

“A NEW DAY DAWNS”

by Sandy G.

I am a bird
 flying
Peering inside my cage

It used to confine me, define me
To seal up my rage
 and confusion

Who knew that cage was also me
An imprisoned soul, with the key
 inside me the whole time

I could say those years were wasted, but I don't
They were years of preparation for a new time to come.
A new time when I choose to take my medications as prescribed
And listen to those who counsel.
A new time when symptoms disappear, as though they never were
 and hope emerges.

A new dawn
At daybreak the little bird yawns and says to the universe,
 "thank you for my wings, and for another day to fly!"

“Gratitude Poem”

by Taylor Bak

I am grateful for the still light of the cool morning
And the warmth of the sun that illuminates your smile
For the music that resonates from every frosted peak
And the explosion of waves colliding with rocky shores

I am grateful for the beaming expressions of my lighthearted friends
And for the heavy hearts of warriors that sacrificed their humanity for another
I am glad that I can dance to the sound of singing souls rather than war drums

I am grateful for those that challenge me
And make me challenge myself
And for the callous, bitter people
Who show me what I shouldn't be
And for my mistakes
For teaching me how to move on

I am grateful for love
Its secrets and woes and bliss
And for the times I was alone
To think and do for myself
And for the company of others
To show that my opinion is not the only way

I am grateful for the shoes that keep me from bleeding
But I still try to walk in the shoes of others

I am grateful for the arms that hold me
And for the loved ones that I am able to hold

“Lead by Spirit”

by Michael Loberfeld

sometimes my mental illness fills my thoughts
yet I am thankful
that my spirit is whole
and not hindered by mental illness

I am thankful that the most essential part of who I am- my spirit
is burning; filled with love of life
and with no trace of the fear that comes with mental illness

so in good times and difficult times alike
when I want to feel the truest things
without fear
I lean on my spirit
and my nature is still hope

mental illness has not changed my spirit
but all deep experience
mental illness included- helps the spirit to dance with fullness

difficulty does not injure the spirit
it only further brings it to life

I let the spirit lead me
and I grow into a better, deeper person

I am also glad my spirit can interact with the spirits of others
the best of us, the souls of us, mingle
bringing further healing

I am so thankful
for our resilient, wonderful spirits!