

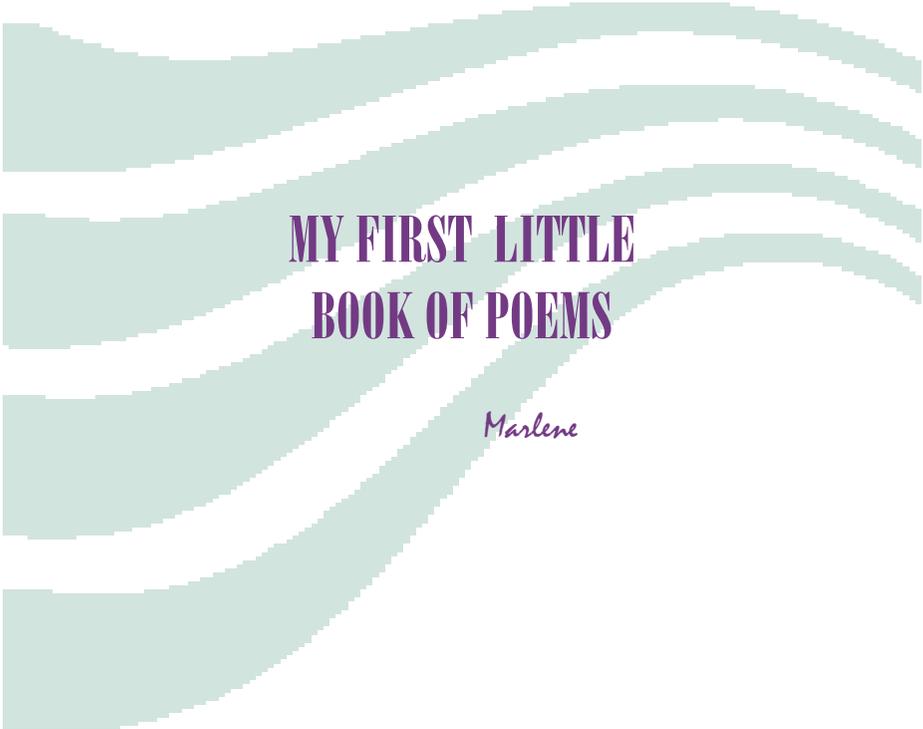


Just

*Life*

Poems from the heart

by Marlene J. Waldock



**MY FIRST LITTLE  
BOOK OF POEMS**

*Marlene*

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## DEDICATION

*To my Mother whose unconditional love, support and encouragement have anchored my life.*

*To my Husband who gave me the freedom and opportunity to follow my muse.*

*To my Friends whose caring support is a source of inspiration.*

*Thank you all.*



# *Possibility*

by M. J. Waldock

When you believe in possibility  
Opportunity will find you  
Then, you need only to believe in yourself  
And everything is possible

A decorative graphic consisting of several horizontal, wavy bands of light teal color, creating a sense of movement and depth. The bands are layered, with some overlapping, and they curve gently across the page.

May 2004



**Just Life**

## **JUST LIFE**

If life were just a “perfect” place  
We’d have an equal share  
Of all that’s good and fun and right  
We’d never feel despair.

But life’s so very intricate  
Yet still we must survive  
And strip away the layers of time  
So we can stay alive.

To realize that at our core  
The answers all exist  
The dreams and schemes, however bold  
Allow us to persist.

To reach up high to risk it all  
That life will give us more  
To trust ourselves, and run not walk  
And open every door.

For one day when we least expect  
Our dream will come to life

We’ll stand in awe, a bit surprised  
And stare it in the eye.

With smiling face and open arms  
Our dream will say “let’s go”  
Stand straight and tall, let’s do it all  
It’s time to start the show.

The stage is ours, the curtain’s up  
The spotlight’s shining bright  
And win or lose, this time or next  
We know we’ll get it right.

Perfection is a myth a farce  
That makes us want and wait  
For circumstance to be just right  
So we can meet our fate.

But now and then it all makes sense  
We finally see the light  
That in this fast, chaotic world  
We know this is “Just Life.”

