

POEMS FROM WITHIN

A Collection of Random Poems

Anna Maria Zambito

Poems from Within

Copyright © 2021 by Anna Maria Zambito

ISBN: 978-0-646-83316-3

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without written permission from the author.

Credits:

Editing by Catherine Cronin

Original cover images by Pixabay

(Artists: Ractapopulous, Tsukiko-Kiyomidzu, Pixel2013, and Steinchen)

Printed by: Digital Print Australia



A catalogue record for this work is available from the National Library of Australia

Printed in Australia

Dedication

This book is dedicated to my Mum; for encouraging me to continue when I felt defeated, that I would not succeed.

Contents

Introduction.....	1
Cyber Fairies – (1 st Version).....	3
Cyber Fairies – (2 nd Version).....	3
Holiday.....	4
Happiness Is Found.....	5
Take Me Away.....	6
A Beautiful World.....	8
Tides Of Waves.....	9
Friendships.....	10
Searching.....	12
Hello All.....	13
Beyond Reality.....	14
Return To Reality.....	15
A Time For Change.....	16
A New Way Of Living.....	17
Lunar Eclipse.....	18
A New Year.....	19
The Year Progresses.....	20
Dream.....	22
Wondering.....	24
Sadness.....	25
Feelings.....	26
Mental Block.....	27
Written Word.....	28
Relief.....	29

Hidden Things	30
A Lost Life.....	32
Something Deep	33
Summer Heat	34
A Winter’s Day	36
Life Sucks	37
Hardships Of Life.....	38
Life Is Hard	40
Why Am I Here?.....	42
Why Do I Feel This Way?	44
Blame Me.....	46
Waiting Game	47
Travelling Alone	50
Time Goes By	52
Life Is Fragile	54
Emergency Call	56
The Dream Is Over	58
I’ll Say Goodbye	61
His Lying Heart	62
Love’s Journey	64
Caged Emotions	66
Come Back To You	68
Lying In Bed.....	69
Lying In Bed – (2 nd Version).....	72
Acknowledgements	75

INTRODUCTION

This book is about my journey with mental health. Most of these poems captured my moments of happiness and times that I felt lost.

Most of us suffer some form of mental health in our lives, but how we deal with it, depends on the individual. I found that writing my thoughts onto paper (via short stories or poems), helped me while I was dealing with mental health. Because writing my thoughts down – meant they were no longer in my head. I understand this method might not work for everyone, but it worked for me. You may find that arts and crafts help, or even taking your dog for a walk. Sometimes, talking to a friend can help - so reach out to them. Whatever solution works, only you can discover it.

You never have to face mental health alone, as there are organisations out there that offer their services like; Lifeline and Beyond Blue. Even consulting your GP could be another avenue for obtaining help. While dealing with my mental health issues, my GP referred me to a counsellor, which in turn was very helpful. I understand some people don't seek help - they prefer the easy way out; like suicide. But don't go there! I also...found myself in that state of mind a few times. But I realised that the consequences of my actions would hurt the ones I loved, so I knew I needed to seek out help.

I hope that through my poems, I can inspire some of my readers to try writing - even if they aren't poems or stories. Maybe you can keep a journal or write whatever you are feeling in a book. You could surprise yourself and be tempted to help others - as I hope I can. Mental health can be overcome - if you seek help and stop keeping things bottled inside.

CYBER FAIRIES – (1st Version)

I've been off with the cyber fairies
In the deep and unknown world

Where you go when you're lost
In deep thoughts and unaware

So, follow me and I guarantee
The cyber fairies love to play

And drag you into the deep
Lost world of cyberspace

CYBER FAIRIES – (2nd Version)

I've been off with the cyber fairies
In the tech world filled with mysteries

Where you go when you're lost
In deep thoughts and engrossed

So, follow me and I guarantee
The cyber fairies love to please

And drag you into the deep
Virtual World of the Internet

HOLIDAY

I've been away
On a holiday

The first of many
To come my way

So much fun
Strolling in the sun

Beaches so blue
And surfs true

I didn't want it to end
For it was a godsend

Time to relax and enjoy
All this holiday's joy

Experiencing new places
And meeting new faces

Trying out new things
Deep feelings they bring

Holidays are for me
So just let me be

Free to explore
All this and more

HAPPINESS IS FOUND

My dreams take me away
Across the deep blue sea
To a place, my heart endures
Filled with joy and happiness

No thoughts of grief
Travel the ocean swell
As the waves take me away
Further West, towards the sun

Why is there sadness
When happiness dawns
Forget your troubles
And forget your fears

When the blue ocean
And bright yellow sun
Come toward me
Drawing me near

I wonder now
As I look onwards
Will my heart
Truly be happy

Knowing the place
I have come
Will disappear
From me eternally?