

mindful

B L U E S

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www.qwf.org/programs/wic

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DM

mindful
B L U E S



K.K, G.O, L.M

It was colourless
The steel grey soul of hers
Although she wanted it to seem like the opposite
She never wanted anyone to know
Her lucidity was exacerbating
She was so easy to read
Only by me though,
Others couldn't see it
All the pain and sorrow that dripped down her eyes
The foundation of her life was rocky
On the verge of crumbling all at once
So unstable she eventually shut herself out
From this cold, cruel world
She just wanted it all to end
and that's exactly what happened



K.K, G.O, L.M

His heart was cold as a steel grey post in winter
Converting his way of thought was out of question
His mind was set and it was going to stay

The lucidity of his dreams
caused him so much anguish

He viewed his past life so clearly,
wanted so much to forget

The foundation of his life changed as he did
It was tragic
He hadn't experienced a calm morning in ages



K.K, G.O, L.M

NOT TO GO

The rockies had a thick blanket of bright snow-
covering

It was serene and peaceful as nature should be
The colours of the sky shined
brighter than the glistening stars

The girl sat at the foot of the blue spruce
She had a plan—
it was the first time she'd considered leaving

But she saw the delicacy of the snowy owl
and couldn't find the courage to go

The soft lace tied to her dress
flowed in the mighty wind

Peace of mind had come to her—
She chose not to go

~

K.K, G.O, L.M

ROCKY

Happiness fills the room

Everybody sings in harmony, just like Rocky's white smile

The Atlantic sky offers Rocky many possibilities

Much like the blue spruce tree

Odd it was

A snowy owl appeared on the bough of its colourful branch

The tree looked like soft lace

as its beautiful creature lay upon it



K.K, G.O, L.M

I step off the train

The Rockies loom white behind the hotels of Main Street

The street is deserted, empty, much like the sky

No colour's in sight other than the blue spruce

There laid upon a tree, a beautiful snowy owl on a bough

Soft lace on my skin makes me feel good



K.K, G.O, L.M

The endless possibilities that are destined to happen to us
I only have one in mind
New York so vast
Posters, signs, lights
I knew where I wanted to go but not how I'd get there

The humility I felt was so exhausting
because I knew the way
but couldn't think how to get there

The current of thoughts flooded my mind.
How do I reach such destination
My most valuable organ, my heart, would skip a beat every
time I looked up from the ground

MY FACE IS MY CANVAS

BY S.B.

One layer of foundation
and the painting of contour to completion

I decide to apply brown chocolaty gel to perfect my
eyebrows and beside them brushing my eyelids with
pops of colour

To decorate I fake lashes and lip gloss included

To seal my look all it took was a few drizzles from a
bottle and like that my art was finished

FALLING BLOSSOM

BY G.O

Light was piercing through my light brown eyes
As I watched the pink petals
Of the ornamental rose
Cascade gently onto the ground

HEART IN THE MISTS

BY G.O

Walking under a bridge
Rusted by time and idleness
The grey fog only heightened
My feeling of isolation

GLACIAL

BY G.O

Covered in linen
My cheeks became rosy pink
Frozen by the chill

THE FLEE OF WINTER

BY G.O

The snow was melting
I smelt the soft pine outside
Spring was on its way

SHORE

BY G.O

I heard the water
As it splashed the textured sand
On the golden coast

PLAYFULLY CHILDREN

BY G.O

The wind blew with the shining sun
As he bent down just having fun
Staring at the quiet water
His mind had started to get softer
Intrigued by the sloven pond
Stuck right there ever since dawn

DELICATE THREADS

BY G.O

Tangled and worn out

Bright red with silver spots

A ball of rolled wool was pushed and pulled, thrown,

Then sold

Just like a damaged heart

FROZEN ROSES

BY G.O

Crazy how they're covered with cold
Tormented by the wind
But keep their beauty
Keep their color
Their fragility
Until their resilience comes to an end
Breaking
And disappearing into the endless piles of snow

COLD FLIGHT

BY G.O

Fly, I told the bird
It looked at me crookedly
Spread its wings, and left.

QUIVERS

BY G.O

October grey skies
Bring shivers to my cold bones
Fighting to withstand

ATTENTION

BY G.O

Flashing lights.

Cameras all around.

He was overwhelmed by the concentration of people.

Tearing up,

His eyes had started to blur.

And within a split second

Boom.

His body lay on the concrete floor.

What a scene.

SIMMER DOWN

BY G.O

I could only imagine
What thoughts spiraled in the woman's brain.
Dressed with unsightly rags
She looked like she was placed in the wrong century.
A bewildered soul she was,
Thinking so highly of her futile self.
I could only wonder
With the hours that passed,
Forced to listen
to give her my attention.
As she raised her crippled voice,
And spat out nonsense,
Who did she see?
While staring at her reflection in the mirror.

