

# *Beauty in the Lou*

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LYRICS AND POETRY  
BY Katie Rodriguez Banister  
&  
Company

## 1. INTRODUCTION

### 2. THERAPY (Lyrics; Katie Banister, Jane Godfrey. Music, Sandy Levy Smith.)

Before my wheels (Before her wheels) I would not feel (She would not feel) I would not cry out loud  
But therapy said (Oh yes they said) I wasn't dead (Oh no not dead) and I grew to be quite proud.

So I sit and try not to cry at every little thing but times go by and here and I consoled when I begin to sing.

Then I'm lifted from my chair and I am taken where I'm only one again on the run again  
Let the chips fall where they may. I know I'll be OK. I am one again when I can sing.

Today I'm strong (Oh yes so strong) I can't go wrong (cannot go wrong) the world is there for me  
Then there are days (there are days) when I lose my way (she lost her way) and I wish I could break free.

So I sit and try not to cry at every little thing but times go by and here and I consoled when I begin to sing.

So I'm lifted from my chair and I am taken where I'm only one again on the run again

Let the chips fall where they may. I know I'll be OK. I am one again when I can sing.

But I can't forget what I am now and miss what I used to be  
But my chair has taught me how to love and how to love me

Again I'm lifted from my chair and I am taken where I'm only one again on the run  
again

Let the chips fall where they may. I know I'll be OK. I am one again when I can sing.

### **3. PSYCH EM OUT** (Lyrics; Katie Banister. Music Sandy Levy Smith)

Life is short. ya better stand tall. Like Grand Tetons or yo gonna fall.

Don't listen to those who are dissin you down.

They are the ones you don't need to be around. Psych em out. It's quite a game.

Don't internalize. Just place the blame. The process is slow. Can rob self-esteem.

You want to wake up from a mind numbing dream.

So, you psych em out..... psych, psych, psych em out

The players are those who have what it takes to question and embellish their  
opponent's mistakes.

Money - power are what they think it's all about. So rise above babe and you psych  
em out.

Let me take moment while I share my news. It's up to us we get to choose.

"Why?" you may ask? Well, I'm here to say: Make the most of every day.

Psych em out....., psych, psych, psych em out

Don't cha give in to deeds despair, no one said life has got to be fair.

Take what is. Now don't you lament. Make sure you time is all well spent

Stop sit'n around. Act a wine and pout. Believe in yourself cause that's what it's  
about.

mmmmmmmm ahhhhhhh What cha gonna do? mmmmmmmmm ahhhhhhh

What cha gonna do?

Yes you have a choice and you have a voice. Stand up for what you believe.

You are no ones' fool. You are where you rule. Don't cha eva eva leave.  
So here's some advice don't even think twice. Believe what I am sharing here.  
I know you can fully understand. Now eliminate all your fear!  
How do we battle the powers that be? Know the laws of the land and psych em out completely!  
I said how do we battle the powers that be? Know the laws of the land and psych em out completely!  
Can you do it? Get to it! Can you do it? Get through it!  
Psych em out left and right. Psych em out and say good night

**4. SPRING** (Inspired by C. Herble. Lyrics Katie Banister. Music; Sandy Levy Smith)

Spring has sprung and it's oh, so green. Life is vibrant a living dream.  
It's been so cold dreary and damp. But now's the season to set up camp.

We'll grab our canoes and float a steady stream. Leave our troubles far behind  
and just day dream.  
God holds tomorrow in the palm of his hands. I can do all things. He says I can.  
God holds tomorrow in the palm of her hands. I can do all things because she says I  
can.

Floating for me not is easily don-e. But that's OK. I can still have fun.  
I look to friends who live with ease I look at God and I say, "Oh, please!"

We'll grab our canoes and float a steady stream. Leave our troubles far behind  
and just day dream.  
God holds tomorrow in the palm of his hands. You can do all things He says you can.  
God holds tomorrow in the palm of her hands. You can do all things..... because  
she says you can

I cannot do what I've done before. But show me life with an open door.  
Please have hope for me. Try and cope with me. My heart's a quiver when I see a  
river.

We'll grab our canoes and float a steady stream. Leave our troubles far behind and  
just day dream.  
God holds tomorrow in the palm of his hands. We can do all things He says we can

God holds tomorrow in the palm of her hands. We can do all things because she says we can

God holds tomorrow in the palm of his hands. We can do all things. He says we can  
God holds tomorrow in the palm of her hands We can do all things because she says  
We can. I can. You can.

