

Choose to be Happy
By Ayesha Karim

Others are content but I make conscious choices to be Happy and to be a positive person.

You don't have to be rich or have a lot of money and material wealth to be happy.

Many wealthy people are poor in Spirit with all the money, fame and things that they have.

This Christmas Eve night as I write this poem I think about how I manage my money focusing on my needs first and then my wants.

I ask myself: Can I afford that? Do I need this? Can I wait for the store price to go down and get that dress on sale?

I hope that once I am financially stable with a decent job I can have a coat drive for kids age 1 through 16 in Trenton, New Jersey when every boy and girl gets a cute new coat and I hope that my story inspires others my battle with mental illness over 19 years...

Inner Whispers

By Kristen Koller

strong-

 i always have to be strong to
support the buildings (frames, outlines, intricate designs)
around me.

i am not steel, nor concrete-

 i am paper

 crumbling and burning under the slightest aim of fire.

how can one ever survive like this?

alive,

while inside you're slowly dying?

Irish Eyes
By Pat Cacacie

He wakes to a dawn of darkness and doubt,
His head a tangle of voices that shout.
Sleep's demons yield to the harsh early light,
Mocking his mourning, no comfort in sight.

Disturbed and confused, he wanders the shore,
Searching for solace, some sign that there's more....
But this stark season, so bleak and dreary,
Holds little hope for the weak and weary.

What is left to reap from what he has sown?
Past pledges pawned, is there time to atone?
He lifts up his eyes searching for rebirth,
But redemption's promise lies bound by earth.

His memory of Mary, an angel, remains;
Her voice softly echoes in lilting refrains
Of sunshine and shadows and lost lullabies,
Smiling so sweetly with bright Irish eyes.

The strength of her love grows stronger each year;
Kneeling by her grave he prays through a tear:
Is there glory here for the meek and mild?
He sees salvation in her Irish smile.

Mind and Body
By Nidhi Joshi

As simple as it sounds to be positive or think positive is, it is extremely difficult to achieve that state of inner positiveness. Every internal experience is one of its kind. Good emotions flow in and out of the body. Mind tries to become stable while in dilemma of how long the stable state will exist. Mind comes back to present and makes a choice to live in the present moment to feel the joyous moment. As soon as the eyes are closed intense amount of darkness is experienced. It is extremely difficult to meditate in that stage of dark experiences. All of a sudden irritation comes into play while the body tries to breath. Those eyes getting strained, forehead getting wrinkled, the face feels very tensed and all of a sudden the body gets relaxed. Thereafter, the realization that the body started breathing even though it is the position of the body parts that feels relaxed due to the passage of air internally. Sudden internal positivity which lightens the inner self and the feeling of happiness spreads through the entire body which is the result of dopamine release. The inner fight against darkness continues yet again.....until satisfaction is achieved momentarily!

Deep breaths occupy the mind. That time where there is an internal struggle due to darkness inside the brain. Mind wonders constantly while the urge to remain mindful throughout the day never goes away. Hope the feeling of positivity will remain forever and there will be no way to go to darkness again is the only reason why the body keeps functioning every day. The inner war continues yet again while surrounded with negativity where nothing seems right.... The feelings where the mind is absolutely sure about something negative of someone else, the feelings keep getting worse and it comes out one day the way it should have been, gives the mind peace..... only for body to realize that the thoughts about those feelings were absolutely WRONG!

Tiredness takes over the state of joy and all of a sudden body collapses where the position of the body is. The feeling of not wanting to talk to anyone and if the conversation is going on, the urge to end the conversation and again focus on self is extreme. Even though the body is doing the things that it likes, the feeling that it (body) cannot take its (body's) self. Constant attempts to ground the mind and body is on while battling with inner stigma. Eventually, the body retains its normal self; signaling the brain about it being stable. At last mind relaxes momentarily and the process of relaxation of mind and body starts once again.....

Untitled
By CA Weiss

Muddled Manic,
Misconceptions,
On life, love,
And this depression.
This pressed imprint upon my soul,
God's own great thumb did take it's toll.

The price was steep,
I played for keeps,
The deed is done,
Now gently weep.

For instruments do lose tune,
I seek to end this mad monsoon