AZURE

BY G.O

Calming blue
In an ethereal atmosphere
Changes naturally into darkness
With twinkling stars
Heaven in the skies
A beautiful firmament

HORIZON

BY G.O

I've always dreamed
Always hoped
That one day
I could touch
Feel
The winsome horizon line
The point where the ravishing sea
Meets the wide blue yonder

QUITE A SHOW

BY G.O

Entertained

I kept watching

Your little performance

But I'm done now

Your curtains are closed



G. O

The sunrise started to fade
Going down with the shadows
The sky was filled with haze
Compelling the empty meadows



G.O

Streams of flowing water
Little stipples grasping on
Carried away for the better
Helplessly they were drawn



BY E.B

I always seem to talk to you when I know I shouldn't
But dad says to be with someone
who makes me happy
The thing is, I don't make you happy
We're not a perfect match for each other
Long distance ruins us
Called you mine, felt like I was lucky
How many times did we call each other's names?
Rain are my tears,
how many drops fell down to my face?
I've loved you so much
Till you no longer cared
Oh my love, please take care
Hope to see you again
End has come
Rain drops are gone



BY E.B

I'm sorry I couldn't help you
However I couldn't help myself
I tried to take you back
You rejected me
Because you wanted to be with her



BY E.B

“You love to hard, he didn't deserve you.”
Why didn't I hear this before I loved him?
Why didn't he deserve the love I gave him?
So many questions that wont be answered.

NOVEMBER 1ST

BY K.K

This dream was lovely

The sky had beautifully presented itself

Birds sang for each other

Clouds were like spilt milk in the sky

The sun was setting

The dream asked if staying was okay

Only wishing it could be accepted

But being denied

It left with a frown

Goodbye, Sweet dream

Hello, Waking reality

SPRING DAY

BY K.K

I found myself standing on a forest hill
with a soft pine tree placed upon it.

The smell of delicate lavenders
brought childhood memories.

The sky was a sensible blue with a tint
of spring glow. It feels like home.

~

K.K

I've seen her ghostly face
She disappears with no trace
Haunting me at night

~

K.K

Her soft velvet lips
The ocean blue eyes
She seems so divine

~

K.K

I felt sad all day
why won't my pet come and stay?
I'm fine, I'm okay!

~

K.K

I often wonder
She always seems so happy
But I know she's sad

~

K.K

This seems so peaceful
The sunset out with my friend
But then I hear it

~

K.K

She is like my treat
The candy I eat for fun
I'm on a diet

~

K.K

Gracefully painting

Pictures of cherry blossoms

In the morning sky

~

K.K

His love was beauty

Like butterflies who belong

Together, Sweetness

FAKE LOVE

BY K.K

If it was for you I could pretend to be happy,
Even if I was sad
If it was for you I could pretend to be strong,
Even if it hurt real bad

I wish we only needed love to be perfect
I wish all my flaws could be hidden and kept
I grew a flower that could never bloom
In a dream that could never come true

I'm so sick of this fake love
I'm so sorry but it's fake love
I wanna be a good *man*

Just for you
Be sincere, just for you

I don't know me. *Who are you?*
In this forest too, I can't seem to find you
I am so lost. Where did you go?

DEAD

BY L.M

The feeling of emptiness
The feeling of being broken-hearted
The feeling of sadness
The feeling of anxiousness
The feeling of pain
The tears I cry day and night
They've burned my face
My eyes have lost their joyous gleam
Their colour is a dull, lifeless steel grey
I don't see the point of waking up in the morning
All I want to do is shut myself out from the world

I'm looking for places to run and hide
I'll never forget you
God knows how many times I've tried
I'm tossing and turning at night
Every time I close my eyes I see your face
Why won't you let me in?
Why won't you let me know what's going on
What's happening inside your head?
You tell me you're not blocking me out of your life
I feel that you've shut me out forever
Being away from you is killing me
I feel like I'm losing my goddamn mind
I feel dead
I feel lost
I feel confused
Please come back to me
Please let me help you
Just come back to me please
Come bring me back to life

YOUTH

BY L.M

As I lay in my bed, I feel the warm sunlight seep
through the crack of my curtain

I lay here and think to myself, I'm always over-thinking
I tell myself my youth is gone,
I didn't even get to experience it, my fractured childhood
My lonely nights of crying myself to sleep
All the promises, all the lies he made
Everything made it go by so fast

Still I lay here and try to fight my demons alone
I tell myself, it's better that way
Broken things like me are better off alone
Not anyone having a clue what's going on inside my head

It's a struggle just trying to find some peace and serenity
All I want is to be happy, I want to be free from this darkness
I want to be a kid again, to be young and worry free
My humour and my smile, my laugh it's all gone

I'm not the girl I used to be
My innocence and my purity are gone too
What I am now is all that I'll be forever
I have no honour, I'm fake and I'm worthless
There's a void inside that just never seems to go away

It aches and pains me all the time
I hate myself, I'm angry and disappointed, but still young

Your youth should be filled with
Laughter
Joy
Happiness
Smiles
Love
Wonder
Intrigue
Curiosity

