the most powerfull sound to hear

Sharron Stephenson

The Outside

when you look outside your window,
what do you see,
the sun that shine with gold,
nature so unique and quite,

the world never sleeps,
somewhere people are awake,
and fighting and hurting each other,
crashing and learning,

this is learned from been a
child drummed into,
the mind,
that this is the way we,
live,

teach the adults of tomorrow,
to love and repect all mankind,
no matter what the colour of,
skin,

it is what lies beneath,
that counts,

forget the news and start loving,
everyone and together,
we can live in peace and harmony

Sharron Stephenson

The Pain Switch

the pain that hurts,
is the pain that hurts inside,
why? does it hurt so much,
and it never leaves you in peace,
the switch to turn of the pain has gone,
where? has the switch gone

Sharron Stephenson

The Parting Song

please let the heart be unchained,
run the soul free,
the mind soar like a bird,
flying high in the clouds,

place the phone close to the ear,
and listen to the soft words,
spoken from the lips of the,
lover on the other end,
the tears will flow,
the laughter will ring out with,
joy,

sing a happy tune,
when the bodies engage,
for one last time,
as the swan song,
is playing aloud,
the stairway to heaven,
is waiting,
for the sweethearts,
to part

Sharron Stephenson

The Past Of Waves Of Life

to ease the past,
to leave the waves,
to understand the future is a cover,
to he face,

move the spirit one step at a time,
the touch of the hand the lip that,
kisses,
arms that cuddle with waemth and,
tender care,

will allow the heart to breath,
and sing,

the line of truth will hit the face,
on the day when the wheels of love,
brakes the ignition from the,
gates of hell

Sharron Stephenson

The Path Of Blood And Time

To feel the sword through the blood of a
Coiled heart
The pain of broken tear down the eye
Of a thunder storm

Icy words sting across the plain lips
Pull the cord of fact or fiction
Narrate the floors of pills and dreams
Fingers talk aloud the arms around as
Tight as the days peer through the
Blind winds of life

The gated picture of colours and love
Take control of the leading road
Which walks the danger path of
Promises and death

The race of the hands
A maze of time

Sharron Stephenson

The Path Of Pride

to live with anger everyday is hard,
take a breath of fresh air and learn not to loose control,
the pain can be like a red hot poker burning inside,
love, care, hope and joy will come at a price,
open your mind to understand the feelings you,
have are as normal as normal can be, ,
as you will never know what the path of,
tomorrow will bring,
what could be waiting for you at the end of the,
long and dusty road,
could be love and happiness and pride but the most,
important that is that you can see a loving and caring,
person like you,
can be loved and care for to

Sharron Stephenson

The Perfctet Christmas Day

december is the last month of the year,
the time when the star or david,
was shinning so bright in the midnight sky,
the angels were singing,
in afar place,
a child was born ina manger for a bed,
three wise men had travelled,
with gold frankincense and muir,
for the little boy,
who was the miracle? one,
as time went by,
the christams we know now,
is full of presents and joy,
the ho, ho, ho and jingle bells,
rudolph the red nose reindeer,
the happy man in a red suit,
with the big whiten beard,
the slay across the chimney tops,
little robin red breast

Sharron Stephenson

The Perfect Angel

the day will come when you meet a perfect stranger,
across the open space,
eyes will lock,
smiles arise from a distort thought,
i have just met my soul mate,

the heart will skip a thousand beats,
palms are warm to the touch,
lonely nights turns into a passionate embrace,
you have met your true desire,

there will be times when fear,
will darken the door,
but just remember,
the secret code,
you are my everything,
and we will get through,
the hardest times,
my one and only,

the white snow will fall,
on this your special day,
your hearts are full of love,
and hope,
my loving family,

let the angels guide you both,
from now until eternity,

never have across road,
just peace, happiness and harmony

Sharron Stephenson

The Play Of Friendship

To play the record of friendship,
Swing the ball of play,
Find the ruby of love,
Gather the ones and twos and place them at,
The heart of you.

The winter dance dress in a gown of,
Pink and beauty. The sun will shine a,
Never ending light
The stars path of wisdom and love be,
Yours now and always.

Count the days of happiness and,
friends search no more.

