

Poetry Series

Rachel Fogle

- poems -

Publication Date:
2012

Publisher:
Poemhunter.com - The World's Poetry Archive

Rachel Fogle(July 26,1977)

I am 27yrs old and have been writing poery since I was fourteen.

My grandfather was a poet and I just kind of fell into it myself.It is the most beautiful way to express how one feels and to maybe allow others to relate.

All of my poems are from life and written from my heart.

Please feel free to share with me, as I look to forware to sharing my words with you.

A Brave Soldier

In his heart he holds courage,
In his hands he holds our lives.
A Brave Soldier he may be, but only at the the front lines.
He is weaken by all the death,
He is halted by there souls.
For he knows in this battle, hatred rules one's goal.
He does not fight for hatred,
He fights for there lives instead.
Cause he knows hatred has no value, when so many are dead.

As he lays in death, knowing it will come,
He glances at the sky and makes peace with all he's done.
For on the battlefield, life is as precious as gold.
And one must always choose should it be friend or foe?
He closes his eyes and hopes in his death no more victums will fall.
But, in his heart he knows his country one day will call.
For A Brave Soldier to take the front line and give there his life as he,
He just hopes all are content knowing A Brave Soldier he will always be.

Rachel Fogle

A Broken Dream

Someone take away all that he's has left behind.
Take the anger, take the fear oh but please just take my tears.
He has gone.
Gone to I know not were.
To be alone to live again.
Does he worry if I shall be alright?
No I doubt it, because he left without a reason why.
What have I done, this is the question.
Did I not love to much, and to little.
Or did I love to much & he so little.
I shall plague muself with questions.
And always be in doubt. That the real reason he left was because I was nieve and
he smart enough to get out.
Oh, but how can one so charming have a heart so cruel?
And lips that say such sweet words and a mouth that knows just what to do.
I think I have loved him from my dream,
And tried to believe that it was he, who would walk through my door.
Love me until time was no more.
And I would know no worries, fears or tears.
Life has a strange out come I don't know one such as I will ever master.
To love life is to guess at life and to try and guess at life is to waste a life.

Rachel Fogle

A Child

I see a child crying,
I see her heart in two.
I see that she is hurting and that she is very, very blue.
She needs something special,
A whole lot of love.
But right now I think
She needs a great big hug.

Rachel Fogle

A Child's Wish

We take to much for granted,
Each & everyday.
We have so much to be thankful,
In so many different ways.
I see the kids on the street,
Holding up there signs.
They tell you that they'll work for food,
Or for just one dime.
It's really sad when you see these children everywhere.
For they have so much to offer in there hearts,
And in there prayers.

Rachel Fogle

A Friendship Broken

I've had alot of time to think,
And I know I'm ready now.
To let go of the one thing in life,
Let's kepted me going all this while.

I had dreams of a friendship,
That would never fall apart.
But it turns out in the end,
That's what it did, it just took alittle longer then I thought.
You made me realize one thing,
And that's to look beyond the cover.
Of a book not yet opened, but the content's all but discovered.

Rachel Fogle

A Journey From The Past

Loved ones come and go, dreams are born again.
In some way or another The Past seems to always rise again.

One moment you are happy the next you are drawn to tears,
Some days the sadness overwhelms us, and we stand down and drown down the years.

Most would wish that moments that bring us sadness should never come again,
I don't think they realize what we've been taught in the end.

A mother who's yelled at her child for some wrong he has done, feels bad that she has hurt him and knows that time will right her wrong.
But in that time of anger she reflects and she feels, and she knows that she has wronged him and hopes his wounds will heal.

All of us have a moment that we would not live again,
but in some way or another we've learned to survive and live again.

We make a journey everyday from the past to the present.
We build our life from memories that would not be if not for the past.

So, keep in my mind when you dwell on the past what you have left behind.
And remember to thank yourself as well as those whom you long ago left behind.

The journey is never over, we are always reliving the past.
Just be grateful for the moments you have and always treasure the past.

Rachel Fogle

A Life Without Love

A Sunset without a sun is no sunset at all.
A life without love is no life at all.
A rainbow without colors is no rainbow at all.
And heart without feelings is no human at all.

All these things need something to be,
Either a sun or a person or a crayon,
If only to create what nature said was meant to be.

A sunset makes us feel as though the world has been born again.
A life with love lets us know it's worth to let someone in.
A rainbow with colors that's a moment frozen in time, to be grateful for all that is beautiful and feel all the glory inside.
A heart that has feelings, well that would be me.
For I love just the thought of you and hope you feel the same for me.

Life without our love, is an emptiness I'm not sure I wish to face.
Because I know that time will never be able to erase.
I wish our love was as simple as a sunset, ready to be born again.
But I know in truth love only comes from within.
So I'll keep watching for my sunset, and looking for that rainbow to shine someday.
Then one day maybe our love will find its way again.

Rachel Fogle

A Lonely Dove

am alone, by choice you see.

No time for romance, it just isn't me.

Or, maybe it's pain...that I don't long to feel,

that keeps me alone, and afraid to feel.

I look at a couple and sometimes think,

I used to have that, but now it's history.

I open my eyes as if from a dream..I'm another year older..and time is passing me.

A Lonely Dove I am and may forever me, but I am surrounded by color's and that's enough for me.

Rachel Fogle

A Missing Friend

I still rise to call you, when I've had a bad day.
Or go to stop by your house, when I happen to pass that way.
I can't get used to fact that your long gone from here and that I can't always be
previlage to see your smiling face.

A Missing Friend you are indeed, won't you ever just come back to me.
Memories just aren't enough.
I want to be able to see, feel & touch.

We were friends for so long you & I.
That to take you away without even a good-bye,
Well that's more than even I can't bare,
Why can't you just stop by and say' Hey, I'm still there'

A Missing Friend you will always be,
I'll continue to try and hold you close to me.
And when the distance becomes to hard to bare.
I'll keep in mind 'You're still there'

I love you my friend and that's a fact, no death or god can take that.
I'll always love you my heart will beat strong,
And one day will be together and that's what makes me carry on.

Rachel Fogle

A Mother's Sorrow

Heartbeat so strong,
Beating fast holding on.

Mothers tears falling down,
Slowly allowing time to fade round.

Guilty conscience its ok,
No time for sadness,
No time for blame.

Doctors that come bringing sadness and hope,
Reality sinks in dose by dose.

Gentle hand, beautiful smile.
Nothing like the love of ones child.

Anger at all that's happened and still,
Cannot change what must be gods will.

Families that circle and bring comfort to all.
Will share ones strength when the other must fall.

Stronger men have come and gone.
While women have wept and stood strong to carry on.

No matter the distance,
Or time and space,
Heartache will heal,
And the emptiness fade.

Rachel Fogle

A Time To Heal

It's been along time since I've thought of us.
Or the heartache and pain.
It's been along time in healing, but I've made in the end.

At one time you were my world.
My everything and more.
You were what made me smile,
You were all I looked for.

Funny thing is though you were not much at all.
You of course made me believe anything, and I allowed myself to fall.

Time has that comfort,
Time has that ease.
Were one day when you least exspect it, the hurt has no control it just leaves.

My time to heal has been long and over due.
It doesn't go away all at once, I doubt all of it ever will.
However, I don't think of you in anger or bitterness anymore.
I think of you only when I know, I'm grateful to know your gone.

Greatful in the sense, that I know me now.
Greatful in the sense, life has meaning somehow.

It wasn't all your fault, this I know to be true.
Yet again it doesn't matter time has healed that issue to.

His fault, her fault its all lost in the end.
None of it matters, when it ends, it just ends.

Time has that power to wash most of it away.
Time has that power to let you know it will be ok.

As always with life, it rewinds and starts again.
As always with time, love finds its way in the end.

Rachel Fogle

A.I.D.S

A.I.D.S is a virus that does not care,
If your black, white, gay or straight.
There is no way that we can run from this deadly disease that has become,
A weapon of death and suicide for men and women of all kind.
Can you give me one word or pray,
For all the women and men who have suffered and shared,
The pain and agony of death and defeat for they are the ones who have lead this
evil deed.
They ask for just one thing,
And that is to cured.
Is that a request that you can ignore?

Rachel Fogle

Above The Clouds

We look above to see the clouds blowing in the wind.
You dare not say there ugly or even unfit.
They paint the sky blue & white with the sway of the breeze in fall.
They make the sky seem so beautiful that you wonder will it ever begone?
The beauty and the wonder of a world so weak and frail,
It's strange how life can be so unkind and unfair.
Yet when you look above to see the clouds.
It seems it all just disappears,
The evil and the hurt that seems to always halt us here.

Rachel Fogle

Alisha's Prayer

My hand to god I do give.
In his arms I do trust.
He have me a life so beautiful that even after,
Life still means so much.
I tell all to those I love, it's ok I've found peace.
I say to all my friends and family,
I'm never far or out of reach.
That if you walk outside and look at the sky.
I'll be the brightest star that you see.
Just making sure all I love are safe, happy & free.
I'll always carry your love, it out shines all the rest.
And I'll always be here waiting until it's time for us to meet again.
For every life that is lost,
A new one rises again.
So for all those who are out there,
Don't fear it, for your journey has only just began.

***I read a story in the paper about a girl dying in a car crash her name was
Alisha and it touched me so much this came about! ! ! ****

Rachel Fogle

Always & Forever

Always loving that part of us that was happiness & fun.

Forever wanting it to stay that way, because it was always just us.

Always leaving out important pieces to a puzzle that might not fit.

Forever changing colors and letting go bit by bit.

Always counting the days till we would fight again.

Forever guessing if love was there or if we just acted like it is?

Always is that question, do we stay or do we go?

Forever wondering if we've wasted so much time.

Always knowing but choosing to push it aside.

Always & Forever we could go on & on not realizing the pain inside.

Always & Forever we must now call it a close,

And learn that in life Always & Forever is a very long road.

Rachel Fogle

An Innocent Child

She hides in the corner,
Scared and alone, no comfort from the ones whom she depends on the most.
Wiping a tear away, realizing it will do her no good.
Because in her world, tears just go unheard.

Fear has no place in her heart,
When time is always so short,
You never know when he is looking,
Or when he will come for more.

He always tell her 'It's ok, I'm your daddy'
She knows that he's not being honest,
But scared to tell her mommy.

Today though her mommy was watching her,
She asked her if she was ok, and to come and sit with her.
She climb up beside her mommy and felt so very safe.
That her daddy didn't matter as long as mommy was in his place.

But, when the front door shut she knew that he was home,
And she jumped down off the sofa and ran into her room.
Then she heard momma and heard daddy slam the door.
She just sat in her corner waiting for some more.

Oh, but daddy didn't come she heard momma on the phone,
Then momma came and got her, taking her to her room.
'My angel I am so sorry, he is gone and will never come again.'
'I'm sorry I didn't see it sooner, can you forgive me in the end? '
Momma sat there crying I never saw her do that before.
I hugged her and told it was ok,
'Loving heals all hurt'

She smiled at me and laughed and then took me by the hand and momma and
me never cried again.

Rachel Fogle

Anger, Hurt & Betrayl

So many time's I've blamed myself for the out come of you & me.
And all along I realize I was just to blind to see that.
That Anger at myself for allowing you to brake the most precious part of myself
that I swore I wouldn't take.

Then came the hurt that you of all people could turn around and be so cruel &
fickle.

You walked into my life, claiming to be a man.
You said I will be the one who would always hold your hand.
Then in a moment when something was just not right you turned your back on
me and refuse to even try and fight.
For the love that we had created and the trust I thought was there,
No you just said it's over and I'm sorry but I'm not your man.

Then in a whisper you ask me to understand that you made a mistake and that
for that I should understand.

And everyday of everynite I have have tried to do just that and the one thing I
come back to is your cold & heartless act.

You did not come to be because you cared,
Or because you wanted ME.
You came to ME because you were lonely and things were bad in your life.

So, Betrayal was your choice and that's just what you did.
When you walked into my life and saw fit to throw it to the wind.

You will NEVER begin yo know,
The heartache that you've caused because to you I was nothing.
Only the means to your cause.

What one man took 6yrs to do, you did in 6months.
Maybe because I allowed myself to love you and gave you way to much.

I will accept my part and know that in my life,
No man will ever be able to enter my heart without a serious fight.

You have took away every faith that I ever once had in men.

You have destroyed my heart and betrayed your best friend.

I hope that you can be content in knowing this,
And that your road to salvation is long.

Because I can never forgive you even though I know that's wrong.

But, I am the one who's hurt and the one who was betrayed.

While you continue on and could care less about the tears you've made.

01/03

Rachel Fogle

Are You The One? ? ?

All & all,
Over it's asked.
Are you the one?
To heal the past.
To wash it aside and push it away?
To make it all just be OK?

You are my now,
You are my tomorrow.
You are my moment, to keep to uncover.
You're what I will take for now until it's time,
For fate to say when we must say good-bye.

I hold your hand and live in that time.
I am grateful its there so precious is our time.
Things sometimes happen that lead us in different ways,
Doesn't mean we don't cherish the love that we've made.

Are you the one?
Yes in away,
Your the one to make sunshine for some of my days.

Are you the one?
Yes when it counts.
When I need to laugh you give me humor when life beats me down.

So many reasons to try and count.

Yet I know really only this one counts.

You are the one,
For what we have,
No make believe.
No untruth in our path.

You are the one,
For what I need,
In this moment you are all there can be.

When time decides it's ready we will do what we must,
Yet I will go on knowing I loved you so very very much.

Rachel Fogle

Away

Away from ones heart and into another.
Away from the pain, the loneliness one might discover.

Toward something better, toward something new.
Away from the damage all this had brought to you.

A likeness of love, a treasure in time.
A beautiful infant who crys for the first time.
Always in that direction of comfort and not pain.
Always reaching for that solitude that life remains lifted yet unchanged.

Better we know are our choices in life.
To seek all that one knows is within reach & site.

Nothing do we yearn for then nature might provide.
Only expecting more then one chooses to realize.

Away from the expectations of the demands we face each day.
Towards a balanced harmony that only we can surely make.

Rachel Fogle

Beautiful Child

Every moment that I'm with you is blessed with joy times two.
Every smile you give, makes my heart melt for you.
Love is unequal in your heart and mine,
For I would move heaven and earth just to say you were mine.

Born to another, you are not mine to hold.
Only I don't see this and love you as if you were my own.

Beautiful child come sing with me,
We are as one.
I've raised you from an infant and cannot unlove you now or in the many years
to come.

You are part of me now,
In all that is true in this world.
You have brought me joy,
When the world has shown me no more.

Beautiful child.....my Kirstie will always be....
Even in her hurt loves shines through to me....
I see her pain....I see it in eyes....
I see what she tries most to hide.

Let me be your comfort when so many bring you shame.
Let me love you and you will know no shame.

My Beautiful Child.....I love you so....
Keep room in your heart.....and watch it grow.

Take my words.....keep this close with you....
And remember my love....
Your Nay Nay will always love you.

Rachel Fogle

Beautiful Time....

Never will I ponder the time that has gone by,
Or wish in vain that another had helped me reach the sky.
You were what made me beautiful in so many different ways.
You were my most beautiful times, only now fate has decided another way.

Beautiful time I will reflect and always know in my heart,
That upon every shadow there lies a wounded and broken heart.

But, along the way you find a place that becomes beautiful to.

Only now you much reach the sky alone and know that it reaches out to you.

In all the tears & in the hurt time still beats fourth.
Only now we must listen and hope that time still keeps course.

Beautiful time together now it has come to an end.
But I lived a life so beautiful my children are here in the end.

Rachel Fogle

Beauty From Within

A sky full of Blue & White
An Ocean just the same.
A picture of a waterfall on a beautiful rainy day.
A little girl catching a butterfly and her mother sneaks a view.
Or a man who decides on that day, he knows just what to do.
So he takes his heart in his hand and hands it to his sweetheart,
Telling her in his words, she will always have his heart.
A rare gift is beauty,
Especially when it comes from within.
So make sure you're watching, you never know when you might miss it.
It comes in ways we just wouldn't think.
And it gives us a chance to pause.
To really have to stop & wonder,
How much we really missed after all.

Rachel Fogle

Beauty....Forever Fair

Like the Pyramid's of long ago, we know what beauty can behold.
The power that surrounds it and the essence that it holds.
And even after millions of years, trapped upon the sands.
The Beauty that once was there, still proudly does it stand.
Not because it shines or because it's made of gold.
But, because it stands for the love & the beauty that is forever told.
When one sees a pretty face, they are wrapped in a haze of desire.
But what will one do if the goddess no longer carries that fire?

Will he turn in shame and run afar,
Or will he embrace her beauty that goes far beyond that face of fire?
Many things we do cherish in all we see & look upon,
But only few things can be remembered and taken to heart and treasured in time.

Beauty.....forever fair it will always be,
Given a picture of the ocean or of the cherished child that a couple shares.

No one can judge what beauty can behold,

Only know that it comes in many many ways that are too numerous to behold.

Rachel Fogle

Bitter Sweet

More times we are the victim of some relationship gone bad.
We the women of tomorrow trying to stand and raise our heads.
But heartache lingers like that a bad dream you once knew,
It carries with it feelings of dread, fear and doom.

Can we become more than what we have settled for,
Can we rise and come back again?

Or do we forever stay in the abyss of the undead.

Bitter Sweet is the taste of bad love,
It's a void you cannot face.
It traps you in its grip no chance to escape.