Don't let anyone take your youth away

HELL

BY L.M

I love you
I need you
I want you to eat, sleep and breathe me out
Till the end
You said you love me
You said that you need me
But then you went bad
I guess you had a relapse
But then you had to sneak, cheat and bring me down
It had to end

You fall asleep in your bed
Fingertips at the edge
You left me for a girl
And now you regret leaving me?
To be honest I hope it hurts like hell
You should have never let me go
I know I'm messing up your mind
Guess the devil got you good this time

You're alone in your bed
Fingertips on the edge
I hope it hurts like hell
I'm messing up your mind you tell yourself

It's the devil who got you good this time
I really hope it hurts like hell
How do you feel now?
Fighting and dealing with these feelings all alone
How does it feel doing it on your own?
I was there and you pushed me away
Now miss me cause I'm gone for good

THE FORGOTTEN

BY L.M

The gravel roads
They were laid down with history and sorrow
They had the souls of the forgotten
Sadness and pain gives them their lifeless colour

MINE

BY L.M

It's a cold winter morning

I'm standing there at my windowpane staring out into the
emptiness

Thinking about all the hateful things that he told me the
night before

I'm always trying to tell myself that he can be a better
person and that I can fix

No matter how hard I believe it, it never seems to come true
He's mine I think to myself

He's been this way for so long that I've become the sacrificial
lamb

On his altar of rage and anger

But I still try to change him

He's mine I tell myself, I need him , without him I'm nothing
and my life is worthless

Those words replay in my head constantly

All he ever tells me is that I'm useless, worthless, foolish and
unworthy of having him with me

I'm unworthy of being in his presence

I don't deserve him

I don't deserve his respect or time

I'm a disappointment and I'm so angry with myself

I don't understand why he hates me so much

What have I done for him to do this to me?

Why am I not good enough?

I hate him and yet I still love him

I can't bring myself to let him go

I watch him from a distance in our cold, empty room
I used to see myself in his eyes and I was his and only his
Now all I see is all of his rage and anger towards me
He's torn away every layer of self-worth and personality
away from me
But still I never let go of the thought of the girl I used to be
She lives inside me all caged up just waiting for the right the
right moment to break free
Then that's what I realized that as much as I love him I need
to let him and all his tormented feelings go
He wakes up and sees me crying silently, I'm writing him my
last goodbye letter
He realizes my actions and doesn't care
He just lets me go
He has no remorse or regret, I can't stay I'm done, I'm gone,
it's over
He's mine I tell myself
Not anymore, he's lost me forever now



L.M

As I walk up the cold, lonely gravel roads
I can see him
Death
There as he stands
In his long black robe, he waits for me
I fear him, but in a way, I don't
When he's around I feel at peace
I know that I'll go someday
And he knows too
So everyday he waits for me
As the days go by
My body wears out a little more
My hair gets a little greyer
My bones become brittle and fragile
I've watched my life go by so fast
So has he
Now I'm finally gone
As I walk hand in hand
with Death himself
I am but a lost soul
Forever gone, with no trace
Forever lost in eternity
As I lay here
I think about the stars
The way they shine, the way they twinkle
The sad part is I won't be here
When they fall and shoot across the sky
I'll be in a dark, sombre place of sadness
And forgotten memories of past tragedies
and past victories
There I lay in my coffin slowly fading away
into the darkness

OCEAN EYES

BY L.M

My eyes are the doors to my soul
His eyes are like the ocean
Sometimes I can look in them
And get lost in them to the point of no return
My eyes are serene and calm
When the sun hits them they light up
A clear crystalline blue with a hint of amber yellow
He looks into my eyes and tells that he can't escape
the trance they put him in
He says that they pull him in so far
He can't escape, he can't let go

I look into his eyes and see myself
They're a piercing, aquamarine blue
When I look into them I see myself floating
Through his ocean of sorrow, regret and sadness
His pain and sadness keep it calm and steady
When he rages those eyes are terrifying
They're calm, cool waters
Rise and fall causing massive waves
Making me gasp, drown and swim up for air
My eyes reach deep into his soul and comfort
Sooth and protect him from all of his anger,
hate and rage

He knows how to make me cry with those ocean eyes
Those ocean eyes, they make me sad and they reflect
my past upon me
The one I've been so desperately trying to escape
I love those ocean eyes
Ocean eyes

FORGOTTEN THORN

BY L.M

The rose appeared dense with its luscious velvety petals
Its beauty was rare
Its thorns were there to protect
They were there to protect that beauty that was so rare
That beauty that should never be touched or given away

ASHORE

BY L.M

The oceans tide hit the rocks with torrent waves
It washed ashore past memories
The once clear golden sands
Had turned a dull and lifeless beige
Funny how one tries to escape the past but it always comes
back
It comes back to haunt you
And torment your soul
Now it's up to you to leave and forget the past forever
Only you have the power to not let it control you