### 5. Bye-Bye (Lyrics: Katie Banister. Music; Sandy Levy Smith))

I used to fight with the mirror each day and I know I'm not the only one. I would  
hit magnify and sigh and cry.

I open magazines and what do I see? Some anorexic beings looking back at me.  
The airbrushed face and perfect look told me and my girls how we had to look.  
I felt less worthy so I took a sip. Soon I was flirty and seemed a bit more hip.  
My guard was down. I wasn't safe and sound. That's when my troubles started to  
compound.

I could turn a head in my skirt and heels and yes my breasts are freak'n real.  
The energy it took maintaining this façade. At first it didn't seem to be all that  
odd.

But the time and dollars that I had to spend made me realize that Barbie had to  
end.

I needed a new way of thinking or my boat would be sinking, sinking.  
I gave up the drinking and I found what I was seeking.

Bye-Bye Barbie Bye-Bye

The magazine girls always made me feel like I could not compete, like I was  
incomplete.

Their face and body may seem ideal But I win the gold because I am for real.  
I thought looks were it, and beauty ruled. I thought I must look perfect but I had  
been fooled.

Now I love my look. I'm truly blessed. When it comes to being me, I am the best!

That's right. There is no one like me. And girl, there is no one like you listen up!

Move with grace. Face the change .It's your opportunity to rearrange.  
Breathe in confidence. You can do it too. Just be yourself and your will beauty  
shine through.

Now Barbie's dead. Instead I use my head. I said goodbye to that shallow dream.  
So find your courage and your self- esteem. Yes it's up to you. Now follow your own  
dreams.

You hear me? I said good-by Barbie. No more taken the faken I'm finally awaken  
so good-by!

You feel me. I just said good-by, adios, sayonara, I am outta here! This time; fa  
real! Because I AM for real

No mistake ladies and dudes. You are worthy just the way you are!

## 6. Beauty in the Lou (Lyrics: Katie Rodriguez Banister Music; Sandy Levy Smith

I need to mention the racial tension.

Just chill'n with my friend of another skin about all the problems in Ferguson.

He said girl, "It's always been."

But beauty don't begin with the color of our skin.

Beauty comes from deep within.

There are white, on the right and so uptight. There are black on black, who just  
react.

Some are in between who just want to scream,

"We know this is wrong - why can't we get along?"

Live'n in the Lou..... I don't want to pick a side. Don't hate others whose skin can't  
hide.

So put down the knife and gun. This is not how the war should be won.

You may have lived it and I have not. But compassion is what I've got.

Won't ration my compassion because love's always in fashion.

Come on St. Louis the beauty is there. 90 little cities I know we can care

From slavery to DWB. Well, no, it didn't happen to me but people fear my disability

It may not be the same pain I know. I respect the loss and I really wanna grow.

Sit'n bitch'n solves not a thing. Coming to the table; what will you bring?

So many hurt and can't heal scream'n, "You don't know... how I feel."

People were sold not too long ago. Reasons feelings and healing's been slow.

Can we talk? Make another choice? Now is the time to use our voice  
We gotta stop this fight because happiness is everyone's right.

Come on St. Louis the beauty is there. 90 little cities I know we can care

Put yourself in the other's shoes. Open your heart and turn off the news.  
One side's been denied and ignored. The other judges with a double-edged sword.  
Will we heal this in a day or two? Hell No! There's work to do.  
Register to vote. Make your choices known.  
Talk to your neighbors put down your dumb phone.  
We need honesty....in what we say....and do.

We see beauty in the Lou.....won't you?

We got an Arch...a Gateway to the west. America's heartbeat, come and be our  
guest.

So many flavors and free things to do. Parks and paths and a number one zoo.  
In the Lou we got lots of hoods. Diversity makes it all good. The way it should.

Come on St. Louis the beauty is there. 90 little cities I know we can care

White privilege is real but I it is not how I feel.  
Don't Judge and erase based on race.  
That's all wrong and why I wrote this song.  
Everyone has to try to help racism die for we all want a piece of the pie.  
No more enemies you and me. Everyone's a member of humanity.

Come on St. Louis the beauty is there. 90 little cities I know we can care.  
Can we learn from Ferguson? And not do this again and again.