To play to the record of friendship,
Swing the ball of play

Sharron Stephenson

The Play Of Glass

time to hide the world from the sight of tears
rewind the clock to the start of the pain
lock away the world from sorrow

spread the wings of desire
walk the hands of strength
saddle the stars of light

the gardens of winter
sands of emotions
play the winters of music

whisper the laughter of glass

silence the love with love of love

so place the trust in your words

Sharron Stephenson

The Postive Independence

the state of independence can be hard to,
manage,
when the day and body is breaking down,
to understand the reasons Why? ,
are never easy to overcome,
never second guess yourself,
as the problem you have can surface and can,
coil with your mind,
sort and recognise the biggest one first,
deal with that fence as it appears,
then the smaller hurdles will be a lot smoother,
to cope and recover from,
sometimes in life everything can go in,
reverse do not allow yourself to get caught up,
in floods of tears and depression,
the strength you find in the deepest part of your,
heart can be the biggest and the most,
powerful support you can have.
so always allow the postive motivation and the,
sweetest smile you have glow all the way,
through

Sharron Stephenson

The Pull Of Us

the pull of friends to lovers
a bond of cheek to lips
embrace to amber
match to match
watch the time a day a week
jumper to nakedness
from flowers to the truth
from rocks to a heart
naughty to a church
the pull of friends
laughs and tears and death do part

Sharron Stephenson

The Reatless Play Of Nothing

with the pain that drowns the tears
caught by the sence of hate
love causes memories to slide by
a call a message the lock on the door
the search for the pride of the bride of
marriage

the rain gathers the wind around a dark
cloud of discontented misery
foam class of wild play

a pull a tick the back slapped name
the tunnel of light not in the view of the
mirror

the line that sinks the portrait of the
final smile
the last goodbye for the end of the resrless
nothing

Sharron Stephenson

The Rustling Heart

i heard her smile down the phone,
the whispers of tears, like the,
sprinkle of golden stars,
that shine over the clouds,
to this heart of mine,

the mist of laughter,
joins the rustle of paintings,
on the floor,
where the movement,
of emotions clambers,
to the sea,

the sounds of drums,
at a thundering pace,
clashes with the strikes,
of lighting,
of love,
around the home,
where the heart belongs

Sharron Stephenson

The Seasons Roads

do not let the seasons play on the words of
love
let the signs of the heart follow the roads
to the mind of a friend

may the kiss of a lovers lips on the
body let you know that the pain can
be forgotten

the joy of love making between you
and i
so let the dreams you have
come true now and forever

Sharron Stephenson

The Snow

when the snow is just starting to fall,
the people are happy to play all day,
the views are different and days are short,
the nights are long,
the snow at day is white and pure,
the night time snow glistens with colour,
like dancing fairies having fun,
the snow that falls,
the boredom sets in,
when the snow goes the spring is due,
the first born lamds,
the leaves on the brown bark,
of the old tall trees

Sharron Stephenson

The Song Ends

life is dull life is fun
down and low as pain can kick the heart
pull the laughing string
carry the soul of the heavy stone
the world of songs and moons
the softest touch of skin next to skin

the love story tells all

part one me and you
the eye of mystery
the giggles of joy

part two you
the beats to my winks
kisses to my fingers

part three me
I mean nothing to you apart from a lot of
steam and sexual pleasure

part four

what to do when the end is near

part five
live life like this groundhog day

part six
I miss my friend

part seven
the end

the end of what

how to talk
how to play
the end of friendship and lovers

Sharron Stephenson

The Stillness And Shadows

time is emotion on which we work,
the stillness of the waters on we drink,
the shadows of the darkness on which we sleep,
the sun rays on which we wake,

places we have been movies we have seen,
people we meet love or hate, they the neighbours,
of the world,

music or sound to listen or to dance,
with the feeling of one other who knows,
Why?

Sharron Stephenson

The Storm

time to move on from the pain and hurt from the past has,
caused.

may the future be as bright as the petals on the,
perry red rose.

the sunset can be as bright as the sunrise as the,
day breaks the sea is calm before the storm.

the heart and mind can cause a war, STOP and,
breath.

1 go to a place that has a good memory,
2 think about your fav things,
3 relax and enjoy the moment,

the road can be long and hard, but you know you have,
the strength to pull through,

the heart that beats with the burning flame has the power of the lion,
and the desire of the flaming star.

the love you have for the people around is the one,
thing you can depend on, the love they have for you,
can mean a lot.

