



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 light sage green color. These bands are stacked vertically and overlap slightly, creating a sense of movement and depth. The waves are smooth and rhythmic, flowing from left to right across the frame. 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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