## **7. Rock and Roll** (Lyrics; Katie Banister, Music; Sandy Levy Smith)

I was a girl. I had what it took. The hair and heels I had the look.  
I had no problem attracting a man I could put him and keep'm in the palm of my  
hand.  
Many a men were just a score. They did not last. I couldn't take anymore.  
Then a crazy accident at age 25 Left me paralyzed but still alive.  
Three years later I told the government that disabled dollars should be well spent.

In Jefferson City our state's capital my caregiver with me said YOU had it all  
Though I said, "NO It could never to be, who could be attracted to a rolling me?"

*You rock.....and I roll.....You rock.....my heart you stole*

I thought I knew love but then I met you. Still at a loss I didn't know what I  
should do.

I wasn't looking and there-you-were. I was uncertain but you were so sure.  
I did not know I could not tell and I know I put you honey through a living hell

*You rock.....and I roll.....You rock.....my heart you stole*

*I can never get enough of what you give. The day I met you baby I began to live*

A year and a half rolled on by. Soon it got harder just to say good-by  
Then you kissed me with those lips and I started to cry  
Together we would weather and we'd never say good-bye

*You rock.....and I roll .....You rock.....my heart you stole*

*I can never get enough of what you give. The day I met you baby I began to live  
You rock and I roll*

On our wedding day was sun and rain I'd do it all over and over again.  
Best day of my life my mate of soul. We got the goods to rock and roll.  
You can handle me. I'm such a mess! I can handle you; Mr. chest-obsessed

*You rock.....and I roll You rock.....my heart you stole.*

*I can never get enough of what you give. The day I met you baby I began to live.  
You rock. You rock. You rock. And I roll!*

## **8. LUCKY SOUL** (Lyrics and music; Blindcat and Katie Banister.)

I sat with God before I arrived requested abilities till twenty-five.  
Our planned accident put me in a chair. Some would say seemingly unfair.  
I chose this life. I had to learn. Now I know after there's no hell to burn.  
You've got to know when to let go. Make time to grow.  
For I am light and so are you. Put on earth to do what we do.  
I am a wheeler. I have a soul. Instead of being able to walk I get to roll.

*Wake up ....the Universe is whole, Each and every one of us a lucky lucky soul*

Everyone has talents a gift to share. Don't get caught up in what is or isn't fair.  
A soul' mission is to love everyone. Yes, I know Loving some isn't fun.  
But there in there is the test you must pass. When you're feeling reeling is the  
time that you should laugh.

No one owns religion or pain. We play the same game.  
But anger is blinding conflicting beliefs. You can see it on TV building mountains out  
of grief.  
I ask for compassion. You and me. Don't control another's soul and the beauty you'll  
see.

I accept my life and then after, my review. My memory totally sucks but God'll have  
a clue!  
Living is school. I'm still learning a lot. Let others be who they are and feel lucky  
for what you got!

Though I soar through darkness truth is my light. Take my hand as we fly through  
the night.  
We ask not for your pity only your understanding. Take heed there but for the  
grace of God go I.

Close your eyes and journey with me as we paint the sky with sound using colors  
from a rainbow.

In our world, there is no darkness. Our lucky soul shines as we teach others of  
truth and beauty.

We are brothers, we are sister. We are the spark. We are the light.

We are the fire and our time is eternal, so close your useless eyes and journey with  
me!

## POETRY

### 9. DEPRESSION (Music by Sandy Levy Smith)

### 11. AUTOBIOGRAPHICAL POEM

Katie Rodriguez Banister

Sincere, heartfelt and rolling.

Sister to six other siblings.

Who loves life, spirit and soulfulness.  
Who feels peace is the answer to pain.  
Who needs time, patience and understanding.  
Who gives advice, thoughts and an open ear to listen.  
Who fears mistrust, a lie and the dentist.  
Who would like to see all ills cured.  
Who dreams of a time when no one hates.  
A student of life. Kate the skate.

