

Poetry Series

Smile Henry
- poems -

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Smile Henry()

Smile Henry is a motivational Speaker and Life coach. He also writes songs and poetry and enjoys performing in coffee shops, churches and business organization.

A Yearning Heart

My heart is a yearning heart.

A yearning heart for more of what it wishes it had

My heart is a thirsting heart

A thirsting heart for what it once had

My heart is a hungering heart

A hungering heart for what it believes it can have

My heart, yearning, thirsting, hungering for.....T. L. O. M.L

Smile Henry

Believe

Believe in what is possible
Believe in what is impossible
Believe that all things are possible
Believe the impossible can be possible
Believe, believe, just believe
And when you are at the end of your rope and can believe no more
Believe that you can believe again.

Smile Henry

Cold, It's So Cold

Cold, it's so cold!
Weather, maybe, perhaps more than that
Maybe more than the wind
More than the elements known to the five senses

Cold, it's so cold
Storm, maybe, perhaps more than that
Maybe more than thunder
More than the outward elements experienced by the five senses

Cold, it's so cold
why be so cold, more so than weather, strong wind
Why be so cold, more so than a storm and loud thunder
More damage than the outward senses could ever do

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Get Up!

Get up! get up! get up!
Don't stay down, down, down!
Rise to your purpose
Stand up to your fears

Get up! Get up! Get Up!
Don't give in, in, in!
Move forward and live your dreams
Face all opposition head on

Get up! Get up! Get up!
Don't go back, back, back!
Look forward to great success
Forget you past failures

Get up! Get up! Get up!
Don't let up, up, up!
You are a champion, you are a success!
Stay up! Stay up! Stay up!

Smile Henry

Have I Forgotten?

Have I forgotten all the great things that have been?
Why is there no smile on my face?
Why is there no rejoicing in my bones?
Why have I no pep in my step?
Have I forgotten?

Have I forgotten?
The beautiful blue sky on a comfortable cool day?
Have I forgotten?
The satisfaction of eating a full meal with crystal clear clean cold water?
Have I forgotten?

Have I forgotten all the great things that have been? Yes I have.
Why is there no smile on my face? I'm resisting the unknown.
Why is there no rejoicing in my bones? My reluctance to take a risk.
Why have I no pep in my step? Wondering if my steps are on the right path.

I have forgotten!

Smile Henry

Home Again

Home again, the place of free
Home again the joy of family
Home again the hope of bright futures
Home again, home again

Smile Henry

Late Beginnings

Time, clocks ticking, heart beat thumping to the sound of the clock tick
anticipation, waiting, thinking to the beat of the clock going tick, tick tick
wanting, panting for that which is to be as the clock clicks and ticks
Late beginnings, late beginnings what's with these late beginnings?

Can you recover?
Can you rebound?
Can you arise?
Can you stand up?
Can you? Can you?

Motions, movement, flowing rivers of thought
Ideas flood in like a mighty rushing wind
Life, full exuberant life, songs of joy
Stately eyes with tears, quiver of lips folding inward

You can recover and you will
You can rebound and you will
You can arise and you will
You can stand up and you will
You can, you really can

Time, clocks ticking, heart beat thumping to the sound of the clock tick
anticipation, waiting, thinking to the beat of the clock going tick, tick tick
wanting, panting for that which is to be as the clock clicks and ticks
Late beginnings, late beginnings what's with these late beginnings?

Beginnings, beginnings what does it really matter when?
It really matters that you begin, where you are
In truth then, perhaps there really is no late beginnings, just beginnings
I suppose then that when you begin, you are right on time

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Life

Birtherd out of another

Breathed first breath

Life

First words, first walk, first of everything

Growth in mind, body and spirit

Life

Independence, Self determination

Hopes, dreams, eagle flight

Life

Career, marriage, family

Aged, worn, death

Life

Smile Henry

Lights

Lights

Lights shine on a dark September night
All the while I smell the scent of the air so wet
Beach and sand between my toes
Water chill up to my ankles

Lights shine, the twinkling of a bright star
All the while I taste a meal fit for royalty
Thoughts of loneliness flood my mind
I sit being served, but....

Lights dim on this dark september night
All the while I lay
I fade to a place beyond my conscience thought
I now am free, free that is until, the day break

Lights

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Pitter Patter Pitter Patter

Pitter patter pitter patter
Can you hear the sound of my heart go
Pitter patter pitter patter

Stepping out, taking on a new venture
Trying something new, that a few years ago I would not have dreamed
Looking at life through eyes of transparent gold

Pitter patter pitter patter
Can you hear the sound of my heart go
Pitter patter pitter patter

Like an eagle I soar above the stormy clouds
I awake in the morning with a refreshed intent to be warm and inviting
Content in the present, hopeful about the future, forgetting the past

Pitter patter pitter patter
Can you hear the sound of my heart go
Pitter patter pitter patter

Music plays in my inner ear, greater than pitter, stronger than patter
The drum beat, thumpity thump drum beat thump
It's the new sound of my heart, can you hear it?