*October 2003*

## LITTLE THINGS WE DO

Dream a little dream  
Sing a little song  
Take a little stroll  
Down the lane so long

Wave your little hand  
Send a little kiss  
Wink a little wink  
For the sweet young miss

Pick a little flower  
Share a little smile  
Spend a little time  
And stay here for a while

Tap your little toe  
Spin a little spin  
Dance a little dance  
To the song you have within

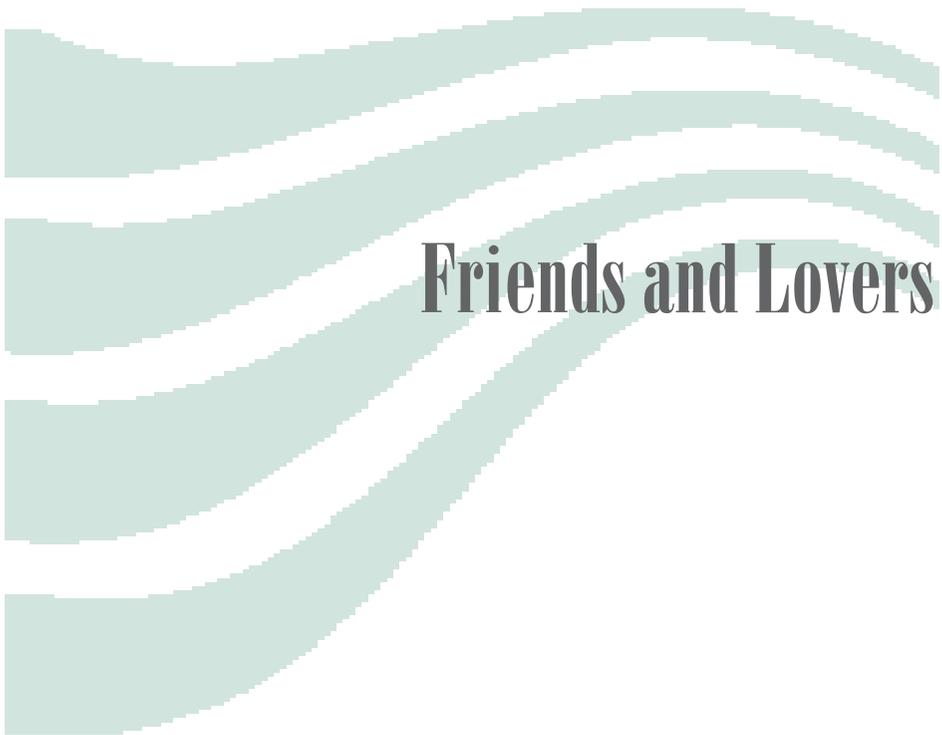
Make a little love  
Give a little hug  
Drink a little drink  
From the nice new mug

Call a little friend  
Buy a little pen  
Write a little poem  
Before the stroke of ten

Swim a little swim  
Show a little skin  
Start a little diet  
So you'll look so thin

Close your little eyes  
Take a little nap  
Place your little head  
In the nice soft lap.

April 2003



**Friends and Lovers**

## **FRIENDSHIP**

A friend is one who understands  
That all they need to do  
Is be there when they're needed most  
And stay the whole day through.

They never judge or criticize  
Perfection's not a must  
They always look with caring eyes  
Beyond the outer crust.

A friend is one whose ear you bend  
When you need to vent  
They sit and listen quietly  
With that, they are content.

They laugh with you at everything  
And join in on the fun  
And when the days get dark and blue  
They never try to run.

A friend is one who takes your side

And always does defend  
When others say some nasty things  
On that, you can depend.

And, sometimes when it's late at night  
You sit beside the fire  
With glass in hand, you sip some wine  
And ponder life's desires.

I am so happy to announce  
I feel so very blessed  
That you are one I call my friend  
You've more than passed the test.

I go through life with confidence  
However near or far  
That you'll be there no matter what  
My friend, that's what you are.

*April 2003*

## **TRUE LOVE**

On a bright day  
In the middle of May  
I found my love so true.

And all the time  
I wasted of mine  
To find it was always you.

The road leads us straight  
To the forest so green  
But the trees often get in our way.

Our love we can miss  
When we don't stop and look  
At who 's standing beside us today.

For the love of a life  
Comes but once never twice  
If we're lucky to have it at all.

So on that bright day  
In the middle of May  
In love with you I did fall.

June 2004

## **ANGELS IN OUR MIDST**

An unexpected call one day  
From a distant friend  
A quick hello, a few kind words  
A hand they do extend.

A note appears upon our desk  
For nothing so we think  
Inside it says, “you are the best”  
I hope you’re in the pink.

A loving touch, a smiling face  
A brush against our cheek  
It’s warmth renews and lifts us up  
So stunned, we hardly speak.

We ponder when and how and why  
This kindness does exist  
And then a gentle voice reminds  
There’s angels in our midst.

September 2004

The image features four horizontal, wavy bands of a muted sage green color. These bands are stacked vertically and overlap slightly, creating a sense of movement and depth. The waves are more pronounced in the lower bands. The background is a plain, light cream color.

**Inner Thoughts**

## **NEVER, NEVER LAND**

I will never see the day  
When I am thin and rich  
I'll probably always be the one  
Who is fat and in the ditch.

I will never hear the words  
Congrats you got a raise  
For critics are my pillars strong  
There's never any praise.

