

Poetry Series

**Cindy Howard**  
**- poems -**

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# Cindy Howard(04-08-1974)

# A Gift Of Love

A Gift of Love

We had a gift  
We thought would last  
Never thought  
It would leave so fast

That spell, that gift  
Was brilliant to see  
A feeling of freedom  
Which set us free

We knew with a glance  
What the other felt  
And without pause  
With it we soon dealt

It was all 5 senses  
And then some more  
A gift from God  
Which ran through our core

That spell, this gift  
With words can not be written  
Once in a lifetime  
This bug has bitten

With love, a gift  
A power so strong  
And with this gift  
Nothing goes wrong

Somehow along  
Life's misguided way  
Our gift was lost  
It has gone a stray

A guide we now need  
To help us through

To find this gift  
Which we both once knew

This spell, this gift  
Is stronger than time  
If it is lost  
It would be a true crime

Our lives and paths  
Will cross again someday  
Let God help us  
For this we both pray

May our gift stay strong  
And ever grow  
Let it shine a light  
For all life to know

Cindy Howard

# A Simple Prayer

I know not who you were  
Or if you are aware  
So I thought I'd say a simple prayer  
To let you know I care

I see so many names  
Across the grave stones read  
So I say a simple prayer  
For both the living and the dead

Family members come and go  
Yet here you still remain  
I'm left in silent wondering  
Of your life and people's pain

They say GOD has a better purpose  
For us he has a plan  
It's hard for us to understand  
Since we are a simple man

So I as I lay me down to sleep  
I'll say these simple prayers  
For all of you both alive and dead  
Someone out there truly cares.

October 29,2003

Cindy Howard

# Confusion's Nothing New

Confusion spinning round my head  
Never knowing where it's lead

Wandering about wondering doubt  
Which story's got the most clout

What to believe who to trust  
Is this love or is this lust

My heart is locked spiraling in  
Love is lost, we live in sin

What to feel, What is real  
Who to tell to help us heal

Does anyone know what is true?  
Or are we doomed to live without a clue

Is this life a game we play  
What is real, What will stay

Who will end up all alone  
Who will love be truly shown

And in the end is it really done  
Or has a new beginning just begun

Cindy Howard

# Dot's Walls

Look at the pictures

On Dot's wall

Some of Winter,

Spring, Summer and Fall

Some pictures of mittens

Some with hearts.

Even some pictures

With body parts!

The pictures on Dot's wall

Are neat and fun

Hey look there

It looks like the sun! !

So if you have

The time and chance

Stop by and look

And have a glance.

Cindy Howard

# Feelings Jumbled

Feelings jumbled

Feelings jumbled  
I'm lost in thought  
Searching through  
Emotions wrought

So confused  
Lied to and betrayed  
Feeling hurt and used  
Which way do I turn?

I love you more  
Than words can say  
I fought so hard  
For your returned day

Your actions hurt worse  
Then any punch ever thrown  
I was hoping through all this  
Your actions and words had grown

No more confusion  
No more lies and pain  
In your consequences  
You will remain

So many chances  
You have been awarded  
Yet our actions  
You have contorted

Some day you will see  
How much we went through  
How much we love  
And fought for you

One day my dear child  
You will know

What a parent goes through  
But never will show

February 11,2016  
By: Cindy Howard

Cindy Howard

# For Ben And Abby

You are the flowers that bloom  
You are the Mountains that climb  
You are the sky that never ends  
You are my planet

You are the sun that shines  
You are the moon that glows  
You are the stars that twinkle  
You are my world

You are the light in the darkness  
You are the consultations that burn bright  
You are the worlds that collide  
You are my universe

My light, my dark, my endless plight  
My joy, my sorrow, my hope for tomorrow  
My beginning, my end, my very best friend  
You are my love and my life

Ben and Abigail without you both I would be lost on a sea of despair  
You truly are my everything  
My light, my life, my reason for being  
You are my infinity

May 23,2012

Cindy Howard

# Free To Think

Free to think

Let go of all your doubt and fear.  
See the world now unclear.  
Listen close what do you hear?  
From a world turned on its ear?

