

Poetry Series

Christina Sunrise
- poems -

Publication Date:
2015

Publisher:
Poemhunter.com - The World's Poetry Archive

Christina Sunrise()

Being born on April 18,1966 in Elizabeth, New Jersey- I am the defender of the underdog. I write poems about the planet like saving the plant kingdom, our oceans, and wildlife and spirituality. Being 4th generation First Nations of Canada. I have an affinity to the Gaia –Mother Earth and her creatures. Christina Sunrise is one of my alias's. Christina means follower of Christ. I write about Jesus and his word and life. I wrote a poem entitled "When Jesus Spoke" and it is on . Sunrise in Slavic is Zaria and means "Morning Star". I wrote a poem that praises our Earth's morning star in "We Praise You Mother Earth and Sister Sun". I come from Slavic descent and one of my cartoon characters names is Suzaria and she has her own solar system named after her. I have written poems to help to make a change in people's thinking, for I feel we are all change agents.

Below is a poem about the poet named Christina Sunrise. I hope you enjoy this poem and the one that follow in this anthology.

' Born To Be Beautiful Defended'

I know people went on their rant
about my poem 'Born to Be Fat'.
Well let me say and defend,
I write first hand my unknown friend.

Who gave you the right to decide
for a person whose tired of the fight.
The fight to look skinny and to fit in,
tired of going to the health center and the gym.

Tired of the media and the fake looking ads,
of some of the skinny models on Prozac.
Now, tell me, tell me,
have you ever been attacked?

Attacked for being fat?
Now 'fat' is the 'protection'
for a lot of souls,
who knowingly incarnate

with fat as their goal.
Now you tell me can you
control karma too?
are you God/Goddess who

thinks it through?
I don't think so,
because there's
more written in the skies,

Accept everyone's karma
and say 'no' to an 'eye for an eye'.

Written by Christina Sunrise

Christina Sunrise

100th Monkey

Like the 100th monkey that started a trend...
he washed his banana and it never did end.
All the monkeys starting washing their bananas
like a domino affect...
that is how things get started
in the hologram net.
Now if we are to become inter-dimensional
beings ever again...
We will have to stay out of the drama
of this world...
that is a message from the other worlds.

Christina Sunrise

35 W Bridge

Bridge collapsed on highway 35,
some people didn't make it out alive.

There was some daring souls,
that went into rescue victims
they didn't know.

Now this was a great tragedy,
that happened over river Mississippi,
President Bush came out to see,
he helped a little,
but here's the story:

South side of bridge decks goes one way,
and then it falls,
killing people,
leaving a death toll.

50 feet from center line,
Superstructure goes the other way,
bringing people to an early grave.

Now I say,
Pollution had played it's part,
causing the metal truss's joints,

to give away from the very start.

Just like the soil below this bridge,

it was contaminated by

'coal to gas' processing plant,

thank you for listening to my rant.

Also fumes from cars

make black ice,

many accidents

on bridge not very nice.

I believe if there was never any pollution,

this would of never happened,

and we wouldn't need a solution.

Written by Christina Sunrise Feb.20,2011

Christina Sunrise

A Baby Boy Was Born Today

A baby boy was born today,
filled with love, hope and praise.
Looking at his eyes so bright—
my gift from God has filled my life.
I'm so grateful for my dreams came true,
My dear baby boy I LOVE YOU.
May the sun shine on you each and every day,
for you are in our hearts to cherish and stay.
We are so happy you're here and very glad,
Love and kisses from your mom and dad.

Christina Sunrise

A H.E.B Would Not Shoot Back

A highly evolved being would give its life
if you wanted to kill this being with a gun or a knife.
A highly evolved being would not shoot back
for it knows it's soul lasts and lasts.
So as you see
on a highly evolved planet
people don't die from greed.
They don't die at all
in fact they all have a ball.
Not like on Earth where we are infants still
not like a real infant who is real.
Real before the innocence was lost
lost to the planetary dream which dearly costs.

Christina Sunrise

A Highly Evolved Being

A highly evolved being
would not kill,
A highly evolved being,
would meditate and be still.

A highly evolved being
is "positively aware"
of everything including
birds in the air.

A highly evolved being
enjoys everything
and needs nothing.

They do not need see evil to be
"Postively Aware".
For a highly evolved being
only shares,
and really cares
For all are ALL ONE,
from the same source,
For life becomes a meditation
and everything is a part of the whole,
everything works together
helping each other grow.

Grow and become the best
that they can be,
To be an effect on the future
and make it filled with merriness and glee.

Christina Sunrise

A Highly Evolved Being Would Not Shoot Back

A highly evolved being would give its life
if you wanted to kill this being with a gun or a knife.
A highly evolved being would not shoot back,
for it knows it's soul lasts and lasts.
So as you see
on a highly evolved planet people don't die from greed.
They don't die at all
in fact they all have a ball
Not like on Earth where we are infants still
not like a real infant who is real.
Real before the innocence was lost
lost to the planetary dream which life costs.

Christina Sunrise

A Higly Evolved Society

In a highly evolved society there is no prisons or jails
in a highly evolved society there is no bond without bail.
For there is no need for there is no crime
the people of highly evolved society are conscious all the time.
No punishment and abuse of children they do raise
no acts of emotional and physical violence on any child of any age.
Women are respected and treated like queens
all people are honored, no one is treated mean.
For this world can exist only if we change our planetary dream
it will take this planet a long time it does seem.
Only the children who came here to change the 'Systems' are the ones
we should listen to;
Enough of this old generation 'eye for an eye' old school.

Christina Sunrise

A New Reality

As we change our mindsets
we change the past
We live in the moment for it is the one that lasts.
We lighten the burden of identification to circumstances
and learn to follow our heart in exuberance.
For the veil is lifting and nature reveals
a visit from higher dimensions is upon us if we don't yield.
For if we don't claim our innocence and just believe
we will make our own hell and suffer with grief.
For the eyes of the innocent and the pure at heart
will see all as one family community and not be a part.

Written By Christina Sunrise on July 16,2012

Christina Sunrise

A Oneness Blesser Visits Jail

Doing what matters most
for I am still human, I'm not a ghost.
"You are Oneness, Consciousness and Bliss"
I kept repeating this.
With my hands placed in a heart shape
above my head
I said this mantra again and again.
In the holding room I did sit
repeating "I am Oneness, Consciousness and Total Bliss".
I aim my hands out to the Palm Beach County Jail
every day without fail.
The inmates in there need all the divine light they can get
they are still human don't forget their plight.

Christina Sunrise

A Planet Without Punishment

To be punished we need to feel ashamed
we are in a losing battle of Victim against Judge every day.
Now what if the Planetary Dream was changed?
What if we never had to be punished and made to feel ashamed?
Guilt and shame are not normal feelings we have
these two things are forced on us to make us feel bad.
Now over in India they have a philosophy
it helps teach children to freely express
to feel joyful, sad and happiness.
They are never heard the word 'NO'
they are treated like Kings and Queens
and nurtured as they grow.
Now what if we lived in a world with High Self Esteem?
It was the norm and nothing in between or very extreme?
We would then have a new Planetary Dream
where there is no punishment, no prisons, cops and
people dying from a killing machine.
Written by Christina Sunrise on March 21,2012

Christina Sunrise

A Player's Day

Thinking you can have your cake
with any woman that comes your way.
Well, I have one thing to say
your unconscious program makes you a slave.
For when a person in reality see's the player's façade
they can play you like the same peas in the pod.
So better become aware of why you do the things you do
For living unconscious will never fulfill you.

Written by Christina Sunrise on November 28,2012

Christina Sunrise

A Women In A Man's Body

From belief system developed in past life

you incarnate here and make pain and strife.

You live a program completely unaware

you hate women without a care.

Not feeling good to be a women in a past life by man

you incarnate as a man to understand.

You feel like a woman for your dad did not give you a hand.

He made you feel less than.

So if you can not accept your female side

you also don't feel like a man deep inside.

So face your demons and become aware

or you will go on with unconscious programs

that bite and glare.

Written by Christina Sunrise on November 14,2012

Christina Sunrise

Accountability

Some regret what they've done
they know they need to say sorry
and make peace with someone.
But saying sorry, is the hardest thing to do
especially if your drunk and don't have a clue.
But even if deed done unconscious
and you didn't mean
you still need to say you're sorry
for it helps you come clean.
Clean of any karmic debt
you want to die with no regrets.

Written by Christina Sunrise on September 30,2012

Christina Sunrise

Accountability Of Sheriffs

Does a sheriff need to be accountable for putting an innocent citizen in jail?

I think if he was

we would stop a lot of damage without fail.

I think it is sad that a biased sheriff

can do this without hard evidence

so why not have a written analysis?

Written analysis of the written statements of those who accuse

Right then and there you will see their written word is a lie

this is something the American people should demand

and WE shouldn't be denied.

If we are to be the Country that is so Great

let's put our money where it is needed

before it is too late.

Christina Sunrise

Action Is Where It Starts

It all starts with your actions

here in the 3d-

lets make your dreams materialize

in our reality.

Yes, it all starts with your actions

for we can not escape matter

lets start producing and stop

this no nonsense chatter.

Written by Christina Sunrise on December 20,2014

Christina Sunrise

Affirmations

Your life is formed by your thoughts...
good ones, bad ones that make your
stomach in knots.

An affirmation is words you repeat to yourself-
imagine a magical elf...
that is talking to you like a friend...
the elf will help you have more inner power
again and again...

If not turn to your angels who are by your side
they can help through a stormy ride.

Written by Christina Sunrise on December 20,2014

Christina Sunrise

Air Pollution Is Negative Thoughts

What surrounds this Earth plane
is air pollution from our negative thoughts
from our ego playing mind games.
Thoughts based from fear and
thoughts of despair fill the air.
Stop, stop any negative thoughts by being still-
everyone meditate on love for we are ill.
Jesus took on the human form-
he taught teachings above the norm.
Focus on heaven where we are from-
have light come down to the Earth's ground.
All is Life is affected I kid you not-
AIR pollution is from our negative thoughts.

Written by Christina Sunrise on July 12,2012

Christina Sunrise

Alias Poem

Many selves we all have
I have different alias for you to understand.
Christina Sunrise writes about planet Earth
Suzae Chevalier writes about life since birth.
Sue Chevalier writes of characters on Krendoll land
Suzae is the visual artist, storyteller who
paints and uses oral presentations to understand.
Now don't forget Puppit Lady for Razel has a voice
Melodie also who speaks with "freedom of choice."
So visit right now
where you will all of them make a home

Written by Suzae Chevalier on September 9,2012
for Sue Chevalier, Christina Sunrise, and Puppit Lady

Christina Sunrise

Alignment With The Soul

We are beginning to see power as
the alignment of the personality with the soul
instead of the ability to manipulate and control with the personality's ego.
When your intentions come from your heart made of gold
you will not be operating out of the illusion, the drama, I'm told.
That is what Jesus did, he knew that they didn't know
so he could forgive them, for he saw their suffering of this world.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

All One

Act as if we were all one
act as if one consciousness under the sun.
No time and space-
total bliss all over the place.
Now that is where you go
when you meditate and are quite so.
What if the world did that everyday?
Would this keep war and killing at bay?
Only we have forgotten what we are
don't we know we are made from the stars?

Written by Christina Sunrise on September 14, 2012

Christina Sunrise

All Things Recorded

In the records above
all things are recorded
all your thoughts, kinds words of love.
Then of course if you did harm to another
and got away...
that is you discredit someone on Earth,
like they
did to Jesus in his day...
your life in the afterlife is not faraway...
for it is happening now,
no place to hide...for your soul is
with you where every you go...

Christina Sunrise

Amazing

Isn't it amazing

how the universe is so large?

We are here on Earth

our planet larger than Mars.

Looking up at the stars,

we are at a distance quite far.

Why we are light years away,

we lived in their galaxy in a past day.

Will we get to travel there,

I guess only at night,

When our soul leaves our body

to be free and take flight.

Written by Christina Sunrise on Aug.2,2011

Christina Sunrise

America Needs A New Schools System

Let's teach our kids new philosophies in school
like honesty, self expression, creativity
where everything is fresh and new.
Use the right brain thinking to come up
with new ways—
Not all this memorization that gets in the way.
Teach children to be there for another—
not this completion of raising hands—
let all kids feel like they have the answer
cherish all opinions to better understand.
Promote all arts and music too
America needs to let the children
express themselves and be listened too.
Ask the children what they think they would do?
Change the way children are taught and to think things through.

Written by Christina Sunrise on December 20,2012

Christina Sunrise

Angel Number 444

Number comes in on my phone—
But I don't know if it's from a gnome.
Maybe an angel for the numbers show
The number 444.
The time of the call was the numbers above
Maybe sent by an angel or a secret dove.
So it gave me hope that I am still here—
My angels are everywhere.

Written by Suzae Chevalier on August 31,2012

Christina Sunrise

Angels Are

Angels are from up above
sending you Mother Earth
a lot of Love,
down to your Earth's core,
We prayer and shower our
light for we adore,
You, Mother Earth
From up on land,
United We Fall, United We Stand.

Christina Sunrise

Angels On My Left & On My Right

Angels are with me when I walk through the jail at night
I have positive thoughts that encase me in their light.
I have to look forward to getting out on bond
I know being in here was for me to see beyond—
beyond what was behind steel jail doors-
I would of never known how the inmates lived
for I was here to bring light like never before.
In places of darkness light workers
are asked to bring their light
We are here to help humanity out of their plight.
If I had I got stuck within these walls with a life of grim
I would of just took flight and
would ended my life on a whim.
For the cross I carry like each one of us do
is now no more for I go home to heaven
in God's love I am renewed.

Christina Sunrise

Angels Protection

Angels protect me from up above
angels send me all their love.
For I will begin to see angels soon
with my third eye and the light of the moon.
I don't need to leave my body at night
to see angels flying by.
Soon angels will appear
easily for anyone near.

Christina Sunrise

Anger Causes Storms Inside

Anger is more than an emotion
it is a force-
Just like the wind
it can blow you off course.
It can start to stir within
attacking your vital organs is where it begins.
So become consciously more aware
of how you think, feel and do share.
Stay positive in this realm
it affects all others just as well.

Written by Christina Sunrise on September 13,2012

Christina Sunrise

Anger Stems From Pain

Anger stems from pain...
when we were young
we were told to hold it in.
We had no control
over our parents whims.
We also picked up their anger
and did not how to process it through...
we were stuck without a clue.
Now go within and feel the pain...
let it all go to feel again.

Written by Christina Sunrise on December 20,2014

Christina Sunrise

Are You A Prince?

Are you a Prince or are you a toad?

I leave your heart at the side of the road,
For I do not know if you are really sincere,
You seem like a boy who is very immature.
To all that is, and all that was;
It became of nothing just because...
For I have grown into a full Princ-ess,
I must leave behind all the rest.

And go after what is Best.

Written on Jan.14,2011 by Christina Sunrise

Christina Sunrise

Are You A Toad?

Are you a Prince or are you a toad?
I leave your heart at the side of the road,
For I do not know if you are really sincere,
You seem like a boy who is very immature.
To all that is, and all that was;
It became of nothing just because...
For I have grown into a full Princess,
I must leave behind all the rest.

Go after what is best, perhaps a frog instead I guess?

(Updated on August 12,2011 by Christina Sunrise)

Christina Sunrise

Are You A True Friend?

Are you a true friend
that does not pretend
you are something that you are not...
for you are not phony, under disguise
you are not someone who cheats, steals and lies.
Like a true friend would not
steal a friends girlfriend
steal a friends makeup
or clothes...
and then say 'I bought these pants at
such and such store.'
A true friend would stick up for you
and not do side remarks
A true friend would not leaving
you stranded in the dark.
They would respect your time
make you feel respected,
and not less then and also
compliment your creative mind.

Written by Christina Sunrise on July 2,2014

Christina Sunrise

Are You Cool?

When I was going to school
I understood the word cool...
Meant that you didn't let petty, jealous people
Bother you...
If you were a man
You gave woman a helping hand.
You were a suave and knew when to talk
You didn't brag or do weird things like stalk.
You didn't steal, cheat or disrespect
you were not prejudice.
You kept your word and didn't lie
You walked your talk and would even die
In the line of fire
For a friend for in the end
It is all about character, consciousness
And keeping your Zen.

Written by Christina Sunrise on July 2,2014

Christina Sunrise

Are You Like All The Rest?

Are You Like All the Rest?
Are you like all the rest?
Just want to use me for sex?
I'm just tired of it,
So just go beat on your chest.
I will not waste my time,
I have better things to do then hear you whine.
Don't tell me you want to be my Valentine...
O.K I'll try you out for fun,
Don't think you're the only one.

Written by Christina Sunrise on September 6,2011

Christina Sunrise

Are You Nuts?

You can lie to Sherry
and everyone else,
but remember you
have to live with yourself.

You think I was born yesterday?
That I can't figure you out
with the B.S. you say.
B.S. you say to the cops,

what a drama boy who has no chops.
Now fences break from a lot of weight,
for knocking over my plants you sealed your fate

Saying your sorry to the Plant Kingdom is at hand
for what you do to it, you do to the land.

Written by Christina Sunrise on April 30,2011

Christina Sunrise

Are Zoo's Treating Their Inmates Better?

The zoos of Canada and the U S of A
treat animals better then jails of America today.
Animals have great pictures that are adored
animals in pictures in brochures they are stored.
Mug shots of inmates are shown in newspapers that can ruin their names—
This keeps the sad gossip of Planetary Dream
being repeated again.
Animals get to go outside most of the time
Humans might not even see day even if all sunshine.
Now it's sad to see elephants strapped
to shackles at the circus or zoo
How does it feel to be a human
that feels like an animal too?
Sheriffs now imagine what it feels like to
walk in inmates shoes.
Inmates say "We want to go to prison for it's better than jail"
I say "That is where "The system" does fail."
Inmates respond in so many words
if I don't write them here they will not be heard.
"People on the outside don't care about us—
we are beneath them so are welfare is nothing
we are like dirt or even dust."

