

Poetry Series

Vanessa Hughes
- poems -

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Vanessa Hughes(28/8/62)

Hi, I'm 49 years old from Birmingham UK. I worked for HSBC for over 20 years and have two teenage children.

I'm very sorry to announce I'm no longer 49, I am now f...f...f...f...fifty. Oh dear!

40 000 Forum Posts

I didn't know I suffered,
But now I know I do
Can you guess my OCD
Is it plain enough for you

I'm obsessed with post count totals
They haunt me in the night
I even saw my doc who said
You know you're never right

So now I have a number
Of which I'm very proud
It's time for me to make my mark
And stand out in the crowd

The time has come to make a vow
In silence I shall sit
Minutes? Hours? Days? Rejoice
Without my talk of shi... rubbish

So once again, I cannot bear
To break my row of noughts
Comments now I want to make
Will have to stay as thoughts

Until the mighty task ahead
Has been truly met and faced
Shall I ever post again?
Or stay in second place

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Vanessa Hughes

A Fishy Tale

I saw you twice the other day
Stirring passion anew
It's easy saying just move on
Less easier to do

I've always said to others
There's plenty more fish in the sea
But some days it makes no difference
How many fish there be

On the face of it, a small fish
But you took over my whole sea
Never before had I gone fishing
It was all so new to me

You were someone that I longed for
I'd never felt like that before
Some months on, now I'm seeing
The sea has fish once more

But some days you're the only fish
Swimming in my sea
And the fervor that you stirred in me
Will forever be

Vanessa Hughes

A Higher Being

If you believe in a higher being
And you know he sees it all
You go forward with a confidence
Whether you rise or fall

If you believe that every lifetime
Is to learn and help you grow
The evolution of each person
The higher being comes to know

If you believe in not hurting
Any living thing
A path towards enlightenment
Is what that journey brings

If you believe we're all equal
And each lifetime's purpose serves
To improve tolerance and empathy
In a run of learning curves

If you believe in reincarnation
Different body, different role
Your trials and tribulations
Bring understanding to your soul

If you believe in a higher being
And you know he sees it all
Unfairness and injustice
Will be karmically restored.

Vanessa Hughes

A Kind And Gentle Loving Heart

We mainly grow
Through bearing hardship
We tend to learn
By living pain
We're able to
Enjoy the sunshine
From wading through
The pouring rain

Embracing hard times
Help us learn
To trust that good days
Will return

And every cloud
Has silver linings
And every minus has a plus
They'll be good times
They'll be bad
It's the same for all of us

We're given what we need to grow
Enough to almost fall apart
But riding through it helps us know
A kind and gentle loving heart

Vanessa Hughes

A Life Lesson

A lesson learned
Is a lesson worth
All the gold
Upon this earth

A lesson learned
Without the pleasure
Of maybe what
Would be my treasure

Is a lesson
I've become to rue
Not finding out
If you were true

At worst
I would have known the score
Instead of wondering
For evermore

I accept I'll probably
Never know
With a lesson learned
I gotta let go

Vanessa Hughes

A Neighbour's Plight

She walks like me
She talks like me
She dresses like me
Apparently

But what a to do
For the lady who
Thinks we're two
Unfortunately

She lives by me
She smiles like me
She laughs like me
Apparently

I said, Why not try
To both saying 'Hi'
But she's quite shy
Unfortunately

So on we go
But at least I know
Why she says hello
Occasionally

Vanessa Hughes

A Smile With Agenda!