Things you thought that you once knew.  
People, places turned around without a clue.  
Singing, dancing, twirling too.  
Life is now wearing the other shoe.

Complex thoughts now simple be  
Your mind a whirl with what we see  
Raging wild yet still and free  
Along the edge we grip the tree

Doubt and fear no longer loom  
But free to love and grow and bloom  
The world on tilt with space and room  
No longer held by doubts dark tomb

So here I say to one and all  
Fear and doubt no longer call  
The earth off kilter did not fall  
But soared above our blue ball

Cindy Howard

# From Wind Comes Rain

From Wind Comes Rain

First the wind blows things around  
Then the thunder a loud clapping sound  
Now the lightning from sky to ground  
Long before the rain comes down

Rain like gentle little drops  
Fall all around with flips and flops  
Into puddles the droplet plops  
The rain has now come to town

Strong now the rain comes in  
The wind makes it feel like a sharp pin  
Pelting against the Earth's skin  
As the rain creates a watery gown

The smell of rain fills the air  
The thunder and lightning a forceful pair  
The wind creates a tumultuous tear  
The storm now wears the proverbial crown

Slowly now the rains do slow  
The thunderclaps no longer grow  
And lightning now no longer a glow  
As the rain no longer threatens to drown

Resting easy the storm now past  
The Earth is strong and held steadfast  
A breathe of relief has come at last  
Now the sun no longer does frown

Cindy Howard 6-15-2017

Cindy Howard

# Hmmmmm

I see the light  
You are my knight  
Without you I could not fight

You are my friend  
Through every bend  
Without you I could not fend

I do not want to loose  
I could never make you choose  
Without your friendship I would feel the blues

Perhaps a relation now is not  
Our friendship we have always got  
Without we would loose a lot

Decide your fate  
We both can wait  
Patience for something that could be great

Cindy Howard

# Hurry Up And Wait

Hurry up and wait  
Hurry don't be late

Sit around in the waiting room  
Feelings of joy and of gloom

Dread and fear  
Hope is near

Hurry up and wait  
What's behind the "gate"?

Hurry don't be late  
Hurry sit and wait

People come and people go  
Some with good news, some don't know

Some still waiting, some have gone  
Never knowing what went wrong

Thoughts are running through your head  
As you sit and wait those thoughts are fed

Hurry up and wait  
Your time has come, you're late

All that worrying and anticipating  
Now you're turn, no longer waiting

Hurry now you're finally done  
Time to relax and have some fun

August 9, 2014

Cindy Howard

# Memories

Memories swell up in me  
Making the truth hard to see

Why do thoughts of him haunt  
My feelings they seem to taunt

My heart to another belongs  
Yet it's him I picture in songs

His words they plague and punish me  
Never knowing what truth there be

I wait patiently for my knight's kiss  
His love, his touch is what I miss

His un-clarity makes me wonder  
My heart beats as loud as thunder

Wondering when our time will begin  
My feelings I try to keep locked in

When our love is free at last  
We'll live it up and have a blast

Cindy Howard

# Moving On!

Time has past  
It went so fast  
We set the cast  
It didn't last

What's done is done  
Had it ever begun  
Was it fun?  
Was it started and was it won?

No one knows what truly went  
No one knows if there was a dent.  
Was it real or heaven sent?  
Or was it just the time that bent?

Time it now has past so quick  
Did whatever happen stick?  
Were we to caught up in the thick?  
Better times we should have to pick.

Never knowing what went on  
Time has passed it now is gone  
Time for us to be moving along  
Time has used us as a proverbial pawn

So for now until the end  
This knowledge we must somehow defend  
Time to move and time to bend  
Time to finish and time to send

October 15,2014

Cindy Howard

# My Babies As They Grow

You were conceived  
You grew within my belly.  
You were fed by my blood  
You are alive

You are labor and pain  
You are joy and sorrow  
You are contracted out  
You are born

You fed at my breast  
You learn new things  
You grow and change  
You are a baby

You have teeth  
You walk and talk  
You learn and play  
You are a toddler

You go to school  
You explore new places  
You read and write  
You are a child

You fall and get up  
You run and play  
You learn right from wrong  
You are a teenager