Christina Sunrise

Art Brings Love It Heals All Wounds

Monuments lost at Hitler's hand,
destruction and gloom fill the land.
Artwork stolen and put into trucks,
all traded and sold by schmucks.
69,000 art pieces disappear,
Most not found,
they are very dear.

Many lives were shattered, people die
because of a mad man and his lie.
Russians filled with total remorse,
changes history with lives off course.
Luckily some art was recovered and found
to bring justice back to Russian town.
Pray for families and victims past,
Restore all Europe's art-fill in the gap,

Now make more art,
You and me
Bring Hope back to humans
with humility and dignity.
Donate art for the common good,
donate to hospitals, daycares and to schools.
Bring good cheer across the lands,
bring art to the planet that is grand.

Christina Sunrise

Arctic Drowning In Oil

Polar bears drowning in oil.
Whales inhaling toxic oil fumes.
How much more wildlife do we need to lose?
Threatened eiders potentially decimated,
and distinct populations of salmon obliterated.
This is what would happen if Shell makes an oil spill
if they start to drill.
Please sign the bill
to stop Shell from drilling which
would invalidate the lease sale
and to make
the Arctic off limits to oil exploration
and development

Written by Christina Sunrise on November 21,2014
to sign bill

Christina Sunrise

Artist Nancy Waller

I remember hearing a voice,
"go down this road", was the first choice.
The road 42nd West, in south Minneapolis.
Great visual artist I would meet,
She drew endangered species detailed and neat.
Nancy Waller was her name,
She published booklets on endangered species
to help bring about awareness and change.
Melodie my doll, loved her most of all.
She went to her see her at the museum,
took photos with her that were very pleasing.
Melodie was happy for Nancy designed,
coloring books of Melodie just cute and fine.
Nancy got my books off to a great start,
she inspired me and has a pure heart.
Thank you Nancy for inspiration and passion too,
you're a great artist, through and through.

Christina Sunrise

Atlantic City

On a bus I did ride,
to the NJ Seaside.
Ten years earlier I was also there,
with my aunts with golden curly white hair.

That's when Trump made a splash,
offering old lady a lot of cash.
Madonna was on her Blonde Ambition tour,
dominating all of the world.

Now Great Aunt Mary and Aunt Joanie,
did go with me,
to Trump's casino in Atlantic City.
Gambling nickels was their bet,

I did not gamble-had to pay the rent.
Tiny little red notebook I did buy,
writing stories by oceanside.

Writing on trains and subways too,
all stories still there, there's quite a few.
Now in 2000 I when I went there again
visited Long Island to see my friends.

Went to Javits Convention Ctr in NYC
saw licensed characters who were cute and silly.
Yes this was the year I missed my plane,
Year before Twin Towers fell in sadness and pain.

Would visit NYC again and again,
everything has really changed.
The National September 11 Memorial & Museum
will open up this year,

residents will remember friends so dear.
Now my Great Aunt passed away,
will have to visit the boardwalk once again.

B.S. Pie

When the _____ hits the fan
as fast -as fast as it can.
You come running,
Running, running very funny

funny like an Easter Bunny.
Now bouncing on one paw,
with other paw in the air,
your hopping high,
your hopping scared,

Gathering your lying eggs,
but they smell bad,
soon to explode in your Easter bag.
Hopping to the saint on the couch,

Saying words to flatter you come out of his pouch.
Saint laughs in his head,
he comforts you and puts you to bed.
On a bed of nails he makes you wait,
telling you what you want to hear,
making you take the bait.

Only you are the fool
for your caught in your lies,
making a mountain of B.S. Pie.
Funny you will never realize,
you've been tricked,

but your lying and thinking your slick,
thinking your the one with all the Easter chicks.

Christina Sunrise

Babies Love

As a baby you radiated love...
you where a bundle of joy from up above.
You where in love with all of being here
you were precious and so dear.

Written by Christina Sunrise on December 20,2014

Christina Sunrise

Baby Bird Explodes

Plastic and glass
all make trash
Trash on the streets
for birds to eat

Little birds that mother bird feeds
yes, this is happening in our seas
Mother birds feeds from her nest
plastic that gets caught in their food
not knowing it's in the goo

Can we prevent this from getting to sea?
Pick up trash on the street or beach?
Best way to have a planet where
people are kind and smart
they put trash
in the right compartment

Christina Sunrise

Baby Deer Is Saved

My heart just melted when I saw

a baby deer caught before the fall...

falling, falling down

to the water, he could of drowned

but brave young boy helped

save baby deer...

he is safe and sound and in the clear.

Amen.

Written by Christina Sunrise on June 19,2014

Christina Sunrise

Baby Elephant Gets A Bath

Baby Elephant plays in a water basin he thinks is a tub,
he is sooo cute, rub a dub, dub.

He is in Thailand, where a lot of elephants roam,
he is not far from his adopted mother or home.

He looks like he is getting stuck,
but he is having fun, getting off the muck.

He wanted to get clean real fast,
he could of jumped into the river to have a bath.

Written By Christina Sunrise on December 27,2011

Christina Sunrise

Baby Mermaid Majesty

There's a brown eyed mermaid
who lives deep in the sea,
she is a baby who is only three.
Her best friend's name is Melodie.
Now Melodie has a surprise for her,
It's a wig with lots of curls.
Colorful curls that glow in the dark,
same color as a costume shaped like a shark
Majesty will have a party by the lagoon,
Majesty will turn age four real soon,
Brown eyed Majesty will invite her friends,
her friends Melodie, Sarah, Opal and Pelican.
Majesty will receive many gifts,
Pelican will hold gifts in his beak,
dropping presents that are really neat.
Down to shore where they will meet,
Light birthday candle is a special treat.
For UniCandle unicorn will be there,
He has a crystal horn and mane of white hair.
Majesty's birthday wishes will come true,
UniCandle's horn is magically through and through.
Majesty knows that the gift from Melodie is the best,
it is special not like the rest.
Majesty will wear the shark costume and wig of curls,
swimming in the ocean like a baby shark girl.

(By Suzae Chevalier May 29,2011)

Christina Sunrise

Baby Saves The Day

BABY SAVES THE DAY

Russian family running for their lives,
jumps over barb wire fence
in Russia, it cuts them like a knife.
Only baby gets stuck with her wrap
Bolshevik soldiers show up,
Russian family scared as _____.
One Bolshevik soldier soul is wise
He gives other soldier his rifle,
Let's baby and family survive.
In barbwire fence soldier does go
He rescues baby and instantly is not a foe.
Russian family goes to America where freedom prevails,
Bob their grandson is born who hears of this tale.
I heard it today and had tears in my eyes,
We humans are not "made in sin" or "evil",
even the Bolshevik soldier was a good guy.

Written by Suzae Chevalier on August 19,2011

Christina Sunrise

Bachelor Pad Reality

On a highly evolved planet were 'reality shows' are not-
they share everything-they share everything they got.
No Bachelor Pad or other 'drama' shows
they do not hurt each other with very cheap blows.
For in our salvation 'sharing' is giveing to everyone-
everyone is connected so why not have some fun!
Now if Rachel was 'street smart' she would of said 'KEEP'
then all other contestants would of shared with her what they reaped.
In the end Rachel didn't look at the bigger whole
she put trust in someone she didn't even know.

Written by Christina Sunrise on September 11,2012

Christina Sunrise

Balance Mother Earth

Light over takes darkness

In the scheme of things...

For as you evolve you

Become more lighter

Your souls sings...

Just like that of Mother Earth

She needs to sing once more...

With the dolphins in ocean

Swimming happily from shore to shore.

Let the birds not eat plastic from our beaches...

Then their song ends in screeches.

The birds need to be "heard"

to also balance Mother Earth.

Everything should work in harmony

Not giving Mother Earth a bunch of noise...

We need to get back to nature

Don't get addicted to our technology toys.

We need to Be One with Nature once more...

Our planet will rejoice down to her core.

Written by Christina Sunrise on February 14,2014

Christina Sunrise

Ball Of Light

Treat everyone

like a ball of light,

no more wars,

no more fights.

One ball of all

God/Godess soul,

living on Earth

in Peace is

the goal,

doing that

we get rid of the ego.

Written by Christina Sunrise on April 11,2011

Christina Sunrise

Balloon Of Whims

The balloon floats to the ceiling
the balloon bounces to the ground-
You are stuck in the middle
your emotions stir all around.
You can't run- you can't hide
from your feelings buried deep inside.
You just have to feel them through
even if they make you feel blue.
Then let them go up in the air
inside the balloon without a care.
This balloon of emotions has no whims
it will go anywhere it sees fit.
Miles up high balloon will fly
balloon cleansed of pain when you cried.

Written by Christina Sunrise on August 3,2012

Christina Sunrise

Barnes And Noble Days

Working at Barnes and Noble
was interesting indeed,
I had managed to succeed
in doing many book readings.

I had my books short listed by Kim,
she was sweet and let my books in.
In Barnes and Noble for the first time,
so I could read my books that really do rhyme.

In reading my book "Sarah's Special Birthday"
children got to sit in the chair by a tray.
singing "Happy Birthday" with their very own name.
Tray had on it a cake that did very much light,

it lit up from UniCandle unicorn right on site.
Blowing out the "fake cake" the kids were amazed,
How could the cake light up
was the question they had raised.

Many older kids knew the trick,
They rubbed the white lever they did click.
Now, kids loved Melodie and UniCandle unicorn too,
I would sign their books with their names and Sue.
Now I will go by Suzae instead,

at the end of my show when I have read,
my books for when you go to bed.
They are dream books about
Adventures to be told,

hopefully I will get them
in major bookstores
before I am really old.

Written by Suzae Chevalier

Christina Sunrise

Barnes And Noble Friends

□

Working at Barnes & Noble in City Place,
books, c.d.'s and gifts filled the space.
I was a bookseller and liked books a lot,
I helped customers find books, I gave it my best shot.
I worked with Jennine, who sold books like you never seen.
My managers were Marilyn, Merry and Mariam Volk,
I never complained to them or sulked.
I kept busy putting books away,
I loved to watch kids in the kid section play.
I worked with Luz Cruz, her name rhymes with Blue's Clues.
She is a really great bookseller, she works there till this day,
she always greets you with a smile and has a kind thing to say.
Only Luz is the last employee left from my crew,
unless Keijo is still there working very hard too.
Page who helped me do readings with stories of make believe,
she went to Fort Lauderdale,
while Jim in receiving went to Boynton Beach.
In receiving was also hard worker Mo,
he retired and wants to go to San Francisco.
Bookseller Jessica Galloway,
got married, had a sweet child and moved faraway.
Kim is now married and has another child,
she helped me get my books in the store for awhile.
Now it was a fun experience while I was there,
happy memories I can share.
Written By Suzae Chevalier on November 10,2011

Christina Sunrise

Based On Lies

Who wants a relationship based on lies?
Two people masquerading around in disguise.
For it is illusion based on fear,
which soon is worse then _____with flies.
So, next time you come across a liar,
cut your ties fast,
no relationship based on lies can last.

Written By Christina Sunrise On December 18,2011

Christina Sunrise

Based On Sin

Focusing on sin which is the basis of religion,
you get more of the same thing.

This ends up being our drama of the world,
forever spiraling in a swirl.

For if we are suppose to be born in sin,
Jesus came to show us how to live.

We can make people feel guilty and this is what you get,
making people concentrate on negativity and forget.

Forget that they were never separated from the Source,
and of course never meant to feel guilty or shamed,
but we need someone to blame.

Blame it on the Devil, blame it on God,
blame on someone somehow.

The Source brought us here to create,
create in this physical world and be great!

WrittenBy Christina Sunrise on December 15,2011

Christina Sunrise

Basket Ball We Don't Play

On the east side of the Palm Beach County Jail
there are inmates that feel they have failed.
Not only are they locked inside—they can't play
play basketball let alone see the light of day.
Yes, a basketball court is set up on the east side
it sits vacant, no humans play on court with pride.
This is the jail in West Palm Beach on Gun Club Road
hasn't been used for a very long time I am told.
Now isn't it sad in this present day
that we treat humans like this now what do you say?
I say this is inhumane to not let inmates go outside
it is very cruel. Can you just deny?
Deny them such of a humane thing
doesn't this make your ears really ring?
Now let's bring consciousness on how jails are run
for this great nation, even inmates need some fun.
For if We are to Be-
as our Destiny
One for all and All for one.

Christina Sunrise

Be An Observer

Lets take a more objective view
where you are an observer who thinks thing through.
Look at situation without emotions ruling you
think of it as business where you could lose...
if you don't think for a minute or two
instead of jumping to conclusions
start looking at all the clues...
like a detective looking for a criminal on the loose...
or whatever helps you better choose
for rash decisions is for fools.

Christina Sunrise

Be Conscious

For those who are unconscious will react-
you have to be conscious and stay on track.
Think only positive thoughts to add to the greater good-
keep out Dark Forces during Halloween's neighborhood.
Holy Events will happen once again-
towards November through December-years end.
Veil is thinner for those with psychic skills
remember you are in power and say mantras
to take away spirits ills-
Let them go to the light-
very easy when you do it right.
Anyhow I digress-
everyone can help keep energies here the best-
By Being Conscious of your thoughts-
it helps empaths not have too much negative shots.
But hey, shields we are learning to keep out-
anything negative in energy field without a doubt.

Written by Christina Sunrise on September 13,2012

Christina Sunrise

Be Creative God And Goddesses Of 3d

You are the god and goddesses of 3d
start using your creativity...
You can take from the heavenly vibrations
make it into matter
which is your creation.
Meditate an idea...and ask
help from above...
start taking back
your power...
get off the drugs...
if nothing else
Love.

Written by Christina Sunrise

Christina Sunrise

Be Grateful

When you think life has got you down
Just be grateful when you look around.
You have accomplished a lot and can do more
The angels, guides just adore
Adore you and are learning from you everyday
So be grateful they are there for you
In every single way.

Written by Christina Sunrise on December 28,2013

Christina Sunrise

Be Like The Birds

When we are born we emanate
our past lives through our pores.
We come into this life not knowing a thing
Past life karma needs to be cleansed.
One way to do that is to stop for a day
just feel, don't think-be a bird on it's way.
Birds don't need to know where they are flying
they just get their internally without even trying.
So be like a bird and let things flow
you are guided like the birds so just let it go.

Written by Christina Sunrise on September 19,2012

Christina Sunrise

Be The Stars

Be the eagle with your eyes
Be the baby with your cries.
Be the dog with your nose
be the sand as the wind blows.
Be the gecko who sits still
be the fragrant daffodil.
Be the sun that's shining bright
be the moonshine in the night.
Be all this and then stars
then be a human or Martian from Mars.

Written by Christina Sunrise on September 2,2012

Christina Sunrise

Being 'Politically Correct'

Karma holds us back
where we have to be 'Politically Correct'
We become repressed and have to censor
all things without getting them off our chest.
Now if we invented the language that we speak
why do we have to be ashamed of how we
describe thee?
We can offend I am sure
but we also limit our expressions which can be a curse.
People should know the contents of your words
not judge so you can be heard.
So if people project back to you what is in their heads
they are showing they are the ones with the problem
maybe prejudice?

Written by Christina Sunrise on December 30,2012

Christina Sunrise

Better Than Sunshine

Thoughts of you

are better than sunshine,

and sweeter than

cherry wine.

If I want to be happy

I think of you

in my mind,

then I feel fine.

Memories is

all that will be,

once we are

gone—you & me.

That's once we are gone,

gone to the other side,

where everything is

just Divine.

So let's make a memorie

that brings only smiles,

for they are better to

remember all the while.

Written on April 10.2011 by Christina Sunrise

=

Christina Sunrise

Better To Act Like We Never Met

Better to act like we never met,
time spent was filled with regret.
Better to have known not to play,
then waste my time with some people's games.
People walk around unconscious of their words and deeds,
better for you be the one who knows reality and supersedes,
and gets smart quick and cut them off from the beginning.

Written By Christina Sunrise on January 29,2012

Christina Sunrise

Beyond The Charade

Your personality wants drama
your soul does not
Your personality believes illusion
your soul has wisdom not confusion.
For external power from which comes from fear
is something we consciously have to overcome
while we are here.
Fear is where jealousy, anger and greed
are made-
You have to become an authentic person
who sees beyond the charade.
Live your life from your soul
and don't get caught in the personality's game.

Written by Christina Sunrise on April 14,2012

Christina Sunrise

Big Bear Lake

Wearing pink high-heels on stage,
I performed with Melodie at Big Bear Lake.
Wearing a pink costume with headband on head,
Melodie spoke also from me she was lead,
Into a story that made birthday wishes come true,
UniCandle unicorn would light the cake especially for you.
Audience member said that he was on the edge of his seat,
He imagined a magical land that could turn into a LSD trip.
Yes, UniCandle unicorn could do anything that day,
but I wanted to give Sarah Star a "Special Birthday."
Luckily I had this performance recorded on tape,
it turned out pretty good even though I stayed up late.
Stayed up late, with no sleep, I was so scared I couldn't even count sheep.
My act stood out from all the rest for I was the only with a doll closed to chest.
Also, I was one of the few from the Midwest, I can attest.