From where I sat,
It felt real
For a while

From where I stood,
It felt pure
Your smile

From where I thought.
It felt good
Your grin

From where I felt,
It was joy
Deep within

But as your smile held hidden agenda
Mine got sent back marked 'Return to sender'

Vanessa Hughes

All About Me

I Don't want to talk about it
Please let what I say, be
And if you moan, I shan't be pleased
Cos this is me, being me

How silly to think it matters
You don't want chips for tea
I do, so run along now
It's what I need for me

Did I forget to phone you?
Bumped into an ex, you see
Please don't make a deal of this
It's just laid-back, carefree, me

Don't forget you're very lucky
You're not single still and free
Who else would be this accepting
It's a good job you have me

Now, go and count your blessings
Come back and we'll have tea
We can hug and feel much better
Cos It's all about me

I wrote this poem because this is how I think my ex saw everything

Vanessa Hughes

Choose Happy

Choose to be happy
Take that option today
Find delight
In a contented way

We opt for 'If only'
We had this or that
Our lives would be better
Instead of being flat

'If things were different'
I'd be so content
But if things were different
About other things we'd vent

So be mindful of what
You think you need
Happiness doesn't come
From material feed

Nor does it come from
People or praise
It comes from within
And with you, it stays

Choose to be happy
It's by far the best way
Then watch how your life
Improves every day

Vanessa Hughes

Desire V Maybe

If you eat, dream, sleep someone
And desire gets out of hand
The thoughts running round your head
Are more than you can stand

You can go into a maybe world
Where desire becomes less tense
Desire then let it go
Cos maybe's your defence

Maybe it will happen
If it's meant to be
But living in a wanting world
Stops you being free

Desire takes you over
Maybe lets it go
If it's gonna happen
You will surely know

So the moral of this tale is
Acknowledge, then leave to see
If its truly right for you
Your desire will come to be

Vanessa Hughes

Ego

I need to lose my ego
It carries me away
To places I don't want to be
And stresses out my day

I need to lose my ego
It forges way ahead
Evoking anger, stirring hurt
My ego's easily lead

I need to halt my ego
It feeds on grief and pain
Only when it's truly starved
Will I feel at ease again

Vanessa Hughes

Faith

Does faith need a church
To feel close to God
Does praying in numbers
Feel more part of God's squad

Does faith need a bible
To know right from wrong
Does dubious history
Help people belong

Does faith need a vicar
Or priest to be near
To make it more likely
God will hear

Does faith need labelling
And given a name
Only praying with people
Who feel just the same

My faith has no rules
I simply believe
God is my maker
He's every breath I breathe.

Vanessa Hughes

Fear

Embrace your fear
Breathe it in
Feel your trembling deep within

Accept your fear
Breathe it in
Feel your throbbing pulse racing

Love your fear
Breathe it in
Feel the tingling on your skin

Take your fear
Breathe it in
Feel your pounding heart within

Use your fear
Breathe it in
Feel it die and freedom begin

Vanessa Hughes

Foolish Love

You played a game
I knew it then
I know it now

But all the same
I loved you then
I love you now

No-one made me feel
How I did then
How I do now

For me, it's real
What I felt then
What I feel now

Vanessa Hughes

I Loved You

I didn't know you
But I longed to
I never held you
But I yearned to
I never kissed you
But I ached to
I never told you
That I loved you!

Vanessa Hughes

I Wanna Do Posh!

I want to wear twin-sets
With pearls and beige slacks
I want to do lunch
At a place named 'Chez Jaques'

I want to talk with
A plum in my mouth
And have a large property
By the sea, down South

I want to have servants
And a lady-in-waiting
To get me dressed up
For all my posh dating

I want to date ladies
in large-brimmed hats
Who only eat lean
Never touching the fats

I want to drink tonic
With a small splash of gin
With ice and a lemon
Stuck onto the rim

I want to meet ladies
That fully-groom
And instead of the toilet
Use the powder-room

And all this
I'd like to do today
Then go back
To my slovenly way!

Vanessa Hughes

If People Loved People!

Less and less people
Seem to care
About each other
And more about their
Material belongings
Their clothes, their car
If they loved more people
The world would be a far
Better place for everyone
We'd see more respect
If people knew better
They'd be able to connect
To others with empathy,
Understanding and kind
If people loved people
We'd have happier minds

Vanessa Hughes

Inner Peace!