Sharron Stephenson

The Storm With A Heart

the puzzle in your mind,
can be the way you wish,
a storm of rain and thunder,
can clash with the light,
of a cloud,
the strength of a person,
comes from the power of their,
heart,
the sunshine of a smile,
from a lovers eye says more,
than words

Sharron Stephenson

The Tree For The Seasons

that old oak tree,
outside the window,
from the moment,
it is planted,
the roots starts to grow,
bigger and bigger,

the trunk the branches,
are all shaped,
in different ways,

the leaves start green,
in the spring,
the summer is hot,
autumn comes,

the colours will change,
to a golden sunshine,
the leaves will fall,

winter time,
the trees will sleep,
untill the spring,
and the seasons start again

Sharron Stephenson

The Uncried Tears

the laughter singing and joy,
movement of the footsteps,
up the stairs and then the shouts,
shut up and go to sleep,

the night is silent,
the door open slowly,
the hand over the mouth,
shh shh,
the legs forced apart,
as the pain begins,

the blood flows,
the tears won't come,
the door he closes with the,
happiness in his heart,

as the water runs,
a warm bubble bath,
my childhood gone,

but as i grew,
the pain becomes numb,
the older i got,
the memories grows stronger,

as i fight and fight,
i wonder if it will,
ever stop and go away

Sharron Stephenson

The Wars Of Life

there are times when the world is not as one,
hearts of the people are spilt in two, wars and,
fights causes hate,
love peace and harmory can make the world one,
come together like brother and sister,
put your arms around each other and show,
you care,
the world needs people, earth, wind, fire and water, flowers,
animal's sun and rain to make it grow,
each one of us has a part to play although,
it is small it is up to all to make the best,
of what we have,
the day we are born is the day we start to learn,
school can teach us so much but the biggest learner,
is life its self,
each one of us in mind and soul, has to do,
what we do, so Why? let the meaning of life,
die without love,
remember the poeple who lay down their life,
for us they died to make this a better day,
so what do we do we make it worse by the wars,
treasure the moment that you have as the day by,
day who knows what comes next. the answers,
that we seek may never be known. the demons and,
spirits are clashing again in our hearts. so,
fogive and forget the past life and live the life you have,
now the best you can

Sharron Stephenson

The Weather Of The Sin

may the tears which are rolling down the cheek,
be of joy, happiness and fun,
and not pain, sorrow and misery,

may the sweetest sound of the birds singing,
bring hope to the heart,
and not allow the rainy days,
cloud the soul,

the sound of the drops,
on the window pane,
the sway of the trees,
a storm is forecast,
a slight change in the weather,
that is a laugh,

what to do about,
the sins we do,
pray to the lord above,
pray for forgiveness,
put to the back,
of our minds,

and wish for a,
better day

Sharron Stephenson

The Whispers Of The Ocean Buddies

place your heart into these hands,
of mine,
where it will be safe and sound,
the friendship we have means the,
world to me,

the laughs we have,
talk about what we need,
put your trust in me,
and it will be there for ever more,
friends forever,

bare your soul,
the whispering tree,
let the words speak,
to this ear that never wavers,
over the ocean of,
the long term,
buddies

Sharron Stephenson

The Whisper And Child

to maze the mind of puzzles and dreams
to close the book of wishes and spells

to whisper love and hate into the ear of
a child of his and hers

to pull the apart the bond of mine and
yours

to reach the point of evil and the
loss of control

to pluck the gentle soul into a ring
of friendship and pride

gather the fairies and hold
the candle so bright

Sharron Stephenson

The World Today

my friends my strangers
in the world today
my wisdom my woes
in the world today

my love my hate
in the world today

Sharron Stephenson

The World's Flash

the tears that roll down my cheek,
are sign of the unhappiness,
i face on a daily baces,

sweet or sour,
sugary or bitter,

moods change,
as quick as a flash,
up and down,
round and round,

take a step back,
look at the world,
in a driffenent way,

and all the problems,
you can see,
may not be as big,
as you think,
they are

Sharron Stephenson

The Year Of The Fairytales

the time we spent together is time spent apart,
two hearts that comes together and beats as one,
minds that are clear have a clear path to the future,
a soul that leaves is a love we lose,
so hold on tight to the love you find,
and allow your world to be complete,