Written By Suzae Chevalier

Christina Sunrise

Big Toe Saves The Day

Big Toe wants to meet Razel who is so mean,
he heard she freezes Krendoll characters when they dream.
Now Big Toe caught up with her the other day,
she was trying to freeze the party of Melodie Mezoree'.
Big Toe got in the way,
and grew ten feet tall which was more than O.K.
He grew bigger and bigger like Big Tomatoe,
all the Krendoll dolls where scared they didn't know.
Then Razel tried to freeze, freeze, this gigantic Big Toe-
Then Big Toe squirted out Oil of Oregano
on to Razel who melted fast not slow,
everyone knew now Big Toe is the hero!
Then Big Toe looks all around,
he notices nobody is to be found.
By this time all Melodie's party had disappeared,
they were somewhere else which Big Toe had feared.
Luckily he caught up with them the very next day,
after they gave him a metal that said
"Big Toe Saved The Day".

Written By Suzae Chevalier on January 30,2012

Christina Sunrise

Big Tomato

When I was about five,

I thought tornados came alive.

Alive into a big tomato with legs,

walking up the hill to where I lived.

Waiting anxiously outside my front door,

I was afraid but wanted to see more.

I imagined a big gigantic tomato coming up the street,

I thought it be cool and thought it be neat to see.

Wind starting blowing and sky became still,

the birds disappeared, I began to feel chills.

I imagined Big Tomatoes footsteps going boom, boom, boom,

my family hid in the basement in the family room.

Sleeping downstairs was fun for me,

we were all together as a family.

Now Big Tomato never did come,

but I have fond memories of a night of fun.

Written by Christina Sunrise on May 25,2011

Christina Sunrise

Big Tomato Meets Big Toe

Little did Big Tomato know,
she would meet Mr. Big Toe.
She did not know that Big Toe
had a radio show.
The radio show was called
"Big Toe Wants To Know"
Big Tomato walked through the door, ,
knowing she had an interview at 4.
Waiting in the lobby remembering what to say,
she bumped into doll Melodie Mezoree'.
"Wow, it's Melodie Mezoree' how are you today? "
"Oh great nice to see you Big Tomato,
I was just on the radio show! "
Big Tomato replied, "I will talk about how I can fly-
how I can fly way up in the sky."
Then Big Toe walked in,
he was happy to see Big Tomato with a grin.
Both of them shook hands,
and Big Tomato talked and sang,
on the mic behind the stand.
It was Big Tomato's big day,
every child listened to what she had to say.

Christina Sunrise

Birds Bring Beauty

Birds, birds everywhere
flying through the sky without a care.
Reminding us how graceful life can be
as they fly from tree to tree.
Singing so very happily.
Singing songs of love and light
flying gracefully with delight.
Landing on their claws outstretched
landing in their straw filled nests.
Feeding their offspring worms from dirt
protecting them so they don't get hurt.
Pushing them to leave the nest
so they can fly like all the rest.
Flying high and flying low
they will be like their parents on the go.

Writenn by Christina Sunrise on June 18,2012

Christina Sunrise

Birds Like Rain

The birds are happy outside
their feathers are clean now they shine.
All humans are fast asleep
while nature quenches rain for it to drink.
Birds can tell us when storm is to start
we have to look for signs and learn to chart-
chart the day with an observing eye
things happen for the greater good
even if we don't why.

Christina Sunrise

Birds, Birds Everywhere

Birds, birds everywhere,
flying through the sky without care.
Reminding us how graceful life can be,
as they fly from tree to tree.
Singing so very happily.

Christina Sunrise

Black Pearl

Black Pearl

Black Pearl is my new car,
I have driven her quite far.
Up to South Carolina
and then on to the Midwest,
Black Pearl held up the very best.
She was a blessing sent to me,
she arrived on September 23.
I had to go out of town,
Car salesmen didn't want me to breakdown.
So he gave me a sweet deal,
I got in Black Pearl on drove off with a thrill.
Black Pearl took me to Texas during Christmastime,
I visited with family and made it back just fine.
On way back stopped in Oklahoma to see friend,
this was all in year 2010.
Now Black Pearl is still with me,
I make she is maintained and she drives me safely.

Written by Suzae Chevalier on September 3,2011

Christina Sunrise

Bless Mother Earth

We are here to bless
not to destroy...
We are here to heal
not to harm...
We are here to nurture
not to pollute...
We are here to see beauty
of Mother Earth
and to appreciate
what she gives and has
living on her.

Written by Christina Sunrise on August 20,2014

Christina Sunrise

Bless The Beach

We humans have fun on the sand
we don't care where the trash lands.
Now if we would understand
that wind, rain and ocean waves
bring trash into sea by night and day-
maybe we would think of the beach in a
different way.

Bless the beach and the sea-
they are home of fishes, sea life that
want it to be clean.

Would you want your home filled with junk?
No, I don't think so, lets bless the beach
and keep it clean, not smelling like a skunk.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

Bless The Bond Companies

I thank the bonds people for letting me pay the next day
I bless them as well they deserve a lot of praise.
It is not easy being in the inside—
Feeling a lot of despair
we need a lot of more people on the outside that care.
Yes on the outside that can change the tide—
make it easier for inmate to get out
make them have a little more pride.
Before all hope is lost and they feel tossed aside.
The longer they stay in the rights they are denied.
They ended having to take a plea
a plea of being guilty.
Guilty to something so benign
it ends up ruining their employment
in a future time.
Making their life spiral
more out of control,
They were never taught
how this would affect them so.
Maybe we should teach them in school
especially at risk children who might
think crime is cool.

Christina Sunrise

Bless The Creatures

Now we come to this place and time
where we see everthing as divine.
Every creature living small and big-
is here with us to be conscious and live.
So bless the creatures you see here today
They are watching us no matter what we say.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

Bless The House And The Earth

Bless this house and the Earth
it is all renewing coming into rebirth.
Prophecies have forewarned the day
when all planets align and kudilini
on Earth and planets will raise
in the Milky Way.
We have no choice-
for a force is greater than we
it all is in God's cosmology.
So clear yourself of all disease.
Disease in your mind and body.
Let the solar angels help you be free.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

Bless The Inmates

The least I could do for them is send
a blessing with my hands
they are in confinement with no one to understand.
I send them my prayers and my light everyday-
I feel for the girls in there in every single way.
They are human and have feelings that are real
I feel for them, they are a part of humanity no matter
if they are addicted to drugs or steal.

Christina Sunrise

Bless The Planet

Bless the planet through Jesus's love
Jesus sends his love from up above.
Jesus came so we would suffer no more-
so opening your heart's door
receive Jesus's love to spread
send your light to people instead
a happy smile to people on the street-
it will make people happy and upbeat.
Jesus's love is what has to prevail
to bring us salvation
from our suffering selves.

Written by Christina Sunrise on July 9,2012

Christina Sunrise

Blue Baby

A woman with the Sun at her head, Moon at her feet
gives birth to a baby boy with a rod he would defeat...
the Great Whore, which is greed...
which is the dragon...who would not succeed.
For a woman who is part eagle and part human stood guard
protecting baby boy from
the dragon who wanted to kill the baby real hard...
for the birth of the Revelations baby would mean
its demise...it had to do it to save its life.
Indigenous tribes of the Amazon came to honor it, pray,
and protect...
then the 4 people on the white horses did stand...
they stood at four corners around the child,
soon to be a man...
they were
Lord Shiva and Kali his wife
the Gray haired man along with young warrior with no name
they came to protect just the same.
The battle for the baby's life
raged for 60 days...
he came out very O.K.
The boy has four arms and is blue...
the boy is Hindu...
Lord Kalki Is the boy in the story
they have victory after they deal
with beings that are gory.

Written by Christina Sunrise on April 3,2014

Christina Sunrise

Born Again

Born again when you die-
free from your body that's no lie.
You actually leave your body
when you sleep,
you're consciousness leaves when you dream.
You enter another realm,
a place in another helm.□
So if you pay attention to your night flights,
you can transform your life.
There are symbols, there are clues
that help figure out a thing or two.
So when you dream—your life is on
the other side—
the other side that we go when
we die.

Written By Christina Sunrise on March 7,2012

Christina Sunrise

Born In 1966

Born in the year 1966,
It was a hippy society
with hippies and chicks.
Now if I add my birth
numbers up minus the one,
I'm pretty sure that's how it's done.
Anyways, it comes to the number 44,
They say it stands for Atlantis
in it's ancient forklore.
Now I was around during Atlantis time,
I had to die for committing no crime.
I probably wrote a "peeve" poem
making a political statement that rhymed.

Christina Sunrise

Born On April 18th

The year was 1997,

I was in LA and it felt like heaven.

Driving around with Chucky

to see the movie stars,

all of the mansions in hills very far.

Now we came up to Tom Cruise's place,

a security guard was outside the gate,

he did not see us, but that was O.K.,

years later Tom's daughter Suri would be

Born on my 40th birthday.

Another baby would be born at Suri's hospital down the hall,

Brook Shield's daughter Grier was born kind of small.

Also late night comedian with a crazy style,

Conan O'Brien will make you laugh and smile.

Patriot made his famous 'Midnight Ride',

it was in the grand year 1775.

Silversmith rode his horse on this day of cheer,

his name is courageous Paul Revere.

Suri and Grier are now five years old this year,

I wish them a Very Happy 5th Birthday to both little dears.

Written by Christina Sunrise on Feb.17,2011

Christina Sunrise

Born To Be Beautiful

Laugh, laugh all you want,

I will have this last croissant.

I will stuff my beautiful face,

with chicken and fries and enjoy the taste.

I won't diet or do my exercise plan,

I would rather eat potato chips and spam.

See beautiful runs in my family tree,

so hand me a double-stack hamburger please.

I will get on my knees and scream.

If I do, I might not get up,

then all my fat will be stuck,

under my big voluptuous butt.

Tony Robbins plan might not work,

I will keep my weight in the lurk,

and keep away all the jerks,

by sitting on them till it hurts.

Written by Christina Sunrise on Feb.15,2011

Christina Sunrise

Born To Be Beautiful Defended

I know people went on their rant
about my poem "Born to Be Beautiful",
now I take a stand.
Well let me say and defend,
I write first hand my unknown friend.
Who gave you the right to decide
for a person whose tired of the fight.
The fight to look skinny and to fit in,
tired of going to the health center and the gym.
Tired of the media and the fake looking ads,
of some of the skinny models on Prozac.
Now, tell me, tell me,
have you ever been attacked?
Attacked for being fat?
Now "fat" is the "protection"
for a lot of souls,
who knowingly incarnate
with fat as their goal.
Now you tell me can you
control karma too?
Are you God/Goddess who thinks it through?
I don't think so, because there's more written in the skies,
Accept everyone's karma
and say "no" to an "eye for an eye".

Christina Sunrise

Born With Green Eyes

My eyes where green since the day

I was born,

so why do I

feel sad and torn?

Because you told me

my eyes were blue,

yes big blue eyes

with green sprinkled through,

or maybe just baby blue.

Also I had a little birdy

on the outside on my lip

Asking too many questions

that were not hip.

Well, the one

question I didn't

ask in time,

"Are my eyes

Green or are you

playing with my mind?

It is sad,

because you controlled

my mind,

well this is the very

the very last time.

So I ask "why,

why, why? '

I guess it doesn't

matter,

you will only lie.

Written by Christina Sunrise on April 8,2011

Christina Sunrise

Born With Pisce's Moon

Michael Jackson, Marilyn Monroe,
Elvis, Me and Leonardo DiCaprio,
are Pisce's moon wouldn't you know?
Pisce's which is our moon sign,
we base our decisions on emotions that's how we decide.
Feeling that the world is a sugar coated place,
we get sucked in by predators who are a disgrace.
We are sensitive to the ninth degree,
emotions control us, giving into fantasy.
All or nothing can be to the extreme,
great with imagination and we love to day dream.
Phenomenal artists we become,
when we stick to it with all our guns.

Written By Suzae Chevalier on January 24,2012

Christina Sunrise

Bradley The Kind Heart

I remember the day,
I was sending off "Unfreezing Prince Emeray".
I was at Kinkos and approached Bradley with my book,
I asked him for his opinion after he had a look.
Funny Bradley has one of my character's names,
I met his mother Jean and my life was never the same.
I helped Bradley's mother at the end of her time here,
She was a great storyteller, artist, inventor and very sincere.
Jean said she loved Bradley and me and then she passed on,
I bought Shieka pup for Laddy so he would'nt be withdrawn.
Now Bradley helped me out with Shieka and my Acura car,
I drove Black Cherry for miles very far.
He was there when I bought Black Pearl,
she is my new ride that was a miracle.
Bradley I have Sam the dog from the carnival,
She helped Shieka and Shiekee bond real well.
Bradley was there when "Unfreezing Prince Emeray"
was mailed back in soft cover.
Since then I've put Jean in my Butterfly books
as the Butterfly Queen Fairy Godmother.
Thank you Bradley, for you have a kind heart,
your generosity helped me get a new start.

Christina Sunrise

Brenda The Creative Photographer

Brenda who I say in Star Bucks one day,
is the most creative photographer who
photographed Melodie Mezoree'.
Brenda came to my Barnes & Noble show,
and took a lot of great photos that glow.
I sat in birthday chair with glow in the dark lights,
Brenda knew how to photograph me just right.
Brenda is a sweetheart who has a big heart
her professional photos of me set her apart.
I wish you the best Brenda in your photography career,
you have a lot of talent which is very sincere.
Written By Suzae Chevalier on January 16,2012

Christina Sunrise

Brooklyn Fourth Of July 2007

Firecrackers, boom, boom, boom
all sound off with the light of the moon.
Looking up in the sky,
color bursts a mile high.

Zooming towards the water below,
all four bridges sparkle and glow.
This all happens like synchronicity,
looks so smooth with simplicity.

The Spectacular of Macy's Fireworks display
is worth seeing by the bay,
if you happened to be up that way,
to celebrate independence day.

Try to get on a building rooftop fast,
Fireworks great but won't last,
Take pictures if you can,
of this Macy's Fireworks Spectacular
which is grand.

Christina Sunrise

Brothers John And Tommy

John my older brother lives in a southern state
Tommy is the youngest is still in
the Land Of 1,000 Lakes.
John used to play practical jokes
on me- he would laugh and poke.
John and Tommy did hide a toy character of mine
my sister Lisa grabbed it from Tommy in the nick of time.
Tommy of course reacted with funny words
he was family clown, he wasn't a nerd.
Tommy used to have bright pink hair
he wore droopy pants with a big wide flair.
John is a business man who did succeed
he used to live in New Jersey now he has a family.
Tommy one day will have a child-
my niece or nephew will be like him- kind of wild.
John has girls that are sweet and smart
they are gracious girls with kind hearts.
Nice to have brothers that can make you laugh
just as long as it's not about you having gas.

Written by Suzae Chevalier on April 9,2012

Christina Sunrise

Bruno

Sitting on your lap like a Suzy doll
we laughed and talked and had a ball.
Dancing to songs on the radio
then taking walks in the snow.
You said to remember the Number 52
number will remind me of you, I guess it's true.
I never did see that movie yet
Movie 'Rainman' where Dustin Hoffman says-
number 52 with no regrets..
You are the Pillow Monster character too
hearts in your stomach that are red not blue.
Saving the day on Melodie's birthday-
Thanks so much and Hip, hip hurrah!
Hey Bruno-since I first wrote this poem
I saw 'Rainman' at work not at home.
It was a great movie!
I hope you are having fun and not alone.

Christina Sunrise

Bubble Of Grey

Living in a glass bubble of grey,
you can't see clearly,
even in the day.

For everything is distorted
with a dark blue hue,
dingy grey, dingy blue.

Now if you strip away all
the grey,

shine it up to the
bright colors of May,
who knows what fun
you will have today?

So what do you say?

Written by Christina Sunrise on March 18,2011

Christina Sunrise

Bugs Don't Like Fire

Bugs don't like fire,

or smoke,

they are so little

they choke.

Bugs do breath,

But you can't see,

they also die from

Bug spray, so please,

just find another way,

not to pollute

and take away,

Their time here today.

Written on March 22nd 2011 by Christina Sunrise

Christina Sunrise

Build Trust Slowly

We are afraid to get punished so we tell a lie,
we start to hide what we feel inside.
Honesty should be encouraged
without remorse,
Don't punish your kids for being honest of course.
Real relationships are honest and sincere,
they don't play games, lie out of fear.
Me I say too much to someone who doesn't deserve,
then they turn around and use it to hurt.
So build trust slowly don't say too much too soon,
you have to find out if the other person is a loon.
Written on January 21,2012 by Christina Sunrise

Christina Sunrise

California Fate

Traveling far and traveling fast,
going to California at last.
Surprises await, so I must not hesitate,
I've seen the Golden bridge with the gate.
and also Big Bear Lake,
But this time I will seal my fate,
making Razel very Great,
but of course Melodie will have her say,
she will win the prize at the end of the day.

(May 21,2011)

Christina Sunrise

California Here I Am

Californian here I come,
My dreams have just begun.
I can't wait to jump on board,
Like a knight with a sword.
I will win this battle cry,
Like many times I had to die.
For what I believe in and then some more,
I can't wait to see what's in store.
For I can no longer can turn back,
I have no choice, I'm right on track.
The rainbow is on the other side,
That is where I will find,
All the jewels awaiting me,
Bringing me to my Victory.

Written Jan.14th 2011 by Christina Sunrise

Christina Sunrise

Can A Player Find A Soul Mate?

I asked a guy yesterday,
'Will you be a player in your golden days? '
He said, 'Once a player always a player'
I guess that is what I will be
he sounded for sure at least he
was honest with me.
I said 'Don't you want to find your Soul Mate?
He says, it doesn't matter anymore I'm having fun,
I'm still young, my dating life has just begun.
I guess if he is happy and content
maybe he will never have regrets.

Christina Sunrise

Can The Majority Afford It?

Raise the gas prices

up to the sky,

Bury the electric

Car that you let die,

Die in Michigan

while selling it's life,

to a big oil co. deep

in the night.

Now why have

the people pay?

For sending an eco-

friendly to the grave?