### **12. WHAT DO YOU SEE?**

People drive by and they look at me and I wonder when they look,  
What is it that they see?  
A poor sad girl who sits in a chair a life of unending despair  
But if they looked deeper, it's not at all what it seems.  
I am a woman. I have hope and I have dreams.  
But anger turned inward is depression.  
And I don't want to leave you with that impression.  
But don't you see what eats at me?  
Is you who do who forget about me

### **13. SNOWBOUND**

The snow-bound days remind me of how vulnerable I've become.  
Tons of snow means that I can't go. I'm waiting for someone.  
I watch the cars creep up the hill. At least they're not sitting still!  
Like me who looks through a pane of glass.  
Waiting and hoping for time to pass.  
Who will walk up my snowy ramp and enter in, so cold and damp?  
I'm sitting by the telephone. Expecting and wondering all alone.  
I cannot do my personal care. If no one shows, I am in despair.  
I cannot get the things I need. Does wanting help mean only greed?  
The phone rings once, my speaker's on. I say, "Hello" and the caller's gone.  
It's scary when I have to wait. It forces me to contemplate.  
Who will come and be relief? Someone will, I have belief.

### **14. SELF-CONTROL**

Difficult people are a test of anger management  
Put before you for reasons you may not know  
But will later be enlightened

Difficult people are now at present. I try ..... "out of sight - out of mind"  
But that hurts  
I can be difficult. Every one of us has the potential  
There are an elite few, however. The elders.  
They are here to teach you your hardest lessons  
They know your buttons and push with force. That hurts too  
Difficult people will always be our partners, employers and family  
Suck it up buttercup it is what it is  
Stand in hand .....with your dignity  
Because difficult people..... will always be

### **15. GIRLS WITH CURVES**

They say your body is a temple  
Mine makes me temperamental  
Why? Because I have a rollercoaster figure.  
The War on Terror Has nothing on the battle I fight  
Self-esteem is the enemy. I see it in every mirror.  
And I try not to look too long  
Girl with curves Have the nerves  
Try not to be jealous of thinner boy like bodies  
They may look down on you  
Their eye scan goes from head to toe  
A cold and thoughtless glance  
But they are no better than you  
I know this is true  
This is not an excuse to be too over weight  
And obesity should be no one's fate  
So girls with Curves Have the nerves to believe in yourself  
Exercise, move what you can and what you can't, simply understand  
That others who evaluate on looks and size probably cry on the inside  
They're shallow like a kiddie pool and not nearly as fun  
Your body should not define you but take care and be fair  
Don't put yourself down. Prop yourself up.  
Girls with curves have the nerves to stop hating how you look  
Stop hating what you see. Do it for yourself and I'll do it for me.

### **16 THE HOLIDAYS**

This is a choice I made. Not to go. Just making the decision alone brought relief

I'm sensitive. A perceived weakness to many of them  
I can't suck it up butter cup. I've been doing that for years and I'm tired  
Attending, ignored and crying on the way back to my sanctuary  
My home? They don't like it. It's not their world where everyone is thin and  
picture perfect  
Though ugly eyes that cry. No depth to a shell of a human  
I can't fake it till I make it I don't want to make it any more!  
The glue is gone replaced with a plague of grief. We all mourn a loss.  
The two mountainous beings that started all of this are gone from our site, touch  
and sound  
I miss having them around. I'm still earth bound.  
They visit me and I share the experience. "You are a freak!" "Who are you?"  
They really don't want the answers.... so why go?  
An independent Thanksgiving. I endured and had a little fun  
My day was not as full but I'm OK with that. As I prepare for the 25<sup>th</sup>  
It's just another day, right? No it's not.  
Christmas youth? Now there were some good times.  
Christmas before my chair? Now there were some good times  
Time has passed I'm 50. I really love the wisdom  
What was can no longer be, though I know this for sure;  
I will celebrate on my terms. I'm going to cry either way  
But on my terms the tears won't be as many.

### **17. IF IT HAPPENED TO THEM**

Justice among us is only for a few. Some can pay and find a way to uncover what is  
true.

Legal laws are not the best. Are there better ways to test?  
Who is at fault? Who is to blame? Who will lose and who will gain?  
I question justice, for who gets it? I'm knee deep down, let's forget it!  
There's an evil cloud choking the room. Can't find the truth within the fumes.  
How do they live each simple day? They won't give in till they have their way.  
What would they do if it happened to them? They wouldn't think twice. They  
would give in  
I feel helpless as I wait. Waiting for another date. They know they're wrong and  
they sing their song. They'll never stop until they belong.

### **19. I MISS YOU**

I know you're stressed and pressed for time, but I thought you were a friend of mine.

When convenient, you stop on by. Between your visits I sit & cry.

Do you know how I feel? No, you don't, because I'm not real.

You say, "I'll see ya" on the phone. But time passes and I'm all alone.

We now have less in common, where there was once unison.