Well below your ego
There's a place that doesn't care
What people say or think or do
It's very peaceful there

This place is deep inside you
It's way beneath your skin
The stillness that surrounds you there
Is you without the spin

It's soul, unspoilt, it's raw
Untouched by human mind
Affected not by boxes
Or labels of any kind

When you can find your inner peace
Anytime or place
No matter what is happening
You have your own calm space

Vanessa Hughes

Let Go And Forgive.

Rising rage overwhelms me
As I think about what they did
I try to keep away from them
I keep my feelings hid

But a fire roars within me
Towards a certain few
How they judged me wrongly
And their actions, once I knew

I feel my fury soaring
As I put words to pain
Stifled emotions evolve
Over and over again

The hurt I feel inside
Is as fresh as the day it dawned
And the love I thought was real
I've well and truly mourned

Innocence and dignity
Got me through that time
I always had a peace of mind
I didn't commit a crime

And to all the people,
Who put me through that pain
I hope you learned enough to know
You wouldn't do that again

Forgiving can be hard to do
It's now time to let go
And bear no more angry scars
I need to let love flow

Today I close the door behind
I forgive, let go and forget
And take from those tough few months
My hardest lessons yet

Vanessa Hughes

Let The People Be

There lived a wise old owl
Who said 'Let the people be'
What they wish, What they want,
Let them all be free

To make all their own choices
Without pressure, without guilt
Learning from their own mistakes
is how confidence is built

Let the loved ones in your life
Decide from their own view
The path they choose to walk down
Not the one that pleases you

I listened to this wise old owl
Still make mistakes, but know
The best way for me to be
is advise but then let go

The joy and happiness I have within
Soars, as you fly free
When in turn you learn the same
You'll let your people be

Vanessa Hughes

Living Honestly

If every lie came back to haunt you
If all untruths left a scar
Would it change the way you live
Would it change all that you are

If every falseness became apparent
And all dishonesty showed up in lights
Would it change your actual being
Or would you still demand you're right

If every dishonest action taken
Had consequences beforehand known
Would you think more about your motives
Or have the seeds been already sown

Vanessa Hughes

Living In The Now

What's gone has made you what you are
So don't fear what's ahead
Put trust in what will be, will be
And choose to live instead

Don't live in the now worrying
What may or may not be
Take this moment in your time
And live it totally

There's no time like the present
Breathe deep and feel alive
Living in the here and now
Will help you rise and thrive

Now is all there ever is
It's the only time that's real
Let the future take it's course
And leave the past to heal

Vanessa Hughes

Love

Love isn't conditional
It's not what you yearn
Love's only given
It's not based on return

Love doesn't fear
Reprisals or shame
It's not on condition
You're loved back the same

Love knows no bounds
Let it fly, enjoy
Regardless of whether
You get the girl or boy

Love and let go
Be proud you can be
Loving and giving
Absolutely

Vanessa Hughes

My Darkest Hour

It's not just the falsely accused
That suffer
It's the children, the parents
The sister, the brother.

It's not just the horror
Of a person's false claim,
It's the band-wagon jumpers
That blacken your name

It's not just suspicion
That causes your hell
It's the following and hounding
That compounds it as well.

It's not just observing
But making it known
To the local community
Accusations were thrown

I hit rock bottom,
A deep, dark despair
I reached out for someone,
But no-one was there.

Somehow, I got through it
Came out the other side
With all the emotions
Of the rockiest ride.