the months of the year is a day and night,
the seasons there are four,

the rain of spring,
the flowers of summer,
the golden colours of autumn,
the white of winter,

to help the world go round,

just remember when times are bad or good,
there are signs on which you can follow,
allow the strength of your spirit be you guide,
to the happiness of comfort and peace,

the first cry of a new born is the start,
of life,
death is the end and the beinging of a world,
of which is unknown to us,

many stories are told about fairytales, myths,
legends are any of them true that is up to you,

so to say the only thing to complete the world is love,
but that is not all

Sharron Stephenson

There And There

when my heart cries for love
when my eyes open for attention
you walk away

when your heart cries for love
when your eyes open for attention
I am there
why can you not be there

Sharron Stephenson

Thruh And Harps

the road ahead is unkown,
corners we face are truly blank,
the trees are bare untill the spring,
movies we see are not beliveable,
people around us can tell some lies,
or even the truth,
about the way we behave,
the sunrise over the sea,
is like a beating of a heart,
in love,
sunset in darkness without,
the moon,
the stars that sprinkle,
that magic dust and May,
never shine above the,
cloudless sky,
the waves of the sea,
with a sign of a storm,
around the world,
when children lay dying,
parents are crying,
times must change,
and so should we,
music and souls,
are the sounds of the,
heaven above,
spirits that roam and,
that also flies are watching,
with hope that one day peace will fall,
on the earth,
the Lord we,
pray loves us all,
from the day we are born,
untill the day we stand,
at the gates at the,
top of the stairs on which,
we climb,
harps are singing and playing as,
our names are called,

on which we cannot hear untill,
THE JUNDGEMENT DAY

Sharron Stephenson

Tick Tock And Stop Lonely I Feel

with all the miles between us the love
keeps us together in our souls and heart

the flowers i see remind me of the cuddles
from you to me

the rain i feel makes me think of the soft
touches on my skin

the sun that beats down help to understand
the jokes you say to make me laugh

when the night draws in and i am laying
in my bed

my mind wanders to the first kiss
the first time we said i love you

confused and lonely when has it all gone
wrong

sickness and health
purple and gray
walk and run

down and down i go deeper and deeper
i fall
stop look and see

no sleep all pain
lonely i am

tick tock the hands moves around the
face

could not stop

lonely i am

To Slip Away

to leave this world,
with a empty heart,
a wasteful mind,
blank page for a soul,

a memory with sorrow,
no dreams to hold,
is not a peaceful body,

create a smile,
find a friend,
to wish for a key,
to unlock the present,
of love,
hold a hand,
as you slip away

Sharron Stephenson

To Trust And Bare

My heart is breaking and my mind is a mess the,
Soul i have has left my body. Time to,
Regain the trust i had in poeple i know and,
The one i love.
The pain i suffer is at hand of,
The person i trusted more.

The guilt i have is not mine to bare, so,
Why does the guilt hurt me more than the pain,
Itself.
just remember when times were good and the,
love you had will come flying back.

Night follows day, day follows night but,
What is inbetween.
The stars the moon in the midnight,
Blue sky. The clouds and the sun will shine,
Through the winds above.

Acry a laugh or even a smile willl,
Help you through no matter what the,
day will bring.

Allow yourself time to heal,
When pain and guilt and heartache will not go away,
Overnight.
Poeple around you now,
Are the best to have.
Talk to someone who you know can be.
Trusted.

Never ever forget what love could be,
When the specail person comes along.

Place to place is just running away and,
You will not be able to put the past to rest,
if you do not stand to stand,
To stand fight and the fight is the bravest and hardest fight,
To fight

Sharron Stephenson

Trouble And Care

to share a love
to share a trouble
the heart we share
the beats of a soul we care

Sharron Stephenson

True (The Maze Of Chains) Feelings

the nights are closing in and the loneliness has,
fell around my heart, the chains are,
tight i cannot breath,
the wind is strong the snow is deep my mood is dull,
the pain i have is worse then ever,
the face i show is not the truth,
the care i seek and wish is not forefilling,
the way it should,
down and down i fall into the dark side,
i cannot bear to be,
the magic wand the soft voices i wanted to feel and,
hear are not aware that i am,
calling,
changes are ahead that will be hard,
to understand,
places and people i know will be there,
to comfort me through the maze,
of life

Sharron Stephenson

True Friends

To be a friend is a friend with a,
special heart.