Now watch "Who

Killed the Electric Car"

It will tell you every-

thing thus far.

Maybe there is hope,

but it will cost so much

Doe.

Why it's expensive

beyond belief,

It's the new

Nissan Leaf.

33 thousand is not

my cup of tea,

will the majority

afford it or let it

Sink in the Sea?

Written by Christina Sunrise on March 15,2011

Christina Sunrise

Can There Be A Better Way?

Here we are the smartest creatures on this Earth
and we treat someone who has done wrong like dirt.
Does that makes us any better than them?
Does that make us enemies or friends?
"He who has not sinned cast the first stone."
Remember Jesus said this
I drive this part home.
Now can there be a better way?
To change the system that is not working till this day?
I think we are humans with more than enough brains
hopefully more love and kindness
than control, shame and blame.

Christina Sunrise

Can't Sleep

I couldn't sleep at Big Bear Lake,
I ate a cheese steak and a chocolate cake,
boy that was a big mistake.
I kept tossing and turning in bed all night,
until the sun came out and was really bright.
I knew the next I would be on stage in front
of a hundred or more,
I didn't know what was in store.
Would my act be too kiddy for the comic bunch,
I usually performed in front of kids before lunch.
The act did get some laughs and photos were shot,
of me and Melodie on stage where it was hot.
Hot with lights shining down on us,
we both story told a tale without a fuss.
Now I wrote this poem which I thought would be short and sweet,
it was a fun and interesting time at Big Bear Lake
I just can't have cheese steak and chocolate cake.
Written By Suzae Chevalier on November 25,2011

Christina Sunrise

Cancer Can Be Prevented

Cancer can be prevented by eating no meat

protein can come from plants like nuts and beans.

The American public has been misinformed

please read 'China Study' which is above the norm.

Colin Campbell does not sell a diet book

he a biochemist scientist with facts so have a look.—

Mr. Campbell went to China, Philippines first hand

he uses findings from real people who couldn't walk or stand.

Starving children he did see—

they set up programs to help feed the needy.

The American diet of fast food chains

has cost Americans dearly so becoming

a vegetarian it's the safest game.

Written by Christina Sunrise on September 24,2012

Christina Sunrise

Cancun 2004

Year was 2004,

walked on Cancun's

sandy shore.

Yes, the Carribean

was outside my door.

Looking at the green blue sea,

amazed that it's in front of me.

Going downtown to see the stores,

place is filled with history and lore.

Then North wind did start to blow,

off to Playa del Carmen we did go.

Driving down the dirty road,

manufacturing plant of Coca Cola.

Arriving in this little beach town,

driving on brick stone ground.

Spotting a McDonalds that looked

original and quaint,

On other road artwork displayed

by artists who did paint.

Now I did swim when I was there,

many people laying everywhere.

After that we visited Cancun

next day around high noon.

Once again,

photos taken

by my friend.

Heading back to the states,

we missed the Super Bowl

because we were late.

It was the year that Janet's

top revealed her tattoo,

she should of taped

it with superglue.

Since then Cancun

had a hurricane,

place rebuilt

money regained.

Glad I went there when I did,

will go back when I have a kid.

Written by Christina Sunrise on Feb.24,2011

Can'T Buy Your Way Into Heaven

You can't buy your way to through the Golden Gates...

Mother Earth's spirit Kali knows who you are
till your end date.

She knows your deepest thoughts,
your Love for people or not.

Your Love for animals who are her children too
your Love for the plant kingdom-

who has emotions of love through and through...

So if you are to live up to the 'Guardians of Her'
you better see if you come from a place of grace
and love that is pure.

Christina Sunrise

Can'T Buy Your Way Out Of Hell

Here on Earth, people think they can deceive
That they can get away with being mean.
Well, with a billion dollars and a good lawyer they say
You can get out of anything on Earth...until
The final day...
Yes, the final day that you die
That is when you can't deny...
That you lied, deceived and connived...
For the ghouls already had you when you where alive...
So don't think that you can fool everyone...
Best to start being humble like Christ the Son...
Before you die why not realize...?
That you are making your bed for a greater day...
A day you might never get away...
With it.

Christina Sunrise

Caring Kim Heals People

Kim the owner of the health food store-
is a caring soul and a whole lot more.
She makes sure I get healed right away-
she mails me my oils and herbs that same day.
I've never met Kim, but she is very sincere
she cares about your health and always signs
with a heart or a smile for good cheer.
Thank you Kim for being there
and helping with my recovery which keeps me here.

Written by Suzae Chevalier on August 30,2012

Christina Sunrise

Carol's Bright Smile

Carol with her sparkly eyes, always has a great big smile.
Happy to see me even when she's blue,
she is sincere person through and through.
Carol is supportive of my writing for she is a loving soul,
Carol compliments me to bring me up when I'm low.
Carol thought of me at Christmastime,
she is very giving and kind.
Carol is always busy and on the go,
she helps her family who loves her so.
Carol loves her grandchild who lives quite near,
she babysits her grandchild when she's here.
Carol has style and dresses quite slick,
she goes out dressed fashionably chick.
I always love how Carol does her hair,
either a ponytail, loose curls with a flair.
Carol's from Boston and soon will go back,
her bright sunshine is what the Dorchester will lack.

Written by Suzae Chevalier on February 5,2012

Christina Sunrise

Cast Of Characters

Cast of characters that you do choose
to experience in this life win or loose.
For they will help you evolve if you like it or not
they could be your enemy and give you strife.
But how do you wake up and become who you are—
you would not grow and come very far.
So it is with this karmic game—
you will keep experiencing again and again
so you can change.

Christina Sunrise

Cat Died Today

Cat died today
crossing the street.
A loving lady was more than sweet.
She told me she didn't want the
cat to be run over anymore-
that's what I thought about the squirrel
months before.
Now we need to slow down and beware-
of creatures living in nature everywhere-
Lets look out for hurt ones
and show we care.
Written by Christina Sunrise on April 14,2012

Christina Sunrise

Center Yourself

When you ground yourself to the ground
your emotions are easier to control
without a sound.

You just focus on your feet
anchoring to Mother Earth's
comforting heart beat.

Yes, Mother Earth's
comforting heart beat-
She can take your worries
away...

when you let your worries channel
into her at the end of the day.
She has the power to rejuvenate you
especially if you are feeling blue.

Written by Christina Sunrise on December 19,2014

Christina Sunrise

Chemistry

You fit like a glove around my hand,
Like the oceans water caressing the sand.
I cuddled your body like a teddy bear,
I felt you curly wavy hair.
I'm letting my memories now go to dust,

For this relationship,
was only heated in lust.
Not much more in the relationship store,
For it was missing it's maturity core.

Written by Christina Sunrise Copyright 2011

Christina Sunrise

Cherokee Nation Will Return

This nation is in the process of reunification

people living together across the nation,

From the market crash of 2008,

families and friends are coming

together as of late.

Now we can once again be

like the Native American Tribes,

and keep this planet not only

surviving but thriving with wonderful life.

Like the indegeonus people treat their

Elderly with respect,

They have knowledge wisdom and

They will help us not forget,

family stories from not so distant past,

elderly can pass this on to the grand children

and make it last.

Like the song "Cherokee Nation Will Return"

this time we must finally learn,

learn to remember who we really are,

We've have come to this place once before

but now in this recorded

time of His/her story,

we can do amazing things in God's great glory.

Written on July 30th by Christina Sunrise

Christina Sunrise

Child Abuse Is A Crime

Now you might say,

“What causes crime? ”

I know it's not treating

a kid to be kind.

It's abusing them

with a whip,

or hitting them with a stick.

Now, why do we put adults

in jail for the above,

but we justify it's

not a crime

because our parents

did this to us with love?

I don't think so,

there is no, no, no

Excuse for Abuse.

Get some help before

you have a kid,

keep this planet

a better place if only you did.

Written by Christina Sunrise on April 11,2011

Christina Sunrise

Children Are Innocent

Children learn how to play games,
to survive and get our way
but there is got to be a better "way".

For why should a child have
to "play" an adult to get it's way?

We set it up like that thinking
we will turn them into a brat.

but that is not where it should be at.

That is not like Sri Amma Bhagavan's school,
if most of the world only knew.

Now why can't kid's be free to
Experience everything?

Treat them like a Prince, a Queen
or a King?

We make up rules and
stupid laws,
to make us like cattle
just because.

We are afraid
we'll lose control

control of a child?

I don't think so.

Children are emotional beings

till at least eight,

why not let them "experience"

life and make them feel great?

They "play mind" games

like the adults do,

but they learn from us I believe that's true.

We use the word "no"

as a form of control.

We don't know any better,

we were taught the Planetary dream,

making a child feel guilty,

and then feel demeaned.

Now "no" can be changed

around to be a "yes"

now the child "feels" love

and feels like the best.

Now of course you wouldn't

let your child do something

harmful that's true,

but I'm talking about "Can

the child have the red book

over the one that's "blue".

Written by Christina Sunrise on April 18,2011

Christina Sunrise

Children Of The Light

Dear Children of the Light
we are so happy you are here tonight.
You have come at a dear time
to help make the shift in Earth just fine.
You are the leaders of the new way
humanity will follow what you say.
You will help heal, inspire and demonstrate
that we are all in control of our new fate.
All give to the collective and help it with thought
we have to keep focused on the outcome for good
for this we are now taught.

Written by Christina Sunrise on November 21,2012

Christina Sunrise

Children Will Save The Planet

Children will Save the Planet

a new world will come,

all children will have fun.

life will be happy and carefree,

children will bring light wait and see.

coming from a distant star,

Children bring knowledge

and know how,

to make us all "live out loud".

Now appearances

are under disguise,

see it in the children's eyes,

they will overcome,

all "forms" of ADD

and help set us free,

just you wait and see.

Written by Suzae Chevalier on April 3,2011

Christina Sunrise

Childrend Will Lead

Federal Reserve calls the shots,
printing fake money into our pots.
What this nation needs
is people to succeed,

Teach the knowledge of wealth
not print money backed by greed.
Teach children ideas on how to lead,
Lead our nation back to prosperity.

With the help of the Venus Project,
No one will be in neglect.
End all war, crime and greed,
rethink all living for humanity.
Written by Christina Sunrise on May 22,2011

Christina Sunrise

China Town Is Bigger Than Little Italy

In China Town it's the biggest thing around
now where is Little Italy to be found?
United States has made China great
Even in lower Manhattan today
China town is bigger than all countries I say.
Donald Trump says that US of A
has become the wimping post of China today.
I can see now how this statement sounds—
we have to bring back our country on even ground.
Currencies have been faked all across the globe
there is a lot out the American people don't know.
It all can be controlled with International trade
we need to start dictating how we play.
Bring United States back so we can compete
instead of being lead in this international parade.

Written by Christina Sunrise on October 13,2012

Christina Sunrise

China Town Work Ethic

China Town has many more business's I do say
because hard working Chinese people made it that way.
Having a good work ethic that made America strong
Chinese Americans work their business hours extra long.
Now I do patronize a Chinese Health food store
I bought herbs there and they gave me health advice galore.
So Thank the Chinese people for bringing customs and expertise
for they too have right to live the American dream.
Written by Christina Sunrise on November 21,2012

Christina Sunrise

Chosen Circulators Of Divine Inspiration

We are 'Chosen Circulators' of divine Inspiration...
we are to channel 4th dimension
making it into Creation...
But if we are on drugs, are bored to life
we will be at the mercy of the 'spirits'...
that can influence you like blades to a knife...
We need to be Conscious of what you feel in your heart...
not to be sucked into the drama of the world...
with wars, the suppose 'enemy' that sets us a part...
So bless one another...end Road Rage...
we should count our blessings Everyday...
For we might not be in control tomorrow...
unless you give your Power Away...

Written by Christina Sunrise on March 9,2014

Christina Sunrise

Chris The Animator

Chris creates characters into clay,
he is an animator to this day.
He's been a visual artist, a carpenter,
and a Chef- he has many talents I confess.
Chris even sculpted one of Melodie's heads,
it was real good, it was the best.
Chris shot videos of Great Aunt Meeka a while ago,
funny videos when I lived in a state with snow.
Chris has a happy family with two cute boys,
they are happy children that bring Chris joy.
Chris is celebrating his wedding anniversary today,
wishing you and your wife the best,
fun comes your way and
have a Very Happy Valentine's Day!
Written by Suzae Chevalier on February 14,2012

□

Christina Sunrise

Chris's Presence

Roll a mile in his chair
see how people stop and stare.
Stare at him for they cannot
figure him out-
he talks real softly
no need to shout.
He is a quiet stirring force
he makes people think
without a choice.
For he is a happy presence
which is a mystery-
most people who walk
-are in misery.
He makes people not take
for granted what they have
count their blessings and
don't let anything go to chance.

Written by Suzae Chevalier on August 10,2011

Christina Sunrise

Christina Sunrise

Christina means the follower of Christ,
I write poems admiring him and his life.
Now I believe we are all change agents,
I write poems that rant with tangents.
Born in the spring on April eighteenth,
I defend the underdog to the nine degree.
I even wrote a Peeve poem comparing
someone's actions to a dog's flea.
Being 4th generation Native American,
I dance to 'Cherokee Nation Will Return' again and again.
Now I write poems to bring awareness and change,
to help people see another standpoint that's not the same.
The name Sunrise is Zaria in Slavic meaning Morning Star,
I write a poem to worship our Sun on Earth from a far.
I just used to live on the street named Sunrise,
middle name Christina names came together quite nice.

Written by Christina Sunrise on October 10,2011

Christina Sunrise

Christina Sunrise, Suzaria And Suzae

Christina Sunrise, Suzaria and Suzae
which one should I be today?
Well I can be all three
depending if I'm writing poetry.
Suzaria writes children's fantasy
Christina Sunrise defends everybody.
Suzae writes about people everywhere
also her personal life with she does bare.
Now we all have a couple personality's
deep inside
you can express yourself through them
you don't need to hide.

Written by Suzae Chevalier on December 30,2012

Christina Sunrise

Christina's Dance Fate

On the dance floor I'm notorious baby,
try to catch up with me,
I will be dancing to the beat and harmony,
of M.J. ... O.K? ? ?

You will know my name,
For I dance my way to fame,
so don't be lame,
get in the game,
as I move to the groove,
can you dance with me
and look smooth?

If, not I'll be on the move,
to another
potential dance mate.

For tomorrow I will have my
NAME on everyone's license plate,
which translates,
into fate...

CHRISTINA RULES

Now go 'Sing the BLUES.

For I dance my way to fame,

can you take the bait?

or will you switch it up

to something more great...

or are you going to

make me wait and anticipate-

maybe by then

it will be way tooo late,

so why hesitate? ? ?

The End...

Written by Christina Sunrise on Jan.9th

Copyright 2011 Christina

Christina Sunrise

Cigarette Girl

"Cigarettes, cigarillo, cigars, " I did say,
as cigarette smoke came my way,
Choking on the smoke from it's tar,
I only liked the smell of the cigar.
I was a cigarette girl in the casino Mystic Lake,
I got a big tip in high stakes.
It was a \$20.00 coin of red,
I had to cash it in before I left.
One day I met the piano man,
He introduced me to Chucky
a generous soul with a helping hand.
Chucky painted my props for my show,
He painted World War II planes a long time ago.
We gambled at this casino all summer long,
I would ride in his car listening to Frankie's songs.
Cigarette girl job had to end,
I will always remember Chucky my dear old friend.

Written by Suzae Chevalier on September 22,2011

Christina Sunrise

Clarity

With Clarity, Unity and Intent
We can spread LOVE from
HEAVEN where we our
Sent...
Sent to LOVE the Goddess
Mother Earth and ALL who
Reside here.
She wants to HEAR
Our ONE HEART
Song coming from our Souls...
From every creature above
As well as below.

Christina Sunrise

Clean Air

If we use gas to pollute the air
we could live in domes that
protect us from the atmosphere.
Ride your bike, walk or use an alternative source—
we have bring Earth's air back on course.

Written by Christina Sunrise on June 26,2012

Christina Sunrise

Clean Up Beach

Ocean will cover the land
in California taking over the sand.
Now if we start picking up trash—
Gaia will forgive us,
for we have leaned to stash
stash our pollution were
it should be-
all of us cleaning up the planet
keeping it clean.
Remember 'Trash Circle'
the size of Texas state?
It has to be cleaned up
before it's too late.
Trash might come back to our
shores-
this is something we can't ignore.
So be kind to Gaia, Mother Earth
clean her up for her rebirth.
Then one day we can proudly say
we are good stewards of the Earth
with Sun thanking us through her rays.

Christina Sunrise

Clear Channel For God

Clearing my aura of negativity
I can just be...
Free
to Channel from the higher above
that is the angelic realms of pure
Love.
That is where all 'ideas'
come from...
other dimensions not of our own,
they are channeled through us
to make us bring it home.
They are watching us...
the other dimensions are near
Your guides can help us
while 'here'.

Written by Christina Sunrise on July 27,2014

Christina Sunrise

Clear Karmic Debt

Some people use the phrase Born Again
to justify their actions
before their mean action begins.
They can justify actions like never before
but their mean actions can't be ignored.
For every action there is karma at stake
you will experience the same experience
likewise which you did create.
Everyone is accountable for their actions
no matter how small—
if you transgressed and hurt another
send them blessing least of all.
Or say your "Sorry" and give them a hug
it doesn't matter if you are not a thug.
So clear your karmic debt—
rethink through your actions
to live with no future regrets.