How did this end? How did it begin?

I remember the laughter I could always count on. But now is after and it seems all is gone.

Replacements you've found. You don't need me.

I know I'm being selfish but what about me?

## 20. BULLIES

I'm sensitive like a taste bud on the tip of your tongue.

My sensitivity is a gift that you can't go out and by

But I cry and you may think this is weakness. But not I.

People aren't born a bully. They learn it along the way. I try to stay out of their way

Why do bullies bully? They may be angry

They may feel small, just about to fall, they just can't deal with it all

They've probably been bullied themselves At school or work or family

A bully can't be criticized though inside they're weak

A bully likes to tyrannize hushing those who speak

They know it all so they seem. Negativity is their friend

You want to scream and shout out loud- You want it to end

Bullies are a trigger to reactions that's for sure

Being a bully's not an answer and it's simply not the cure

My dad never said "I love you." or "I'm sorry." Those were words he just couldn't use.

It took 15 years of therapy..... for me to love ....me too

I wanted to hear these words from him but he could not

So I took what I got .....It wasn't a lot

If you were born under a bully the lesson is to stand-up for yourself

Stand in a strong manor not out of anger but out of the love you wish to receive

This won't be easy I still have to practice

People fighting their depression and not minding their mental state

Can bully those around them spewing nasty hate

Dominating others and having to have it all their way

Leads to restless night and painful, lonely days  
I have my own opinions and allow others to have their own  
But a bully must have it all. There was a bully in my home.  
People bully for different reasons. Maybe it's been done to them  
So bully, bully, bully. They never see an end.  
Maybe they think no one loves them or they don't even love themselves  
They may think love is reserved on a high unreachable shelf  
I guess I could be a bully because I don't think bullies should exist  
I want an end to their attitude. The way it bends and twists.  
Bullies are often wrong. Bullies fuel the fight Bullying is not the answer. It isn't  
right

## **21. HEP C AND ME**

Hepatitis C. How can it be? How has this disease infected me?  
My liver is fine or so it seemed. This can't be true! I'll awake. It's a dream.  
"Wrong," I had to say to me. A blood test proved I have Hep C.  
What can I do to make it leave? I don't want this awful disease.  
I started the drugs they have today. I'm gonna win. Get out of my way.  
I got the shots and I took the pills. But after a while I became so ill.  
I couldn't eat or drink. Couldn't sleep sound. Stuck in bed. Couldn't move around.  
Time passed and the medicine used took a hold of me. I had to choose.  
Soon my man had entered my room. The sirens' sound I would be moving soon.  
Three days later I said to my doc, "This medicine almost stopped my clock."  
I stopped using the drugs that thinned my hair.  
Tried natural meds. Now there's no Hep C there!  
The doctors think that they fixed me but natural methods helped save me.  
I received donated blood before 1992. So get yourself tested, if this happened to  
you.

## **22. BEING ME**

My heart is full of good intentions. So why God? Why does my heart ache?  
I want to help. To give and share who I am. So why God? Why won't they accept  
me?  
Their cold stares. Their empty eyes. My salted water flows. Don't they love me?  
"No," is the answer that hurts.  
I'm good enough for gift-giving. The expectation is ever present.  
But in their presence, I don't count. I am ignored. They are bored.  
My light is bright. Should I dim for them?

"No," is the answer. I cannot, not be me.

### **23. THINK DIFFERENTLY**

Change of thought. This power and ability have to be exercised.

I haven't worked out in a while.

"I don't have time!" The brain sends signals. Pay attention.

"But I have to go now!" Stress. Stress. Stress. Making a mess.

I've heard about breathing. OK - in 2,3,4. Out 2,3,4. Again. Again.

Relaxation of thought. The body is at ease.

More light appears. "Hey, this is cool!"

Clear my cluttered mind of

"This isn't fair" because no one said it would be.

With impossible acceptance negativity rules.

But I am the star. I'm no one's fool.

So I'm thinking and finding good more than not.

Change of thought creates mental health I can live with.

### **24. LOVE (Music by Sandy Levy Smith)**

### **25. THE SHADE**

Life needs light to see so clear. Deprivation instills fear.

You can't keep someone in the shade, they'll wither, choke and die.

How can they grow? How will they know what it's like to try?

Protection by prejudice is not the way to teach.

Try understanding and compassion and extend beyond your reach.

Cultivate your being. Don't put yourself above.