To see the tears roll down the sweet,
cheeks of yours hurts my soul.

To hear the tones of a lonely word,
from the unique voice of yours,
Sends me to run to you.

My arms are there to give you a hug,
My ears are there to listen to you,
My shoulders are there for you to cry on.
Night or day i will be there for now,
And always.

TRUE FRIENDS

Sharron Stephenson

Understanding Emotions

A tear a moan, the laugh the fear,
time to understand?

The word why? the emotions all at once,
time to understand why?

To be alone, to leave the earth,
time to understand why?

The problems, the wait, go slow, go,
fast who knows,
time to understand why?

The long, the short, memories hit or,
miss,
time to understand why?

Depression a mental state,
time to understand why?

Sharron Stephenson

Understanding Love And Pain

when the rivers of blood flows from the face,
the tears of light will darken,
the words i love and sorry,
are not enough,

the doctors will ease the pain with the magic,
pills,

the pain and busies will heal and cover,

the wheels of the mind moves slowly,
and will deepen as time passes,

the ticks of the clock as the emotions,

to help the mental scars takes love,
and understanding,

so stop now and look at the fear,
in the eyes,
is this all a dream or true life

Sharron Stephenson

Video And Pills

walk the path of truth and lies
run the race of memories and eyes
pause the video of laughs
and tears
mind the gap of records and pills
around the bend of words and anger
search your heart
and love and friends

Sharron Stephenson

Voiced Pride And Freedom Bullets

To seal the past with the lock of pride,
To open the box of future smiles,
To pack away the history books,
To unwrap the chocolate kisses,
Smoke the ashes of failure,
Place the pen on a paper of birthday,
wishes.

Wave across the holes of demons and angles,
Jump to the beat of the voiced goodbye,
Drain the heart of the last drop of a dying
Story.

Crawl across the pit of fear,
Roll the dice of play
Memorize the call of many.

Dot the pulse of the lonely bullets count,
Clasp the chains of the chained souls,
The saddest notes of the earth's pain,
Heal the power of a stranger's love,
Stand on the platform of life and freedom.

Sharron Stephenson

Walking Hope

a word a knock a scratch a spray
when the hurt begins the day has gone
people laugh and cry pause and breath
play around the monkey climb
walking the pole a thought

calm the past forward the key stone
dampen the waters floods
captains tail of breaks and spikes
a woman's heart of nails and thumbs
gowns of gild an black
puppies of care and hope

sentences of crimes and punches
death of mental love in ten ways
a crowd a star

Sharron Stephenson

Walls Of Power

to free the love in your heart,
first break down the walls,
that barricades the soul,

to soar like a hawk,
through the clouds,
so high above the world below,
can take alot of wing power,
to prow through the fields,
of green,
like the king of the pride,

remind yourself,
of the fact that nature and us,
can share the same,
world as one,
as long as we open,
our hearts to peace and care

Sharron Stephenson

War Pictures

war is hurtful and hateful
wars are men and women fighting
pain and tears

the mental wars is hard and long
step over mood
dark over night

pictures on the brain
colors in the eyes
cloud in the heart

move the wars and free
the peace

Sharron Stephenson

Water Puddles Of Hearts

the heart is like a puddle of water
runnint to the beat of reign and rain
the pull of the dance on the floor makes
body pump and fold
understanding the call of the strong arm
to the sensitive soul

the touch of a warm and caring embrace
allows the tears to fall down the felting face
laughs and kisses makes the wishes and dreams
and hopes come true for a woman's prayer's
and future

Sharron Stephenson

Waves And Beliefs

to search the waves of emotions, is to hide the heart,
of love,
when the body to soul contact is broken, the sea,
of desire will cry,

to control the crutch of life, is to click away,
the fears of hurt and pain,
flags of colours fade with time along with hopes and,
dreams,

planks and wires are glued together with the,
spindles of justice,
the spray of wisdom will fail over and over, but the,
very core of everyone will tile the wall,
of nature's way and beliefs