A time to feel anxious,
A time to cry
A time best forgotten,
Moved on from, passed by

Vanessa Hughes

My Female Abuser

Manipulating, scheming lass
How could I let her so,
Break me down, and work my thoughts
Then watch her grow and grow

And as she took my energy
And used it for herself
I got weaker, down much deeper
And suffered with my health

Oh, she played a clever game
For her, I'd respect and trust
Little things I let her do
Was cos I wasn't fussed

And how she couldn't justify
She never took the blame
twas always someone else's fault
Excuses, always lame

Oh yes, I know I've been a fool
Trusting words, instead of actions
But never once did I expect
Bombardments of infractions

All's been said that can be said
Something in me's died
But I least can hold my head up high
And walk away with pride

And as I follow along life's path
Carrying lessons I have learned
I hopes she carries a few herself
to stop more fingers being burned

Vanessa Hughes

My Loss Of Humour

If I could catch the thieving critter,
Who stole my sense of humour,
I'd kick him in the you know whats,
And leave his gloom much doomer!

Vanessa Hughes

My Pleasures

Bacon, eggs, sausage and beans
Buying another pair of black jeans
Shutting the door on trouble-some teens

Sitting, chilling, in the park
Gazing at sparkling stars after dark
Peaceful mornings up with a lark

Early evening glasses of red
Giggling at something, someone said
Naughty day-dreaming laying in bed

Looking in charity shops for books and CD's
Pickled onions and crackers with very strong cheese
Hot sunny days with a mild gentle breeze

Chatting with people I know or just met
Warm sunny downpours, getting soaking wet
On Grand National days, having a bet

Buying the paper and having a read
Watching someone do a good deed
Being able to help someone in need

Drinking cups of Yorkshire Tea
Communal flowers for all to see
Green healthy grass and a pure blue sea

And there lies some reasons i'm grateful for
Each day on this earth, and want many more

Vanessa Hughes

Our Angels

Sometimes for a moment
I'm filled with despair
Thinking I've no-one
Here with me to care
Then I remember
There's always someone there
Helping in hard times
Making it easier to bear

In any dark days
I know now to accept
Resistance is futile
The angels adept
At being there when you need them
Carrying you through
To a calmer, more peaceful
Enlightened you.

Vanessa Hughes

Our Life Purpose

People talk about a purpose
A mission for each one on earth
A path that if you choose to walk it
Was pre-determined before your birth

A mission testing your every being
Mostly based on facing fear
And if you opt to walk away
Repeated chances will appear

With every challenge that awaits us
Comes a lesson to help us grow
Walk away or accept your fate
Your higher purpose is there to know

And as I walk a path that's hurt me
And sometimes cut me up inside
I won't back off from what life throws me
I'll hold on tight and enjoy the ride.

Vanessa Hughes

Poppy Lacorne

This is the tale of Poppy Lacorne
Who went to bed straight and got up next morn
As gay as any lezzer on who she'd poured scorn
So let this story of Poppy warn
You never know from the day you're born
How your life can twist and be torn
You could be a Poppy Lacorne...

Vanessa Hughes

Shallowness

How do you walk in shallow waters
When you need to swim in sea
With a depth of understanding
Of space and liberty

How do you swim in shallow waters
Stifled, chained, not free
Restrained and unable
To be what you want to be!

How do you grow in shallow waters
When around you are small minds
Closed, bigotted opinions
Of the mind-damaging kind

How do you wake to shallow waters
Who helps you see the way
To a deeper, fuller ocean
And a brighter every day

Vanessa Hughes

The Punctuation Awards

The question and exclamation marks
Got into a fight
The one never knows the answer
The other's always right

The full stop took offence
About the comma's tail
It made him feel inadequate
A punctuation fail

The powerful apostrophe
Divides and separates
While the posh looking hyphen
Has double-barrelled traits

But the winner of this event
For me, has to be
The ellipsis, with its dot, dot, dot
It goes on eternally...