Written by Christina Sunrise on July 14,2012

Christina Sunrise

Cleveland Hippie 2003

Cleveland Ohio I went to
in 2003 yes indeed,
with a turtle named Toledo,
named after an Ohio city.
Stayed at an artist hippie's
House who painted
Marilyn Monroe,
left my props at Hippie's sisters that
were for my Birthday show.
Artist hippie smoked pot
and thought I was really hot,
so wanted me to stay,
but I said "no way,
I'm on to Florida
the sunshine state.'
So he dreamed about me
with an elephant baby,
I was in his dream where
I said "baby elephant talks and flies"
he said 'I was crazy' was his reply,

but baby elephant dream
kept showing up all the time,
he figured I'd get rich when he finally did analyze.
Now artist's sister still has
One of my CD's,
it's about Razel and
her evil boyfriend Freddy.
Now I did get most of my
Show props back,
some left behind,
because other friend
went through town real fast.
I really did see Cleveland
like Lake View Cemetary,
where it was gigantic and very scary
Went to the Rock Hall of Fame,
where Cleveland said Rock was heard
there first was their claim.
Since then I went through Ohio state,
but not through Cleveland which
makes Ohio the state so great,

maybe next time at another later date.

Written by Christina Sunrise Feb.18,2011

Christina Sunrise

Cliff Is Swell

There is a guy named Cliff,
who has a natural gift.
He plays the guitar in his band,
he make original songs from poems I understand.
During the day he keeps the heat away,
he knows his stuff anytime of day.
He makes your air conditioning cold,
he doesn't need to be told.
He also works when you are not there,
for he is licensed and insured.
His air conditioning company is named Swell,
Blue ocean waves is his logo,
so it is easy to remember and tell.
Tell all your friends he is the best,
and will get the job done,
he is great, so tell your friends and everyone.

Written by Suzae Chevalier on September 20,2011

Christina Sunrise

Cocktails With Tashi

Cocktails with Tashi

A ritual Marcia started

for she never drinks alone

she has cocktails with Tashi

in her Palm Beach condo home

Marcia drinks a semi sweet French wine

Tashi has her cocktail of broken bar of unsalted rice

Everything is very fine around five five thirty dinner time

Tashi won't eat dinner until her cocktail is gone

By then Marcia's toes are lit and she's singing a happy song

"Cocktails with Tashi is the song she sings

Marcia has this ritual with Tashi, it's a wonderful bonding thing

Christina Sunrise

Cody And Wyat

Two little boys that wanted to be like each other,
did a lot of funny things; they were comical brothers.
Cody was the little one, he never wanted to nap, only have fun.
He followed me and Wyat everywhere,
brought Razel puppet with, he was well aware.
We could never get Cody to "power nap",
That was O.K. Cody never snapped.
Wyat wanted to be like Cody's with diapers and all,
Wyat would sneak in Cody's crib, luckily the crib would never give.
He would climb right in when no one was around,
start sucking his thumb and pull blankets up some.
Now one day, mother did explain,
that Wyat was caught wearing Cody's diapers,
to make sure he didn't do it again.
Mother went to work and was on her way,
that's when Wyat had a funny thing to say.
He said, "Look what the Bratz dolls did,
they put on my diapers, I'm like Cody, I'm not a kid."
I looked at him, and he just grinned,
Then he said, "Write that down".
I laughed it was the funniest comment I have found.

Christina Sunrise

Collective Thought

If you take the analogy of the sea with waves
you will see we are all the same.
We are all one collective consciousness like the sea
but then singular like the wave as one human being.
It is a illusion to harm someone without harming yourself
if we realized this we would change our train of thought.
To seek revenge is like cutting off your own hand
we are One consciousness if you can understand.
The Beings of Light just see us as a sea of color
we are separate vibrations but we are still like one another.
So look for the good in everyone to change the
collective thought—
we are all in this together to help turn things about.

Christina Sunrise

Color Of Green Heals You

The Earth's colors are green and blue
the planet helps to heal and soothe you.
Arch angel Raphael uses the color of green
he helps heal you of your disease.
Your heart chakra is green in color
it is the emotional consciousness center
to love one another.
Open and balance your heart chakra soon
it will help you remove—
blockages that are in the way-
opening heart chakra makes you happy!

Christina Sunrise

Columbine Cradle

Mommy loses her cool, when I stay home from school.
Don't point your toy gun at people" is what I hear,
I reply "I have to point my gun at people playing in
this video game, mommy dear".

From the sounds of this,
it looks like mommy is not sincere.
Why it all starts at home, how we leave are children alone.

Alone to watch violent video games,
and then wonder why they act insane,
if you take away their toy guns that same day.
Now there is kids bringing guns to school,
pretending to shoot them to make themselves look cool.

It seems these children have not developed "empathy"
that they live in a world of "me and me".
So, they grow up to be teens,
Having seen everything that could possibly be mean.

Having been desensitized, they don't think to realize,
That they are like robots going along with the crowd
The crowd that was fed all of these video games,

While mommy claims she will go insane,
if they don't find something to do,
so she doesn't lose her cool.

Written by Christina Sunrise on June 6,2011

Christina Sunrise

Comedian Joel Marks

Comedian Joel Marks

Joel Marks was born in D.C.

does a standup act with funny Jewish comedy.

He traveled across the country for all to see,

with National Acts, more than three.

He did 22 shows, but no more,

he misses the shows, maybe some more are in store.

His mother finally saw his act before she passed,

she thought he was funny, he made her laugh.

Joel did a prank when he was young,

he dressed up like a girl, he had a lot of fun.

He wanted to get into his sister's fraternity,

he says 'My parents knew and liked the pictures of me'.

Of course Joel does a funny Jewish act,

he's not a cross dresser, that's a fact.

Joel also drives a very fast car,

like his career it has gone quite far.

I wish your more success in the coming years,

making people laugh and bringing them to tears.

Written By Suzae Chevalier on November 3,2011

Christina Sunrise

Coming Into My Power

Doing the best to survive,
loving the little girl inside,
total healing has not yet arrived.
But soon will come a day
I will be filled with pride.
For I have come totally into my power
which I can no longer deny.
I will not shrink, run or hide.
Then I will be like Jesus
with a ton of angels at my side.
Written By Christina Sunrise on January 30

Christina Sunrise

Committing Suicide On The Inside

What if a light worker committed suicide
in confined walls
wouldn't that had been a depressing thing for us all?
A light worker can bring light and change from the outside
a light worker can't do it when stuck and ostracized.
Yes, thank the bond company for letting me out on bond
thank money that I had for we would be worse off.
System can start with sheriff who can just willingly so
put an innocent in jail while the deceitful one is let go.
This is happened to many times
where innocent people who have not committed a crime.
Are put in to the system that says fight after you are out
this is not justice I say with a shout!
So prayer now for things to change
we have to change this planetary game—
Of punishment before investigation
of someone who could have been framed.
Or the one who shot to defend his life from
a person who is totally insane.

Written by Christina Sunrise on Easter, March 31,2013

Christina Sunrise

Common Language

Common Language

The common language of Earth and galaxies everywhere,
is Soul Language, which sentient beings all do share.
Share their thoughts about conflict and strife,
bring back "peace" and end killing of life.
Life of course cannot die,
but can be needs to be respected, cherished and not denied.
Like Peter of Galilee,
was speaking Soul Language to 1,000 people times 3.
They all knew what he had said,
Pilgrims followed the teachings in which they were lead,
and became followers of The Way,
teachings for daily living of Jesus on that Pentecost Sunday.
Now nations of Earth can speak from a common ground,
hear the purist voice in the purist form without a sound.
Soul language has the presence of the divine,
it's wisdom is used in Soul Language all the time.
Soul language can heal the conflict of the nations
Of Earth, make had a new world view in it's rebirth.

Written by Suzae Chevalier on August 19,2011

Christina Sunrise

Conscious Beings

Human beings are of different waves of light
our conscious thoughts are energy in action
even if we do not see them with plain sight.
We affect each other for we are all one
we are all in this human drama
together-
and we agreed before we came to Earth
to live with her creatures under her
great warm sun.

Christina Sunrise

Consciousness In A Body

We are condensed particles of light-
we can't see it even at night.
Everything in God's creation
has a consciousness without hesitation.
Isn't it grand when you finally understand
we are all a part of the puzzle in this 3d land?
Now our thoughts are of a different dimension-
dreaming at night—there is no ego
in this interaction.
So if we just go with the flow
look at life as a tapestry we sow—
Sow everyday along with others
we are all God's sisters and brothers.

Written by Christina Sunrise on July 29,2012

Christina Sunrise

Consciousness Not Connected To Ego

In the spirit plane it is so calm and peaceful
for there is no ego-
you just let go
no pain, just bliss
you do realize though
how you lived.

Written by Christina Sunrise on December 2,2013

Christina Sunrise

Consciousness Over Denial

Denial is learned when you are young
for it is a way to protect you from everyone.
Everyone that hurts you by their abuse
it is a way to make things better
for there's nothing you can do.
Now when you are older it doesn't work that way
for denial will lead you 'not into reality' but totally astray.
Some people are toxic, game players
who don't know that they are-
Better for you to see the signs
and end it before it goes too far.
You have no control over people, places or things
they are the ones who need help and have to change.
Of course You have to become healthy and whole—
Love yourself more so that you will know.
Know when you are doing something unconscious
in which you then start to rationalize-
Now you can stop yourself-
and do something conscious in which
you finally really do decide.
Decide you are the one in control of your life.

Written by Christina Sunrise on March 11,2012

Christina Sunrise

Contemplation Of Condemnation

Contemplation of condemnation,
for discrimination on almost every nation.
We fight our wars,
and justify why, we kill or have to die.
Wouldn't we be better off instead,
to see similarities and common thread?
Instead of Global threats,
and prisoner of war beds,
and terrorists that slit their/our wrists?
What would Jesus think of all of this?
Thank God for angels shining their light,
hopefully enough people shift to make it right.

Before it's too late and our

human species is out of sight.

Written by Christina Sunrise on Feb.4th 2011

Christina Sunrise

Cop With No Badge

Cop with no badge jumps out at me,
as I rode my bike to safety.
He had no lights flashing on his car,
thinking he was going to capture me
and take me far.
Then another one did cross my path,
he also gets out with no badge.
First cop asked me questions
"Have I ever killed anyone? "
"No, I replied, I live in the ghetto
just for fun."
What, the _____ kind of question is that?
I showed him my Barnes & Noble badge.
Then he got cocky
and called in another One,
She had to search me for a gun.
Then to top it all off,
writing a ticket like an anal cop.
A ticket for not having headlights
on my bike,
Well, they kept me so long,
it became night.
In court the judge laughed
with everyone else,
judge said he was sorry and
put the ticket on the shelf.

Written by Christina Sunrise on Feb.7,2011

Christina Sunrise

Cops Not Needed

In a highly evolved society,
cops would not be a necessity.
People have a higher Consciousness,
whole society would be in Oneness.
We would all live in peace as One,
everyone would be like Christ the son.
Values would be taught like honesty,
responsibility and how to express what we feel,
We would all have are needs met and would not have to steal.
No teenage gangs for teenagers are listened to,
they have changed the society and made it a new.
We used creative thinking to think all issues through,
instead of using force, punishment which makes us feel blue.

Written By Christina Sunrise on November 12,2011

Christina Sunrise

Create A New System

Creating a new system is more powerful with everyone's thoughts
we can all add to the solution of redoing a system that is wrought.
Fighting a system without thinking how things can be changed
we keep just putting up with this so everything stays the same.
Let's become aware of how we can all affect change.
for what we focus on can set the stage.
Now for one, how do we all view a person on t.v.
that has been arrested for something extreme.
Now we can judge without really knowing
not everything is said, sensationalism is about
showing and glowing.
How would we react if that happened to someone we knew?
You would be there on their side through times of blue.
So We can look at all of this from the stand point of the soul
maybe things had to happen to make us all grow.

Christina Sunrise

Create Art To Stop Violence

We are creative beings first
that is why we came
to this place in time
we are not here to
be made for crime.
Do not live in the drama
of this 3D world
help lift us up
by creating art that
is what I heard-
from up above...
the Watchers are watching us...
I kid you not...
what we do here affects
other dimensions
no matter what.

Written by Christina Sunrise on February 28,2014

Christina Sunrise

Create Greatness

If we believed we were all One-
we would not kill each other with a gun.
Cultural myths keep us at war-
we need to stop like never before.
Look to what the soul is to express-
base society's beliefs on unlimited love, and fairness.
Not 'Survival of the fittest'
but belief of each of us 'Creates Greatness'.

Christina Sunrise

Create In The 3d

We are meant to create
while we are here...
a lot of other beings
watch us and create with us
that we can not see.
That is how powerful we are
we can create, we are from the stars...
Yes, we are the blessed children
we have to remember who we are.

Christina Sunrise

Creating Reality

With conscious consent we make our charts,
stating what will help grow our hearts.

Creating original works of art,
we doing something different that sets us apart.

We bring meaning to life in this world of strife.
hoping to improve it and make it right.

We wage war or bring love and peace
we decide what we are to play in all of this.

We are like infants just learning our way,
maybe someday we will look back and say,
"what did I learn from doing this deed?

Was there a better way if I had only seen? "

Nobody to judge except ourselves,
not even God would put us in hell.

Be happy for what good you have done,
how you brought laughter to the world
and made it more fun.

Christina Sunrise

Creative Fiction Of The Mind

Dramas from the past are in your mind-
projections brought forward this space and time
Wounded child react without a smile—
it's emotions are controlling you all the while.
For your inner child is still intertwined and in denial
You need to comfort this wounded inner child.
So how do you solve the problem from yesterday?
You have to go deep within your inner self
and get it all out, maybe with a shout.
Myabe you have to finally cry
or write the person a letter that did die.
You will feel better in a magical way,
you know it's deeper than a bad hair day.

Written on November 30,2012 by Christina Sunrise

Christina Sunrise

Crime Is A Spiritual Problem

If we go back in time
with all of our past lives-
we will find the answer to why
we have committed a crime.
Also if we heal our energy field with hands
we can go in and remove
heal all that is stored there
more so then we can understand.
Doing so we heal the physical body in return
this is something I will do and learn.

Written by Christina Sunrise on October 26,2012

Christina Sunrise

Cry For The Children

Cry for the children who can not cry,
who feel emptiness and sadness
deep inside.
Dare they cry out,
they will be beaten
without a doubt.
Now cry for these children
and for you,
if your inner child was frozen blue.
Cry for the world of misdirected pain,
which keeps repeating itself all over again.
On a world level we are all affected by this,
the needless
suffering has left
this planet a mess.

Written by Christina Sunrise on Feb.9,2011

Christina Sunrise

Cultural Myths

Without exception,
I change my perception.
To alter my experiences of my life,
to live a life of joy, not strife.
Perceptions of my life's events,
are my choice,
not Myths of Society who has lent.
lent me to understand
something I was told,
told a cultural myth at 5 years old.
I live my life consciously with
intention,
not unconsciously with redemption.

(Written by Suzae Chevalier)

Christina Sunrise

Curious George

Meeting George for the very first time,
at the play entitled "Zombies Come To Life".
He was sitting in the aisle,
I told him to sit by me and then I smiled.
George believed in me and my art,
he told my parents from the start.
He knew I was talented and smart.
He was like a Dad I never had,
"George helped me which I'm glad."
I am appreciative more than you know,
he got me to Florida and a trip to Mexico.
Now George told me some time ago,
"Finish your book series
and then you will make
your rainbow of gold."

Christina Sunrise

Cute Little Dog Achilles

ACHILLES IS A CUTE DOG WHO IS BLACK AND GOLD,
HE LOOKS LIKE A PUPPY BUT HE'S 9 YEARS OLD!
HE IS VERY SPUNKY FOR HE HAS A LITTLE STRUT,
HE IS VERY ORIGINAL LOOKING NOT YOUR AVERAGE MUT.
HE IS HALF POMERANIAN AND LONG HAIRD CHIWAWA,
HE DOESN'T BARK MUCH OR GO "BOW WOW".
HIS OWNER LAUREN IS AFRAID OF HIM BEING OUT OF HER SIGHT,
SHE KNOWS HE MIGHT GET WHISKED AWAY DAY OR NIGHT.
PEOPLE FIND HIM ADORABLE AND GIVE HIM TREATS,
EVERYONE LOVES TO PET HIM, HE IS REALLY SWEET.
NOW IF YOU SEE HIM WITH LAUREN, STOP AND SAY "HI"
TAKE A PHOTO OF HIM FOR HE IS THE CUTEST LOOKING DOG ALIVE.

WRITTEN BY SUZAE CHEVALIER ON JANUARY 5,2012

Christina Sunrise

Dad & Mom

Dad born in South Dakota state
Mom born in New Jersey
they both married each other at a later date.
Being raised in Minnesota the land of the thousand lakes
it was fun playing out in the fields which was great!
Dad was a truck driver whose jacket was covered in oil
mom was an RN nurse mentioned Grandfather
came from blood of royal.
Birthday I do remember to this day
is when I received a doll Crissy
who I would loved to act out and play.
It was my 6th birthday which was fun
it was a fun time when I was young.
Dad took me to the store
recieved 2 Crissy dolls like never before.
I still have one doll till this day
she still wears the same orange dress that hasn't changed.
I will give it to a special girl for her birthday.
Dad and Mom still live in Minnesota with a new pet
it is a cat I haven't seen yet.
I will go visit them this year
to make sure Dad and Mom are fine
who I love so dear.

Written by Suzae Chevalier on April 2,2012

Christina Sunrise

Dance Off At The Cottage

What a night it was, I was at the Cottage.
I see him dancing all by himself,
Why who is it? It's none other than Mouse.
Mouse is in the house!
So I go up to Andy and say,
Hey, I'm going to dance Mouse off the stage.
Then Andy gives me a wink,
I go to my friends who give me a drink.
I go to the D.J. and request,
Play Michael Jackson, who is the best.
Then the music begins to play,
I take my shoes off for they get in the way.
The floor is cold for it is brick,
I don't care, I jump and kick.
Balloons begin to come my way,
Women starts taking pictures and laughing real gay.
Everyone is screaming, it is so much fun,
I dance around Mouse who is the one.
The one I have chosen,
Chosen to dance off the stage,
He finally leaves, and I still dance away.
It was a fun night I do say.
Thanks Mouse for being there to play.