Sharron Stephenson

Way Of A Dream

the all of a wink my answer the scent
of the smile
the pole of the wind ice of the cracked leaves
the top of the spinning music
screen the words delete the core
space the corners of the global mind
ease the power to control

mix the hand with the heart
hold the hole in the heat of a battle
soul to soul human to human
the path that follows the ways of me
and you

move a cover of a cover
step across a road of a cry
never leave a broken dream
a dream in two

Sharron Stephenson

Wedding Day

the day may ring out with bells of one
and two
the tender waves of words and pounds
sends the body into a whirlpool of shakes
and happiness
the seed of passion through the mind
of family and friends

the clouds of wind and rain around
the garden of romance and gaudiness
the dress and suit side by side
moves the heart and soul into the church
of the lord above

so take a stand and say you are the one who
stole this heart of mine and always will

the one i love

Sharron Stephenson

What Body

to play the wishes of a dream
race the peace drag the hope
hear the pulse mount the beat
gather the heart of sight
peel the leaves of life
pour the water of a penny
pull the sword of a memory
sort the pearls core
add the words to the letter
men and women all in the same body
and mind
day and night
no matter what

Sharron Stephenson

Whipped And Gangs

my fantasy life is strong and free
i live in a world of hate and vile
my body is a woman
the mind is a child a jig-saw piece

the aches i feel
the words i hear
the friends i see
wishes never come true
door i open and close

the devil has taking away the sprit
clouds dark and lonley
poles apart whipped and crying
chains and gangs
c

Sharron Stephenson

Why

when my heart beats day after day
why
when my eyes cry tears
why
when my body moves with that special touch
why

when the words hurt
why
when the anger rises
why
when the pain starts
why
when the sorry never comes
why

why do people live
why

Sharron Stephenson

Wind And Walk

to mask the sent of no words
to hide the plays of claps of the face
to pill the clay of steep emotions

to gather the clocks of excuses
makes the pride of wind chimes close

mindless thought of dresses and shirts
stockings and make up
the night of passion

prayer of love and light
music for the heart and body
one two more to follow
break no more
stand up and walk away

Sharron Stephenson

Window And Oceans

may a wish come from
the heart
the colour of a window
the soul of life

the button which clicks
the lovers of the world

the flow of the oceans shore
gathers the storms of winds
sends them to the four
centers of sence and
pride

Sharron Stephenson

Windows And Wilderness

my words my kindness
your ways your eyes
my passion my windows
your warmth your wildness
my boxes my lock
your key your strength
opposites we are
work together will do

Sharron Stephenson

Winters Love

then the love in a heart
holds a message
from a eye of a friend

whisper the winters call
from east west maze

Sharron Stephenson

Wires And Fingertips

the streams are flowing with words of,
wisdom,
springing the courage when the signs,
are blocked by pain of the eire wrapped,
hardened heart,

the numbers and souls are a,
pebble in a maze of,
thoughts of love and dreams,

the mind can bind the world,
around the fingertips,

sounds from the underside the,
music dancing laughing and,
treats,
are the lights from the lord,
and angels we know

Sharron Stephenson

Wires And Hell

To swipe a hand over the heart of pearls,
The whisper of steel through the soul so tender and caring,
To light the fire on a open tear,
A play of emotions over the curtain of wires,
The missing days,
The night of horrors.

A only word of hate,
To sleep with the love of ice,
The eyes that talk with a cry of scares and hell

Sharron Stephenson

Wishes And Clocks

the wish i wish will always be a wish in my
heart and dreams

the play that plays around my mind and soul
will always play

the words i speak are never heard from the
lips of mine

if the time in my life is never ticked from
the clock if the hands are never wound they stand
still

the move from one to three is yours and
yours

so make a move and change my wish

Sharron Stephenson

Wishes And Fights

hold the sweet dreams in the
palm of life

grasp the hope of power
and make them wishes

day by month
stand side by side
arm in arm

gather friends and family
have a party

live as one
and never fight

Sharron Stephenson

With A Personal World

My heart in tears,
No pain no wars,
No steps no brusies to see,
A smile as big as the future holds,
A moment in time to see the face in,
The cloudy mirror.

The past that scars the memory box,
Of friends hand in hand with me.

The life we wish with the personal touch,
A care free heart of me and you.