Vanessa Hughes

The Work Of My Angel

At the end of my coping
At my falling apart
The work of my angel
Repaired my poor heart

She took me from darkness
Fear and despair
In the midst of my suffering
She answered my prayer

Her career, my angel
Took away my pain
She took me from heartache
That was sending me insane

She made such a difference
To my world, to my mind
She's truly an angel
Of the heaven-sending kind

Vanessa Hughes

Time To Let Go

Like a blow with a fist
That moment I knew
What you did then
And continue to do

In that instant I knew
What I'd gone through
Was mainly all
Because of you

Yet, I've done nothing wrong
Which you surely must know
All I can think of
You just hate me so

Another lesson learned
And at least I now know
It is time to move on
It is time to let go

Vanessa Hughes

To Pojo!

A smile or a wave
As I catch your eye
Just makes my day
As I pass by

Your smile in my dreams
Has the starring part
It sticks in my head
And touches my heart

Love? I don't know you
But I love what I see
I'd love to know more
And for you to know me

Please try not to worry
To be admired's just fine
I want to make your day
Like you maketh mine!

Vanessa Hughes

To Be

To live
Is not to die
To laugh
Is not to cry
To Love
Is not to hate
To tempt
Is not our fate
To want
Is just pure greed
To be
Is all we need.

Vanessa Hughes

To Judge Or Not To Judge...

Everyday, we make judgements
On people we meet
To feel our own worth
To just feel complete

Each person we place
In life's pigeon holes
According to stature
Virtue and roles

Our judgements are guesses
Assumptions, own ways
Of seeing situations
From our own dim-past haze

Vanessa Hughes

To My Children, Gina And Will!

I know you can't learn from where I went wrong
And have to make your mistakes
But oh how I yearn for you to be strong
And able to live with heartaches

Live life caring, loving, being kind
Be true with all you meet
Remember sharing a happy mind
can make your life complete

Feel your emotions, accept then decide
How best to put them away
Find someone you trust in to confide
to help you on your way

Fight every fear, move forward somehow
it's the only way to feel free
your lives and whatever is here and now
Will find you a better place to be

I love you both, with all my heart
And hope you love with passion
Remember growth will make you smart
with feelings you never ration

Into the rat race, I'll watch you go
With tears but full of hope
Whatever the case I hope you'll know
A way to help you cope

And my final wish for you my dears
Is for your children to learn the same
How loving honestly without fears
Should be life's one main aim!

Vanessa Hughes

Today I Move On

A new start, A new day
Shut the door on behind,
Walk forward in search
Of an inner peace of mind

Leave the anger to yesterday
Along with the pain
Not forgetting the suffering
But to start living again

No judgements, no bias
No prejudice, no spin
Take each person on merit
And the heart that's within

Don't distrust, keep faith
And life will enhance
Don't conclude from the past
But give everyone a chance

All the heartbreak and tears
taught lessons, now gone
Today I look forward
Today I move on!

Vanessa Hughes

Who Took My Humour?

I've lost my sense of humour
Can't think when I had it last
I know it was there
When I cut my own hair
But that was three weeks past

I'm wondering where I've left it
I'm thinking where could it be
I had it in town
When I squeezed in that gown
I was sure a 12 would fit me

You know I've just had a thought
My daughter was giggling last night
A sight rarely seen
From my cross, crabby teen
Perhaps she took it in spite

Has she taken my sense of humour
Along with everything I own
Not content with just money
She wanted my funny
And has left me with her moan and groan

Will I live like this forever.
No smiles, just narks and niggles
Maybe its worth
All the humour on earth
To see her in fits of the giggles

Okay girl, you can keep it
But remember if I'm on your case
When my humour is flowing
I'm more easy going
And less likely to be in your face

On second thoughts, just keep some
Throw humour into the pot
I know a teen

is moody and mean
But why not give laughing a shot

Vanessa Hughes

Wishing To Meet!

A middle-aged lady wishing to meet,
Someone who doesn't lift the loo seat,
A person who doesn't have a right side to dress
Someone who wears a bra not a vest
I suppose what I mean in a roundabout way
Is I want a woman, cos I'm thoroughly gay!

Vanessa Hughes