Written by Suzae Chevalier on August 26,2011

Christina Sunrise

Danced With Donald Trump

Danced with Donald in a dream,
I thought it was very funny and very strange.
I told him I wrote a poem about Melania and him,
it was a quick poem I wrote on a whim.
Donald responded
'those people are nuts that whole gang, '
and I know what he meant,
this is a New Yorker and Jersey slang.
In poem I shot photos of his Slavic wife,
when she was carrying a precious life.
This happened when I was working for Palm Beach Today.
Photos shot at Mara A Largo better than Hotel Elegante'.
Then I noticed his belly protruded with fat,
He told me he just ate a black bat.
Then I woke up realizing it was just a dream,
I thought thank heaven life is not this extreme.

(By Suzae Chevalier on August 31, 2011)

Christina Sunrise

Daring Jearbear

He's not the average scared bear,
He's a bear that really dares.
Dares to climb high into the sky,
up to his tree house as bees fly by.
Bees flying around his honeycomb,
Really close to his tree house home.
He swats them away with his big bear claw,
Then he goes into his house and has a gnaw.
He naws on his favorite bite,
It's a hamburgers filled with dust mites.
Then he goes to cut some zzzz's
Then he starts to dream,
of funny things like buzzing bees.
Then he feels a sting,
it's a real bee stinging his knee.
He jumps up and makes a roar,
he runs out his tree house door.
Jumps down to the ground
and jumps in the lake,
he feels relief and has a great day.

Written by Suzae Chevalier on September 20,2011

Christina Sunrise

Delusional Relationship

You were trying to find the bad,
and I was trying to find the good,
I was hoping maybe you were stable,
You said I should...

"Do this to make you happy,
accuse me of this-
to justify your right.

Right because you were guilty of
doing the things you accused me
of doing in the deep of the night.

Right in your delusion of what you
thought I was, but in reality you never
knew,
and you never will.

For the fantasy of me
is what you really knew.

Be done with this Delusional
Relationship and bury it like a dead corpse,
you can't dig up a dead relationship
filled with regret and remorse.

The relationship was never really alive,

so why even try to justify?

There was never a chance from the the start,

all your manipulative games kept us apart.

The End.

Copyright 2006 & 2011 by Christina Sunrise

Christina Sunrise

Delusioned

Delusioned from the age of three,
with the program of "you against me".
Trusting no one is the norm,
Feeling helpless against the storm.
Storm that's raging in your head,
making your life a living dread.
How do you get off this merry go round?
Take control of your mind without a rebound?
Feel the pain you never felt, □
Like an snowball that has to melt,
All the trauma you've been dealt.
Dirty grey and dirty blue,
built up in your cell memory too.
Will this drama ever end?
get humans back on course again.

Written by Christina Sunrise on September 4,2011

Christina Sunrise

Denial

We live in a world of denial
we pretend nothing is wrong we keep our smiles.
but nothing can hold back the pain,
from driving us insane.
We don't have to admit how we truly feel,
because then we have to admit it is real.
For it is easier to hold feelings inside,
then have admitted it hurts and cry.
For our inner child is very sad,
and we don't believe we can hold her tight
with both hands.

Written by Suzae Chevalier on November 25,2011

Christina Sunrise

Denying Inner Child

We live in a world of denial
where we try to keep back our smiles.
But nothing can hold back the pain
that is slowly driving us insane.
For if we can not admit how we feel
we would have to admit that it is real.
For it is easier to hold things in the inside
then admit we have a problem and
have to cry.
For our inner child is very sad
because we won't hold her tight
with both hands.

Written by Christina Sunrise on September 20,2012

Christina Sunrise

Detroit Rock City

I was young about age eighteen,
I went to a place that had a lot of bling.
It was the city of Detroit, like a miniature New York.
Car drives by with license plate a glow,
mid winter with a lot of snow.
Reminds me of Kiss's song Detroit Rock City,
fan dies with a car which was not very pretty.
Bob Ezrin and Paul Stanely wrote the lyrics,
which where fast and slick like sweet syrup,
Now I have one of Kisses recording guitar pics,
used to record one of Kisses greatest hits.
Pic used to record "Rock and Roll All Night"
Rich gave it to me and I hide it out of sight.
Rich says he was friends with Gene Simons,
along time ago and he says he's not kidding.
Now, Eminem I did visit your Detroit City,
I will return again when you rap with P Diddy.

Written by Christina Sunrise 2011

Christina Sunrise

Devil Is The Ego

The devil is ego in your mind,
spreading rumors, spreading lies.
Pain and suffering is the devil's friend,

taking you down to the bitter end.
All the judgment you place on thee,
makes you crazy and filled with insanity.

One way to fight this very foe,
is through the oneness blessing
that helps you sow.

A better brain that's in the now,
Living at peace with
Like a bird or a cow.

Soon all suffering in the mind will stop,
Everyone will be happy once and for all.

Christina Sunrise

Diatomaceous Earth

There is a silica that will help the earth,

Save on pollutants give us a rebirth.

it's called diatomaceous earth,

yes, it looks like white dirt.

You will put some of the pharmaceuticals

out to pasture,

Save the planet from disaster,

disaster of the Health Care plans,

This silica will heal the people and

the land.

Free them from bondage

of all harmful drugs,

We need a new way,

transform even the thugs.

Try out for a couple of weeks,

then you will see and will reap.

benefits a ton and more,

it's miniature health food

candy store.

So go to

buy it now before it's all gone.

Written by Christina Sunrise on April 21,2011

Christina Sunrise

Dick The Mechanic

There is a mechanic from Duluth,
He is great and friendly to boot.
He fixed my car and got it ready to sale,
It sold for \$3,000 with no problem at all.
Dick even fixed my water pump while fixing my motor,
He knew what parts my car needed in fast order.
He was thorough and complete,
He even removed a jerry rigged speaker next to drivers seat.
He even works on old collector cars,
He is an expert mechanic by far.
So if you want your vehicle to be fixed at a fantastic price,
Call Dick, and if anything he will give you great advice.

(By Suzae Chevalier on August 25, 2011)

Christina Sunrise

Disheartening

My hopes get shut down, I walk away,
I guess I had better things to do that day.
Then hear another made up story from you,
another song and dance that isn't true.
Enough is enough, I got tired of your games,
for you thought you had it your own way
things don't always stay the same.
I'm not as dumb as you thought you claimed.

Christina Sunrise

Dishonesty Ruins Relationships

To have a relationship trust is first
some people can take your honesty
and use it to hurt you at worst.
For they are deceiving at best
they use your honesty as a weakness.
They are essentially users and want to play a game
they have their motives which usually are insane.
Very sad when they do their deeds
especially to a Light Worker for their karma
is worse to a larger degree.

Written by Christina Sunrise on September 30,2012

Christina Sunrise

Divine Femine Will Return

Divine Feminine energy is returning to Earth
Goddess energy will have a rebirth.
Her energy is fun, creative, communal and round
She will flow in every building structure around.
Divine Feminine energy will stop all wars
and it will open new doors-
Doors in the heart is where it all starts-
opening ones of compassion, kindness, love
so all nations will not be no longer seperate or apart.

Written by Christina Sunrise on April 14,2012

Christina Sunrise

Do A Good Deed Every Day

Doing a good deed
is not hard to do...
in fact
it is something that comes shining through...
it's a chain reaction that's like a movie reel
that one small deed
Can save a fish, or make a person feel-
Happy inside that someone cares...
someone who thought know one else dared.
Make the world better then before,
your one tiny act has a lot in store.

Written by Christina Sunrise on July 18,2014

Christina Sunrise

Doctor Gregory Is Blessed

Bless Dr. Gregory who can heal you from within
Bless Dr. Gregory who is a seer and a great light being.
He sees into your etheric field—
he sees all injuries and knows how to heal.
He can see faster than all medical doctors combined
thank God he's on Earth he is a 'Head of His Time.
Thank you Natalia and Gregory the visioneer so dear—
if it is wasn't for you I would not still be here.

Written by Suzae Chevalier on August 17,2012

Christina Sunrise

Don Juan, Where Have You Gone?

Don Juan where have you gone?
Are you waiting for me on my front lawn?
Why, you have fallen for my seductive disguise,
But will you win my heart as the prize?
How will I know your heart is pure,
For you have won many affection with your allure.
We must not make a stir,
Run away with me to my boudoir.
Melt with me into my arms,
Fall for my hidden charms.
For there you will see,
You are meant to be with me.

Jan.13,2011

Christina Sunrise

Don't Judge

It's a sad fact but it is true,
some children hide behind
fat because they were abused.
So do not judge a person
because of their weight,
you don't know what happened
to them at the age of eight.

Written by Christina Sunrise on February 6,2012

Christina Sunrise

Duality

Razel is your personality,
Melodie is your soul.
Melodie keeps you young,

Razel makes you old.
Razel controls you with lies,
Melodie tells you the truth
in no disguise.

Razel is the ego full of worries,
complaints and hate,
Melodie is peace, love and makes
you feel great.

Razel will finally learn in the end,
that she can become a better friend.
A better friend to herself, God and man,
Melodie will help her realize and understand.
Written By Sue Chevalier

Christina Sunrise

Duluth 1996

It was the summer of 1996,
I drove to Duluth with fellow Czechoslovakian.
We stayed at hotel and I drank red wine,
danced on the table, I had a fun time.
Drove around downtown,
College nightclub is what we found.
I wore some scarves, which wrapped around, around my waist,
It looked fashionable and in good taste.
Everyone on dance floor watched my scarves
they saw how it began wrapping around my arms.
College girls started dancing like me,
I was surrounded by ton of girls in a sorority,
"I Wish I had Jessie's Girl" was the song I danced to,
College kids watched me with all my moves.
When I left they all said "She's leaving! "
my friend told me and I'm not kidding.
Now Duluth is beautiful in the summer and the fall,
The "bird watcher" visit and photograph it all.
Lake Superior also has ships large and great,
Lake Superior keeps Duluth warm in winter
and cool in summer never higher than 88.
I will go back someday, before I'm old and grey.

Written by Christina Sunrise on August 24,2011

Christina Sunrise

Dysfunctional Dance

Dance, dance, all you want
I'm changing the tune, my stomach is in knots.
I'm free of relating to you this way
I was really was on the very first day.
I should of trusted my gut
but I gave a lot of butts...
But o.k. I will rationalize
that I can put myself last or on the side...
Not thinking twice or thinking it through
Feel like I should be guilty when it was really you.
Trying to be nice, me not making a fuss
you played your games and lost my trust.
I should of wrote the note early on
got it on the table so you would be gone.
Now there is not much you can do
except be accountable for your untruth.

Written by Suzae Chevalier on March 26,2012

Christina Sunrise

Earth Working As A Whole

Earth working as a whole
If we look at the planet as a whole
a system of networks
we would change what we know
Everything, and everyone working
together for the common good
Peace, prosperity, happiness would be understood
No more survival for everyone's needs are met
Energy is spent on creatively helping
each other and the planet better yet
Not a lot for a little
and a little for a lot
Prosperity would be enjoyed by all
status wouldn't be based on what material things you got
If you took the view of how our planet Earth is run
we humans would be ashamed
and motivated to start this plan bar none

Christina Sunrise

Earth's Transformation

Dark and confusion surround this Earth,

it is now time for Mother Earth's rebirth.

Transformation is at hand,

catastrophic events will happen

shaking humanity into another

state of awareness of what's going on,

humans will be saved by light

or be in a state of fear and be long gone.

Yes, the angelic realm will protect us

if we ask,

help us to transform to higher

consciousness at last.

Written by Christina Sunrise on 7/26

at 11: 33 p.m.

Christina Sunrise

Ego Against The Soul

We live in a world of illusion

Where our reality is not what it seems.

One is of the ego, the other is of the soul's destiny.

My heart is filled with great love

and I am one with thee-

for love is what I send everywhere

and it spirals back to me.

other dimensional beings see us as waves of light.

I send loving energy to heal the world with my chi.

I know how humanity suffers

with the current planetary dream.

Christina Sunrise

Elizabeth Taylor Died Today

Elizabeth Taylor died yesterday,
she lived a life full of happiness and pain.
She was a movie star on the big screen,
she was in the movie Giant with
Rock Hudson and James Dean.
At the height of her career,
she did a lot more she was sincere.
American Foundation for AIDS Research she did start,
It raised funds and awareness to fight the spread of HIV/AIDS,
She was a leader, spokesperson and she was brave.
Now she has moved on to no time and space,
for Elizabeth I hope she's found a happier place.
Where we can only imagine if we try,
where she can finally rest and not cry.
She is hopefully with Michael Jackson who is her soul mate,
they are having a better time over there, I know it's great.

Written by Suzae Chevalier on March 23,2011

Christina Sunrise

Emma Jean's Free

Emma Jean is flying free,
flying over the fields of green,
For when she was on this plane,
she had to walk with a cane.
Now she's free as free as can be,
with her beautiful colored wings.
Flying up through the trees,
She can see everything.
From colors bright to bold,
like pink, orange and gold.
Being a butterfly in the sky
she is so happy again in time.
Written by Christina Sunrise Feb.9,2011

Christina Sunrise

Emotional Relief

You feel your relief

by sending me your poison

and causing me grief.

But "I have "news" for you,

I have a shield up that

keeps me from feeling blue".

So next time you spill your garbage

from your mind on me,

remember it goes back to you in amounts of three,

making you more sicker, which doesn't affect me.

Christina Sunrise

Emotionally Not Available

The person who is emotionally immature
will find someone with the same exact fear.
Fear of abandonment, fear of loss
they cling to each other at any cost.
Until the wounded child is healed at best
can their relationship pass the test.
For they mostly live in the ego state
where they are reacting and not living
with wisdom from the Sage.
Yes, the Sage within is connected to the source
it can be accessed in the moment when you
stay on course.
Helping you see a better choice
by listening to your wisdom filled self.

Written by Christina Sunrise on November 29,2012

Christina Sunrise

End Bug Spray Pollution

I have a solution to
All of the bug spray pollution.
Yes, the pesticides that slowly
Kill you and I.

It's called diatomaceous earth,
try it yourself,
It's more than it's worth.
Go to

Buy it today before it's
all gone.
Written by Christina Sunrise on April 21,2011

Christina Sunrise

Enjoy The Moment

Enjoy the sound of water rushing down

enjoy the lighting hitting the ground.

Enjoy the lighting sparks that fill the air

enjoy the birds flying everywhere.

Enjoy the baby's coos

enjoy the laughter and the blues.

Enjoy your pain if you have some

it is there for you to awaken.

Written by Christina Sunrise on August 31,2012

Christina Sunrise

Enjoy Your Day

Feel the breeze on your skin,
feel the happiness within.
Feel the sun on your back,
hear the birds go yack.
Feel the waves touch your hands,
feel the your feet in the sand.
feel the fresh air when you breathe in,
experiencing life once again.

Written By Suzae Chevalier on March 7,2012

Christina Sunrise

Enjoy Your Life

Enjoy your life in this time,
while you are stilling doing fine.
Once we take our last breath,
our physical existence turns towards death.
Are really gone at all?
No, we are on the other side having a ball.
Life goes on and on and on.

Written by Christina Sunrise on August 21,2011

Christina Sunrise

Enthusiastic Charlie

Enthusiastic Charlie

I babysat Charlie who seemed a little shy,
he was really observant and quite wise.
He listened to my stories late at night,
he asked questions and was bright.
He played hockey and basketball too,
he practiced and played afterschool.
He looked up to Michael Jordon
who he wanted to emulate,
he wanted to be like him, really great.
A photo of him and Ellie I do have,
a Christmas scene in a green plaque.
With his sister Ellie he liked to have fun,
joking with her for she was the small one.
Charlie liked to play computer games,
with castles, knights and other far away lands.
Now Charlie is quite older, and he has changed a lot,
he always had the enthusiasm to give it his best shot.
Written By Suzae Chevalier on November 3,2011

Christina Sunrise

Eternal Now

One thing I have observed,
it may make you a bit perturbed.
It is half the world is depressed,
it's like happiness all repressed.
I feel it's from the planetary dream,
put in place for a while or so it seems.
Humans became filled with fear,
fear of the devil and anything queer.
Also programs were put into place,
to make us conform and be filled with shame.
But hey, wait!
Everyone knows Who They Are in their heart,
that is what our consciousness as humans sets us apart.
Now collective consciousness is evolving at a rapid rate,
to help us shift our thinking on a certain date.
They say is in the year 2012,
But who can really tell?
When all time is an illusion
and all is happening NOW,
What if we can just get to that point
maybe hurry up somehow.
Start living in the Eternal Moment
like a bird or a cow.
Then we wouldn't worry,
or think we have to do,
We could just "Be" because we chose to.

Christina Sunrise

Ev My Good Friend

I remember the day when I first met Ev,
he would become the best of friends,
He loved to chat and take me out to eat,
when I lived on Iglehart Street.
One night late at night,
a thug stole my keys, I was filled with fright.
I called Ev and he came to see what went on,
we looked for my purse in dumpsters, but it was long gone.
Then of course we went to eat down at Denny's when
I said without a bleep and real discrete,
'Ev we have to get back to my car,
I know thug might drive it off quite far.'
Sure enough when we get back,
my car was stolen with not much gas.
Of course later we get car out of impound lot,
it came to so much money which was a lot.
More interesting times to come over the years,
thank you Ev for the memories I hold so dear.