The love we lose and desire to hold.

No more hidden faces,
No more hearts of stone.

All the colours of skies and skin,
To tackle the wisdom and wrongs,
Time stands and moves around the world's
Poles

Sharron Stephenson

Woman Or Man

When the mind is rushing so deep that,
The thought of the end of the brick wall,
Is as strong as the wish to steal another,
Kiss of the lips of a lover so true.

When the pain of the heart is crushing,
The dreams so tender and real.
When the past times of a sorrow joy,
Enters the body's soul. The peace,
Of emotions runs clear and misty.

When the memory of a childhood song,
Plays in the eyes of a picture's hand.
The truth of the sweetest moment is a,
Minute of happiness and candy.

A second of evil is a lifetime,
Hurt and distrust.
The box of locked clocks and movies,
Spring into the basket of holes and,
Ears.

Pause the button and hold and,
Whisper this is me and I will grow,
And grow into a loving and kind,
Understanding Woman or Man

Sharron Stephenson

Words And Death

The first word,
My broken skin,

The second word,
My broken bone,

The third word,
My broken spirit,

The fourth word,
My broken heart,

The fifth word,
My broken soul,

The last word,
My broken death.

Sharron Stephenson

Words And Stars

the rain that falls from the sky,
lays heavy on the heart,
the moon that slips around the stars,
shines on the eyes below,

together we share the air we,
breath,
the pavement we walk,

times and roads are not far,
ahead,

send the soul i long wish,

dreams that plauge the night away,
should be from the mind,

peaceful thoughts and memoires,
are true,

whisper the words in my ear,
that clear the pain and,
burst the sour taste of life,
to leave a sweet after kick,
of loving tender care

Sharron Stephenson

World And Nothing

the world is full of black and white
the streets full of strangers and friends
the house is full of family and play

the peace and weddings
the up and squares
the mind and walls

the break and days
the word and nothing

Sharron Stephenson

Worried Life

life dream breath
walk talk run
heart fight cuts
logic meals waste
time space games
music tapes write
words marriage love
abuse hate rape
watch learn betrayal
secret nice worried
live all problems

Sharron Stephenson

Worthlessness To Beauty

try to hold on to the strength,
in your heart,
even thou the misery you are,
going through is causing pain,
maintain your dignity and density,
safely in your hands,
understanding that the feelings which,
are happening is just a phase and it will pass,
baby steps will grow and grow everyday,
untill the heart is strong and willing you to,
realize that there is a beautiful,
person inside and out,
so never forget that people only see,
what you show so,
let them see the real you

Sharron Stephenson

You And I

my body is tender to the beats of your heart
your words sends a shiver of pleasure down
the spine of pictures

sometimes a cuddle can mean the passion
if a kiss

a wink of a eye the unbreakable bond
the movement of a pen across the soul
shows heated love between you and i

Sharron Stephenson

You Said Goodbye

the arrow shot me in the heart
the day you said goodbye

the tears flew down my cheeks
the day you said goodbye

my love for you grew and grew
from the day you said goodbye

all alone
the day you said goodbye

teach me to move on and
say goodbye

goodbye

i am free to love again
the day you said goodbye

Sharron Stephenson

Your Depth

the key to my heart is love kindness
and friendship trust and be real

my soul is my body and mind to
grow and play

my word my guide my peace

the secret i keep the line i will
never cross

is the depth of the crust of pain and
hate is the answer of only you
and you alone

Sharron Stephenson

Your Trust Is Tested

there are times when you will be,
tested,
the way you deal with it,
depends on the strength of your,
heart,

the bigger the test the harder,
you have to work,

weather to forgive and trust again,
forgive and forget,
the hardest part,
maybe to trust,
when someone has hurt you,
so badly,

so be careful in everything,
you,
be safe,
and if you say no,
it means no

Sharron Stephenson

Youth And Body

when the lights go out and the windows close,
the eyes are shut the mind is open,
hearts will grows and mount the,
mountians of fate,

time to move the satute of the body,
and sing the highest and the soul,
can ring,

pressure and tone of the voice will,
dive into the wilderness of,
fortune and youth,

divide the time you have,
into the smallest parts, and then take,
one by one and turn them into the,
biggest smiles that poeple have ever seen

Sharron Stephenson