Shed beams of light, flee from fright, because everyone needs love.

### **26. A KISS**

I miss the kisses upon my cheek. The kind of kisses that make you weak.

I'm longing for a caring arm. The kind that protects you from all harm.

Show me where to find him, guiding me along.

I'm looking but I'm just not finding. What am I doing wrong?

I suppose I should be just OK with me. But I've got to say, I am lonely that way,  
and I miss the kisses upon my cheek.

### **27. I KNOW A GUY**

I know a guy who tries and tries. A person who loves and doesn't despise.

He's a gentle soul, full of grace. But he underrates his own place.  
When he could celebrate what is going well. He doesn't notice, but I can tell.  
He wishes for love from someone near. But that someone is full of fear.  
He talked to some friends he thought he could trust.  
But they turned on him and that wasn't just.  
I know a guy who will find a mate. But now is the time he must hesitate.  
A special someone will come his way. But he can't be crushed if it isn't today.  
Patience, patience is the way to find someone who cares and someone so kind.  
This guy will have all kinds of success if he keeps on trying to do his best.  
Nothing comes easy and he must try. I know he will, because I know this guy.

## **28. BEAUTY**

En guard mirror. I see you taunting me. So shinny and gleaming.  
The morning rise. I rub my eyes and peep into your flat form  
OK - I've seen enough! I want to start my day in empowering ways  
If I sit before you too long. I might not leave the house!  
You reflect my soul's suitcase. My ride. Let's pimp that ride.  
Your response? "Not so much"  
There's another blemish. A new wrinkle there. And what's with all the chin hair?  
How did you get there? Tweezers to the rescue. Ouch! Hey! That hurt!  
Sake of beauty. Sake of beauty.  
Be kind to me glass. Reflecting what is before you. . Truth. The truth.  
There are days I cannot. I will not handle the truth!  
See..... Real beauty comes from the inside. Beauty's form we cannot hide  
I use to think beauty was skin deep. Facials and peels and a good night's sleep.  
Ages has taught me to think in different ways. No more riding the beauty craze.  
I turned off the TV to see the real me.  
Now, I looked in the mirror and what a surprise.  
I decided, "I'm not buying the media's lies."  
My skins not perfect and my hair can be a mess.  
But I look into my mirror with loving finesse!

## **29. I'M IN LOVE**

I'm in love with a wonderful man. His soothing hugs melts my worries.  
I'm in love with a caring man. He lets me take chances and catches me when I fall.  
I'm in love with a funny man. His laughter is a goal I have no problem reaching.  
I'm in love with a sensitive man. His honesty can be hard to hear.  
But it's for my own good.

I'm in love with a perfect man. I'm perfect for him and he's perfect for me.

### **30. I Love You**

People who say "I love you" while sticking a knife in your back.  
Are ones to stand your guard against for surely they'll attack.  
Their anger comes from selfish thoughts for they're the ones to gain.  
It seems to me the way they're taught causes others pain.  
They may appear so clean and dear but watch the words you choose.  
It matters not who's wrong or right you're the one to lose.  
They may be close and living where you see them all the time.  
Choose simple words to let them know that you are doing fine.  
Because when you share your truth they may not like what you say.  
They'll hold a grudge and never budge and twist your words their way.  
So, share yourself with someone true. Someone who really means  
"I love you."

### **31. MAKE A DIFFERENCE**

Community. A place we all belong.  
Look around and you will see a place for you & me.  
Do your best to help those in need for they are a part of our community.  
Do deeds of good. Make a difference each day.  
Be up for the challenge and find a way to commit acts of kindness.  
For when you do you make a difference.  
And your soul grows, too!  
Because you pick a life in which to learn a way to advance your soul.  
Time does this and so much more. Making your life whole.  
Loss of life is not the end but a transition for me and you.  
So think not of what's ahead and do what you must do.  
Create a life based on love. Love eternally.  
Together we can balance both; what we do and what be.

### **32. HOPE (Music by Sandy Levy Smith)**

**33. THE STARS AND SKY DON'T LIE** Inspired by author Barbara Hand Clow  
You are a gift enjoy the present. Life is an illusion but don't you let it get you down.  
Instead look around at the multi dimensions and how they're found.  
Space is a continuum so vast and great - that quantum leaps are a universal fate.  
Dimension one is home to the Iron Core Crystal at the center of our earth.