You love  
You lose  
You experience new things  
You are a young adult

You make mistakes  
You love and lose again  
You start a new life  
You are an adult

You find love again  
You start your own family  
You have children  
You are a parent

You continue to grow  
You continue to learn  
You slow down  
You are a mature adult

You stop and smell the roses  
You reminisce about life  
You see things differently  
You are a senior

You were conceived  
You grew and were born  
You learned and loved  
Your time is done

Your life begins and ends  
You will grow and learn  
You will make great things happen  
You will learn from your mistakes  
You will love and you will lose  
You are wanted  
You are loved  
You are missed

Cindy Howard

# My Burning Feet

My Burning Feet

My feet are on fire  
But the water's not hot  
Could it be frost bite?  
That my poor feet have got?

The water is warm  
Just right for me  
Yet my feet are still burning  
How could this be?

The house has a chill  
And it's freezing outside  
A shower I took  
To warm my hide

The water is off  
My clothes now on  
My feet are still burning  
What has gone wrong?

Two pairs of socks  
And my fuzzy slippers too  
What else is there  
For my poor feet to do?

Slowly now  
The warm feeling appears  
My feet feeling better  
Now what about my cold ears?

November 17,2014

Cindy Howard

# My Cat The Worm (Aka Marmalade)

My cat the worm  
Is orange and white  
He likes to squirm  
And roll all night

He's furry not slimy  
Like worms would be  
He likes to squirm  
On the floor for me

His feet and his belly  
Up in the air  
He worms and wiggles  
Without a care

He purrs so loudly  
As he rolls about  
He's my cat the worm  
Now shh, he's passed out

July 1,2015  
By Cindy Howard

Cindy Howard

# My Children, My Life

My children

My life.

In good times

And in strife.

I love them more

As they grow.

Though at times

Its hard for me to show.

I hope they know

How loved they are.

As they grow

Be they near or far.

This is for my children of three

I love you more then you may see.

Here is where

I end this poem for you.

Through good times and bad

I will be there with you.

Cindy Howard

# My Soaring Mind

My soaring mind  
I feel so blind  
Not knowing what the future holds  
Moving forward whatever truth unfolds

Feeling so scared  
Not knowing we cared  
Ever moving forward, pushing ahead  
Wondering what's in each others head

Never really shown  
Whether feelings have grown  
Patiently awaiting for the timing to be right  
So that our feelings can bloom and take flight

Confusion all around  
I hear the chiming sound  
Take it one day at a time  
Till it's no longer a crime

Truely best of friends  
We remain as always till our ends  
Our hands we'll always hold  
Together as we grow old

Cindy Howard

# Nighty Night

Nighty night its time for bed  
time to go and rest your head

nighty night, sleepy tight  
have sweet dreams throughout the night

Sleep an dream the whole night through  
Until the day starts a new

Rest your head and close your eyes  
Drift off to sleep and starry skies

I love you now and forever dears  
Now to go to sleep and no more tears

Nighty night it's time for bed  
go to sleep, my sleepy head

Cindy Howard 7-16-2015

Cindy Howard

# Push Me, Pull Me

Push me, pull me, push me, pull me  
That's the way I feel.  
Push me, pull me, push me, pull me  
What is your deal?

One day we are friends  
And enemies the next  
Was it my misunderstanding,  
Hearing the oddly worded text.

Some people may say you're tired  
Others may say you're mean  
Either may be truth in case  
While others see in between

Yell, shout, scream aloud  
Some say you've lost grip  
Whatever the case you act like this  
It must be quite a trip

So push me, pull me, push me, pull me  
I won't always be there  
Push me, pull me, push me, pull me  
I no longer care

Cindy Howard

# Read With Me!

Read With Me!

Read with me  
A book each day  
And watch me  
As I grow and play

Read with me  
So I can be  
Whatever I want  
In the book I see

I'll swim and fly  
And scurry about  
Cause that's what  
Learning is all about

So read with me  
At least once a day  
While I grow  
Bigger and brighter along the way!