I have come to the realization I may never love again,
But somehow I have to convince my heart,
Even though we lost some,
We gained something in the end.

We gained a stronger mind,
A stronger heart,
A life for ourselves that no other can share that part.

We have a chance to give to ones self and maybe someday,
The Bitter Sweet nothing will change and Red Wine will be served in the end.

Rachel Fogle

Brave One

I watch you struggle in your bed at night,
Knowing you suffer so.
I hate to see you like this, but I still remain so.
You are my hero,
You give me strength when all is lost.
I know if you can find laughter,
My heartache is along way off.

Brave One in thy self,
You make one's heart beat strong.
No death will capture one's spirit as long as the heart still beats strong.

To me you hold a light, the shine's even when it burns low,
You bring a spark that most would love,
Even if the vision dies slow.

Brave One keep smiling,
I know you will stay so.
Let them take you my angel,
I'll keep you safe in my soul.

Brave One fly home,
Give him thanks from me.
For I had you in my life and that means millions to me.

Rachel Fogle

Breathe

He speaks his words so sweetly,
Can he ever do any wrong?

Reaching for you in the distance,
He continues to always call.

Awaiting your every movement,
Sending you roses today.

You just keep telling yourself,
All I have to do is Breathe.

Breathe for in the future,
Roses may be far in between.
Breathe for it gives you reality,
When so little can mean anything.

Get a grip on all that surrounds you and remember to always look twice,
For sometimes when ones not looking heartache is at ones side.

Just Breathe cause you know that you can,
And continue to do so today.
And I'll always try to reason that heavens a heartbeat away.

Rachel Fogle

Broken & Torn

Scattered about, broken away lost in this world no time for play.
Living, liking left behind, sometimes emptiness is not hard to find.
Weary, waking day to day, losing track god still has his say.
Timeout, look back, reflect and give thanks.
Sometimes good moments go by too fast.
Giving, taking loving us all,
Mothers definitely didn't miss their call.
Laughing, crying we're still here,
Children give thanks for their happy years.
Old friends, new friends long ago,
One way or another they all go.
Years & years we stroll on by,
Glimly giving nature its past time.
Up & over it starts again.
Humanity rewinds and life begins again.

Rachel Fogle

Caesar

The battle of rage when Rome was done, was fought with courage and many lives undone.

Caesar lead a bravest fight, lead only to believe victory was his sight.

A leader in his glory and his soldiers by his side, fight for there country and leave behide foolish pride.

They speak from there heart, and he speaks from his soul.

Allowing those around him to reap was path he sows.

A heated debate far and wide, with nations completely divided.

He gives his heart with his sword in hand and faces his battle head on.

He shows not one weakness, nor does he hide away in shame.

For Rome is his kingdom and he will fight for her come what may.

Bitter quarrels, hated men, different outcome Caesar has lead.

Towards that horizen he has already won,

No time for failure bring fourth his victor and salute his job well done.

Do we know what is right or do we choose to see only wrong?

Caesar had his reason's he choose to right all wrongs.

Give him glory and let it be our song,

For Caesar fought his battle & proudly was in won.

Rachel Fogle

Chances Are....

Chances are I've met you before.
Chances are will do the same once more.
I've seen your face and I've felt your touch.
I know what it's like to be loved this much.

Chances are you are the one.
Chances are my life has just begun.
I'll wrap my heart around,
And know chances are my dreams will all come true.
Chances are....

Our wedding days approaching and it all seems so clear.
And all I can see is your face and feel the love there is to feel.
The future holds so much joy,
And I am grateful it's with you.
Cause chances are my life wouldn't be complete with anyone but you.

Chances are you are the one.
Chances are our lives have just begun.
I'll wrap my heart around you, and give my soul to you.
Knowing all my dreams have already come true.

Rachel Fogle

Child Of My Heart

Knowing one day you will be here,
Only makes the wait worth wild.
It keeps me reaching for something better,
For I know you are the prize.

To hear you cry for the very first time,
Will make my life complete.
And to feel your arms around me,
Well that's a gift only god could give me.

I love you so very much already,
And I know you will be perfect and bright.
So just remember you are wanted more than millions could ever buy.

I will say good-bye for now,
And return when you come to me.
For than I will have you in my arms,
And I will know what the gift of loving really means.

Rachel Fogle

Childish Dreams

A castle in the sky, where dreams may one day come true.
A knight in shining armor, who comes to rescue you.
They don't tell you that the castle doesn't come cheep,
Nor do they tell you that, maybe that dam knight is a cheat.

No, they let you live in ignorance.
Holding onto nothing else,
Only what you read in story books,
And take from the movie shelves.

Giving you the impression that your prince will come,
Or that life isn't empty and it's so much fun.

My childish dreams left long ago.
Replaced by anger and hurt.
For knowing I believed those tales,
Set me up for a lifetime of disappointment & hurt.

Sometimes, you are all that there can ever be,
And no prince charming will come to thee.

We must make the best of what we have,
Or do something to change one day will be,
For no one, but no one can ever change ones destiny.

Rachel Fogle

Children In The Crossfire

Children in the crossfire,
Children in the street,
Children are the victim of some gun or evil deed.
They can't sit outside and play or sit outside and stare,
For fear of being the victim of someone's evil plan.
Most time's it is an accident this is so very true, but that doesn't confront the
families who have to morn those accident's every afternoon.
We can't ignore this problem it won't just go away.
There is a solution to this problem.
But it will take more the just you & me.

Rachel Fogle

Complicated Love

Who would have thought that we would make it through,
All the bullshit people say and tell us what to do.

I know our love is complicated,
And some may say not right.
But how can a love like ours be wrong when it feels so dam right.

I love your arms around me.
And the sound of your voice.
I love the way you make me feel just by knowing that I am yours.

We live our lives intertwined,
And yet keep some distance there.
Fate has decided where we must lead,
I forget one day you might not be there.

Yet still as always you make me smile,
And make it alright.
You help me know that all the unknowns are OK even if out of sight.

Love is a hard thing for me because its been used in all the wrong ways.

But with you I don't know when it happened or how or that it was even there.

I just took what was given and held on tight,
Even if sometimes I lost track and let others push you aside.

Love is complicated in anyway we live.
Love is there and needed when life leads that road for you.
But sometimes there are times when it can be so much more.
Like to know when your soul reaches another and keeps pace with yours.

Sometimes soul-mates are meant to be,
Yet they have things in there life that make it hard for there souls to stay
together so they make due with what they might.

I don't know if that's what I have found.
I know that I need you.
Even if we don't have forever.

For now will have to do.

With all my heart,

Rachel

Rachel Fogle

Daddy

An image that you carry close to your heart,
Holds so much value where does one start.
Picturing someone, whom you've never really met, is part of a longing that you sometimes forget.

I wonder about my daddy sometimes for days and weeks.
Does he wonder for me or am I far from his reach?

I have never thought I lost anything without him here,
Only missed out on something special that now those wombs can't heal.

There are times when you are little and a daddy is needed so.
I use to cry when I was younger wondering if he loved me so.

Where were you daddy?
Where have you been?
So long since you've left, so long since you've checked in.
I'm sorry if I wasn't what you needed.
I'm sorry you couldn't find time to get to know me.
I'm sorry we missed out on so much now regretting is all there can be.

It's ok I had mommy.
She was always there for me.
Just thought I'd write and say hey did you forget about me?

There are times when it's important for a daddy to be there to.
Like the day I get married, what shall I do when you're not there?
Or the day my baby says to me, don't I have a grand paw to?
These are the little things that matter; these are the things you will miss to.

Where were you daddy?
All the times in between.
Where were you when mommy was tired and she needed time free?
She worked so hard to keep us happy and a roof over our head.
And now it's all over the childhood you missed in the end.

I'm older now; many years have gone by.
Too many to get back, too many to shove to the side.
You only get one chance to be a daddy that's true.

And now your chance is gone,
Daddy where were you?

Rachel Fogle

Deep As An Ocean

As deep as an Ocean,
As wide as a fresh field in may.
My heart has no ending and my love no beginning again.
I used to love life and all there was to live it.
But now all I do is exist in it.
I go on day to day and hope there is some point to life.
But again I am frustrated cause I find none and I'm forced with the night.
Where sleep will elude me and I'm restless again,
Or I awake at night from a nightmare I wish never to have began.
It is an endless circle and a life I just hate to live,
However, I'm stuck here and hopefully it will get better in the end.

Rachel Fogle

Do You Know How Much I Love You.....? ? ?

Every day that dawns I love you so much more.
Every moment that comes brings me such joy.
So many scars to heal from the past,
Make our love that much stronger because our love will last.

You are my heartbeat, each & everyday.
You are the love that makes it all be ok.
My todays are so much better and my tomorrows are usually to.
The best part is you love me to.

Simplicity & trust is what you crave.
For without these factors, love dwindles away.

And I have found that in my heart..... Our love is true & that you are my ever
after, you are all my dreams come true.

Not because we have everything, or because I expect to.
But because its just so easy this love I have for you.

My heart still skips when I know your there.
I smile when I know you will be there.

Love does crazy things to us,
Some good some bad.

In this case my love,
Our love is all but grand.
We have our battles and troubles we will cross.
But we are together & our love will not be lost.

I will hold dear to what I believe is true.

And for this I need you to know I will always believe in you.

Rachel Fogle

Dreams

Dreams are what we make them,
Dreams are what we feel inside our hearts.
There their to keep us going,
There their to keep our hopes and wishes bright.
But as life goes on day & night,
Dreams are what keep our hopes and wishes not so far out of sight.

Rachel Fogle

Emptiness

What am I without you by my side?
What is there to feel without you near?
Time has no meaning & love finds no life,
For you are gone & you take my heart.

How? How does one survive?
Survive without her spirit, with her zest for life?
That used to be locked away inside.
I find myself trapped looking at an empty wall with no pictures,
No color just pain and grief.

No one can handle this kind of pain.
It's as if the world around has ended and I was left to stay.
And then I close my eyes and you are there again,
And life has meaning and I feel so much love again.

Oh, if you I could stay here forever and forget the other pain,
It would be so easy but as always,
I hear the light calling again.

Why do they do this to me?
Make me love so much, that wishing death,
Is easier than living life.

Why? Why make someone love when only to take them away?
I do not know the answer, only the pain that comes with the cause,
Knowing after all is said and done, my best friend TARA is gone and I am who
lost when all have gone.

TO TARA THE SISTER OF MY HEART AND BEST FRIEND MAY THE ANGELS KEEP
YOU SAFE MY DEAREST & MOST TRUSTED FRIEND.

Rachel Fogle

Empty Cradle

Joyful tears, silent cry
Open heart, beautiful smile.
Happy days, Wonderful news,
World looks brighter now that the world has you.

Unseen heartache,
Lost soul shall he take.
When the infant sleeps, the cradle shall brake.
No reason or cause can be found here.
Tears pour fourth, cutting wombs may never heal.

Momma crys, silent they fall.
Looking at that cradle empty and dull.
Holding her hand daddy crys to,
How can I make them better,
No baby brings bad news.

Empty Cradle is all we have,
No more laughter, so silent & sad.
All is empty, all is lost
No simple make believe to wash away this loss.

Cherished heart, new found day.
May one day breech the heartache that lay.
Away in that hollow, away in that soul.
Away in the emptyness that weakens the soul.

Empty Cradle silent it crys,
To strong to follow,
To hard to hide.

One day maybe it will all be good.

Until then that Empty Cradle bring sadness & gloom.

Rachel Fogle

Enchanted

He waits by the window, just hoping for the chance.
To see her walk by for one more glance.

He's spellbound by her poise & captured my her smile,
Nothing could erase what's crept into his heart.

Enchanted he must be,
He laugh's to himself,
It's been years since he's felt this,
He must be nuts.

She stop's to cross the street, and he can see her face.
His breath stops, for it looks as if she's coming his way.
He races to the counter, not knowing what to say.
The next minute she's there, sitting in his chair.

She looks at him and smiles and says 'It's been long enough.'
Were no schoolaged children, were grown up and in love.'

Enchanted he know's he is now.
No cause for concern,
His love has stated her case.
And he's helpless to her words.

He walks to her side and takes her hand,
Looking down into that smile that's he's known for so many years.
'We may be old my dear, but I guess your right.'
'You've Enchanted me, and I'm helpless not to fight.'

They leave his shop and lock the door,
Not caring who may see.
He tips his hat to the man next store and say's,
'Enchanted is me'

Rachel Fogle

Engraved

Innocents is the spirit that develops when you are young,
Long ago engraved it leads us from above.

Laughter is the joy you hear as you grow,
Long ago engraved as your journey draws to a close.

Life is the moments that bring comfort from all,
Long ago engraved they now show us how much we were loved.

Engraved in our hearts and engraved in our souls,
Life brings destiny & destiny triggers our souls.

Engraved they are our Innocents in the hearts of those that are young,
Engraved they are the laughter we shout to the heavens above,
Engraved they are the life force that surrounds us everyday.

Engraved are we in this life so proudly do we lay,

At our final resting place to start the cycle anew,

And Engraved we are to each other me & you.

Rachel Fogle

Eternity In An Eye

Tranquil harmony, stormy sky.
Beating heartbeat, time slows by.
No tender movement to ease the soul.
No empty pot to fill ones soul.

Eternity In An Eye,
Longing to hear what could be.
A journey long ago began, driven my hunger & need.
A destination unknown only the journey is seen.
The outcome undetermined for fate is what it will be.

Never unfaithful in its resolve to pull fourth.
Only daunted by the road & course.

Vanquish & forbidding the journey may lay.
But in it, it holds answers one must surely seek.

Eternity In An Eye,
One had pondered the ways.
Ways to begin & remember.
Ways to forgive & forget.

It is unclear to many how we must reach our course.
Only realizing its simplicity and how we much accept its voice.

We must walk in the journey outlined for you & I.
We must feel every emotion destiny has chosen we try.

Reasons unclear at the time it makes us stronger they say.
And makes us the person we are for the rest of our days.

Eternity In An Eye.
Has a reality set but unshaved.
Started but unfinished.
Sculpted but half-made.

We are the dictators of our future.
Just as we are responsible for our past.
Sometimes destiny just gives a hand.

Allowing us to choose the path.

Eternity In An Eye,
Holds many secrets one can't see.
But if one holds true to form.
The journey is started,
The way is clear,
It's up to us to make it there.

Rachel Fogle

Even Now.....

Even Now I love U,
Even Now the pain is so real,

Even now I wonder how do I escape all that I feel?

Every moment of everyday I can still hear you say,
'I love you, beyond reason or doubt'

What can I do to make it go away?

What can I say to make it better for me to be OK?

I can't tell you I love u.

I can't be with u.....

And Even Now I know that this very day.

But, it does not change what I know.
And it does not change my heart.

Because Even Now in this moment your name is forever engraved in my heart.

So, for all my tomorrows & all my todays,

Even Now I know you will always be a heartbeat away! ! ! !

Rachel Fogle

Ever Within My Heart

A breath of air, a touch by your hand is all I will ever need.
A look from your eyes or a taste of your lips is all I could ever need.
Keeping these things ever within my heart,
To treasure them in full, is what makes it all worth keeping locked as one with
my soul.

Glancing at your picture, one of the few that may be left,
Trying hard to remember that time can heal the rest.
Gazing up into the night staring out far away,
Catching all that I can and reaching so I can see...

Ever within my heart...
Ever within my soul...
Looking to find the answers that no one has yet told.

Stopping for a moment, reaching into myself.
Pulling and searching for laughter that died so long ago.

Ever within my heart...
Many things are there to be told.
I can go to them when I need them...
And close them when they grow old.

Ever within my heart...
Upon it I do pray...
And always keep in mind,
Happiness is always a heartbeat away.

Rachel Fogle

Faith

Faith is a strength that is so rare,
That it's precious when you've got it.

Faith is more than most can see for it
guides you and will always be beside you.

Faith is a dream that can come true,
If you believe and wish upon it.

Faith is a spirit that seals your soul
And keeps you healthly and honest.

Faith cannot be given or taken away.

For it comes to those who deserve and know.
That it's there to those who are gifted enough to see it.

Rachel Fogle

Fall From Grace

He kneels down beside his father's grave,
Tears resting upon his face.

Pondering the questions, he so long ago could not say.
They seem unimportant now, trivial in there meaning.
What purpose do they have, or reason if any.

He lays his hands upon the headstone,
Easing closer as the moments drift by,
Wanting so desperately to lye there and just let time continue by.

He weeps for the father he knew,
And smiles for the one who gave him life. He salutes the soldier who died saving
his country with great pride.

'I will never measure upon you, '
'What you so unselfishly gave.'
'I would gladly trade places for you are the hero they crave.'

He whispers his plea, though silence replies,
And you hear him weeping still.
As he rises to leave he again replies,

'I stand upon you sir, as your son & best friend'
'I stand beside you sir, as your partner & most loyal friend.'

He turns to leave the graveyard,
And feels a brush upon his hand.
He turns to glance back & catches the shadow of a man.

Saluting him in return, in his honor guard.
Standing proud, upon the grave and lingering afar.

Smiling he waves good-bye and knows he's made his peace,
For his father gave him his Honor, Dignity & Grace.

