

Grounding To Soar

By

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DAYDREAM

Listening to the bells chime, I can tell that it is time

To walk amongst the tall green grass

And lose myself amongst the fog

Do you see how the wind blows

Giving thought to nymph and faes

And with them I should surely stay

To spend my time and run away

Give me light where darkness abounds

Give me peace when none can be found

For in this hole I am truly trapped

My head is not a place of peaceful rest

TRUST THE LIGHT

A light illuminated my darkest nights

It brought forth a false sense of safety

For my soul was restless

There was no true confidence that my feet were touching ground

“Trust in the light”, they told me

“Hold on to it with all of your might”

But the harder I held on the more uncertainty I felt

In thinking the direction was right

So, I dared myself to take off the band-aid

That was preached to me to be true

And I realized that all it did was blind me

From the dark realities of the world around me

HARD SHELL

The static in my head cannot compute the lack of trust in you I have not dealt with yet

I want to let it all go

I want to grow, but I keep going back to a time I wish I didn't know

You were happy and I was okay as I put band-aids on wounds

Licking them and praying for them to heal

And as I submitted myself more and more, the happier you became

And the more I dug deeper within, becoming the shell you do not like

So, when I see you, my mind goes into hyper mode

Wanting to know what action to take, what words to say, how to react

In the end saying, "Sorry" for my roboticness

Saying, "I will do better next time"

Saying, "I will get the help"

Maybe it is time to let go of that shell

ENTRAPMENT

I feel locked

Unable to move the full length of the space that was given to me

I feel trapped inside of a whirlwind of choices while trying to determine which feeling to grab

What expression to show

Which moment to give others

What “normal” people usually give

It’s lonely and confusing

Frustrating and time consuming

If I wasn’t OCD enough in the past, I am now while trying to make the world happier around me

Wondering what I must do or must not do to keep people I care about from going away

While wondering if my smile or my laugh is convincing enough

To ensure that people like me, instead of thinking I abhor them

This robotic heart and mind will do its best to work based on what you put in me

It’s not fake, but I still have to exaggerate the show

Because my mind and muscles do not always do it naturally

ABANDONED

Did you think you were forgotten

No, you were just given time to age well

Beautify

For your cracks and crevices filled with dust and darkness

Make the light that shines through your dirty windows even brighter

And the creak and moan of your movements are a symphony to the ears

So, never feel abandoned

For there will always be those who truly appreciate you

SADNESS

What is the acceptable ratio of sadness to happiness that a person can display without being too much

For fear that they will chase away those they want to stay

For sadness seems like a weakness

A thorn that pierces through thin skin that tries to appear as if it is impenetrable

It makes fools of us

Mocks us

As we try to display the brightest smile to hide the darkest feelings

Sadness

Does it show us as the imposter or does it show us for our true selves

All I know is that in this society it is not acceptable and is only tolerated in phases

But what do we do if it is a part of us

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What do we do to stay loved

FEAR OF GROUNDING

Have you ever had that feeling where you feel a bit lost

Your mind is on overdrive

But you're not quite sure what you're thinking of

Because everything is moving a mile a second in your head

Worries

Confusions

When you wish you were at peace instead

How do you take a moment to rest your hurried soul

To slow down

When it feels you might mentally lose control

REDEFINED

The night brings memories of pain and blood that was spilt

Left to spread through the cracks and crevices of my life

Touching everything in its path

Leaving nothing undisturbed

And even though the night carries on

Bringing up more past memories

I say thank you

For the lessons that were learned

The naivety that was lost

So that I may not repeat past mistakes

Or go down the wrong paths again

This blood

This pain shed a light on who I am and what I want

This is my pain redefined

CHOOSEN CHAOS

I have a backlog of words that I want to write

Of worlds that I want to create

Creativity that I want to share

There are dances that my feet, hips, and arms want to move to

Rhythms that my hands want to drum

Music that wants to be played and heard with my soul singing every word

There is beautiful chaotic nature to be photographed

Serene calmness to be captured by brush strokes

But I am advised to pick one or a few of these outlets

How

How am I to accomplish or master any of these if I am meant to suppress the others

How do I keep the waves at bay and focus on just one or two

These words, these songs, these dances, the findings of beauty cannot be kept underfoot

To deny them would be to deny myself

For so much goes on in this mind of mine

And my eyes behold so much beauty and inspiration

That I cannot help but to partake in chaotic flights of fancy

WHO AM I

I keep looking into the mirror trying to find my past self

But there is no past self to be found

It's hard accepting that they are gone

And that I can't get any of that time or energy back

The current me is beautiful

But I have a hard time accepting how I look

I see so much emotional pain that I went through

Showing through my eyes, my weight, and thinning of my whitening hair

I know it's not too late to live my life

I am just mourning a past and trying to find a way

A way to forgive my past self of wrong choices

A way to heal from years of survivor's mode

A way to fully embrace myself

So that I can recognize the person looking back at me