Written by Suzae Chevalier on February 15,2012

Christina Sunrise

Everything Has An Aura

Flower sticking out of painting's side
was right before my eyes.
This was a image that I could see behind
that was painting's aura that did shine.
Everything has an aura it is told-
that is how psychics find things
like rings with gold.
Energy of a person I can read
on their shoe I did see-
there Power Animal that came to me
It was a starfish that was pretty.
Now one day I can see a whole lot more...

Written by Christina Sunrise on March 13,2015

Christina Sunrise

Everything Is A Gift

Every object in your human world
is a gift from heaven since you
were a boy or girl.

We don't own anything
even that diamond ring.

We are from the other dimensions
we are here to enjoy without
discrimination.

But we get into our ego states
turn things to greed and to hate.

Then you are gone with a blink of an eye
where you grateful when things came into your life?

Written by Christina Sunrise on September 2,2012

Christina Sunrise

Everything Is Sublime

Everything is Sublime
45 years 4 months and 4 days of time,
Everything is sublime,
Living in a world of fantasy,
Were everything is reflected back to me.
Did I write the script before I was born?
My heart is sad, I feel torn.
Now, I know I don't have complete control
For my destiny is controlled by my soul.
Knowing this now, I know if I do my best,
God will take care of the rest.

(By Suzae Chevalier on September 6, 2011)

Christina Sunrise

Evil Is Absence Of Light

Treat everyone like a spiritual being with varying degrees of light
some that are evil need to become more bright.
These spiritual beings are a little dim
they have to bring more consciousness to their awareness from within.
Their vibration is lower for us to learn
maybe not to take it personally, be able more to discern.
They have to align their personality with their soul
then they will look at it from a different point of view
if they want their soul to evolve and grow.
No worries for all will be enlightened in time
Evil is the absence of light they need more to shine.

Written by Christina Sunrise on April 9,2012

Christina Sunrise

Evil Robot

You think I'm crazy,
maybe I'm not,
maybe it was my evil robot.
Yes, he was programmed to do the deed,
he's filled with spite
he's filled with greed.
Greed to succeed,
to make me lead.
I programmed him I do confess,
he will do like all the rest.
Take over my plan that I do best.
controlling minds of humans
for I've experimented and I did test.
I will reign once again,
in this realm of fairy land.

Written by Christina Sunrise on September 12,2011

Christina Sunrise

Exit Points

A turn down the street,
a miss of a heart beat,
could be the last day
the last day
you breathe.

Exit points

we make with God
to leave this planet
Hopefully better off
than not.

Knowing we are
going to a place

Where we call home,
don't worry ever

You won't be alone.

Written by Christina Sunrise on April 5,2011

Christina Sunrise

Expert Dentist Dr Joseph

There is a dentist on Palm Beach,
who really knows how to fix your teeth.
Dr. Mitchell Joseph is his name,
your teeth will never be the same,
because 'Expert Dentistry' is his game.
His Star treatment makes you feel grand,
when his office picks you up in a limousine not a van,
driving you to his dentist office by ocean and sand.
Photos of Dr. Josephs, family and staff I did take,
to display past patients smiles real great.

By promoting his business in Palm Beach Today.
showing how he can prevent tooth decay.
Dr. Mitchell Joseph also is a generous soul,
he gave me a big tip at the Italian Bistro.
Just one more thing you should know,
he is an expert so listen his "Tooth Talk" radio show.
Written on Feb.16th 2011 by Christina Sunrise

Christina Sunrise

Expressing God

God talks to me when I write,
letting me know through wisdom and sight.
The sight to observe and be consciously aware,
to express through writing what I can share.
Share thoughts on life and nature's mystery,
put ideas and beliefs to pen for all to see.
The truth and laws of the universe,
three dimensional life is a blessing, not a curse.
Being a change agent by writing poems,
poems that might inspire people
while reading at home.
Maybe I will some day know,
That poetry writing is worth all
it's weight in gold.

Written by Christina Sunrise on September 23,2011

Christina Sunrise

Expressing Myself

I express myself through poetry, the written word
I express through my voice to be understood and heard.
For communication with honesty is the key
to express how I feel and set me free.
With my creativity with words I can use
to make people on the planet see a different point of view.
Making a change in people's thinking is always good
as long as I am understood.

Christina Sunrise

Faraway Planet

We live on a faraway
Planet in the Milky Way,
why would we
kill each other every day?
We are known as
the insane asylum
of the universe,
It makes sense,
even if it hurts.
We will overcome
all of evil and negativity,
one day we will be set free.

Written by Christina Sunrise on April 17,2011

Christina Sunrise

Feather In My Left Hand

trash in my left hand a feather in my right
This is what I pick up on Earth day and night.
Protect the oceans, birds and seas
this is where they live
so why make it dirty?

Writtten by Christina Sunrise on August 31,2012

Christina Sunrise

Feel The Pain

Feel the pain of all the women here,
feel the pain and shed a tear.
Once all final suffering ends,
we can begin a new again.
Goddess will reign once more,
no more fighting, no more wars.
For the ego of man will cease to exist,
once conscious mind is in total bliss.

(May 22,2011)

Christina Sunrise

Financial Guru Suze Orman

Suze Orman writes on financial success,
she helps you create a life of material
and spiritual abundance.

Suze has been on the #1 Bestseller's list,
I've read her book *The Courage To Be Rich*.

In this book she states you need to have courage
not only to be rich, but also with financial hardship,
She also writes you need to nurture and respect,
respect your money for it will do the same with you.

For money has a real relationship with value.

Now Suze has a lot of wisdom,

She writes also on *The Nine Steps To Financial Freedom*.

In this book you see where you stand,

Real life situation that she prepares you for and to understand.

Now Suze's has a show on PBS

it is called *The Money Class*.

People have paid off their house, and haven't used
credit cards in 5 years, student wrote and he is sincere.

Suze speaks from the heart, that's what sets her apart.

So become more financially secure,

read, watch and listen to Suze Orman

for she is real and makes things clear.

Written by Suzae Chevalier on October 5,2011

Christina Sunrise

Flow Of The Universe

I will go with the flow
the flow of life-
I will not demand with my ego
to avoid strife.
I know I read that on Earth we
don't control the weather—
but shamans have done rain dances to the letter.
I for one have done this ritual too—
now I've changed my beliefs I am through.
For there are spirits in the astral plane
that want something to do just the same.
So I will not let these spirits get stronger
for I wish for rain or sun shants no longer.
Let it be sunny or let it rain—
let the universe decide in this game.

Written by Christina Sunrise on July 7,2012

Christina Sunrise

Focus On Peace

Focusing on peace produces peace,
wars, poverty and disease would cease,
if we would all believe that we are One
from the same fleece.

If we could choose to agree on the above,
all it take is to start with Love.

Love not fear which the people of our planet
operate because the ego resides here.

Now how about the soul that already knows,
not the mind controlling the show.

By coming from the heart we all make a new start.

Written By Christina Sunrise on December 21,2011

Christina Sunrise

For Inmates Willing To Change

Why not have certain inmates who are willing to change—
realize they can get better and write a new page—
A new page to their life from not going back to the insane—
Through sheriffs good thoughts, actions words and deeds
help these inmates feel worthy to get out and succeed.
Have a sheriff as a sponsor who will be there for them—
Is that an idea to treat them like family or friend?
When nurses do the “psyche evaluation”
why not make it more of how can we help
them get better without more incarceration?
Not just are you going to commit suicide?
How about what do we need to do to get
you to a point of healing deep inside?
Relationships then between law enforcement
would take on a new meaning-
Not the system of control which
lacks empathy and can be demeaning.

Christina Sunrise

Forgive Everyone

Now is not the time for worries

Fights or revenge...

Better to feel sorry for your fellow travelers

And see them as passing friends.

Do not get caught up in lower energies

Of rage, despair and fear...

Send love out for planet Earth

Needs it now if we are to remain here.

Delve now in your hearts

stop the belief of "eye for an eye".

Everyone has karma and can live life blind

They have programs from the collective consciousness

Passed down from many lifetimes.

Forgive them for they do not know

You are the one with wisdom and

You have to believe so...

for you can raise the vibration of mother Earth

for her time of a new rebirth.

Written by Christina Sunrise on February 15,2014

Christina Sunrise

Forgiveness

Forgive someone means letting go
of baggage that gets in the way
it makes you see through clouded
glasses of a dingy grey.
Reliving sorrow of a past hurt
you keep the illusion alive
by digging in the dirt.
So cut the cord that binds you
to your foe
burn the cord and let it go.
Have them go away up in the air
see foe flying without a care.
So if you look at it from the stand
point of the soul—
you know you had to experience it
to learn and grow.
This by the way keeps your aura clean
your more conscious now
and can say what you mean.

Written by Christina Sunrise on April 23,2012

Christina Sunrise

Framed With Lies

Frame me with your lying lies,
in the end you'll have to hide.
Hide your face and all its fibs,
fibs are the only thing you can give.
Fibs built on arrogance and false pride,
built on rubbery walls that start to collide.
Collide into total oblivion,
that is where you will be in the end.
With no real friends except your lies,
lies that frame you on both sides.

Written by Christina Sunrise on September 12,2011

Christina Sunrise

Free Like A Cloud

It is easier to forgive
when we know in a past life
how we lived.
How we treated our new foe
it makes a humble, it makes us grow.
Earth is like a drama stage
interesting stories of life
we write on the page.
Better to know this, this time around
so you can transcend belief system
and be free like a cloud.

Written by Suzae Chevalier on

Christina Sunrise

Friend And Hero To Many

A friend who accomplished

a lot in his time

went to heaven

I pray that he is fine.

He was a cartoonist, Olympic wrestler

and High school teacher too,

He had a daughter

who I pray for

she is very sad and blue.

He used to call me

Suzaria with

emphasis on Sue,

He seemed like a loner,

but could be a friend to you.

I will make a

Cartoon Character of him for

he had many qualities

to admire,

his students will

look up to him

and hope to emulate

and aspire.

Even in the end

He never lost his fire.

Written by Christina Sunrise on April 5,2011

Christina Sunrise

Fun At Kona Bay Cafe

In Kona Bay Cafe it feels like your on vacation
it's by far the best destination.

Tropical music playing in the background,
happy customers talking all around.

When I am here,

all waitresses are so dear.

Kona Bay Cafe has a tropical theme,

sprinkled with Hawaiian artifacts

colors of blue and green.

they are open from seven to three.

Now they serve breakfast and lunch,

great apple muffins that really crunch.

Now, stop by and also write a great review,

for waitresses have children to feed too.

Christina Sunrise

Funny Conversations

Sitting in Barnes and Noble I overhear,
"That's nothing my dear,
My mother, father and sister died in the same year.
and I never really tell anyone this,
so don't look like such a mess."
Now, this sounds like a tragedy,
I laughed to myself is more like a comedy.
It was like an over exaggeration,
why would a lady say it so loud,
for this kind of situation.
Sitting in McDonalds I over hear an idiom,
"He doesn't have a pot to piss in,
or a window to throw it out of"
I laughed to myself for I never heard the last phrase,
It was so funny it made my day.
Now you can hear funny conversations everywhere,
if you care to listen and be aware...
of the funny things that people do say,
their conversations might brighten your day.

Written by Suzae Chevalier on September 21,2011

Christina Sunrise

Funny Fake Doll

As a kid I made a fake "me" doll,
she was like me but not too tall.
I sewed her up with bathroom towels,
she was original and had no jowls.
Practical joke I did make,
with Funny Doll that was fake.
I put fake doll in my bed,
covered the blankets over dolls head.
Then my sister went to sleep,
I told her from far away,
I was sleeping "Please don't make a peep? "
My sister said, "Are you alright?
you look very sick looking tonight."
I replied, with a yell, ha! Ha!
Then I ran to room laughing like hell.
My sister got scared, and then she laughed,
It was very funny, it was a blast.
These funny childhood memories are the ones that last.

Written by Suzae Chevalier on September 9,2011

Christina Sunrise

Funny Times With Rich

Electric guitar plays the sounds,
of Rich's guitar to the crowd.
The crowd at bar called the Paradise,
in West Palm Beach and it was nice.
Shooting photographs of Rich's band,
I made interesting photos of Rich
while Augie the lead singer sang.
Now this was in the year 2005,
it was before Clematis really came alive.
Construction mess was just outside,
while band played on really loud.
One night Razel puppet stole the show,
by end of night Augie was red angry with a glow.
Check out Augie's photo on
it is a really funny photo of Razel I have found.
Thanks Rich for some happy times,
never a dull moment I can testify.

Written by Suzae Chevalier on August 24,2011

Christina Sunrise

Gallant Trip To Nyc And D.C.

Flying into Washington D.C.

I caught a train then to NYC,

arriving in Penn Station about

a quarter to three,

I was tired and needed

to sleep.

Reminded me of

my runaway days

long ago,

with my friend Mary

from Mexico.

Now this trip was

special yes, indeed,

I gave out 500

Coloring Books with Poem

"Saving the Seas"

To Performince school

by Time Square,

Has this poem in it

and other coloring

books I did share.

Trip was a success,

I gave out the rest,

In D.C.

Then laminated

“Save the Seas”

Now poem is

laminated and on display,

in Martin Luther King Memorial

Library till this day.

Written by Christina Sunrise on March 30,2011

Christina Sunrise

Games People Play

Girl on a swing

see's everything,

games that people

play when they

want their way.

Swinging by the

sandbox but knows

not to jump in—

Playing games

like adults is

not the same as

play for kids.

Kids play for fun,

adults play

with lies to hurt

someone.

Maybe only hurting

themselves for they

do not know what they do.

Knowing any better

they would like a fool.

Written by Christina Sunrise on April 15,2011

Christina Sunrise

Gecko Meets Me

I told a gecko telepathically
"I wish I could once touch thee,
I looked at my hand and instantly
gecko was there,
really soft and light as air.
Gecko was very smooth and cool,
like water in a swimming pool.
Then gecko jumps off my hand
just like that as fast as he can,
Hopefully gecko is safe at home,
over by the flowers and gnomes.

Written By Christina Sunrise on December 30,2011

Christina Sunrise

Gecko Named Curly Tail

Looking down on the ground
Curly Tail the gecko waits
without a sound.
I say "Hello honey-how are you?
Where are your kids this afternoon?
Then when I leave the door
Curly Tail's offspring
is scampering once more.
Curly Tail waits for me
on the black mat—
It's like he knows where I am at.
He knows when I leave to go far,
he knows when I get out of my car.
Thanks Curly Tail for waiting for me-
see you later by the tree.

Written by Christina Sunrise on July 4,2012

Christina Sunrise

Gecko Talks To Me

"I wish I was in a human body",
the gecko said as he walked across the screen.
He spoke to me after the ghost turned back on my t.v.
I said o.k. I won't mess with the t.v.
Then an hour later,
the fan went on and off 1 x 3.
I just let it do its thing,
why fight with a ghost I can't see?
Then when in the bathroom,
I heard a noise coming from the other room,
I looked to see if everything was o.k.
until the light went out
without a clue.
Now 2 weeks later,
the fan starts by itself again,
I realize it's my ghost friend.

(Written Suzae Chevalier on August 14, 2011)

Christina Sunrise

Gecko Wants To Be Human

A gecko who wanted to be naughty,
wanted to incarnate in a humans body.
Why be bored and eat bugs all day?
You can have fun with lots of rolls in the hay.
Yes, humans have a chance to speak,
speak real funny when their doing the thing.
Me gecko, have to be still, not move my tail,
Humans get to have fun, by screaming, even do yells.
Now I know about the cosmic wheel,
I will jump as a human next time and have a thrill.

Written by Christina Sunrise on October 1,2011

Christina Sunrise

Gentleman

Gentleman

Where can you find a man,
a man that really understands.
Understands how to be a gentleman.
A man that goes out of his way,
to ask you if you had a good day.
who always has a nice thing to say.
Who admits when he's wrong,
does not have an ego the size of his dong.
Where can you find a man,
a man that romances right at first hand.
Not just trying to land you in bed,
then play mind games with your head.
Where can you find a man,
a man who is a man's man,
Not some immature boy,
testing you like a new toy.
A toy to play with his own way,
turn around and say "We are only meant for the hay".
do they care if you're O.K?
Luckily only last sentence has happened to me,
I finally figured out the situation was not good for me.

Written by Christina Sunrise on September 4,2011

Christina Sunrise

Germ Warfare

With the coming of Golden Age
germwarfare will come with a rage.
With more streams of light
more viruses that will be hard for man to put up fight.
Listen to Guides and Healers who lead the way
they can heal and save the day.
For now it is a Spiritual path
that will heal destruction in aftermath.
So stay focused and see the signs
For in the end you will shine.

Written by Christina Sunrise on November 14,2012

Christina Sunrise

Getting Over Stage Fright

People say imagine people naked
to get over stage fright,
I say imagine people like little suns
shining bright.
All of them bright orange beaming light,
on to my act for they make me look right,
Right to the character on my right hand,
She is the one who doesn't understand.
Understand humans for she makes fun of them,
she only has her bat, she has no friends.
So feel for me on the stage,
I'm next to an evil puppet who's filled with rage.

Written by Suzae Chevalier on September 12,2011

Christina Sunrise

Ghost Perfume

Smell of perfume fills the air,
it's my ghost friend who is near.
I ask a question in my mind,
"Does ghost want me to see a sign? "
Do I know perfume is real this time?
Smell of perfume by my car,
it is lingering only so far.
Not in other parts of air,
the ghost wanted me to believe
she was there.
Watching over me, to show she cares.