Rachel Fogle

Fear

What causes the fear that people feel,
When there scared and have to face the truth.
What cause that fear that people feel,
When there in love and have been hurt.
What is it that there afraid to face,
When fear is at the door.
Do they think that they can just walk away and not face it head on.
Because when you turn your back on that fear,
It follow's you night and day.
It creeps up when you least exspect it, and haunts you everyday.
Fear is just another diease that's waiting to be cured.
But the cure is not in a bottle, a vile or a store.
The cure is made from what's inside you.
The courage that you have.
But to use it, you must believe that fear is not all that you have.
Use what courage you can, to bring yourself forward and stand tall.
And the next time your afraid, remember fear is never far from the fall.

Rachel Fogle

Finally

Finally you have a choice.
Finally you have a chance.
A chance to make things better,
And a choice to make things right.
Finally there's no one who can stop you.
Finally there's no one who can say.
That your making a mistake for it's your decision
to make.
Finally you've made your choice.
Finally you've made your chance worth wild.
For you've changed your future for the better,
And kept your choices not far behind.

Rachel Fogle

Finding Everything In You

I remember the day you came to me,
It was all I could do,
Not to just fall head over heels in love with you.
They placed you in my arms and I cried for you.
Cause I knew in that moment I'd found everything in you.

Finding Everything in you, was more than anyone could do.
Not a day goes by that I am not grateful for you.
You give me life, when days get hard to bare and you make me try when I feel
scared.

I watch you when you sleep and kiss you while you dream,
Knowing in my soul you are all I'll keep.
I take your hand and place it on my heart and show you that I am yours,
Never will we part.

I found everything in you, if you only knew what love I have for you.
I'll watch you grow and give birth to this love and know you will find the same
joy,
As I still find in you.

Rachel Fogle

Foolish One

Laughter broke my heart for you to once again brake,
Trusting your every judgment, no matter the risk I must take.

Facing the day after, was almost impossible to do.
I could have just died knowing,
I was betrayed and so hurt by you.

Foolish One,
I tell myself, no time for those sad sad stories,
You brought this heartache on yourself.
You knew his past before, but your heart lead you away,
Foolish One you have only yourself to blame.

Locked away are now my secrets of all the love I once shared for you.
No longer will I give others the weapon I so easily gave you.

Again I cannot place all the blame on you,
For I was the fool who only allowed what you were able to do.

I will let this be my lesson,
It this heartache I must shed,
And try not to count the pieces that are all I have left.

Rachel Fogle

For You.....Always

For You.....always,
my heart beats true.
For You.....always,
my arms open for you.
For You.....always,
our love renewed.
For You.....always,
no one else shall do.

Always.....For You,
I am here.
Always.....For You,
Our path is clear.
Always.....For You,
No love denied.
Always.....For You,
Faith of the deepest kind.

Always.....
within me.
Always.....
near.
Your hands I feel them so smooth & real.
Always.....
longing for your embrace.

For you.....
Giving you time & space.
Always.....
Knowing you need me there.
For you.....
Letting you know I need you there.

Always & Forever we will be one,
There's nothing like it, for we have always been one.

Rachel Fogle

Free & Clear

Out upon the Ocean air,
A breeze so cool yet warm.
It's seems as though the world around us doesn't exist anymore.
I see the seagulls fly through the air so free & yet so alluring.
I see the waters so cool and calm it's hard to believe they have such fury.
I see things so beautiful, I see things so wild and free,
But yet in this world around us there lies so much misery and defeat.
But as though there can be a different place, a world that no one knows were the
ocean air is free and clear the seagulls are nature's only worry.
I can't explain as to why these are or the way they have come to be.
Only that in this world around us, we ourselves are nature's worst enemy.

Rachel Fogle

Full Circle

When one set's out on his destiny, many things are unclear.
But, as always life is never clear.
No one can plan for the unexpected or even the expected.
It's kind of like jumping off a bridge, you just gotta build your wings on the way down.

Coming Full Circle is what we all eventually do.
One's family history, is of many faces and shades.
It's always amazing to know that we are not the first or the last to come Full Circle.

Moment's to treasure, tears to be cried are all part of this circle of life.

I look at each day and think I can't believe I'm still here,
To know the thing's I know, and be given such a chance as this.

Towards every horizon, is always a new day and with ever sunset that towers over us,

Someone's Full Circle has begun again.

Rachel Fogle

Gentle Kiss

It's like the times when you are little and you know that big surprise.
The one that lights up all your moments and being a kid is the coolest feeling alive.
Then you grow and find love at last, and that feeling is unequal, knowing that this is a blast.

Gentle kiss,
That one from your true love.
It is stars and stripes,
It is that feeling of triumph and trust.

Gentle kiss,
Come stay with me follow me here and above.
Allow me to live in this moment of pure and simple love.

Yet as we grow if it is for real,
That feeling never leaves or comes close to anything we feel.

When children are born it adds to that love.
You pass it on when you kiss your children with such love.

Then you turn eighty and you look to your love still.
And that feeling comes back again and reminds you of your love & will.

To stand the test of time,
And bring love into this world.
To allow anything and everything to fade away and mean nothing, only cherishing what is, and what can be and will.

It is times like that when life seems so short,
That you remind yourself,
The Gentle kiss was loves true voice.

Rachel Fogle

Given A Gift

Would to love to end in hurt, be worth the love at all?
Most would agree that hurt is not worth the fall at all.
But then again there is the rarest of loves.
The love that has no boundries, no limits to what it can accomplish.
One such as I have felt this love.
And to feel it, is to need it.
And then to need it, you begin to dread it.
For in all the world there is only one who can match this love I feel.
One whose heart can cry with pain,
Sing with joy and weep with sorrow.
Someone whoses heart is as deep as an ocean and as wide as the sky is long.
Can there be another? Who is equal to this love?
Oh, yes he is sees and he feels.
He has begun to know that hunger, only the other can feel.
He's opened his eyes as if from a dream and saw what love there is for him to
see.
He wonders, can he believe in it?
Can he be relieved in it?
Or shall he be cursed to know of it and feel it, but never shall he be able to act
on it.
Oh, some may say, yes let him crave.
Carve this love, let him yearn for something that other's just long to feel.

But alas he is given his chance, he is relieved of his thirst.
And how he chooses to live is all in his words.

For Given A Gift such as this,
Well he had to have known what to do,
For at the end of his journey he finds you.

Rachel Fogle

Heartache's Child

Beautiful, loving & happy and care free.
This is what my Kirstie is and will always be.

I'd give anything to take her pain,
I'd give anything to make her life sunshine & not rain.

When she was born life was let free,
And the angels poured forth shouting 'Heartache's's Child' is now free.

A journey she has started and a journey she will face,
To become more than they've given her credit for and more than even she knows
she can be.

My Heartache's Child is so much my soul,
I walk through hell & fire if only to keep hold.

Of that precious life that I know is there,
And of my little girl whom is forever fair.

My love for her is unmeasured in words,
All I am is in her and paved with gold.

For her I hope that she will shine through,
And keep faith that one day her choices will matter to.

Rachel Fogle

Heartfelt Fool

Open window, open door, open heart, tears come fourth.
Final chapter to a love gone wrong,
Final kiss to a heart not won.

Leave us there, lock the door, close the windows,
Bleed somemore.....
Empty words, no sorrys in vain.
No simple I love you to ease the pain.

Heartfelt Fool,
Can you be real, can you unlock the way I feel.
Dusted off is that battered dream, closed are the ways you used to be.
Silence can be a comfort, for words left unsaid,
My Heartfelt Fool you've played me again.

Driven down that highway,
I hate those love songs they play.
For that memory returns and bleeds that heart again.
Drop your cover, no need to pretend.
I see you for you, this time not then.

Heartfelt Fool,
Your not real, I lock the door and no longer feel.
Opened up those old dreams there comin around again.
I'll win this battle in this game, we've begin,
No stone left unturned My Heartfelt Fool, you've lost and i win.

Take your heart and leave through the door,

This Heartfelt Fool will bleed no more.

Rachel Fogle

Heaven

A vision held in high esteem, how can one compare?

Expectations so great in numbers, one must always have great care.

Surrounded by humanity in its whole, no judgement in its eyes.

Unrelenting in its pursuit that one must always ask why?

Questioning the method of Heaven and its goal is one of many that may never be told.

But, in one's attempt to find the answer many find their soul.

As if he was saying 'Look Deeper Than One is Told'.

A million things may never be answered, but that doesn't mean they can't be,

A dream for all the others that was long ago buried deep.

Look to find one's answers other than in books,

You may be surprised as I was, Heaven is all it took.

Rachel Fogle

Homecoming

He's been away to the war so long,
We're over joyed that he's home.
He's fought for our country and what stories will be told.
He's waited out his sentence in an obligation spent.
In the war for all tomorrow and the dreams that have been sent.
To the east in the deserts, to the west in the sands.
He's seen the rush of blood and pain and knows that it will never end.
He's wondered over days at a time, will I ever know that home come of mine?
To hear laughter and joy instead of pain and morn.
To hear words of good cheer, instead of words of yesteryear.
To hear and feel the breeze as it blows and know that there's no place like home.

To be able to walk down the street and not have to worry what's lurking or at
peak.
He's wondered and waited for such along time,
That it's hard for him to believe it's just a state of mind.
But, he no longer has to wonder, he no longer has to wait for his home come is
upon him and its been well worth the wait.

Rachel Fogle

Homelessness

They live in cardboard boxes.

They live on the lonely street.

They sleep where ever they can find, a special place to sleep.

People think they're dirty, people think they're mean.

But what people don't realize is that, it's not so easy living on the street.

So the next time you happen to pass one, be careful with your words.

Cause just a kind hello could make the difference in their world.

Rachel Fogle

Hope

Keep hope in your heart,
Keep it there till there's more.
More of what many should have, but are just to afraid to hold.
Hope is like a crystal, rare precious & bold.
Hope is what makes us humans, hope is whats in our souls.
Each day that comes & goes.
Each night that passes by is just another step for our hopes to come alive.
We see what's in right and wrong.
We see what's in bad and good.
We see what other's and most don't see.
What beauty and wonder hope can hold.

Rachel Fogle

How I Wonder? ? ?

How I wonder what you are...
How I wonder who you are...

Can you be real or make believe?
Or am I just hoping and wishing you to be.

Beauty from your heart in the form of love...
Is that too much to ask from the god above.

Sometimes I lay in wake at night..
Knowing you surely must be far from sight.

Giving myself time to rest and reflect on my life, for it hasn't been the best.

Then I wonder...
Is he kind..
Will he be gentle, sincere & all mine.

How I wonder when will meet maybe by accident in the street.

Until that day I will wonder still...
And keep my eyes open and watch for you till..

I see that beauty shine from your heart..
And wonder no more..when you take my heart.

Rachel Fogle

How? ? ?

How many heartache's can one bear,
before too many are more than few?
How many tears can one cry,
before all the tears dry and no hurt comes from inside?
How many times can one start over,
with their heart on the line?
How many times can one bear to be pushed and thrown aside?

I've felt so much hurt,
And cried a world-full of tears.
Where hurt no longer has pain,
and pain I no longer feel.

Yet as a woman I long to have that feeling again,
Where you can't wait to see him,
And he wants you always there.

How do you judge when so many times you've been wrong?
How do you know that its worth the risk again,
And worth the effort to fall?

For when it falls apart, the loneliness returns again.
And the empty feeling that love has betrayed you again.

Yet still we crave what we dread.
As though it were a drug deprived from us.
Knowing in some way the outcome may not be worth the high.

How can you be your own worst enemy in this twisted love game we play?
How do we know what rules are good, and which ones were not allowed to play?

How can I want him, and hate myself too,
For knowing that he could hurt me, is tearing me in two.

Still it is a question that will linger in the air,
As love still is a mystery.
How it works is what I'm compelled to share.

He has touched a side of me that I want to share with him,

How will it end?

With with a few tears or two?

Or will I have my heart's desire and love's journey finally through?

Rachel Fogle

I Never Knew

Years have gone by since we met.
Choices have been made, and allot of love gained.

Yet....still in the distance feelings are there.....
I never knew.....that they were there.

The feeling of helplessness.....with knowing our past.
The feeling of surrender knowing our love may pass.

Yet.....I still love you all the same.
My heart knows no other or lingers away.
You are my heart and for the most its been enough.

But still its there.....I never knew it may not be enough.

The emotional roller coaster of man & wife.
The lost and unforgiving mistress who stands away from the light.
The daughter who brings such hope & joy.

Yet in it all.....love beats its cord.

I will loose you this I know....

My heart wants to hold on.....

Yet still I know.....

Your life is one way and mine is not.

Your dreams go one way within them I am not.

Every word I have wrote or spoke to you comes from my heart, please know that first.

But....you chose your path and now I must choose mine.

Without you in it will be a very lonely ride. But I love you enough to let you go.....

Please keep my heart with you where ever you go.

Rachel Fogle

I See What Happens.....

I see what happens when a child is born,
I see what happens when its raised and adored.
I see what happend when they start there first day of school,
I see what happens when time seems so short.
I see what happens when there off and on there way,
To start a new beginning and to take it day by day.
I see what happens when a family is beginning to grow.
I see what happens when its time to just let go.
They know that you love them and you're there come the need.
But its time to let go to give them the chance to see.

Rachel Fogle

In His Heart.....

So full of hope so full of promise.
Now taken away no chance to recover.
Families brought together by yet another tragedy.
But through the great sky above, a watchful eyes is always kepted.
Heholds our pain in the palm of his hand and reaches out to let you know he understands.

The anger, the hurt and the tears are all to be felt.
He knows not why this must be, only that nature must play her part.

He can give you comfort, by saying they were not alone.
They were taken away by there angels who will guide them to there eternal home.

It leaves with you there love and the chance to meet again,
And wishes you all to trust that he knows best.

Rachel Fogle

In Loving Memory

You've been gone for awhile now and many years have flown by.
Yet.....now I miss you more then I have in along time.
I was so little when you went away didn't really understand.
I just new my poppy had up and went away.

Now its ten years later and your presents is so very felt.
Regrets do linger that your not here to enjoy your life's fruitful wealth.
Your spirit was above all others,
Your kindness unmeasured in any man,
your loyalty unfailing till, your life's very end.

Most say its favoritism he was your grandfather, that's his just do will.
But few know that your kindness showed each day you walked this earth.
Not one person whom you befriended or spoke to in anyway, can say that your
Heartfelt kindness was not felt in everyway.

I miss you more then any words could say.
I miss your arms that sheltered me from all things.
You were my hero in everyway that was,
You were my light when all things seemed dark.

Many bumps have been in my road since you have been gone from here.
There were times when I so wish that you could have been here.
But, after many years of hurting and struggling to heal that past,
My heart has found the love that was so missing from my past.

When you passed time seemed to stand still.
As little as I was, life seemed ugly & cruel.
Yet of course with age comes wisdom and time.
And now I understand you had used your time.

There is a man whom, will never take your place.
Has opened me up and shown me a new place.
He has your kindness and spirit for life.
He makes life seem easy, even when it seems bleak at times.
You would like him as he would you.
And he has made the hurt not so hard to do.

I love you poppy more then my heart can say.

I miss you each & everyday.
But as with the course, time must go by.
Just know that I am with you always and I have someone by my side.
He will be there for me, as you were when you were here.
Not a day goes by that I don't wish you were here,
Please know I remember and my heart is always near.

Your loving granddaughter Rachel (Chi-Chi)

Rachel Fogle

Inside Out

Inside my heart I know your the one,
Inside my heart I know its true love.

In a moment you can turn the darkest of days,
Into a sweet gentle kiss even from miles away.

You've turned me inside out,
You've turned me over in two.
Made me give my heart again which is something I really didn't want to do.

From the moment I've met you things have felt right,
I can't remember a time when I so much wanted to live life.

But, there's still apart of me that lingers astray for fear of not knowing what you
might say.

I've trusted you with my heart,
But I've trusted others before,
Will I be sorry, will you love me & leave like others before?

I love you in away I never thought I could,
I want to be with you forever and that scares me even more.

I hope my heart does not lead me in the wrong direction,
I'm trusting you with this, for knowing you are my hearts desire and loving u is a
precious gift.

Rachel Fogle

Is There.....

Like the gentle tap of water when it rains so slowly,
Its there in the back ground reminding you its there.
My longing is the same in this world they've placed me in.....
To want something so much and know its there but distant from my reach.

Its there to provide the want,
The desire within me to crave.
To place that hurt inside when that want cannot be gained.

As though it knows its power,
Its unrelenting way.
To show me its there to be sought,
But never will it be mine per say.

Its there only to let me linger,
And never know my true course.
Stopping for the desire is strong and I must seize that voice.

He is like a shadow of my self unmade.
Where we touched each other but lost our way.
Now I'm left wanting and wondering for him.

For its there in my mind this yearning for him.

I dream when I do not wish to.
He is there when I can't explain.
I think of him too often to count,
Why must this be the road I take.

Its there,
Its empty,
Its hollow, its raw.
Its waiting for him to make his call.

To give what was and what could be our chance,
Its there for him to take,
Please lord allow us this chance.

It Is All That There Is.....

Please remember me as I am.....
Now until we have no more....
Please love me when you go,
For adore you, each moment that is yours.

It is all that there is....
In our moments we find.
Such blissful wonders & happiness many seem quick to criticize.

As usual you bring perspective to and unsure & troubled mind.
You make lifes reflections mean more then I once choose to realize.