March 2004

Cindy Howard

# Roof Top

As I gaze from my roof top  
I can watch the world go by  
And what I see from my roof top  
Makes me wonder why?

I see the people passing through  
Wondering to where they are going  
Or if they ever stop and think  
Of where they are and what they are doing

At night I see the stars bright light  
And gaze into the foreboding night sky  
I wish upon the stars and moon  
Or sometimes just sit and cry

In the day the stars are few  
Yet still a few remain  
The people still hurry through  
Don't even stop to watch the rain

The world I see from my roof top  
Is one I think worth knowing  
So stop one day, not on a roof top per say  
And watch how the world is growing! !

Cindy Howard

# Soul Mate

A soul mate is lucky to be found  
Once in a lifetime so stand your ground

Love is lost once love is found  
A soul mates love is all around

Surround yourself in loves bright light.  
Don't watch love go...Stand and fight!

A soul mate found is a lucky thing  
It makes your heart stop and sing.

A soul mates love is never lost  
Don't let it go at any cost.

If by chance you venture away.  
You will come back to true loves sway!

A true love soul mate never dies.  
In our hearts our love resides.

A soul mate is your past, present and future all in one  
A true love so pure it can not be undone.

Friends and lovers come and go but true love never dies.  
That love will overcome the turmoil, strife and even inner lies

If you're lucky to find true love  
You're heart soars to the skies above

That soul mates love will always be  
From now throughout eternity.

From this life into the next one  
A soul mates love will have won

So if you are lucky to have this fate  
Thank God above that you met your mate!



# Stars That Twinkle

Stars that twinkle  
Burn so bright  
We gaze up at you  
And watch your bright light!

You dance against  
The dark night sky  
We lie on our backs  
And with you dream and fly.

Stars that glow  
With such radiant light  
Guide us on our way,  
Always keep our path lit bright!

Cindy Howard

# Thankful Thoughts

Thanksgiving Day may come only once a year  
But we should be thankful for things we hold dear.

We should be thankful for things such as family and friends  
Or the ability to meet the proverbial ends.

Thankful for our children and our furry kids too  
For things that make us smile when we are feeling blue

Life, love, family and our friends too  
So many things to be thankful for all the year through

So a wish for a Happy Thanksgiving from us to you  
With a thought of thanksgiving every other day too

Cindy Howard

# The Circle Of Life

The Circle of Life  
Begins but never truly ends  
We feel this most  
With our family and friends

Life begins  
When you are born  
Some other feel different  
And the world is torn

We grow and learn  
We live our life  
In good times and bad  
Through joys and strife

We love our families  
And friends we chose to  
Our bonds are special  
We hold them true

As we age and live our lives  
We feel the gain and loss of others  
Both family and friend along the way  
We share these feelings with others

In the end of days  
We have our last breathe  
Is it the circles end  
We come to in death?

We never truly die  
We live on in family and friends  
So the circle continues on  
A circle which never ends

September 18,2014

Cindy Howard

# The Storm

## THE STORM

Thunder Clashes

Lightening Flashes

Rain Splashes

As the storm rolls in

The loud thunder sound

The lightening touches down

The rain hits the ground

As the storm grows wild

The thunder wakes the night

The lightening so wild and bright

The rain no longer lite

As the storms is in full

The thunder no longer grim

The lightening now growing dim

The rain is getting slim

As the storm rolls on

Now the storm is done

I can almost see the sun

Boy wasn't that fun

And the storm has moved on

Cindy Howard

# The World Spins On

My thoughts are reeling  
My body feeling  
Emotions go on

The sky is spinning  
The world begining  
The earth spins on

Ever thinking  
Ever wondering  
My mind thinks on

Feeling tired  
Being alive  
My body lives on

My heart is pounding  
The boom resounding  
The beat goes on

The end is near  
I see things clear  
The world spins on

Cindy Howard

# Unknown Fuzz

Reality sets in  
Mad at choices made  
Life begins to change  
Things start to fade

Can it ever be  
The way that it once was  
Or are we doomed to live  
In this world of unknown fuzz

Colors begin to blur  
As we fast paced move about  
Words now begin to slur  
We are lost within our doubt

Our minds sore through space and time  
Our thoughts begin to intertwine  
Floating, soaring ever higher  
Coming round to feeling fine

This fuzz, this blur, this color explosion  
Spinning round, no end in sight  
Faster and faster, will it come to a stop?  
Is that? Could it be? A light!