Dimension two is Core to Crust, *microbes, bacteria, and minerals* of worth.  
Our third dimension is time and space, learning with all five senses.  
The keepers are the human race and we must lesson our defenses.  
Dimension four spiritual beings and the *Annunaki* who's species needed gold.  
*Combining and enslaving* the human gene is the story I've been told.  
Dimension five is consciousness Creativity and Love.  
The Pleiadians carry the light to higher heights, a spirituality above.  
Dimension six; guidelines, play and Sacred Geometry.  
Sirians say "Keep your eternal child" wanting joy for you and me.  
The seventh dimension are Galatic Highways where echoes are producing form.  
Ascended extraterrestrials where Andromedans are born.  
The eighth dimension the Divine Mind, allowing us to feel Universal love.  
A constant source of energy. Orion's belt serves above.  
And dimension nine the Black hole in the center of our Milky Way.  
The never ending nothingness still affecting our planet today.  
This is where the origin of the Mayan calendar had its start.  
To orchestrate Earth's evolution and everyone plays a part.  
But the calendar ended and we leave the Piscean age.  
Now we must balance Man Made religions and learn to *control* our rage.  
In August 2013 Jupiter aligned with Mars.  
In the 1960's the 5<sup>th</sup> Dimension sang that the *Aquarian age* would take us far.  
What does the Aquarian age mean to our society?  
That knowledge is most important and we are one collectively.  
*A feminine influence* will shed Light and Lead the way.  
Men you have a feminine side and no it doesn't mean you're all gay.  
Embrace a woman's intuition this ability is real.  
So think beyond a selfish thought and think how others might feel.  
Change isn't always easy. I am here to testify  
And I know I want to grow and the stars and sky don't lie.

### **34. THE GIFT OF IMPERFECTION**

I like things all neat in a row. I like to hang on and just won't let go.  
Why are there messes that get in the way?  
Why am I mad when YOU won't go MY way?  
OK, God. Where are you coming from? Yes. Imperfections aren't any fun.  
Why is there pain and why does it hurt? Why do I wish that life had no dirt?  
Why can't I walk and have all that I need? I long for a life of simplicity.

I look at my family, neighbors, and friends, hoping someday that their troubles will end.

It's not fair! I'd kick my foot if I could. So, here I am sharing the words I should.

Hey! Wait a minute..... I'm fulfilling my quest.

I'm writing this poem like I've written the rest.

The life I experience I am sharing with you. A job that I must do.

All of my years on planet Earth. Imperfections abound.

Every death. Every birth.

Our soul's given a gift. The gift to feel. The sorrow and pain make it all real.

So while I wish for the good and none of the bad. Sorrow shows me why I should be glad.

### **35. GROWING UP ISN'T EASY**

My father did the best he could with the life he had.

And I'm thankful for the simple fact he was born my Dad.

He was tough and he taught me how to work for what I need.

His love was stern and guided me not to live in greed.

And be strong I was always told. This statement never got old.

When push came to shove He kept us in line.

Because of my dad I was always on time.

So thank you Dave, I've learned a lot you've taught me how be strong.

I'm thankful for all I've got and knowing right and wrong.

### **36. I WISH**

Life isn't easy. My life is like no other. Every day I am faced with a series of complicated routines that enable me to continue living under challenging conditions.

Why me? It's not fair. I'm a good person. What did I do to deserve this?

My mind is a whirlwind of these thoughts and questions. I am no different than you.

I wish peace would come bringing a sense of calming love.

Created equally for you and for me.

I wish that people would understand that everything and everyone has value.

I wish people would remember that we are not only of God, we are God.

I wish that I didn't have to wish. That instead, these were given realities.

### **37. That Time of Year**

Living life two short of fifty,

I'm fun but it's coming. The holidays!

Craziness and consumption.  
The calendar states: Celebrate! Don't hesitate!  
Cha-ching. The register sings.  
Too too many ching-cha-chings.  
Oh, I just have to have this? Really? No you don't.  
Then there's family! A loaded word!  
Conjures tornados in the mind, doesn't it?  
Back in the day I loved to play. Sister brother. Father mother.  
The 70's and 80's festively flew by.  
2000's holidays makes me want to cry.  
Parents have transitioned. My God, I'm missing the glue!  
What used to be can't be. I have to create something new.  
Hey, I'm an optimist and would rather be than not.  
Because I am a survivor!