It is all that there is....
With you I found peace.
A love that is hard to forget or try to equal in this place I have reached.

We have such a comfort and a friendship beyond what I dreamed,
Even if I forget and sometimes fall from your reach.

I remember when I met you,
It was so hard to understand.
The longing that I felt to try and discover what you had planned.

It is all that there is...
With you & me its real.
No fake promises,
No unanswered prayiers.

It is all that there is....
Between now & then.
Each day I will hold onto 'us'
And through caution to the wind

Rachel Fogle

It's Ok.....

It's OK.....I know where you are...
The hurt you feel lingers inside.

No way to escape no way to hide.
Just to let you know I've been there to.
Just to let you know it's not only you.

When others have left,
You feel unloved and used.

A heart so open to love,
And yet others continue to misuse.

Guard it much more carefully.
Love only those you know can love back.

Keep what strength you have and never turn back.

It's OK....
Start over.....
Find a true friend.

Lean on there shoulder....
And let them in instead.

Love is beyond all we know...
It hurts, it heals, it renews our soul.

Yet when its real....
It comes from the heart...
No force is needed.
No reminder on either part.

It's OK....
I understand....
No simple answer no simple plan...

Just thought I'd write and let you know.....
Your not alone and it's OK....to grab hold....

Rachel Fogle

Jay....

I sit back and think of ways,
That I can take back all the days
That we have spent in anger and in rage.

I dwell on the I'm sorry's and the fighting to.
That's my nature, so well you knew.

Yet, as each day goes by and you are not there,
My heart can longer compare.
What it was like to not have you,
To knowing in my heart that I want you.

I can count that I'm sorry's from here until time is no more.
I can count that the regret's from now until you tell me to move on.

I can't undo the anger,
I can't undo the shame.
I can't erase the heartache,
Or let go of the blame.

In my choices I have made,
Bad one, good ones, lousy ones to.
Yet, I think I hit gold when I chose you.

Because at the end of it all,
We love who we love, no picture perfect, no it can't be undone.

A far cry from salvation, to a long walk on the beach.
You are what lifts me up, you are what give's me peace.
I think of loosing you, and my heart skips a beat.
I think of another, trying to do as you ask and see what my heart really seeks.

But, always it comes back to that one simple thing,
I can't stop thinking,
When will he love me again?
Hold me in his arms, and tell me he loves me like before.
Tell me its ok, we have each other, life can knock on our door.
What ever the decision, what ever the choice our hearts will decide together and
we will make that choice.

Today, I'm sorry for all that has happened.
Tomorrow I will be to.
Today, I hope you will forgive me,
Tomorrow, I still love you.

Rachel Fogle

Judgement.....Without Knowledge

As my days have come and gone I have found a beauty I never knew.
One that has touched my soul beyond reason and held my heart anew.

Yet others close beside me understand nothing of my choice.
Passing judgement....without knowledge and I weep from there harsh voice.

Still I pursue 'my' new found knowlegde and still have moments that run astray
and yet just by looking in his eyes,
I feel my spirit lift away.
Its moments in his arms that make me know that I need this to.
Even knowing I am allowing myself to decieve those who love me to.

Judgement....without Knowledge leads many wondering far away.
Finding wrong in others doing, when they are not the ones who must have the
say.

If I can have my hearts desire and know that he is mine,
For our moments together give me more then millions could ever buy.

I have felt a passion beyond word or phrase that can express my connection with
him.
Only knowing that My Judgement with his knowledge has given me a wonderful
gift.

The gift of taking all that there is, and laughing when times are hard.
The choice to make what we have wonderful,
And allow others to be wiped aside.

No one can make us believe what one chooses to ignore.
And no one can right the wrongs that others have decided are yours.

The judgement that lays before me,
Along with the Knowledge that I've gain,
Only makes me stronger,
Knowing his soul & mine are one and the same.

Rachel Fogle

Just A Touch Of Heaven

A little girl late for school one day, running to catch her bus,
Falls down and scrapes her knee and the tears start to run.
Then out of no where a man come to aid, he says don't cry my darlin and angels
lookin your way.
And he take's her hand an he bends his knee to help the hurt she suffered and to
take away her fears.
She looks at him so innocent through eyes so clear and calm,
Cause she see's a hero in his eyes and he smiles caused he's helped her get
along.

Take my hand and I'll guide you there, God's always watching he's always there.
So when you feel that breeze on that one and only day, he's letting you know
he's not that far away.
Just A Touch of Heaven and it will be alright. God help's those in trouble even if it
takes time.
Don't loose faith or direction, let the love come from your heart and it will guide
you to heaven and make you feel alright.

A mother who's lost her child or a man who's lost his wife, there hurt is the but
the heartache is miles apart.
They both want answer's they don't understand, how he could cause this pain
and how he can't see.
And the only answer he can give them is always the same.
I know I've hurt you but I've helped them ease there pain, it was cruel to let
them suffer so the angels brought them to me.
I will cure there pain and help you heal your hurt if only you would listen and
take me at my word.

So, just take my hand and I'll guide you there.
I'm always's watching, I'm always's there.
When you feel that breeze it's just my reassurance, it's to give you strength and
added courage.
Just A Touch of Heaven is all it will ever take, I'll always help those in trouble no
matter what it take's.
Never loose faith in who I am, never loose sight or direction.

I'll always have room in my kingdom, heaven's a very big place, and my angel's
are always looking to also come to your aid.

Just Discovered Heart

Today I saw for the first time so clear and sure the love I had missed and maybe ignored.

Not on purpose or to be cruel or mean.

But because I didn't realize you were in love with me.

I knew I felt so much love for you and shared that with you,
Not sure in my heart what you would do.

Yet today I saw you smile when you saw me there,
So beautiful you looked, how could I not feel the love we share.

Our love has been an adventure, many ups and downs.

My heart has never left you, even when doubt beat me down.

Our love is our salvation in the roles we must play.
I cannot give you up, ever come what may.

I have made my peace with myself and know you are my heart.
And I will not walk away knowing you hold my heart.

I know you think there are things that would make me re-think my choice.

But I can tell you this my love.....your love is my choice.
My choice to accept what I know is true and real.
My choice to love you each day and feel.

Your right we can't change today.
And I may still worry about tomorrow.

I know I have your heart and that is well worth the struggle.

No words could ever be enough to tell you how very much I love you.

Only that my heart is yours forever.....and I am so very much in love with you.

Just Moments To Become Friends

I saw a man just yesterday, he looked very sad and alone.
I asked him how his day was he just smiled and looked at the floor.
I did not know him, nor had I seen him before.
But in my heart he looked like he needed just a little something more.
So I walked to him slowly and he just happened to glance my way.
He said 'Don't be frightened my child, I'm harmless in all ways'

I felt kind of silly and sat down to talk to him thinking he needed a friend.
We chatted for hours on until the train came around again.
I watched him leave as he waved good-bye and now I'd done something right.
For in his heart I'd found his soul and managed to spark the light.
He looked different as he walked away a kind of sway in his step.
I went to pick up my bags and turned to for just one more glance.
He was gone, all but vanished in the air.

I ask the lady beside me if she saw where the man went.
She looked at me a little crazy and got up and walked away.
I thought in that moment I had gone crazy and sat back down for a sec.
Beside where the man sat was a simple red rose and a note that said Thank You,
And I cried just from those two words.

Much later I learned he was a homeless man who lived all alone on the tracks,
The only problem was he died some 100yrs back.

My husband still laughs to this day when I tell him of my tale.
But I'll always remember my friend and just that moment we shared.

Rachel Fogle

Just One More Day.....

I remember the day that you left, we were both such a mess.
Tears being shed, good-byes being said.
We both wanted the other to know it would be ok.
But, somehow it worked out and you were on your way.

Just One More Day is what I keep telling myself.
And it seems to all but disappear.
Oh, it may return once in awhile but then I see your face.
And I know that no distance or time can ever erase.

Then my thoughts just drift to you and about what you must be going through.
And I just want to say it's ok you'll make it through.
These are the test in life, the one's will continue to wait for.
We just have to wait One More Day until the waiting becomes no more.

You are my rock and I am yours,
Together will support each other from here or port to port.
When all is said and done will be together again.
And it will be Just One More Day until I get to love you all over again.

Rachel Fogle

K.I.R.S.T.I.E

K - is for Kirstie sweet & kind.

I - is for I love you till the end of time.

R - is for rosy, rich and rare.

S - is for special, sincere & forever fare.

T - is for tender, timeless & mine.

I - is for I believe in you and will always
be by your side.

E - is for eternity, endless & ever lasting love.

ME - is for you know to know you are cherished &
loved.

This poem was written for my cousin Kirstie! ! ! !

Rachel Fogle

Knowing What Could Have Been....

We all ask ourselves time and again, that dreaded question of,
What Could Have been?

Rethinking every error, reliving the past trying to stop and ponder the questions
over & over we ask.

What Could Have Been?
What did we do?
What didn't we say?
What was I to you?

And still as it happens, answers are few in far between.
For as always the could have beens, run so very deep.

Each side has a view, each heart has a cause.
Each weakness has a tear that long ago was drawn.
Yet we keep doubting our true worth,
Questioning our souls.
Wondering why way down deep,
What Could Have Beens, were told.

Love is so complicated its hard to describe.
And yet each of us is guilty of handling something so delicate and prized.

We desire what we see, we crave what we feel.
Still nothing can erase that love that the mind feels.
What Could Have Been, is always there.
What might still be is awaiting there,
Dwelling on the what's if, or the could be's only makes living harder then its
seem.

I could be a mom.
I could be loved.
I could be cherished, I could be the one.

Let go of the could be's and the have beens of the heart.
Reach for the moment and shoot for the stars.

Let There Voices Be Heard

Always in my poetry I've usually had the gift of rhyme,
Keeping time with all the words and letting the images just fly.
Never taking into account that someone might not understand what I've just
tried to express from my poets hand.

But, I think that's the beauty of poetry for things to sometimes not make sense.
And then have someone give you words that you can see but not always get.
You feel there depth, you feel there pull but when there all put together you
question there goal.

I love all poetry it has meaning in itself.
If one chooses to write it, they've choosen something great and that has so much
soul.

We all have our reason for letting the paper see our words.
Be us begger or king, poetry is in all our souls.

I say 'Let There Voices Be Heard' and we all shall unite in the kingdom above
were poetry carries a great deal of might.

Thank you for your attention it will always be my delight,
To create something I love and share it with all that I like.

Rachel Fogle

Lifes Reflections

Work, home, school & sleep.
The day is done but not far from reach.
Tomorrow will come and we will do it again.
Continue the circle that life has lead.

And still I long to be OK with this.
To not want more and have it all.
To be able to accept what life has given me and be happy even if this is all.

I find myself all the time, reflecting and being sad.
Wondering why I am who I am,
and others have been given another path.

I won't ever be famous,
I won't ever have it all.
I won't ever have more then I was meant,
I won't ever have all of my dreams.
And somehow I am suppose to happy,
That others have there's and I'm here.

I am not bitter, only sad it seems.
Because through my life I have tried so many foolish things.
Love & words have been my salvation.
Love being wrong in the end.
Words were left to my hand,
And have come about from my pen-mans hand.

Is there a middle ground when finding one's self seems hard to do?
Is there a way to make it come through?
What does one do to be OK?
What does one find to compare?

I have cried & laughed.
Dreamed and lost.
Struggled & shared,
And ended it all.

Now I await to find the void.
And wonder when my peace will come.

For now I will keep searching,
Knowing that as always life must carry on.

Rachel Fogle

Looking Glass

As before and as will be,
You are mine to hold.
All that matter's in this world is wrapped inside your soul.
Not to be questioned or doubted in anyway.
I look at you and see everything that is real to me.

Looking Glass.....

Of Love.....

One that is fewer then most can see.

Not all have it.

Not all can let love be.

They destroy all that is beautiful and don't hold it close to there heart.

Never understanding, its just love.....

Let it be and it will beat true to ones heart.

A laugh that is the forever,

A tear so well refined.

An ending of happily ever after is sadded when love has retreated and said good-bye.

Looking Glass.....

Of truth.....

Beat now and see me through.

For today I have everything and love is my proof.

Be it today or tomorrow.

Be it now or soon.

Love is my forever.

And my forever is with you.

Rachel Fogle

Love Remembered

Time after time I look at it all,
And see so much unhappiness that I cannot recall,
The last time I saw love in away that is was meant to be,
Or the last time I felt love in all the ways that it should be.

Love Remembered,
Love Refined,
Love Envisioned,
Love by Your Side.

To many maybe's to always have doubts,
To many uncertainties that leave love fading with doubt.

I ask myself questions about what it all means,
Do I give up or continue to seek.

That feeling of elation,
When the world spins in two.
That feeling in your belly when you know love is true.

Love Remembered I have this still.
Deep in my heart I carry it with me for you.

Are you out there?
Is it for me?
Do I begin from the end and find my way back again?

So many questions to ponder and count.

Leave love in the open and logic somewhere along with doubt,

Its a funny spell that happens when you don't see,
You just know in your heart, happiness is within that simple reach.

My love is remembered,
My love is true,
My love is heartfelt,
My love is true.

Yet when that feeling of uncertainties comes back again,

I must always remember,

Love will find its way again.

Rachel Fogle

Love, Hate, Forgiveness & Harmony

Love is the power we give others to use,
Hate is the product that comes when it is misused.

Forgiveness is the strength that we need to recover,
Harmony is the essence of what peace brings from each other.

Combined they can bring happiness to many far and near,
Seperate they are alone misguided, incomplete and unclear.

Love is the strongest that keeps the heart one with time.
Hate is the enemy that strikes the tie that binds.
Forgiveness is the goal we strive to reach.

Harmony is the place these words may one day reach.

Rachel Fogle

Loveless Life

To soon to say it's not working, to real to believe it's true.
To empty to know the difference when love has ruined you.

Bleeding on the inside, smiling on the out.
Waking to find an answer that no one has yet to figure out.

Taking everything to heart, leaving no stone UN-turned.
Were did I go wrong, why now does it still hurt.

Uneven in my life this battle I must fight,
Were love is my enemy and living is my prize.

You do not know the heartache I bare or the scars that have been left.
You only know what you wish to see and that's not much I expect.

Turning to find my way, will there be a road.
Where I have myself back and along with that my self-worth.

Rachel Fogle

Loves True Journey

Now well into my twenties,
Love seems just alittle clearer to me.
Different from the days when chasing boys was your only journey.

As you get older many come and go.
But few stop to realize you must love and loose in order to make your journey
go.....

Babies love in all the purest of ways.

Chidren love in there most trusting ways.

Adults test those waters of first loves and valentines.

Of broken hearts and yestersdays,
what could have beens and promises.

My First love was awsome.....
Butterflies everyday....
Couldn't wait till he came.
Feeling as though everything in the world was only me and him.

If your first love is your true love you are gifted more then most.

But for most your first love is your hardest love.
The test of test.....you survive and hope your heart will not die.

Then comes the in between,
The I think your its, and the maybes.

Then when your not looking you meet someone who totally does not fit the bill.
He promises laughter & life, but love does not fit his bill.

Yet little by litle love takes his hand.
And before you know he is your plan.

Neither of you planned it,
Nor thought it would come to be.

Yet here it happened you are each other ment to bes.

Its almost as if he's part of you,
Weakness, strengths & all.
It's almost as if hes been there all along.

For most its all written out....
Love, marriage & Kids....
The ABC's & 123's of lifes happy endings.

Yet for me.....its the journey that has allowed me my lifes 123's....and it will be
my future that gives me the ABC's.

He will help combined the two.....
And maybe one day we will have everything & more.

Just maybe in a different order.

Life is what we make it.....
The what ifs & maybes are always going to be there.

Its the here & now you might miss out on.

I have found my love and I have started my journey.
He will help me through what ever crosses our way.

He is my true love, my ever after & light.

Yet.....I still find that I love the ride.

Rachel Fogle

Loves Vision

The palest of skies on a bright summer day,
Or the vision of love that we create in our own way.

I've De-guised my hurt to comfort his pain.
I've let him go for he said he didn't feel the same.
Why then does Loves Vision still linger in my heart?
Why does it still feel as though we past a very important part.

In this we walked a very steady road, letting Love create its vision.
And letting our hearts blend into our souls.

This is a hurt that I've never felt before,
Not because of him leaving, but because he lost the vision between the stars.

He held on till the top, then let go in the end.
Letting me stand alone and never finish what we began.

Did he love me, I'll never know?
Did Loves Vision have us and somehow let go?
Or did he loose faith and not believe in his heart,
I'll never know I only know what is in my heart.

That of all the things that are beautiful he was the one for me,
And I cannot hate him, for he was everything to me.

I can't put into words all the emotions he has made me feel,
Or even make him understand that he let go without even grabbing my hand.

I may never begin again, because he was so different.
Not because I can't love again, but because I have lost Love's Vision.

He has a very big piece of me that even he does not know,
Because even now I feel myself dyeing know I still have to let him go.

Rachel Fogle

Loving Devotion

Your thoughts go one way, mine do to that's what makes our love so special & true.

Your eyes reflect all the love I feel, in that I know my heart is real.

All the what ifs & maybe's are there.

Yet in it all.....my soul is there.

Let it be what it is my love.....let it hold your hand. Let it fly above.....

I know you may think my love is silly and sweet,
Your too old to have those thoughts of ever after and meant to be's.

But, I've been down this road and back again, wanting to waver and give up in the end.