This light I see, so radiant  
Covering us all in an endless sea  
Ending now our fear and doubt  
Before our reality we again must see

This cloud upon us now is lifted  
A sight for us that is so clear  
Upon this view that is so gifted  
No longer in fuzz we now can steer

Cindy Howard

# Upon The Dawn

Wait, What's that sound?  
It seems to be coming from all around  
It's the voices in my head  
Telling me that I am dead

Hey Do you hear that sound?  
It's coming from under ground  
Someone shouting let me out  
People are gathered all about

Is this heaven or is this hell?  
I look around yet I cannot tell  
People I see that once were gone  
No light or dark upon the dawn

Skies above are beautiful and bright  
Yet no sun I see to cause this light  
Warm breezes in the air  
People float without a care

No light or dark upon the dawn  
People I love that have since gone  
I look around but cannot tell  
Is this Heaven or is this Hell?

I look around, I scream and shout  
Some please come let me out  
This is the world that you created  
I hear the voices that now have stated

You are here by your own choice  
The voices you hear are your own voice  
Let you out or staying in  
This is your world for you to begin

Is this Heaven or is this Hell?  
From my eyes the tears now well  
This world that I have made  
When I close my eyes it does fade

Loved ones that are now gone  
They faded upon the lightless dawn  
Wait, What's that sound?  
I no longer hear the voices around

Written By: Cynthia Howard April 20,2011

Cindy Howard

# War

What a way to end the day  
Fight to kill and blow us away

Bombs are full of power and might  
Destroying everything in their sight

People do not care  
That they kill with polluted air.

Let them fight till nothings more.  
They don't know what they are fighting for

They love to kill  
It is such a thrill

Watching innocent people die  
And their families, how they cry.

I wish all war would cease just end  
Then our world we could defend

Until the world is turned to sand  
Then they'll wish they never began

We fight for life and freedom so they say  
They just want our hard earned pay

Kill us off it matters not why  
Who cares, someday we're all gonna die

I wish all hate and war would cease  
Life would be better in love and peace

But war will kill us all  
So live it up and have a ball

They are all so dumb  
Waiting for the end to come

Finish it now, Don't stop and wait.  
We're lying on the silver plate.

Kill us off, Don't be afraid  
End it soon so we can be saved.

The world is ending, we're going to die  
It went with a blast! So long, good-bye

Cindy Howard

# We Missed The Gun

Here's the rising sun...  
Wait the days now done.

We missed the gun...  
Didn't know to run.

Didn't know which way to go.  
Is it the beginning or the end of the show?

Life is reeling,  
Ever healing from this feeling.

What's done is done  
The song's just begun

Which way to run  
When you hear the shot gun

Up or down  
Or all around

Mixed up backwards it's all fun  
Sitting out in the hot sun

Running faster than before  
Now we're headed to the floor

One more drink and then we're done  
Still sitting here waitin' for the startin' gun

Now this rhyme is finally done  
Still No one told you when to run

Get off your butt and start the day  
Then go relax on a pile of hay

Cindy Howard

# With Gentle Kisses

With gentle kisses  
You send chills down my spine  
Won't be long  
Before I can call you mine!

So many feelings  
Come into mind  
In my heart  
You are one of a kind!

We understand so very little  
These feelings are not clear  
Yet we are trying to uncover  
Things and feelings we both fear

The things in life are not clear  
I realize now what we feel is love  
We understand so little,  
True and real as if sent from above.

With gentle kisses  
I feel butterflies all around  
Like a movie  
With a wonderful sound

I love you more as each day passes  
A glow fills the air  
And when we are apart  
I feel the despair

In life or death  
I will never leave your side  
We are together in mind and body  
Through whatever the ride

I love you! !  
You are my soul and heart  
I love you! !  
May we never be apart

Cindy Howard