### **38. CHANGE**

I think about things. I dream. I scheme. What to do. Wouldn't you?  
To be the best is my goal. Pay the price. Pay the toll.  
When things were tough I was the type to turn and walk away.  
No time for others on my path who were getting in my way.  
Now I've learned to make a stance. Take a chance and grow.  
I'm still the same, yet different . How much you'll never know.

### **39. TRANSITIONING**

I once was afraid of dying. I thought it wasn't worth my trying. In fact, it kept me crying.  
But I've learned a thing or two that it's something we must do.  
For we all will pass - it is true.  
There is no end to who we are at the time our body dies.  
We then go on to be with God. Our loved ones left to cry.  
So at that time let go of life in the body you lived in.  
Release your soul to another state of a dimension you'll live in.  
Those left behind must dry their eyes. The circle of life goes round.  
Transition comes and you will see the loving light abound

### **40. FUN (Music by Sandy Levy Smith)**

### **41. CLAIRE'S WISDOM**

Mom did not attend college but she was one of the smartest beings I've ever known.  
Her words and advice made me think twice.....with her, I'm never alone.  
"That's why there's chocolate and vanilla" meant we are entitled to choose.  
"It's nice to be important but it's important to be nice" is advice I'll never lose.  
"To each his own said the farmer as he kissed the cow."  
Implied voices making choices.....starting here and now.  
When mom was mad at dad she would ask "How do you fix for spit?"  
She had the nerve to protect her reserve and... mom could throw a fit!  
"Don't count your chickens before they're hatched"  
meant wait and see don't become too attached.  
"I'm exhausted!" she would say.... exercise she didn't do.  
Instead she lay upon the couch where she would take a snooze.  
Though when in need she picked up speed saying,  
"I'll be there in two shakes of a lamb's boombatz!"  
Those are words that cannot be forgot.  
"You catch more flies with honey than vinegar" Mom was funny in her gestures and words.  
If you made her mad she would stop and say, "Well!"  
And I knew to stay back. Her feelings didn't lack though you couldn't always tell.  
Dad would complain, "Where's your mother?" She did what she wanted to do.  
League of Women Voters and market research too.  
Your opinions count was her message to all.  
She was only five foot two though she never seemed that small.  
Favorite words of instruction were "Can't means won't."  
Meant making an effort was smart..... better to do than don't.  
Was my mother perfect? My God, no way!  
But I think of her encouraging words. The ones I use today.  
I'm not a mother but I speak to others.....about healthy ways to cope.  
My mother taught me how to love..... and to always hang on hope.  
When life gets tough I ask of you to find your inner clown  
Take Claire's advice, it's pretty nice and "Turn that frown upside down!"

## **42. DECISIONS**

Making choices, sizing sides, you cannot run, you cannot hide.  
Families do their best to help you grow strong. They try to teach what's right from wrong.

There are many laws we must obey. Take them and break them, trouble comes your way.

Religion gives direction to people in their pews.

But you shouldn't condemn others if they don't agree with you.

Scholastic settings dictate behavior. Follow along and stay in their favor.

How do you decide on what to say and do? The person you must face is deep inside of you.

How does your decision affect those all around?

How will you let it influence, while standing your own ground?

Growing up, I thought, "This is where I learn." But if I make a mistake then I'm sure to burn.

People who think they're perfect judge the rest of us.

I think in their own eyes, they see it as justice.

If we took time to learn and we took time to see. We could all live together peacefully.

Making choices, sizing sides, you cannot run, you cannot hide.

#### **43. FATE**

My inner clock is ticking. Time is nothing but sticking.

No! I'm not waiting for a baby. I'm waiting on a maybe.

But Daddy, I want an umpaloompa and I want it now!

Hush, hush sweet Charlotte. Guess who's coming to dinner?

My name is Kate. I contemplate! Fate's my date. I'm outta the gate.

I'll take the bait. Love over hate. Had to hesitate. and found a mate.

Who's always late but simply great. Won't underrate my mental state.

One more thing I reiterate. This guy is freak'n great!

#### **44. SUNNY DAYS**

The sun penetrates my freckly face. My troubles fade away.

I close my eyes. Feel warmth inside with an abundant sunny day.

Melt my mind. I don't want to think about what's going on.

Trials and tribulations and all that can go wrong.

Beams of light shoot through the sky, landing on the ground.

When this occurs, in simple words, that's where I'll be found.