Yet as I stand there ready to say good-bye, I realize I would be leaving my very soul behind.

We are partners beyond words that could compare,
We are what every couple longs to share.
Finding the comfort we have taken and used.
To become that bond that can never be unfused.

We all have those times when love has past,
You think you have found that someone and you know it will last.
Then it happens it all falls apart. Makes you wonder how does love really start?

It starts with an act of love in the purest kind,
By bringing her a rose that shows love in its truest time.

Or those times when your in pain, and she can feel it even miles away.

The restless nights, the hardest days along beside you her heart lays.

Not from pity or selfless act. Its love & devotion that bring her back.

You are her heart in every way it can be.
You are the love that she craves.

Love & Devotion stand by themselves. Yet they rely on each other when the
heartache swells.

Let love guide you, trust your heart know that in the end, you have her heart.

Rachel Fogle

Loving You

Everyday it happens, this feeling that I have.
It brings everything together and makes me know you are the one I should
always have.
Giving us each moment to cherish as we might.
And allowing us the chance to see how growing can bring such joy to life.

Loving You is my Forever.
Knowing there in between.
Loving You is my contentment.
In a world full of hardness & mean.

With all that there is, and many things to be.
Right now in this place, you are all I need.
To fill my life completely, to shape my heart in gold.
To makes babies with you for years to come,
And watch our grandchildren grow.

Loving You will be my survival,
When all others have grown weak.
Loving You will carrier me over to that place we both will reach.

And when it all comes to a close and its time to say good-bye.

Loving You has been my life's purpose,
And having you was the prize.

Rachel Fogle

Me

When I was alittle girl, dreams really did come true.
They were more then just a fairy tale, or a story from a book.
Now as I've grown up and seen what life can bring, I've finally just begun to
know that I'll always's just be me.

No princess in a castle, or a damsle in destress.
I'm just a plan old city girl, who doesn't mind not being rescued yet.

A college degree or a desk job at an office still won't change the fact that I'm just
me.

No paper can change that, no money could either.

For in me, there more to see than just outside looks.

Along with many I have a soul, and heart that would give gold if one was told.

But, in reality that's not true, in this world I'm me and I think that's still pretty
good.

So the next time you think, that face job will impress.
Rethink your choice and work on the inside and your see that it's what's inside
that's really the best.

Rachel Fogle

Missing Him

No phones calls for days, nothing do I hear.
Sitting alone I'm left with nothing but my own fear.

Does he miss me, or wonder if I'm OK?
Does he even think of me, or just push me away.

I have pushed him for answers showered him with guilt.
But does he not understand, I feel alone and hurt.

I'm scared he doesn't love scared of loosing him,
Scared that I've invested in something that I will never win.

We had it so perfect and so right,
Now its a mess and I don't understand why.

My momma tells me to just let him go,
No man who really loves you would hurt you so.

But I remember it so clearly and can't make myself believe,
That a love so perfect could just no longer be.

I will continue each day,
And wait for him still,
Because I love him like no other and probably never will.

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Rachel Fogle

My Christmas Story

I have loved Christmas since I was very young.
Like most children do the presents get us all undone.
Yet even as years went by the love of the holiday kept my heart alive.

I have had many bad times many years gone by.
With no presents under the tree no good times on my side.

But my christmas story is my tree each year, the lights all about the good things
I feel.

That has been my present for many years now.
My life was not perfect but I made it through somehow.

And each year I made sure I had that tree for me to let me know, sometimes life
can just be.

That moment when your lost in the lights as they blink,
Or in the hope in your heart that the coming year will bring many good things.

There are lots who have less then me and many who have more.

There are those who have been cruel to me and left me with nothing to look
towards.

Yet here I am a young women today with a house of my own and many blessings
I am grateful for.

My Christmas Story has always been the love of christmas and the feelings it
gives.

The presents mean little when it all is said and done.
They don't give hope or let you know your loved by someone.

It's the hard times in between when you need something to.
Just a hug in that moment,
Or even a Thank You.

My reason for my story is to help all understand.

A little girls love of a tree where it stands.

It's beauty and wonder so simple and true.

Made my life better without even trying to.

Because with the simple meaning of peace and trust I found hope to keep going even when life was tuff.

My Christmas Story & My Christmas Tree have shaped my life and made me, me.

Keep that spirit of Christmas locked in your heart, even if Santa isn't 'real' he sure means allot.

To all those little one's who sit on his knee.

The fact that they believe is all the proof you need.

Rachel Fogle

My Grandfather

He's a man of great pride & of humor.
He's been there by far when it drove him.
He's lived life with zest & love and regret.
But he's been there by far when it was over.
He's hoped for the best and lived through the worst.
And strived to do it all over again.
For he said in his way's don't ever have leeway,
For it's gone before the rides even over.

Rachel Fogle

My Lover & My Friend

Never have I known someone whom gives me peace such as this.
With him I feel alive in away no words even find such bliss.
And even when we part and its time for him to leave.
Still I feel him with me, ever fleeting, every kiss.

My lover & My friend a new way for me.
A moment in my life in which I feel free beyond all years.
There are times when I linger and guilt leads me astray.
Then I remember him laughing or holding what we share.

There is beauty that you see when you look out-side your door.
There is comfort that we find in things that mean little when you need more.
Yet there is beauty that one finds that goes beyond heart and mind.
There is comfort that we share that can never be equaled or compared.

Every moment I share with him,
Gives me so much more then I knew.
And even when its over,
My life will still feel anew.
It will pain me to let him go.
For he brings such peace to my heart.

But my Jay bird is like an eagel that forever flies in his heart and mine.
To hold him would hinder his purpose in this world.
For in his years he has learned things,
That allows his journey to continue on.
He has felt all the harseness in this world that make other men weak.
He has stepped upon the circle of life that most don't this soon reach.

And yet he still finds passion and love in moments that bring us joy.
He finds a reason to keep on living with the love of his child that gives him his voice.

Most would think me crazy for allowing him to touch my heart.
But at the end of this journey,
I will have known a passion and understanding that neither will ever part.

He will be a memory and a whisper forever with me each day.

Because in him I found answers that I needed and never could ask the questions
in the end.

Rachel Fogle

My Moments

When I think of you I smile its a habit I seem to have.
I see your face so clearly its like a lighted and guided path.
Moments that have given me pleasure in ways I can't express, Make me feel
alive and cherished all because you have shown me this path.

When I think of you there is love there,
I had not really thought about it until its was mentioned in our time we shared.
I kind of placed it on the side, because our lives lead different ways.
Knowing that I could love some, but not in everyway.

I love you enough to know that your my friend in so many different ways.
I love you enough to know we must let go in the end.
I love you as a lover who's shown me many things, and who's allowed me to not
feel lost and ashamed.

When our time comes to a close, which I hope will not be soon.
I love you enough to know it was
well worth it for you.

Not because I know your the one or because I think its meant to be.
But really mostly because of what you've given me.

When I think about what we've shared and what we've come to mean.
No one can ever take those moments or memories from me.

Even when other judge and look and see one side of the coin.
No one will ever know what its like to me cherished and adored.

When I ask myself many times now and along the way,
How will you let go when its time just be free.

And its the same as always,
I do not think of this often because then it would ruin our time.
It would take away the meaning that I have worked so hard to fine.

The only rhym or reason I can say is this,
I love you enough to know not to love you all the way.
I love you enough to know my heart can only go so far in this way.

You are a memory for my heart,
And a connection to my soul.
Even when all is said and done,
My heart will be yours to forever hold.

Rachel Fogle

My Nightmare

Shall my nightmare ever end?

Will I awake and pretend, you were a dream and one I want never to have again.

Can I wish away your touch or all the love I once had for you?

Will others fill the roll or replace your shoes?

I go on as if you didn't exist and that you never have at all.

I hide the hurt and forget the pain and hope the memories fade after all.

This world is a never ending nightmare, were I'm locked with you and these four walls.

How to I escape?

When will I awake from it all.

You have begun a new life somewhere and never given me a thought,

Should I be happy for you or hate you cause you left me with it all.

To be honest I don't know, nor do I ever expect to.

I guess in the end, time is what's left of you.

Rachel Fogle

Nature

White as a dove,
Red as a rose.
Blue as a sky that stretches above.
These are the things that the earth has to hold.
To show us that life is as precious as those.
Those who depend on nature at heart,
And those who depend on the goodness of each others
hearts.

Rachel Fogle

Never Will I Surrender

Thinking less of what one is, is a form of surrender.
Choosing to walk away is a most bitter surrender.
Allowing one to see what cannot be is ones will to protect what one must.

Learning to value ones wisdom is freedom of the simplest kind.
Knowing that there able to trust, is beauty few will ever find.

Looking love in the face beyond doubt or reason is like finding your way home
through the hardest of seasons.

Which way one must turn is always the chance we take,
Will they choose another or will they Surrender and give love its place?

When one has doubt and the other loves strong, what middle ground can bring
them it all?

Does one heart linger, and the other go astray? Do they both become bitter and
take separate ways?

Never will I surrender what faith I have in him,
Never will I doubt that my trust was misgiven.
Nor will I sit in the shadows and count what may be left,
Of a heart that was loved or the tear drops that have been given.

I cannot explain this emptiness that I feel,
Or how much I know this love was real.

Only that he has choosen his path,
And must walk mine.
And maybe someday we will come together and Surrender and become one with
time.

Rachel Fogle

New Day Dawning

Upon the darker side of huminty,
Lies a hidden deed.
Nature beckens & whispers,
Can you not hear me?

Bright sunshine clears the heavens,
Raindrops fall down.
Clouds roll away, sliding they pass with no sound.

Crickets make the music that calls us to the night,
Gazing into the moonlight, searching for your star bright.

Again it brings it's newness,
It's always forgiving ways.
New Day Dawining brings the message,
Mistakes & forgiveness are always made.

Then it reminds you, tomorrow begins again.
And the New Day Dawning will rise and always allow you to try again.

It linger's not on your failures,
It holds no stone to toss.
It only allows you the chance to reep what field you crossed.

New Day Dawning gives us laughter,
Tears of the bravest kind.
Joy from the heart so beautiful,
Sadness is a worry left far behind.

New Day Dawning is our shelter,
Our light in all the storms.
Keep your light shining till the New Day Dawning is reborn.

Rachel Fogle

Now

Now we can have what we wanted,
Now we know we can.
Start over and begin again,
Never reliving the forgotten past.

I wanted & waited for so long,
To cherish you as I might.
To be able to say that you are mine,
Is my own happiness to my heart.

Now I am for both of us,
Now there is a we.
Now it all has come about.
Now our path is free.

Loving you from a distance,
For there were trouble we had to cross.
Has been the test of time,
For it has lasted so very long.

But now I know its here.
And my love has never left or strayed.
You are my ever after.
You are my here to stay.

No one could love you as I,
For my heart is unequal for you.
And I will stand beside you until love carries our lives through.

Rachel Fogle

Once Upon A Time....

Once Upon A Time....

We lived in a world when families meant more than just Christmas gallores.
Back when life was simple and plain,
No Nintendo's that just seem to wash out the brain.

Once Upon A Time....

Children laughed inside, they enjoyed all before them with glee in their eyes.
To turn on the radio and catch the news was the highlight of the evenings back
when my mom was two.

Once Upon A Time.....

We didn't have computers or the fax.
We had at most a telephone and that was that.

Can you see the changes from when you were young?
And how today you look at see what our kids have become.

I look at my children and think to myself they have no clue how to just sit and be
by themselves.

There concerned with cars and clothes I know that's kids,
But what happen to the days when we just sat on the porch?

All in all it's not the future I'd planned I'm scared for the moments that just
continue to pass.

I don't want my children to become so undone,
That they can't see all that once was.

We survived and became what we are today,
Because of what we were taught back in the old days.

My words may not reach home but I'll give you this to chew,

What happens when instead of photos you thumbs through,
It's faxes and e-mails that your kids reach you.

Rachel Fogle

One Last Request

I walked up to the house, not sure what to say.
I new that it was over, we both said it should be that way.
I saw you in the window, you looked at me to and my heart just melted cause
right then and there I knew.

One Last Request is all you need say,
One Last Request and I'd would forever stay.
In your arms and in your heart, never far apart,
All you have to do is ask for One Last Request.

You walked into the room as I was packing my cloths, you said 'I'm sorry it had
to end this way, but I do still love you.'
I looked at him and smiled with the tear's still in my eyes and told him we were
young and in love it happen's all the time.

At my car he hugged me good-bye and said always keep in touch, we'll always
mean something to each other I'll always know that much.

I drove home thinking if he only knew what a fool we both had been and how
many wasted years we'd been through since the age of ten.
At my new home that night I check my machine and to my surprise there was a
message that whispered softly,

'One Last Request, I hope it's not to late.'
'One Last Request, is all I can make'
'But, One Last Request is all it should take.'

And that's all it took.

Rachel Fogle

One Last Tear Drop

I have nothing left to give you,
I don't even have hate.

I am empty of all feeling, I'm sorry I guess that's just fate.

You've done your job quiet well, now leaving should be easy for you,
Just don't forget to lock the door your return will be long over due.

I no longer wait for your call, or listen for your voice.

One Last Tear Drop I cried and I'm void of all of you.

No more will there be hurt, for my heart cannot handle the pain,
It's lost to all that's emotional I guess that's the pleasure of pain.

Is it bitterness I speak? Your dam right it is, but don't you worry I'm ok leaving
was the best you could do.

Keep walking in that direction, never will we meet again,

For in this life I live now Tear Drops are a ladies only friend.

Rachel Fogle

One Night Stand

Getting toasted seemed like a good idea,
Just something to ease the mind.
Forget about everything and push all the hurt aside.

But, then one drink turned into two and before you know it I was more drunk
then I even knew.

He grabbed me by the arm and kissed me on the cheek saying hey babe how
about you and I go some place nice and cheap.
I laughed at him right then and there and said are you crazy I could not bare,

To hurt my Joseph in such away,
To ripe out his heart and toss it away.
In that moment I knew love & pain and wished with all my might that it would
just go away.

He pushed and he probed for me to believe that he could make my nite so
pleasurable and sweet.
But little does he know that my hearts not right and no one nite stand will make
it better for me.

I turned him away and left the bar,
Sitting on the curb,
I thought real hard.

I could not do that even though I have anger and shame,
I cannot hurt him I can't play that game.
Yes he hurt me, but I need him and I have to trust that he'll want me again.

He has my heart and so much more,
No one nite stand will erase that and more.

I picked myself up and called me a cab,
And went to a friends and cried because I was so sad.
I wanted to call my Joseph,
But I'll give him his peace and try and be here for him when he's ready to say his
peace.

Open Horizion

Clear & calm set upon its peak,
Lifted from anger,
Hidden why down deep.

Stepping stone, troubled path....
Gentle heartbeat.....don't look to the past.

You see that Open Horizion where everything beats still,
You see those open wonders, where glory knows only will.

Passion with conviction,
Fire with love,
Rain drops that come.... hollow they drum.....

Beating out the life force as that Open Horizion finds us one.

Leaving all that you know,
Only to wake again.

In that glory you've found where that Open Horizion starts all over again.

Rachel Fogle

Our Love.....

It's easy and it's hard all at the same time.
It's scary and it's fulfilling beyond all words I could describe.

Our love is special in so many different ways.
It's unselfish in that we know what choices must be made.

We neither expect or demand more then we are able to give.
We cherish the moments that we have and seek to find more when they fit in.

It has helped me grow in so many different ways.
To know that I loved another more and so unselfishly gave.
A love that had returns but losses more than gains.

But thats OK my love,
You are special to me.

Our love has given me comfort when so long it was far from reach.

You've guided me long and held when true.

One way was our path, in this we knew.

Our love I will cherish even knowing another holds you when our love is through.

You will be the whisper when I long to hear more,
You will be the heartbeat that I needed when life beats on my door.
You will be the comfort as you always have been.

And just please keep on knowing I expect nothing,
Our love is my gift.

Rachel Fogle

Our Words

They continue to drift onto paper each day,
Making us realize life changes in some way.
To the prettest poem about rainbows and stars,
To the darkest poem about hatred and harm.

It's an endless cycle in around about why,
Were all of us try to give what we may.

Born to be poets I think we all relate and know in our hearts,
Poetry is what it takes,
To relive life as we know it and express all we see.
The painters do it well, as we all continue to see.

But, we as the poets can give vision to the art,
We can take from heaven and bring it down to one's heart.
We can change each vision to the person who's see's it next and give them the
chance to make there vision's our quest.

Our words chime together although not always on rhyme,
They reach for the same goal,
Which is to let our words fly.

Fly to highest timber at the top of every tree.
To be heard far and wide and bring all the beauty one can see.

Our words are the song of nature that keep the balance and the beat,

So to my fellow poets, your words will be always within reach.

Rachel Fogle

Paint Me A Picture

Paint me a Picture of a love unrefined.
One that is simple with no complications inside.

Show me the way to become what it should be.
Give me the answers that I so simply seek.

Paint me a picture of love.
So simple & True.
Tell me how and what to do.

Allow me the chance to do it all right,
Allow me the freedom and allow my heart to fly.

Day upon day,
I reach for that love.
I see the whole big picture and all the colors of that love.

Still it seems distant and always out of reach.

The picture that once was so simple is now, many colors and beyond my reach.

Paint me that picture,
Paint me that sky.
Paint me that mountain.
Paint me way up high.

