

MOTHER NATURE



Mowana Mother Nature

a poetry zine
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www.qwf.org/programs/wic

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Water, Earth, Air

by Jessa

When I smell the river, it puts my mind at ease knowing the simplest sound can bring peace and tranquility to me.

When I see the waves, crash against the ocean floor fills my soul with whatever kind of future it beholds.

When I touch the current, my body relaxes as if its asleep so my body can day dream as I am the ground beneath my feet.

It takes courage

by Lotus Flower

It takes courage to remain delicate in a world so cruel
It doesn't mean that we need to have a cold heart
and follow this lead
If that's all we see around us

It doesn't mean that it is right
To act like anyone else
When actually it is cruel

It takes only one person to start breaking this cruelty
cycle
And to show that we should be kind to each other

It takes patience and determination
To create a better world together

It doesn't mean that we should give up yet.

Evil Inside

by Jessa

Evil runs in my blood like it does in my head,
but there's a ghost inside that i don't
understand.

Flows through these walls like the soul dies,
walk through the fire that burns in my eyes.

A broken heart

by Lotus Flower

Your heart breaks in million pieces
After it's over with your lover
We go through a healing phase
That everyone experiences differently

Some will take days
Some will take months
Some will take years
To completely heal

It's been a year for me
And I am still healing
From my past relationship
But I am almost there
My heart has already started
To build back together the pieces
Just a few more to go

And I will feel whole
Working on self-love right now
So I can be ready to
Trust and love again

But I am ok now
Discovering myself again.

Now it's old

by Jessa

I couldn't see the stormy weather

Underneath those dying clouds

We couldn't be together if everything turned around

I didn't see anything that was all in the crowd

I didn't know that this time things would be different somehow

No one knows

No one cries

No one's here at the end of the night

Now that we have this song in our bones

Let's kill them inside before everything turned cold

Now this love that we need is here with me

To eternity with happy memories

Being back in the spotlight with these shadows hanging over me

I wouldn't dare to try to cross my insecurities

Now its old and things are done differently than we did before we must
go with these changes can't just let it go.

See, Speak, Listen

by Jessa

When it comes to seeing, I wish for you to never judge a book by its cover, to love everyone you meet in passing, treat others as you wish yourself to be treated.

When it comes to speaking, I wish for you to always be respectful and mindful of what is being said, be understanding to whatever the situation comes upon you.

When it comes to listening, I wish for you to always be consistent with what you hear, have facts before fault, don't let deceivers control with the disbelief that comes your way.

Isolated

by Lotus Flower

They isolate you from everything
From your family and friends
They control when you can go outside
They want you to feel lonely
To feel that you can depend only on them
All they want, is to control your environment

He isolated me from my friends
He wanted me to focus on him
He thought that I didn't need a social life
Thinking I was not smart enough to have friends
These were all lies
Is to have control over my life
So I can depend only on him
And to feel that I can't make it on my own

Isolated, I lost myself
Isolated, I felt depressed
Isolated, I was scared
Isolated, I was lonely
Isolated, my relationships changed
Isolated, I felt powerless
Isolated, I would feel guilty
To go see my friends or my family
After shaming me about it.

LOVE IS NOT

by Lotus Flower

Love is not **SCREAMING**

Love is not **HITTING**

Love is not **BETRAYAL**

Love is not **LIES**

Love is not **SILENT**

TREATMENT

Love is not **INCONSISTENT**

Love is not **GUILT**

Love is not **SELFISH**

Love is not **TOXIC**

Love is not **ABUSING**

Love is not **UNSTABLE**

Clouds

by Aaliyah

Part 1: Clouds Sky

Some days i wish i was a cloud
to be free in the sky
to float so high
have no worries but the sky
Clouds will tell you no lie
Just be free in the sky!

Part 2: Dark clouds of a dark mind

thunder in sky
i think it's time to cry
i look up at the skies and really
wonder why it's like the clouds
Share emotions and that makes me
feel alive.

Water

by Lotus Flower

Water is part of my essence
It reminds me to
always stay hydrated.
Water keeps me calm
& in touch with my emotions.

Hearing the waves it's just
an amazing feeling
it feels very relaxing
water helps me to connect
with myself
To be away from all
the toxicity of my life
to be in complete silence
Water helps me to recharge.

Water reminds me that
I am calm, sensitive & soft
A beautiful part of me
But also my tough part
where I have to remain calm.

Water helps me to be at peace
with myself.

Watch & Match

by Lotus Flower

When it comes to seeing
Watch where you are going
Don't step on people's toes
give them some space
& they will do the same
for you.

When it comes to seeing
watch their actions
rather than their words
It will speak a lot about
their true colors
and if they can be trusted.

When it comes to seeing
Match your actions with your words.