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Silence

Silence, my life is lived in silence.
the only voice I hear is usually my own.
my alone soul, wrestling in the dark pit of thirst.
Panting, crying out in hope of a better and brighter day.

Sun shines but there is no light.
The day is as the night.
The silent thumping of my heart beat reminds me.
that I am alone again.

Spring, winter, summer and fall has come and gone.
the same, the same, nothing different, all the same.
Me, just me, myself and I.
Where is everyone? Where have all the people gone?

The music plays but there are no lyrics.
The streetlights are on but there are no people.
The rain comes down but it is not wet.
The sky is clear but there is no moon or stars.

When will this silence end?
How can I be set free from this isolation?
Who will rescue me from this pit of loneliness?
Silence, my life is lived in silence.

Smile Henry

Thanks

Thanks for this and thanks for that
Thanks for the known and thanks for the unknown
Thanks for the things loved
Thanks for the unloved
Thanks thanks thanks

Thanks for people of all shapes and sizes
Thanks for the hearts small and large
Thanks for the talents and gifts of every soul
Thanks Thanks Thanks

Even when life deals us lemons, we give thanks and make lemonade.
Even when the dark clouds loom ever so close to our person, we give thanks.
Nothing or no one can stop us from giving thanks. So in this, we give thanks for
the wisdom and grace in being able to give thanks.

Smile Henry

The Climb

Come with me, I'm going up, up and higher up
I'm going for a climb
Prepare with me, train with me, see great visions with me
Come with me, I'm going up, up and higher up

Smile Henry

Thinking

Thinking, thinking what of my thoughts of why?
Thinking this and thinking that.
Hopes and dreams, thoughts of river streams
Motions of time flowing through my mind.

Thinking, thinking what of my thoughts of why?
To move a mountain that keeps you in the valley.
To face a giant that keeps you bound.
Wind and light breeze of night.

Thinking, thinking what of my thoughts of why?
Who could have? Who should have?
Why this and why that?
Flying birds holding patterns disturbed.

My thinking comes and goes
Where it stops? it does not stop.
Thinking of so many things all at once.
Thinking, thinking what of my thoughts, who could really know?

Smile Henry

Times Have Changed

Times have changed
This is our hope, this is our dream
What a wonderful life, what a wonderful thing
Times have changed

Seasons come and seasons go
Morning, noon and night
It all seems right
Times have changed

Child, teen, adult
Seed, tree, fruit
We know the process
Times have changed

Times have changed
This is our hope, this is our dream
What a wonderful life, what a wonderful thing
Times have changed

Smile Henry

Tree

Majestic, tall, strong
Powerful, life giving, aged
Food, seeds hope

Am I a tree? Am I a tree?
Majestic, tall and strong
a tree, am I this tree?

Could I be a tree?
Powerful, life giving, aged
a tree, am I this tree?

I want to be a tree.
Food, seeds, hope
A tree, I am this tree.

Smile Henry

Words Cannot Express

Sometimes words cannot express what we feel. Sometimes the depth of what is rooted in the unseen areas of our hearts are not easily articulated. Have you been in this place before? Have you experienced the invisible waters flowing in the well of inner silence. That's what it is, silence. The best thing when we are in this place, at least for me is, to be quiet. Allow the tranquil moment to resonate throughout the heart, the soul and all that is within. Don't try to figure anything out, just be.

As I write, I am in this very special place. In this place, it is important to just we can just be, we are then free. Can an eagle help but fly? Can a lion help but roar? Can we help but love? The eagle knows it's an eagle. The lion knows it's a lion. We must know we are destined to love, to give and to live. Within these places we find the purpose of God for our life. We find ourselves. No matter what life looks like on the outside, no matter what the world looks like or the economy is projected as. We are destined to live a life of love from within.

It is important that we listen and find where we belong. My friends, we do belong. No matter what stage we are on this journey, we belong. Yea, sometimes words cannot express what we feel, but if we be quiet and listen, our hearts will express more than words could ever.

Smile Henry

You Ever?

You ever?

You ever want to smile when you are sad?

You ever want to laugh when society says you should cry?

You ever have a song you wish you could sing?

You ever feel a dance in your legs you wish you could dance?

You ever?

You ever?

You ever have a Thought you wish you could think...out loud?

You ever hear words in your heart you wish you could speak?

You ever Have a dream you wish you could live?

You ever?

You ever?

You ever want to build what others want to tear down?

You ever want to love what most people hate?

You ever embrace what some say you should reject?

You ever?

You ever want to be you when others want you to be someone else?

You ever want to shine when your friends want you to be dim?

You ever want to live your life the way you want to live?

If by chance you ever get free from the influences of the world and be the real you, then and only then will you never have to be asked if you ever and you begin to proclaim, I have, I am and I do.

Smile Henry