Put me in that picture,
Place him next to me,
Give us the brush and let us paint our future free.

Rachel Fogle

Passion In My Heart

Awakened from a childish dream,
A Passion so supreme it just unfolds.

A world that was not known to me,
Only joked about by those who don't know.

In this quest of mine to find answers I have more questions still.

But yet I find beauty in, not caring only living at my will.

I care for those around me, and cherish all that I might.

Yet I have found a passion that I crave more then any critic could downsize.

It is a hunger that I yearn for in most unrelenting way,

And I must reach for my passion for it may not always be this way.

There is a soul behind this, a man whom has given me his will.

To allow me the choice to reach for it or to run from what could be our just do will.

It is a judgement that others may question, in there distant and troubled minds.

I find I am now lifted from a knowledge I have set aside.

I don't know what may happen,
What choices I will make.

I only know that in this moment,
My passion I will take.

A world full of secrets....and mine close to my heart.....I see a Jay bird in my window....that is how this will all start.....

The one whom this is for will know it at a glance.....just thought I'd give you my words...and allow our moment to dance.....

Pearl Harbor

Upon the waking hour, in there beds they soundly slept.
To be awoken by such fury, I can't begin to imagin the nitemare which was uncrept.

Screaming for there crewmates, grab your coats and guns.
There is no sleep for the weary, when our nation is in danger from someone.

They stand proud on that helm, raising to fight for us.
No danger for them do they fear, there courage so proudly undone.

The planes they fly above with missiles coming down,
Many live's destroyed that day, oh how sad we must count down.

Is there a victor in this battle or is it in vain?
Do they fight for freedom, what's there cause or gain?

We now know that day as Pearl Harbor when so many souls were laid to rest.

Can we count the faces of so many gone and left?

More so do we continue to rage and raise our guns?

Or do we try to undue all the damaged so long ago done.

There lives are no less valued be it now or then.
I just cannot in good conscience kill to make right the dead.

Do you see my reason, do you see the same?

I hope my words have helped you and you continue to remember them all.

For without each other our nation would fall.

Rachel Fogle

Poetry From The Author's Heart

When one takes paper to pen, to begin again.
He is starting a quest with but one goal.
To bring words to life & express what one might.
In all he sees & does.
An author's eyes hold much inside, something's only word's can express.
Like a simple stare can compare to mountain top or peak.

Beauty is in the way the words flow,
When they do so with no pause in between.
Poetry from the author's heart is one we all continue to strive to achieve.

In his hand's he always carries the image and imagination of all.
He let's one see that if one only can dream,
There's always a bright side to one's falls.

A tearful trady can arise and become anything one wished it to be.
If only one would take the word's that god gave and let them free.

So write from your heart & speak from your soul,
The Poet's Hand knows its true goal.

***DEDICATED TO ALL MY FELLOW POETS YOU HOLD MY HEART IN YOUR
HANDS & YOUR WORDS HEAL MY SOUL****

Rachel Fogle

Purgatory From Hell

Ever walk that line, with hate in your mind.
When it kills your will to bend.

Ever have that hate, knowing its to late,
To unload the hurt inside.

Ever know anger & rage beyond word or phrase,
For sometimes words are few to find when feared.

Ever wish gods ear would listen clear,
And allow his children to choose.

Divided in that logic, that all unyielding way.
When hatred runs so deep you must hold the card you've been played.

Step back to the light that left your heart the moment it all rang true.

Even if one must seek rage,
He must seek laughter to.

It is a crossing of self preservation.

When one much choose to loose.

For at which point does logic win,

And at which point does the hatred rule you?

You challenge your faith in freedom.
You challenge your faith in god.
Even when your walking from purgatory,
No one judges not even god.

He just allows us that moment.
Or the ones that come in between.
Knowing that we as humans,
Weakness is sometimes needed.

Even after it's over, even after it's gone.

He knows there may be another.
And passes no judgment now or the next time to come.
So hold thy faith carefully,
Release what anger there may be.
Know that he follows close.
Know that he sets us free.

Rachel Fogle

Reflections

Mirror of ones life, reflects all we feel.
Chancing everything to create and feel.

Journeys that send us to treasures untold.
And develops the mind into a realm of unknown.

The Avenue of self worth is beyond ones comprehension.
It strengthens the mind and develops ones senses.

Invision yourself taking a leap away from all,
And flying down a spiral that awakens the fall.

To be free from all that surrounds you,
And to perserve what we might,
Is a test of humanity in that we never loose site.

That through out our lives we face bitterness & tears.
And that every moment that goes by is another we have longed to feel.

We are what we are nothing can make us any different,
And at the end of my journey I know its been well driven.

So to those who see only darkness and doom,
Remember there's others who have less then you do.

And give then your prayiers and good wishes to all,
For at the end of all our journeys heaven awaits us all.

Rachel Fogle

Reflections Of A Broken Heart

I used to wait for him faithfully, everynight by the door.
Talk about mans best friend, he couldn't ask for anything more.

Never did he wonder about my love for him, I on the other hand still wonder if he ever did.

Bitterness that swells, and teardrops that hurt.
Are reflections of one's inner soul that helps to heal the hurt.

Walking away and leaving me may have been the best he could do,
Cause moments filled with misery are better then a lifetime filled with hurt.

He did give me joy, he made me smile alot.
But, that didn't make up for the times when he almost always forgot.

I used to think it was me who was being selfish and unfair now I just sit back and wonder why the hell was I even there.

Then I remember that fact that I was only seventeen and he was of man of his mid-twenties.

Now I'm a little older and somewhat smarter in my ways,

My heart is still hurting and that may never go away.

However, I've come away fighting and though it's taken years to get even here.

I know that in the long run, upon reflection its the journey that got me here.

Rachel Fogle

Remember (9-11)

Yesterday it happened.
Let us not forget.

All the damaged that was caused by Nine Elevens events.

Today it seems its a blur, all the suffering and pain that's occurred.

Until one remembers were still here.
Allowing us to reflect and make real.
All the things that we have ignored that brought this tragedy to our door.
We as Americans must today face,
Freedom comes with its stakes.
Our military is our checkmate,
Yet we as human beings must keep in mind what hatred does to man-kind.

9-11 was the day,
People stopped and didn't look away.
Now today the pain is real.
Yet we've forgotten how time heals.
With that process it dwindles away, and before you know it time slips away.

9-11 was our chance to right the wrongs and bring peace at hand.
It was wrong for such hatred to be.
It was wrong for so many lives to be,
Lost in the mist of hatred & harm.
Forgotten and thrown in the wake of its arms.

If this continues to spin.
Humanity may not have the chance to begin again.

9-11 woke us up.
Let's not close our eyes and pretend it's enough.
It will go on until people see,
Hatred & harm have no place to be.
It brings death & destruction,
Anger & rage.
My life is too precious to live with that all of my days.

Remember the victim's,

Remember the cause.
Remember its our lives after all.

Rachel Fogle

Remembering Your Spirit

Sailing on the open sea, walking through the forest.

Taking time to notice everything that has only just begun.

Listen to the birdies sing, their call so sweet and calm.

Or the gentleman who has a friend, who just happens to pass on.

Then there's a mother who has lost a child, and in her grief she becomes whole.

Like a beautiful rainbow after a storm, that searches to find its goal.

Where do we look to find one's spirit?

Oh, you may really be surprised, because just the few I have mentioned do not compare to what's inside.

So take a moment, take a chance and Remember You're Spirit you never know when you'll lose your chance.

Rachel Fogle

Ryan

You are the poet of all poets,
The one that has a bright side to every doom.

I thank you for your insight and cherish your wisdom and know that there is one
such as you.

You leave me with the question are you for real or make believe,
Can I continue to listen to your words and know that its not a dream.

Poet of all poets,
Treasure in thy heart.
Keep what one has to offer and let the words play there part.

You are like a painting that stands out of all the rest,
I continue to watch and wonder what will he do next.

I keep faith in your words,
And hope in my heart,
Because you are the creator of visions that I know will never loose its might.

I look at your words and listen with my heart for you are the instrument of all
healing,

And the poet of one's heart.

Thank you Ryan

Rachel Fogle

Salvation

A promise of tomorrow,
A kiss for you & me.
A laugh that shines from the heart,
is gods glory to thee.

Salvation from far above,
Or salvation is its whole.
Can bring comfort in many ways,
even when others have yet to find that goal.

Life bends in many directions.
It falls here & there.
It sometimes leaves us to wonder,
if & when where really there.

Humans being such emotional creators,
Have adapted in a way of life.
Forgetting sometimes that in all lies glory,
Salvation is through our eyes.

Not because of its all powerful meaning,
Or because some of us lose our way.
But more because its out there,
More because life can lead us astray.

We know what road we have taken,
We know what path we are on.
Yet somehow even on that path,
That fork in the road is not seen or looked upon.

Salvation comes to us,
In a prayer or cry from above.
It reaches out and grabs our hand,
and gives us that push to carry on.

Lead us not into temptation,
Yet deliver us from evil.
Salvation will carry our burden,
And we shall walk through life's constant upheaval.

Rachel Fogle

Selfish Pity

Allow me to introduce myself,
It's been so long since we've met.

I'm that chip on your shoulder you haven't lifted yet.

Yes.....you know who I mean.....
The one who pretends to no longer need.

Alone you sit not caring at your will,
Guided by your triumph of will.

To long now you sit & wait for destiny to come by chance.

Allow me to remind you,
You stopped living not I.
I only allowed you to dwell on the pity you held inside.

However, now I am here to break this chain.

To awaken the heart....or the shell you have made.

Selfish pity need not be there,
Alone in the dark to hide & bare.
The aching of ending and the hatred of love,
Only to learn, many years have come upon us.

This selfish pity you hold close to your heart,
Leave you with nothing only bleakness & loneliness inside.

I am here to push it away to tell you it's ok to love again.

To unlock the love you so need to give,
Selfish pity has no room in this life,
You are too beautiful to live hollow inside.

Lift yourself up,
Let it all free,
And that selfish pity will only flee.

This is your moment, this is yours to share.....

Don't let go.....give love that chance.

Rachel Fogle

So Close To My Heart.....

So close to my heart,
Were do I Draw the line of what is yours
and what is mine?
So close to my heart,
Will I ever walk away, or stay
and continue to be taken?
So close to my heart,
Will I ever be free?
So close to my heart,
I can't bear you're distance,
So close to my heart,
I can't bear you're nearness.
So close to my heart,
Still can't bare your touch
For it gives forgiveness & also my love.
So close to my heart,
Your the most wonerful gift,
I could have ever recieved.
If only you turned out as I pictures in my
dreams.
So close to my heart,
Your my shining star.
So when I make my wish stop & remember,
Who & what you really are.

Which is the man I onced loved, with every beat of my heart,
And the man I'll always treasure, and keep inside my heart.

Rachel Fogle

So Close.....And Yet....

So close to what is reality...
Yet so far from the truth.
Blind to the knowledge I know,
My heart was once owned by you.

So close to the longing that once loved you...
Yet not sure what to do.
Keeping distance from all that's hurting,
Until I know what to do.

So close to the hatred that you made be,
Yet trying to keep control so it doesn't rule me.
Knowing that you have no regrets or shame for your part,
Is my simple truth & reality to my heart.

So close to never loving again,
Yet hoping for it still.
Is there a middle ground when loves at stake...
I'm not sure...
How about you?

So close to happiness,
Yet afraid to reach for the cause.
Loving you was my mistake,
I'll accept my part.

Smiling is my healing,
Laughing is for my soul.
Loving has yet to cure, what you so simply stole.

I'll find my path, be it now or later.

Just always take heart, I loved you without reservation.

Rachel Fogle

Something Special Lies Inside

Something special for you to keep.
Something special not far from reach.
Something true and pure of heart.
Something inside that lies apart.

The truest form of self-worth is our value to ourselves.
Not what we provide others only how we help ourselves.

When you can find that listed pathway,
The glory lies inside.
Knowing that your special is beauty that you find,
In a moment of sadness or heartfelt joy.
For it's not easily seen or shown by course.

Something Special Lies Inside,
A heart of pure Charity,
A soul of the bravest kind.

Something special for you to see.
Something special for all to be.

Let what we see and what we do,
Help us learn and see us through.

Life has a balance of good & bad.

Life has lessons that challenge our hand.

And beyond all that is weak-ed and pushed away.

Something Special Lies Inside for us all to pray & always keep.

Rachel Fogle

Sometimes

Sometimes saying I'm sorry means more than I love you.

Sometimes holding hands means more than making love with you.

Sometimes it's hard when love's so strong a cord.

Sometimes it's easy to forget,
Sometimes it's easy to desire to be adored.

Sometimes we overlook the weaknesses that we have.

Sometimes it makes us happy,
Sometimes it makes us sad.

Sometimes we remember that it is OK to mad.
Sometimes we reflect and are just glad to have a path.

Sometimes we drift,
Sometimes we fall.
Sometimes we heal.
Sometimes we lose it all.

Sometimes it doesn't matter.
Sometimes everything's OK.

Sometimes it's like what ever,
Sometimes we just need to say get
away.

Sometimes I will linger and you will do the same.

And yet as always,

Sometimes we wake up and it's a brand new day.

Rachel Fogle

St. Patricks Day

Oh, I the greenish far side,
The lovely mountains and hills,
Is the true nature of any Irish Man,
He and his fellow souls.

It's on our day,
St. Patrick's Day
That we in turn unite,
To share with all thee fine fellows,
A champions good-nite.

So cheers to the green pastors,
And all the creatures beyond,
For you will rarley see a Irish Man who
doesn't salute one and all.

Again, on our day,
St Patrick's Day,
We look to share and be free,
For it only comes upon once a year,
Along with the heavens and the springs.

So I bow to all who see me,
And toast to all who are around,
And hope to see you next year,
When St. Patrick's Day passes through our fine town.

Rachel Fogle

Still Loving? ? ?

Some say were silly because we can't go on with our lives,
That one's as good as the next, just push him aside.
Well my heart doesn't work like that I don't know about yours,
But I'm still trying to get my feet back to were they once stood before.

Before you came along and brigthed up my day,
And before you decided you just didn't feel the same.
The worst part was you couldn't tell me face to face.
No I had to read about it, next to the words that you were engaged.

That moment was like a an earthquake,
One I hope to never live again.
So how can I be exspected to take that chance again.

You were my world, my every waiting dream.
Living without you is harder than it seems.
No man can measure up to the picture I made of you,
I guess that's what hard to except,
Not even you could do that to.

In the end I'm left with nothing,
Other than the knowledge that I'm still here.
And that one day I'll no longer wonder,
When I wake will you be there?

Rachel Fogle

Sweet November

Beautiful rain drops pouring down, and the sweetest whisper as the breeze comes down.

Morning heaven is awake again and smiling down to let the world rise again.

Lovely tree tops all around and the leaves that fall to the hollow ground.

Sweet November full of grace now comes the time for the world to take shape,
To refresh its love in the creatures at heart and to remind us that nature will forever do her part.

Look outside your door on that cold winter day and remember the view is all we can take.

She takes her hand and creates such life and continues while we sleep and close our eyes at night.

She watches us all and gives us our life and brings forth the morning sun to make sure we rise.

Then in springtime, she starts again and brings forth such beauty you wonder were she begins.

Sweet November I call to thee and forever cherish the beauty I see,

Sweet November you are beauty at heart just keep on going and I'll always see your true heart.

Rachel Fogle

Sweet Sounds

Morning sounds cling to us so soft and sweet they play.
Like gentle drops and tree tops, they make for a better day.

A call from the wind and a touch by a breeze will carry us away,
A babies cry brings life to a smile and lifts us up in someway.

Like the journey of our yesterday's and the journey's to our past,
The sweet sounds that make our today's keep us close & life within our grasp.

Nature gives to us what she unselfishly made,
She provides the peace & happiness all of us crave.

Just keep that in mind when you happen to pass her why,
And always remember without her we would not have our days.

Rachel Fogle

Tears

As always you are there for me,
In good times & in bad.
Never allowing me to suffer alone,
You guide me and my gentle hand.

Alone we sit for hours letting time go by,
Feeling troubled and washed away,
Never knowing such sorrow inside.

We heal on our own, and let our wombs run deep.
Taking time to reflect what pain has befallen we.

You are my lost companion,
You are my only friend.
Together as always we stand, you my most loyal friend.

Even when happiness surrounds me,
You join me at my will.

Allowing me to understand,
Sorrow & Happiness....
Can bring tears of utter joy.

Many years will go by, and together we will be.
Sharing moments of pure heaven, and sadness that runs deep.

However, it will be our time to finally come to rest.
And again we will travel side by side,
From this life to the next.

And upon our return,
We will ring our joy with that wonderful cry.
The sound of a newborn baby, who's happiness is her cry.

It will be to others,
What we have discovered in our own.
That tears of all kind are faithful for life & forever to behold.

Tears For Thy Angel

Watching from afar they know when they are needed,
To help the hurt or injured, or the sick and the weakened.
There presense is always felt, no matter the reason for there call.
They come when you least exspect it and leave with no trace at all.
They are there to bring us comfort in our times of need.
To help us through our pain that in someway must heal.
We shed our tears of joy and then our tears of sorrow,
The angels always follow as if they heard you calling.
They give peace and understand, faith and great love.
And make sure we understand, god always has his reasons for taking loved ones
above.
In their wisdom they bring comfort, from there hearts they bring hope.
And in there wings they bring more love to help us keep holding on.