I will never feel the love  
That others have each day  
Even if I search for years  
Alone I'll always stay.

I will never find the way  
To have it all and more  
I simply don't deserve the best  
For me it's not in store.

I will never know the peace  
That comes from deep within  
For I am just a pawn in life  
My light is always dim.

But, I will always be the one  
Who's just like Peter Pan  
For I will always live inside  
Never Never Land.

August 2004

## I THINK AND THINK

I think and think the whole day long  
About the things that can go wrong  
I think I've failed before I start  
Which takes away the very spark  
To do the things I want to do  
That haunt my sleep the whole night through  
What can I do to clear the path  
Of obstacles that cause such wrath  
The boulders in my mind that make  
The journey that my soul will take  
A long and rugged road that winds  
Forever twisting in my mind.  
Where will it end, this bumpy road  
When will I shed this heavy load  
Of always thinking of the worst  
I know I'm surely not that cursed,

I think I'll step upon the path  
And meet the boulder with a laugh  
I can succeed, I know I can  
Just think of where it all began  
A simple phrase from long ago  
From one I thought was in the know  
Some tiny word so negative  
Is this the way we really live?

With other peoples doubts and fears  
That stop us from our dreams so near  
I think I will relieve my mind  
Of thoughts, that merely waste my time  
I will begin the day anew  
And take a very different view  
Of life that's far above the road  
And see myself without the load.

I think I'll think the whole day long  
Of how I'll meet the cheering throngs  
Of those who honor my success  
For clearing out this ugly mess  
Of thoughts, that made my day so dim  
And made my dreams of life so grim  
I think I'll think and think again  
About the ways I'm going to win  
And when those ugly thoughts arise  
Which caused my dreams to be disguised  
I'll take a step upon the road  
And start to move however slow  
Until I reach the finish line.  
And then I'll know it was my mind  
That made me think the whole day long  
About the things that could go wrong.

*April 2003*



# **Dreams and Visions**

## **MY TINY LIGHT**

It's late at night when all is still  
My head is spinning like a wheel  
Beside the bed upon the stand  
There is a pen to take in hand.

Its tiny light is all I need  
To write the words which halt my sleep  
Those nagging thoughts, I let them go  
From head to hand the words do flow.

As morning dawns and sleep is done  
The time to act has now begun  
Throughout the day I make my way  
To do the things my thoughts did say.

When night returns and sleep begins  
Just like a top my mind does spin

I am assured I can depend  
Upon the light within the pen.

It sheds a glow that lets me know  
Those haunting words I'll soon let go  
With swift of stroke I move my pen  
So that my sleep can be again.

The light goes dim I close my eyes  
My mind is still no thoughts arise  
Beside the bed upon the stand  
The pen with light I take to hand.

Awaits the time when it will shed  
The light I need to clear my head  
So I can rest and sleep the night  
And no more need my tiny light.

*April 2003*

## A LITTLE STAR

I wished upon a little star  
Up in the sky away so far  
To be the fairest in the land  
And be the best at all I can.

To be upon the stage of life  
A messenger to help end strife  
To be a voice for those who need  
Encouraging words to hear and read.

I wished upon a little star  
Up in the sky away so far  
To boost you from the ugly mire  
And write the words that would inspire.

To lead you through the maze of  
thoughts  
And help you learn what you forgot  
When stress upon you really mounts  
You are the one who truly counts.

I wished upon a little star  
Up in the sky away so far  
That when I stood upon the stage  
To share the words from page to page

I'd speak so very loud and clear  
I know that you would surely hear  
And cast aside your gloomy cloud  
And take your place among the crowd.

(con't)

## **A LITTLE STAR**

I wished upon a little star  
Up in the sky away so far  
To bring you to a place in time  
To be yourself and really shine.

To teach you how to look each day  
Into the mirror and always say  
“I love you, you’re the very best  
Together we will ace the test.”

And when the end of day arrives  
You’ll know you have again survived  
Because the friend within your heart  
Was with you from the very start.

I wished upon a little star  
Up in the sky away so far  
To write this poem just for you  
For when you’re feeling down and blue.

Just take the time to read it through  
Then tell yourself, “I Do Love You!”  
I made this wish upon the star  
And so I wished and here you are.

April 2003



## **SMILE**

Today I felt a little smile  
So warm I thought, please stay awhile  
How grand it is to be inside  
Secure and loved and never hide  
Behind the fear that life will shun  
Our deep desires and make us run  
Away from what we want so much  
From that which we can feel and touch  
To reach the place we've searched so long  
To which we know we do belong  
Permission granted from you to you  
To do your thing and relish your due  
I felt a little smile today  
So warm I know it's here to stay.

December 2003

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