Rachel Fogle

Thank You

I think I forgot to tell you,
Thank you for being you.
It never hurts to say those three words,
Even if we forget at the time when the words are due.

Thank you for smiling at me just the other day,
And Thank you to that man who felt like lending a hand.

Thank you to the doctors who continue to work for our cause.
And thank you to the nurses who stand proud and help them remain tall.

Thank you to one all who go to work each day,
For we are the one's who make this world turn each and everyday.

Thank you to the people who do the jobs I can't do.

I try to remember when the time comes to give to a hand when I can,
But sometimes things get the better of me.
And my mind wonders from you.

We are all we have no one can do it for us.

I just want you all to know I Thank You for sharing life with all of us.

Rachel Fogle

The Contour Of My Heart

Slowly beating, aching still.
It feels what it needs, and heals what it will.
Valleys that descend into thee abyss of no return,
The Contour of My Heart is alone & Still.

Weakly it lives and battles each day.
Not caring what it sees, or loving what's in vain.

It's as if there's no tomorrow,
So why live for today.
The Contour of My Heart can see no other way.

Bleeding from pain,
And hating with hurt.
It's anger see no vision and it's failure has no hurt.

The Contour of My Heart,
Hold's very few Dear.
It's love is hard won,
And it's trust is hard given.

The deepness of this pain cannot be discovered.
It's like there's an endless & lightless tunnel.

The Contour of My Heart is beating very slow,
It's hollow its empty, it's hated more so.

I will close myself off in a place far from harm.
Cause I see no reason to stay,
If the out come always brakes my heart.

Be faithful to those you follow, I hope my words hold meaning in some form.
For The Contour of One's heart may slow and beat no more.

Rachel Fogle

The Green Mile

Standing by the window, dreaming of what never will be.
Realizing all that's been lost, and knowing what is to be.
You hear the cell doors open, you know it's not your turn.
The Green Mile always beckons, calling, calling still.
The lights they flicker from far above, another inmate long gone.
Until next rolls down that rode that The Green Mile just happens to pass along.
What one must think along that walk, many things I do suppose.
Of simple talks, and simple walks or a card game from long ago.
Questions sometimes linger, do we regret or pray to him?
I say some may, not me I'm no fool.
For when that Green Mile comes a callin, and the cell doors open for me,
No god of mine or any other, can change the fate befallen me.

It's when I walk down the Mile that my wish may just be, for the mile to go on
until it leads me to the sea.
There is no heaven or hell there, just miles & miles of sea.
And I can be content knowing he's forgotten me.
Although it may be foolish, it is my wish to be,
I'll just keep dreaming that somethings will always be.

Rachel Fogle

The Heart Never Forgets

You tell me it's over, that it's not real.
That we were wrong and that the wounds will heal.
But, here I am still thinking of you,
Dying to know if you miss me too?

You can tell me a hundred times or even a few more,
But, the heart never forgets and the soul holds full force.
I loved you then as I love you now,
No matter the reason just how.

With all my heart & so much more,
I gave you everything and you left me no door.
You shut me out and walked away,
Putting to rest the friendship we'd made.

You promised me things and then turned away,
You loved me then left me and never looked back.

I can say this with everything I am,
And believe it till time is no more,
You are everything I need and so much more.

You can walk and you can try,
To erase what you've done, and have no care or why.

But, I will remember for both of us still.
And know that you & I could have had a great deal more.

Rachel Fogle

The Heart Of A Lover

You are to me what I never knew I wanted.
Giving me love and acceptance like no other.
To know your love is a comfort I find reassuring.

To know we are together is what makes life worth enduring.
But there is a truth to the love that we so selfishly take.
A line we always cross, but choose to ignore or erase.

I acted in passion and I lost myself there.
I resisted the urge to walk away and not be there.
Taking what was offered, reliving this life & acting with emotions I long ago set aside.

Undoing all the walls I worked so very hard to create.
Giving you my heart to take.
Words say its friendship & love that we share.
Emotions speak louder & we know that more could be there.

Tiptoeing around it all, letting life drift by.
Not wanting to test the waters we have swam so easily by.

But nothing can change what lives we have now.
Nothing can make it all easy or undo the, what when or why.
Where do we go from here?
What lies ahead for us?
Am I always to be "the other woman"?
Am I always to love this much?

Do I pull away slowly & erase you from my heart?
Or do I say & love you anyway, even if I play no important part?
Please don't take my words unkindly.
This love is pure & true.
I just can't seem to understand why in love I seem to always loose.

I never thought we would be here or that we would have what we have.
I never dreamed on caring and loving a man I know I can never have.

Rachel Fogle

The Man Of My Heart(William R Martin)

You never think that life will change or the life is gonna end.
You always assume that there's still more room to do tomorrow, then and today.
You always take for granted the then and here after of those who come before
use and those who are here after.
I miss his laughter, I miss his words, I miss his sweet good-bys.
I remember when I was little and he would be waiting at the end of the hall.
He always pretended not to notice me and I'd say,
'Hey pop...come on'
I remember him telling me that life's too short to take for granted to live each day
and to live it to the fullest.
His words of wisdom will always be beside me no matter how old I may get.
I can still hear his seamen stories and the tales he used to tell.
You always knew pop could be a grandfather, a father & yet a friend.
You always knew he'd come through even if someone else didn't.
I miss him more than I ever thought I could have, and more than I ever thought
I would have.
I feel I could have done more, and maybe helped him through it.
He's gone now and he'll never know how sorry I am for not being there when he
needed me and not lending him a hand.
He meant more to me than any man could have.
He gave me hope, he gave me dreams that no book or movie could have.
There are no words to say I'm sorry.
There are no deeds I could do.
The only thing I have to offer is my heart,
And it will forever love & cherish you.

For my poppy whom was & still is everything to me**

Rachel Fogle

The Pursuit Of Happiness

Cradle to pre-school,
Born and bred.
Lead straight to the alter with dream in our heads.

High School or college may come in between,
But somehow or another it develops into the same theme.

Babies & birthdays,
Baseball & Scouts.
To little, to late time spills out.

Troubled waters, marriage number three.
Pursuit to long jevity is far from thee.

Wakeful heart, linger we lay.
Try as we might to look & play.
Like its simple and plan.
Clear & calm, nothing to awaken the unhappiness in us all.

Children we raise see what we are.
They remember us from when we forgot who we are.
Words we say when angered or roused,
Leaves footprints the show, only years down the line.

The daughter who saw her mother pretend,
Her marriage was alright, only to wake and pretend.
That she loved her husband not his money or Bens.

And that money is worth the unhappiness she wed.

The son who watches his father cheat,
Making millions off the hurt & the weak.
May someday realize its to late to change what was his destiny and his fathers way.

There both older now and smart these days,
They've learned to be different and help who they may.

But, some who see the same or more,

May not choose the right path or course.

It is up to us to show our kids that,
The Pursuit Of Happiness is what hardwork is.

That easy money, or the easy way.
Only leads to misery and detroys what value there is.

The Pursuit Of Happiness makes us who we are.
It helps women & men become who they are.

All in all its a steady path,
But once in awhile fate divides that path.

So help your kids, help yourself.

Take time to remember happiness in itself.

Rachel Fogle

The Rainbow & The Sunset

Can you picture a painting of a rainbow beginning to shine.
Can you picture a sunset that's ready but not yet defined.
I can picture the rainbow and the pot of gold at the end,
I can picture the sunset and the many more to begin.
These are the simple things in life,
These are the things that are meant to be.
No one prepares you for the truth.
No one prepares you for the unfair things.
That on the other side of that rainbow dreams don't always come true.
And that you may find a bit of beauty in that sunset by the sea,
Or you may find a hard earned miracle in that rainbow made by we.
But the truth of it all is, is that the rainbow doesn't last.
And that sooner or later the sunset will pass.
And we must realize that life is not a sunset or a rainbow made by we.
That for some reason or another,
Fate is what is and fate is what was meant to be.

Rachel Fogle

The Ring

Pacing by the front door, waiting till the clock strikes nine,
So he can ride to the jeweler's and get his Valentine.
The Ring she's always wanted, the one that will make her his wife,
And The Ring that he's been saving for it seems almost half his life.

Before he know's it the clock strike's again, and he races through the front door,
Heading into the wind.

The jeweler smiles at Tommy and waves him on in saying 'I've been exspecting
you it's almost half past ten'
Laughing loudly at the jeweler, Tommy politely reply's,
'I'm sorry you see, the fool was me, I was rushing and lost track of the time.'

'No probelm my boy, it's already for you.'
'Your sweetheart was here and made sure we knew'

He paid for The Ring and rushed to her house,
She was waiting when he arrived.
'It's finally time, you will be mine and eventually my bride.'

Still till this day, he relive's the way The Ring she now wear's came about.
It sit's on her hand along with the band that they share along with there love.
They never grow tired of recounting the way's that The Ring has brought it all
about.
But, they will alway's share and forever compare there love to the The Ring that
never had a doubt.

Rachel Fogle

The Scar Of My Heart

My words may never reach you.
You may never see the pain, that your leaving has left behind when you walked
away without a trace.
I've just come to realize what feeling's I have for you,
But are they love or are they lust?
Maybe both how about you.
Did you love me for six years or just lust for a few?
Were your words of love just for the moment, and then fading when the moment
was through.
I think you along with most men think that when love goes wrong, it should be
forgotten.
It's easier to erase it then make the effort to try and fix it.
You don't seem to see that one cannot erase the touch of someone they love.
Or even look at another without seeing another.
I know I loved you in my way, and to give you credit you did the same.
The difference between the two however is I lost while you gained.
My life will never be the same since you've been in it,
I don't know that I would have it any other way.
Because knowing that I can love this much is something special and I thank you.
So, with gentle care and a kind hand I'll heal my heart from you,
And always wish you the best knowing one day love will find you.

Rachel Fogle

The Silent Prize

All business & success no time for his wife yet.
Looking to make that buck oh it's sad how she love's him so much.
When will it be her turn to have him to herself?
When will the money no long matter and there life become clear.

The Silent Prize she feels to him
No longer does he miss her or wish that she was near.
Nor does he rush home to come to her waiting arms.
She's lucky if she sees him once a week, sometimes from afar.

The gift's he sends mean little to her,
They are bought with money not love.

She cannot find happiness in her home, when its empty of love.

No children do you hear, no laughter from the halls.
It's an empty mansion of loniless that she feels she will die if she cannot find love
within the walls.

For the last time she looks at her home,
And walks silently to the door leaving a note on the table,
Saying ' A Silent Prize' I will be no more.

Rachel Fogle

The Smile Of Loving

Yesterday came and went along with our love so true.
Today I long to hold and learn what our love means to you.
Years will dawn and little may be said,
Unless we ask now, what if and when.

The smile of Loving is hard to do,
But as always we make it through.
The hardest of all that test our strength,
Brings us all the more closer no matter the distance at stake.
The Smile of Loving is your heart and mine.
Finding that middle ground, even when life lets us down.

Anger, hurt, crying with shame.
They all mix with love,
They all hurt the same.

Yet with your smile,
And with mine to share,
The smile of Loving lets us hope that our love will always be there.

Rachel Fogle

The Storm

It came upon us we could not see,
It's path of destruction invisible to all but thee.
It took one house, but left many untouched.
No rhyme or reason just The Storm we know that much.

Many died I must say, some were rescued.
But others it was just to late.
I ask myself, what can I do, is there a why to warn
others of the impending doom.

A minute or two to get them safe,
So many lives can be saved.

They say on the news there's a CHANCE we might get one.
That doesn't help the one's who's CHANCE did come.

The Storm carries with it a powerful force,
No caring who's the target or it's main course.

You will know it when you see,
Because it makes its presents know quite destructively.

I pray for those who meet The Storm,
And hope they live to tell this tale once more.

Rachel Fogle

The Torment Of Love

Over and over we say in our minds,
That we do not love them, we never ask why.

Then the torment of memories drifts into our heads,
And that thing we call love, just comes right on in.

I've been there and done that and I'll do it again,
It still is a ***** when it happens to walk in.

You ever wonder why this ache is just there,
It comes when you least expect it, you know not were.

I love him, I hate him! ! !

I can't stand her! !

It's all the same, just one more verse.

The torment of love is the ride of our lives,
And the agony of the heart is our mission in life.

But without these torments and missions we cross,
One never knows when the heart will fall.

To love is to hurt, and to hurt is to heal.
To get up and rise is your goal now and here.

Rachel Fogle

Those Simple Words....

Someone broke my heart so long ago,
Now I find it hard to even say those special words.
Even to the kindest of children who mean me no harm,
can I tell them I love them cause I feel like its brakeing my heart.

My mother tells me daily the love she feels for me,
But my friend I tell you this I can't even say it to she.

It's like someone took a hammer and broke my heart in two,
And now I'm left with nothing only a shawdow of someone I long ago knew.

If they only could understand, its not them who cause this pain.
It's the one who left, and decided he didn't feel the same.

I know they wish it was different and that the words would just come,
Even now I sit and wonder will I ever feel that for someone.

They say that time heals everything, I find that hard to believe,
Because even now I'm going on year number three.

They say treat yourself to dinner, be kind to yourself.
I'd rather watch T.V alone by myself.

I know, I know it will get better soon. I still don't buy it,
How about you?

A quote I once heard, 'It is better to have loved & lost then to have never loved
at all' I'll be damed if I think that,
Cause I never got up from this fall.

Rachel Fogle

Through The Eyes.....You Reach Ones Soul

Through the Eyes of him I see depth, I see lite upon his soul.
I see reflections of a man who has tasted his weight in gold.
I see hardship & great strength and a very arrogant stroll.
I see bittersweet success that the price has yet to be told.

Distance is a comfort for a life that has grown wild.
But Through the Eyes....you reach his Soul.
And for that I'd paid any toll.

I long to touch that heart that is now so well reserved.
Feeling empty as I gaze and wonder when will his secrets be mine to hold?

Choosen are we to lead what life is set forth,
Through my eyes.....I see a road that our paths just don't meet in that road.

Bitter am I that I must watch him....when I long to do more.
Bitter am I to allow myself to see what I see in his soul.

I see him sitting alone.....watching all he can.
Wondering can the power of success really be measured in one man.

Or can one be happy at the end when he has it all,
Or does he regret that to have more you look beyond that wall.

More so, do you reach and grab that gift he gave.
And set out to discover Through the Eyes is what one must take.

To reach and find that comfort that feeling of having everything.
Even if you look outside and see nothing but the trees.

Beauty is in the eye of the beholder....
And I never doubt what I see....
That looking at him....is all the Soul I need.

Rachel Fogle

Timeless

In that child you find beauty untouched by age.
Slowly she grows to womanhood gaining strength along with age.

Years turn into many allowing her to shine,
History in the making beauty of the truest kind.

Through many trials and tribulations she has journeyed there & beyond.

Gaining knowledge with her journey and sharing it along the lines.

Never does she question her purpose upon this world.
For the Timeless Age of Life, has gifted her with treasure untold.

Strength to carrier her worries,
Age to make her way,
Beauty in the form of freedom.
And the experience of a journey well made.

Rachel Fogle

To Late To Say Maybe....

Down winded from the emotions,
Held by a haze, longing to run fourth & looking for so many ways.

To late to cry for tears do no good,
To late to start over, the love has been misused.
To late to say maybe, to late to say more,
To late to get over you, I'm sorry we couldn't have more.

Yesterday brought hurt,
Today I felt fear to.
Tomorrow I may feel both, to late maybe you will to.

So simple was it to love, so hard to undo.
So simple was it to feel, when love has cheated you.

To late to drowned your sorrows,
To late to hate the cause.
To late to say maybe, the vengence is a loss cause.

One way out and no way in,
To late to regret what love were already in.

Rachel Fogle

To Many Tears....

Falling like rain drops, sliding down our face.
To many tear drops to wash away and erase.
Always they linger leaving a shadow of hurt & pain.
Wondering if life will ever be the same.

Wishing as they fall that you hurt no more,
And knowing in your heart you have done this before.

To many tears to count and waste,
To many maybe's to look back and erase.
Always a question in our minds eye,
Always regret that love was not on our side.

Will heartache be our enemy and love always the prize.
Will teardrops be all that are left when love pushes you aside.
Will he one day say I am sorry and I hate myself for this?
Will she say I never meant to hurt you and I have to call it quits?

Love has no choice be it man or girl,
When love is done tears are usually par for the course.

And, in the distance we see a horizon that at the moment seems fleeting but there.
When love reaches to our hearts and reminds us it's still there.

To many tears are long forgotten,
To many tears are in the past.
Till one day they become nothing and happiness is home at last.

Rachel Fogle

To Sir.....With Love....

I love you sir and that's the truth,
Although for years we've been battered and bruised.
You've held me high and lifted me free,
Just thought I'd write, can you find time for me.

Remember the lake so long ago,
The weeping willows called us so.
You showed me all that was beautiful there,
And said 'This is the place that is forever fare'

You guided me places far and wide,
Showing me that one must continue to always rise.
Now I'm a lady today and longing to go back, will I be welcome I've already
packed.

Standing before you I see myself, young and proud quite full of myself.
But now I'm knowledged and up to your game,
I can play chess and backgammon, remember those days.

To Sir With Love here is my heart,
It is all I offer you for your are my heart.
You gave me courage,
You gave me pride,
But most of all grandpaw you gave me life.

Rachel Fogle

Today, Tomorrow & Beyond

One day everything seems perfect, the next there's heartache & pain.
One minute you have so much, the next you have nothing but shame.

I've learned in a very short time, to always value today.
And that when tomorrow comes make it count in every way.
Beyond that you can't control, it's what I've discovered.
You can only prepare and wait to uncover.

My biggest lesson that I can see, is that I must guard my heart much more carefully.
I love in a way that is hard to describe, only to say I only do it once in a great while.

Now I am faced with my biggest test, do I stay around till tomorrow becomes the next.
Do I love him from a distance and keep him close to my heart,
Only to have him come to me and say you aren't the one for the part.

This is not something that I ever thought would occur,
I thought we would have everything and that our life would just unfold.
Now I'm caught between the man I love and the one who calls me a fool.
How can one ever possibly choose?

I laugh at what was, and cry for what might be.
I cherish what we had, and will continue to believe.

That Today I am OK, and tomorrow I will be to.
Because Beyond all that's happened I know I had a love so true.

Rachel Fogle

Touch Me

Words usually flow so easy for me,
That now I'm trying very hard, to explain what you've grown to mean to me.

Through our words we've shared so much,
But sometime's I feel as though I'm setting myself up.

For disappointment and pain,
And loss without gain,
And I know I can't get through that again.

You've opened my eyes to the beautiful side,
That men seem to have but not show.

Touch me in my heart, is what you have done,
And not through favor's or promised loved.

You've extended your hand in friendship, not trust.
However, I've given you both and it's the most I've ever done.

Not once in my life have I been able to see,
More of a man then he has of me.

Touch me through your words is what you have done,
And given me something that I will treasure now and for years to come.

Never in my heart did I try and see my pain,
It's just to soon and now it's slowly melting away.

Will I ever love again,
This I'm unsure,
But if ever there was a chance,
You would be the first at the door.

Dedicated to Joe, whom has given me so much and become the best friend I
could ever have! ! !

Rachel Fogle

Ugly

Do you know what it's like to feel ugly all the time.
To see your face, and not feel joy inside.

I look in the mirror and I'm not happy with what I see.
Everyone says you can change it, just do it and you will see.

But, do they really know how hard it is, to get the courage and the strength,
To find more power to even begin to make that kind of change.

I look at all the beautiful people around me and think,
Why can't I be more like them?

But, then I wonder will they love me for me or for the face that I present.

Is there a medium in between, when the ugliness fades away to show that
beauty shows from within.

Can I be beautiful like all the other's whom I envy and see,
Or am I always to be ugly & plain,
With no vision in my horizon.

I was pretty once I know that for sure,
But then somehow fate decided I just couldn't be pretty anymore.

I've never been one to laugh at others pain,
So why do other's laugh at mine?

I wish all that were beautiful and special could feel the pain I feel,

And then maybe they'd think twice about the cruel words they share.

I will be pretty again, of this I am sure,

But in the end, my soul will be prettier and my face will shine once more.

Rachel Fogle

Unlike Them All

Unlike them all....
We are what we are....
Unlike them all.....
We love against it all....

Travels we have made.
Issues we have come across.
Have helped our friendship grow and survive,
Even if sometimes I seemed lost.

Never have I had, a truer friend than you.
Never have I known a love like you.

Unselfish in its birth, unwavering in its trust.
I will never doubt your word, or question our friendship or love.

I have come to realize quite innocently,
The meaning and heart of it all.
That we are unlike any other,
We are most likely unlike any I know at all.

It's OK to be different.
It's OK to not have people agree.
For they have given me nothing,
While you have set me free.

We may not always see eye to eye.
We may not always agree.
Yet I know in my heart,
You my best friend and that means everything to me.

Yes, I have others who fall in that line.
Girlfriends here and there that will be there sometimes.
Yet there's only one,
Who I can say, will be there no matter what I ask or help me come what may.

I thank so much for the difference you have made in my life.

I will always keep you locked in that special place deep inside my heart.

Rachel Fogle

Unsure

When he speaks to me everything seems fine, but then somehow there are doubts that enter my mind.

One minute he's fine no problems are there, the next minute he's distant and I feel I've lost him I'm not sure were.

Maybe it's me, with my heart so afraid to trust, but right now I cry for I feel I love him so much.

I hate myself for crying I don't do this anymore, it's a weakness I can't afford this attachment that comes forth.

Should I pull away and let him go, walk away from his love or stay around and get hurt again because I loved too much.

It hurts so much to think he would hurt me and lie just to play a game.

I find it hard to even write my words for my heart just has nothing left, I have loved so much and lost a lot more and the heartache just keeps coming.

My tears will fall this one time and no more when the moment is through, for I have learned the hard way these tears hold only emptiness and pain.

06/30/02

Rachel Fogle

Untamed Heart

Reaching for it, jumping in.
No clue to the consequences or care to the wind.

Just for the moment or even the day,
Is ok to her she's on her way.

Dusting off her broken heart she's continue's head on no will power to fight.

She lives for each minute and cherishes the next,
She can't afford to lose, the good one just might be next.

Her papa told her long ago her untamed heart was her curse,
She just laughed and said papa, loving is the curse.

In her soul she knows he's out there, she'll just enjoy the ride.

And keep her heart untamed, until her knight ride's on by.

Rachel Fogle

Upon Broken Wings

Grant me the gift to believe again,
To reach for love and take its hand.
Grant me the strength to not be afraid.
To unlock the door that was sealed by fate.
God has reached for me many times before,
Asking for me to believe in him and remember what he died for.
So, in your kindness and kingdom of love,
God grant me the gift of forgiveness & trust.
Guide me to that place that I left so long ago,
In a moment of anger and a betrayal of all untold.
Know that I am reaching for the sun to shine again,
To give me the chance to start all over again.
I once was broken into uncountable pieces,
Not wanting to have them found.
Just wanting to leave them,
Far & scattered thrown all about.
Not caring if the pieces were ever really found.
I still feel that way, more times than not.
That's why I'm asking you lord,
Grant me the strength to stop.
Help me see that life can be more than just bitterness & tears.
Help me shut the door to the pain he has left there.
I know in my heart you may hear my call,
And that in the end I have to find the strength to really do it all.
But it's nice to know your listening, and that you still believe in me.
For you are the only reason life doesn't seem so bleak.
So, with more faith in you, than I have in myself.
I grant you the promise that I shall not fall.

Rachel Fogle

We Will Survive

Hand to hand we now unite,
In the American dream we will recapture the light.
It may burn low, but it's still there and each day we rebuild it grows brighter
there.

Brother to brother soul to soul,
No matter the outcome,
The healing is what grows.
The anger will be there never will it rest,
Defending our country is our last quest.

Heart to heart we share in pain,
It's like a nightmare one wishes to erase.
Together will rise and in this will Survive,
Cause we are the Americans and we stand alive.

Death and destruction I pray for all,
Who have lost a loved one but hope is not gone.
Recapture the light if you can,
And open one's heart,
For I give you a piece of my eternal heart.

With tears of sorrow and a smile to ease your pain,
I say I love you all and keep you with me! ! !

Rachel Fogle

What The Knight May Bring

Wisdom without judgement,
Sorrow without care,
Emptiness without feeling,
And tommorow without you there.

A darkness that lingers, never leaving its place.
A human who is bitter and feeling along, left and ashamed.

Rebirth in a new direction,
A light with no brightness at all.
Only the sound of breathing that you and only you can make the knight call.

A shawdow hanging over head,
Resting peacefully,
Waiting for anyone, who happens to be some company.

It listens without failure,
It never draws astray,
It guides without waking,
The course you no not where.

When it finally abandons us,
And leaves us till later and still.
It leaves us with more questions,
But has given us its just reward.

By sharing it's haven,
It's allows us become,
Only what we invisioned and what out souls have let us become.

So when the knight falls upon you,
Open thy eyes whole,
And reach for the shawdow that watches,
For he is there to take your soul.

Rachel Fogle

What Went Wrong

The words came so easily with us, never did we doubt.
That our love was real or that our hearts were reaching out.
He told he loved me, it took me so long to believe it was true.
Then he say's I'm sorry, maybe I said it too soon.

Not in all those words, but he did it a little each day.
Pushing my heart further and further away.

Now I'm devastated I'm lost with no where to turn.
I thought when I told him I loved him,
His arms would always be there to heal the hurt.

I'm fighting against something I'm not sure I want to face.
If I lose him to another because her memory can't be erased.

He made love to me, but thought it was her.
Now I have to live with knowing that,
Can you get screwed twice and not have it hurt.

I can't lose him, not like this.
He's my soul and so much more,
But, staying around feels like it's killing me once more.

Loving him was easy, losing him will tear me in two.
Especially if I lose him to something like this and he blinded by something he
can't control.

I hate this hurt, I hate this heartache
I hate that I feel anything because I was stupid and didn't walk away.

I let him in, when I should have let go.
Now I'm paying the price for a man who can't let go.

Rachel Fogle

When I Said Good-Bye

Sorrow of the deepest kind, pain so raw in stings.
Tears that pour fourth until the dawn springs free.

Along with the dawn I say good-bye,
Not caring about the cause.
Only knowing in my heart of hearts,
Pain like this is not worth the cause.

Drifting to self pity & living in the past only allows one to ponder questions one should have already asked.

When I said good-bye I meant for good,
Why do the memories come back to hurt us,
And stay within until time feels no more.

At that crossing of conviction that eternity in pause,
Do you stay or do you go,
Only to reap what field you crossed.

In the clearing of the soul, you reach a new level where good-bye is not just for the moment,

It is at last always & forever.

Rachel Fogle

When Love Is Done

In you I saw everything one can see,
When love comes it shouts it's voice from the heavens & the seas.

Never did I think that it would end,
Never did I think you would not want me again.

When Love Is Done,
It hurts a great deal.
Knowing that two people have gone on and undone what they most wanted to
heal.

The long ago hurt that they suffered before,
Bares down there door step,
Reaching for more.

No longer will you feel the gentle hand he could provide,
No longer will he feel the happiness you gave from inside.

When Love Is Done,
It ends as though unseen.
It cares not for it's victims or the hatred some must feel.

Alone each will ponder what they shall do next,
Do they continue on and make the next love there eternal quest?

Or do they sit and linger on a heart that may not heal and try and remember
When Love Is Done It's Real.

Rachel Fogle

When Will He Love Me? ? ?

Another broken heartache,
Another love turn bad.
Another shadow for my heart, to shelve to the past.

No one tells you of the bitterness or the lost & lonely years.
Or the endless & neverending thought that to love we must always feel pain.

When will he love me?
Now or never or soon?
When will my time come, to feel joy with love,
Instead of sorrow & doom.

Can you tell me what it all means?
Is there some rhyme or reason to it all?
The cheating & the lies only destroys those trusting walls.

He only said I love you,
To make you believe it was true.
So he could have your open heart and always count on you.

Then when it was easy,
Then when he'd hurt you enough.
Leaving became his escape, the damage already done.

When will he love me?
When will he be real?
When will love find me to open and close its hand.

Harden by its selfish ploy.
Blinded by love's cruel game.
Gone are the visions of love & laughter,
Gone are the visions of romance & true gain.

When will he love me?
Never, not now, maybe it's you?
When will he remember he should have, could have but didn't now you feel used.

When, why, what for, it's all undone.

Just too many to count, when love is the battle we've not won.

Not sure, is it worth it, can't take it go away.

When will he love me,
Maybe later, not now ok.

Rachel Fogle

While Justice Sleeps

Cruel & Angry,

Bitter & Sweet.

Gentle & Kind.

So far from reach.

Burdened by pain, killed by hurt.

Living in the shadows, no way to cope.

He took from her a precious thing,

He came in her home, and watched her sleep.

In a moment it was over no time to run.

She lay in her hollow and wonders what has she done.

Rage unknown is in her heart,

Fighting her demons to heal her heart.

She wakes each day and thinks of him hoping to find a reason to live.

Then something happens, a beautiful gift.

Nine months later she has her wish.

And in her heart she cannot forever,

But While Justice Sleeps her heart has healed.

Rachel Fogle

Whisper Of My Soul

Embraced by your arms,
Devoured with your kisses,
Safe & secure in your presence.

Your hands wrapped around my heart,
And your touch wrapped around my soul.
How can life be anything more.

Always knowing that I'm loved,
Always knowing that I'm cherished.
What more could a women ask for,
When you are near her.

An image of your face is forever engraved in my heart.
And a life time with you, is one I can't wait to start.
Watching how we've grown and seeing were we've ended up,
Makes everything so much more, cause we still love so much.

Over & over we've tried before,
And up until now our life was no more.
Now with our hearts combined and our soul whispering 'I do'
Will take this trip together and live a life,
Happy, healthy and true! !

***THIS WAS WRITTEN FOR A LOVE I ONCE KNEW BUT LOST ALONG THE
WAY***

Rachel Fogle

Why? ? ? ?

I loved you like no other,
No other who had come before.

You were my hearts desire,
God couldn't have given me more.

Then in a moment I find you,
In the arms of another, no regret upon your face no signs to recover.

You never did come to me again, or even tell me why.
So now I'm still left with the question;

Why?
Why love me for six years, then leave with no answers or clues?

How can one love so much and leave like that, please tell me it can't be true.

To this day I still have yet to recover, I don't know that I ever will.

The only thing I am sure of is that life is not worth living knowing there's more
out there like you.

Why invest in a loved one, when he could do the same.
Sure I know, why, let him take the blame.

I'll tell you why, this is my chance,
Because I don't have the strength to survive again.

My heart can only bleed so many times before love is no longer,
And caring is just set aside.

I leave you with this my final thought,

Hurt has no pain,
When one has no heart.

Rachel Fogle

Will Of Myself

Now and again I am reminded of us.
Of what we have and of what we have done.
Now and again it seems unreal and unseen that life can be so cruel and unfair it seems.

You are a passion that I must let go.
For I have a fear down deep in my soul.
That you will be the undoing of a long ago evil,
That I have tried to walk past and yet still seem stuck in this upheaval.

Will Of Myself, this I must have.
To make this step and to not look back.
I do not regret the things we have shared only know that sometimes real life is there.

We have tried to make our own world,
Were only we can be. Yet as always I am alone and you are far from reach.
I new this going in yet somehow blocked it out.
Maybe because I wanted you and us to work out.

I know in my heart that I need more.
For each day that comes I hate myself more.
You have shown me so much,
I can't even describe what beauty you have given me or what wonders I now hold inside.

Yet I still don't think I fit,
In the life that you lead.
I still feel left out and completely unneeded.

Will Of Myself I tell Myself,
That we have tried & failed before.
And still it seems these old demons come down to beat my door.

You have tried over & over to help me see that it all means nothing as long as we can just be.
But there in lies the problem there is lies the thing.

You just never have time to just be with me.

We manage to have a moment or two,
Sometime if we're lucky an hour or two.
Yet when I leave I feel more alone,
Knowing that is all I have and that I must just go.

Will Of Myself,
I must leave, before you leaving begins to hurt me.

You are my proudest moment as yet to have come.
Because for the longest time,
I really needed someone.

Rachel Fogle

Wings Of The World

Hopeful heart helping hands,
Together in life we stand by our land.
Equilty and Justice the American flag,
The Lady Liberty in her glory and purpose for man kind.

Freedom, humanity and kindness to all,
We all have apart in the stream of it all.

God gave us life to bring purpose to his world,
He gave us Wings in his waking to guide our souls through this world.

Never is his moments did he wish to cause us pain,
If anything he died just to ease our pain.

Fewer men have lived to watch what once was know as mankind,
And fewer have lived to see sunsets that awaken even the most subborn of pride.

Take what wings he gave you and guide yourself home,
Bring heaven to your heart and let him know you are apart of this world.

Say a pray for those who may have gone in this faceless deed,
And watch them fly homeword towards the heavens and the seas.

Rachel Fogle

Words

Beauty unrestrained, captured in time,
They come from the depths of one's soul that is kept only by a fine line.

Swaying with my pen, they drift so easily,
Words that create beauty and moments by the sea.

Proudly they bring boldness to a poem that once was raw with stain,
Change one word and in that line it will never be the same.

Torrent in it's quest to revive one's self worth,
Unequal in it's effort to heal all wounds that hurt.

Tearfully bringing someone back from misery and pain,
The Words that have measure only in the hearts of poets who can taste what
love they've made.

What word will come next maybe one or a few, I might write a line, a page or
two.

But, when I choose the next it will mean something to me, for in the poem the
words are all that one can need.

Rachel Fogle

You & Me

You & Me together that is a matching pair.

Were like star's in the sky,

We know will alway's be there.

We will always be together,

You can never split a pair.

Cause you & me together no on can compare.

Rachel Fogle

You Are My Heart

Today, along with yesterday I still loved you.
Tomorrow along with next week I'll always love you.

Now as I sit here, my heart beats for you,
How is one who loves so much,
Ever suppose to know what to do?

I want to call you so very much,
But, stop cause I have too much pride.
I wait to hear the phone ring just to know you're alive.

What I want is to love you one more time,
To touch your hand and know that you will always be mine.

Many hours I have thought about what we may have had,
And will always believe in my heart,
Love is what we had.

Now until later, and even when I lie in bed.
You are the love of my heart and the Soul I shall never have.

Rachel Fogle