(By Suzae Chevalier on September 4, 2011)

Christina Sunrise

Ghost Photos Of Vegas 2010

I was in Vegas in October 2010
I was with Melodie doll who is my child within.
We went down the Vegas Strip
seeing everything that was hip.
Photos of Melodie posing in front of Casinos
people where watching me amazingly so
I kept shooting for little did I know.
I thought there will be great photos to boot-
it ended up being a ghost photo shoot.
Photos did not come out at all
even though I saw the sights and had a ball.
I bought a green Vegas Cap though
US Army design with jewels that glow.
Nikon will be the next camera I will buy
it will take great photos that light up the sky.
Written by Suzae Chevalier on March 17,2911

Christina Sunrise

Ghosts By Moon Lake

There's a lake off of Moon Lake Road,

where stories are woven and retold.

about longtime gangster Al Capone.

Now I stayed in a house

right across the street,

and believe me I did not see,

but I heard a ghost talk to me.

See now legend has it,

that Al put people in this lake,

Now ghosts are around make no mistake.

I was in this house with Uncle Lenny,

he wasn't scared for he couldn't

hear a dropp of a penny.

He told me the ghosts leave him alone,

for they know he's handicapped

unlike his nephew Tone.

Yes, Tony said he heard them too,

I don't know if he's lying

or what he says is true.

All I know I don't want to go back,

you can laugh at me and call me a quack.

I'd rather see a ghost

then have one move my stuff,

that is scary and this I can't rebuff,

It's not like eating at Denny's

and having a lunch,

I believe in ghosts with an
absolute hunch.

Written by Christina Sunrise Feb.21,2011

Christina Sunrise

Girls Will Change The World

The girls of today will change the world for new,
they will change the world view,
Where everybody is equal
and given freedom from suffering of all forms,

they will step up and change the norm.
Pledge and help a girl today,
go to the website and take the pledge,
it will put girls on the leading edge.

so don't waver and don't hedge,
Girls can build a better future where everyone is friends.

Christina Sunrise

Go Within When You Can't Get Out

Strip me of my possessions and my name
the only thing you can't take away-
is my inner world of heaven that stays the same.
This is where I go from within.
also my imagination when things get grim.
That is where all sages and saints went
when they were ostracized from society
for society is judgmental and hell bent.
Hell bent on this egotistical material world
we are not from there—every single boy and girl.
We are from the cosmos where we will return
The "Heaven Within" it is time to discern.
We are "Oneness, Consciousness, and Total Bliss"
No one can take this away, for we are from the abyss.

Christina Sunrise

God Expresses Though Us

Where do I end you begin?

God says we are all apart of him,
or is it her?

God is limitless so source could be a boy or girl.

God is the process and through us God expresses the material,
we are special, we are miracles.

We create who we will Be today.

will we be killers or Saints?

It's all up to us what life we paint.

For free will was are birthright,
why should we have to have laws for human rights?

Written By Christina Sunrise on December 12,2011

Christina Sunrise

God Is Everywhere

Religions keep God a mystery
God is in you and me—
God is in the oceans and the streams.
God or should I say—
Angels—yes angels are o.k.
Take the higher belief—
with less grief—
and believe—
everyone is an "angel";-
for we are here to enjoy
We are God's children—
each of us—girl and boy.

Written by Christina Sunrise on September 5,2012

Christina Sunrise

Going Places

When the day comes when you face the sun
you will know what you came here to know.
Now your life can be very different next time
go to another solar system where they don't drink wine.
Maybe they have green slanted eyes
the kind like in the movies that scares at night.
But who really cares when there is so much to see,
wouldn't it be great if we could go there by counting to 3.
Highly evolved beings do it all the time
they transport themselves on the dime.
Only a few on our planet can do this
they are Star Children—which people miss.
They know of the matrix and see the web
we are not as developed I confess.
Written By Christina Sunrise on March 7,2012

Christina Sunrise

Golden Balls

Red Chevy truck comes passing by,

with gold balls hanging bouncing

in the sky.

Truck zooms around all cars

without a care.

Golden balls wagging

in the air.

Now I heard of a comedian

talking of these "golden balls"

on stage,

She said "Why is "gold balls" all the rage? "

Guys real balls are ugly enough,

looking at them hanging outside

a car or a truck

makes you shiver inside,

I think I would rather look at

something else when I drive.'

Written by Christina Sunrise on April 7,2011

Christina Sunrise

Goodbye Dream

Phone call did come in,

I felt a shiver I knew was grim.

For it was my Uncle saying to my Dad,

Grandma & Grandpa died which was sad.

Later that night,

I went into a dream filled with fright.

I dreamed of my sister upstairs,

scary it made my arm hairs glare.

My hairs stood up straight,

which I did anticipate.

Something scary

was about to happen soon,

an image of people

floated into my sister's room.

Then sister screamed

and I did jump with a boom.

Running upstairs with blankets to my side,

I ran to my sister in the nick of time.

She told me what she had just seen,

The ghost of Grandparents

saying goodbye she did glean.

This was my grandparents saying there last goodbye,

dreamed of them years later telling them

'I know you guys never died.'

Written by Christina Sunrise on Feb 21,2011

Christina Sunrise

Gossip Ruins Relationships

People try to make themselves look good
saying lies about people which is misunderstood.
Misunderstood to all that hear
using gossip that will shred and tear.
Tear relationships down to the ground
before relationships have a chance to grow very sound.
We learned this at a very young age
by adults that wanted to control what we think and say.
This a spell they cast on our ears
we are unconsciously saying things now
without being sincere.
So be conscious of what you say
say about people close to you every day.

Written by Christina Sunrise on September 26,2012

Christina Sunrise

Government Can'T Solve

The government can't solve our spiritual problems
only we the people can
all we need to raise our consciousness
across this bountiful land.

Government can only make laws
for our society is not yet highly evolved.

We need to start this spiritual change at home-
raising children that are able to express freely
what is wrong.

Change our way of thinking about who we are,
We are not victims anymore
we are strong spiritual shining stars.

Written by Christina Sunrise on April 14,2012

Christina Sunrise

Grand Remapping Of Reality

As we change our mindsets
we change the past
We live in the moment for it is the one that lasts.
We lighten the burden of identification to circumstances
and learn to follow are heart in remembrance.
For the veil is lifting and nature reveals
a visit from higher dimensions is upon us if we don't yield.
For if we don't claim our innocence and try to perceive
we will make our own hell and suffer and grieve.
For the eyes of the innocence and the pure at heart
will see all as a family community and not be a part.

Christina Sunrise

Grandma Kay's 95th Birthday

Grandma Kay just turned ninety five,
on her birthday in 2009.
In her nursing home her family was there,
Watching her blew out birthday candle without a care.
She was the star of her birthday show,
She blew out a candle that sparkled and glowed.
Friends and family sang along,
to her personalized birthday song.
Her son Russ played the guitar,
this was her best birthday by far.
She unwrapped presents from family and friends,
she was very happy like a child again.
Photo memories are snapped in time,
To remember Kay's 95th Birthday that shined.

Written by Suzae Chevalier on September 9,2011

Christina Sunrise

Grandma's House

Butterfly, butterfly flying through the air,
flittering here and flittering there.
Landing on a flower just ahead,
your wings glow on a flower bed.
I imagine my grandma's flowers with color,
each one is unique, not like the other.
It was in the spring with fragrance everywhere,
it was happy times without a care.
In backyard I did climb a tree,
hurt my hand with a twig, I did scream.
Rushed to the doctors really fast,
they put stitches in, they didn't last.
Found memories of bread baking in air,
a special time I did share.
with Grandmother who is special and sweet,
she made all kinds of goodies and treats.
Like marshmallows with fruit and whip topping too,
I liked eating it after my dinner was through.
Memories of the farm I will remember,
like Christmas time in December.

Written By Suzae Chevalier on November 3,2011

Christina Sunrise

Granny Krendoll Brings Star To Life

Granny Krendoll with her sewing flair
sews Star doll and yarns her hair.
Granny Krendoll makes Star into a small doll
once Star is alive the two have a ball.
Star writes Granny Krendoll once in awhile
she likes writing her letters that make her smile.
Then Granny Krendoll does get sick
she is sent to Krendoll hospital to recover quick.
Star had to make sure Granny Krendoll was alright
in fact Granny Krendoll told the nurse, where is Star tonight?
Right then Star with Melodie soon arrived
to sit by friend Granny Krendoll's dear old side.
Now Granny Krendoll gets healthy and recovers real soon
she enjoys sewing new dolls and her new life too.
Thank you Granny Krendoll for raising the bar
if it wasn't for you, the world would not have Star.

Written by Suzae Chevalier on February 14,2012

Christina Sunrise

Graveyard Ghost

There was a graveyard by my house,
I saw a ghost while sleeping on the couch.

See I had just sprained my ankle,
and was upstairs,

I slept in the basement,
usually but my muscles I did tear.

So one night I woke up to see
what was hovering close to me.

A figure was at the foot of my bed,
it was a figure that I would soon dread,
Ghost whose body was long since dead.

I told him telepathically,
to get away and please do leave.

He put on the sweater that was at my feet,

I felt better and went back to sleep.

Now one month later I did see,
another figure outside by the tree.

He was waiting at the corner for a bus,

I thought was a human I did trust.

When I drove up to the corner

he had disappeared,

The bus was still coming,

it still wasn't near.

Another ghost comes to see if I'm o.k,

that's what my friend did say.

No harm from the ghosts across the street,

they keep to themselves unless you

were in pain like me.

Written on Feb.21,2011 by Christina Sunrise

Christina Sunrise

Green Eyed Lady

On my wine glass
there is an eye the
color of green,
like the oceans
where the mermaids
dream.

I almost broke
this wine glass
with my bike,
making the
hairs on my
arms begin
to spike.

The bar handle of the
bike did miss,
the Green Eyed Lady
without a glitch.

Shelly, who,
painted the
Green Eyed Lady

did confess

She blessed

this wine glass

like all the rest.

Now I know

Why,

Green Eyed Lady

is still by my side

whenever I want

to drink my red wine.

Written by Christina Sunrise on April 4,2011

Christina Sunrise

Green Eyed Mermaid

There's a green eyed mermaid
who lives deep in the sea,
she has a mermaid tail
all sparkly and bluish green.

At night with the light of moon,
her eyes turn more greenish blue.
But green mostly during the day,
her big eyes have specs of brown not grey,

She sits on the rocks to get a tan,
she uses her tail as a fan.
Her tail flaps, swish, swish, swish.
Then at night when all fishes asleep,
she goes to rocks again and has a peep.

She looks at moon and makes a wish,
she wishes a pirate would give her a kiss.
Then she see's his ship come to shore,
she anxiously waits, wondering what's in store.

Pirate lands, and spots green eyed mermaid's eyes,
he becomes totally hypnotized.
Realizing he sealed his fate,
he kisses her and they sets a date.

A date is set to
A date is set to marry thee,
Yes, green eyed mermaid Melodie.
Then the both go to sea,

Melodie is now a human with legs,
Her pirate husband has one leg as peg.
Now they sail the seas,
Melodie is so happy she is free.

Christina Sunrise

Green Eyed Princess

My eyes where green since the day I was born,
not being told this makes me feel torn.
Now I can relate to "Green Eyed Lady" song,
it's a song I can dance to all night long.
It has different meanings that you can project,
I feel like the flower child of the sixties to be honest.
Kissing a green eyed lady is like kissing the ocean,
I write about mermaids that make magical potions.
Elton John wrote, "You see I've forwotten if they're green or they're blue"
Green is harder to come by there are less people with green only a few.
So, being a little different with green eyes and not brown,
makes me more of a princess in my fantasy story with the crown.

Written by Suzae Chevalier on October 10,2011

Christina Sunrise

Ground Yourself

To get there from here
you need your feet on the ground.
You need to be in the 'here and now'.
We are always looking up, up, up...
but never down...down...down-
That is why are Mother Earth is in ecological
turmoil because we always emphasize- -
the Top...our flighty thoughts-
are of no use if not put in use
by our feet and hands...
We are of the physical
like Mother Earth on which we stand.
So thank her every day-
become conscious of what she is
trying to say...
We need to get back to nature...
and be connected together.
At our roots...

Written by Christina Sunrise on December 19,2014

Christina Sunrise

Guilt Is Not A Natural Condition

We are told we won't get punished
if we admit we lied,
How about we get rewarded
for being honest and I will explain why.
Why should we live in fear,
when alls we have to do is be sincere.
Why should we be shamed,
and worry if we will get blamed?
These conditions are not of our
natural human condition,
they were CONDITIONED on to us
so let's change how we ride this CRAZY bus.
Let's teach children it's O.K. to express how
they feel, that their feelings are valid and real.
That they won't be shamed if they make a mistake,
they are just learning for heaven's sake.
Society and certain religions make us feel ashamed,
so they can control us at their game.
Well, let's change this Planetary Dream,
stop judging, blaming, enforcing punishment
which is the extreme.

Written By Christina Sunrise on February 7,2012

Christina Sunrise

Guilty Until Proven Innocent

In our great country of the US of A
we are guilty until proven innocent
no matter what they say.
Someone could frame you and lie to the cops
It's up to a cop with no college education
to make your life stop.
This is really bad when they put up a mugshot
Try to ruin your name even if the accuser is insane.
No wonder immigrants don't want to come here again
our country's media is into gossip and that is insincere.

Christina Sunrise

Guy With No Last Name

There's a guy with his first name on his truck,
he lives on a street that rhymes with Buck,
get that word out of your mind, it's not ____.
He makes bids on jobs with concrete,
I hear it's messy and not very neat.
He has a dog whose name rhymes with Lake,
He's cute (the dog) make no mistake.
Now the last time I saw him he wagged his tail,
I had a treat for him, I forgot it, oh well.
I wonder if the dog is still alive,
I haven't seen him for a very long time.
Who knows, I hope he's fine.
That being said, I have no more words to rhyme.
Written by Suzae Chevalier on March 14,2011

Christina Sunrise

Gypsy Lady

Gypsy Lady is all I heard,
she finally could cure him
so he took her word.
With the knowledge
from the seer who
scanned his body
by knowing the color
of his eyes,
Interesting tales
of his condition
did finally materialize.
Knowing what he was
up against & now
he had a chance,
one day he would
be able to walk & dance.
Now he knows
Gypsy Lady

is totally sincere.

With the help of his diet

with berries and no beer,
She can truly help him

finally get off his rear.

Written on Feb.1,2011 by Christina Sunrise

Christina Sunrise

Gypsy Lady Spell

Laughing and giggling in the back,
you hear a bird go yack, yack, and yack.
More is said then meets the eye,
you have to figure out, how and why.
Yes, it is the Gypsy Lady who has
cast a spell on you,
you go to her for answers and how to break through.
Incense smoke fills the air,
you sit on a comfy antique chair.
Gypsy lady sits down with a colorful full deck,
you think to yourself- what the heck?
Cards are drawn, laid out neatly in a row,
she gives you prophecies you want to know.
You are happy, then you are sad,
you don't know if the reading is built on quick sand.
Then you have more questions to ask,
you know that is the Gypsy's lady's allure
and you know you will be back.

Written By Christina Sunrise on November 25,2011

Christina Sunrise

Happy Rita And Pleasant Bob

Rita with her happy smile,
wears stylish jewelry with lots of style.
Born in the windy city of Chicago in 1933,
Her father was a tenor in the Metropolitan Opera Company.
Rita received her teaching degree,
in Texas while her husband Bob was in the military.
Rita was also three years at the College of NYC,
she then had two children so she taught briefly.
Her graduation gown was her first maternity dress,
Her daughter gave them one grandchild they dearly cherish.
Long Island is where Rita and Bob where most of their married life,
They now live in Florida with the pelicans and sunshine.
Bob and Rita make their morning stop,
In Barnes and Noble café where they read and talk,
Talk to friends while lending a listening ear,
Rita is genuine, sweet and sincere.
So say hi, to the Rita and Bob when you are here.

Written by Suzae Chevalier on October 6,2011

Christina Sunrise

He Tells You He's A Player

Five days before my birthday I was sad as can be
I almost walked out the door
but I left something in the bathroom-
that's when I did see -something that didn't belong to me.
It belonged to another girl-it was a black bra—
I thought to myself -he doesn't care at all.
Thank God I didn't tell him it was my birthday week
I'm glad I kept it to myself and turned the other cheek.
He was too busy showing off and playing his own games
well I don't have time for stupid games I have to say.
When someone tells you that
"He is a Player"
You better take heed-
face reality and let your conscious take the lead.
Tread more carefully or End it right there—
this person is showing you they are truly not sincere.
Written by Christina Sunrise on March 11,2012

Christina Sunrise

Heal From Within

Everyone can heal from within
that is where healing begins.
'I am healed you can say
will make you better every day.
Now you see the results with your beliefs—
You are a healer naturally.

Christina Sunrise

Heal Inmates Inner Childs

Inner child was abused, lost and not heard
inmates are crying out now in crime doing the absurd.
Not knowing how to deal with conflict management
for they were never given a chance to learn—
Came from an abusive, controlling family
that's a fact and easy to discern.
Most could not express emotions at best
start doing drugs with friends to be like the rest.
Treat inmates from the vantage point
that they can overcome
overcome bad experiences and where they are from.
Heal their inner child and have empathy towards them
treat them like they are your children.

Christina Sunrise

Heal Our Baby Mind

We are inter-dimensional beings
that are on a new wave
time is speeding up to transform
our old ways.

We have to heal our
thought patterns of our baby mind
for our thoughts get suspended
in inter-dimensional time.

These thoughts keep us stuck.
and we can't ignore our pain
for they keep us in the muck.

The muck that sticks to our aura
our aura is part of our soul...

We need to transcend and grow
and to become more aware
of what we think everyday.

For thoughts are in our aura
and that is where thoughts do stay.

So thoughts of inspiration
give us more energy
and so does prayer.

Written by Christina Sunrise on December 3,2014

Christina Sunrise

Heal The Planet

There is a silica that will help the earth,
Save on pollutants give us a rebirth.
It's called diatomaceous earth,
Yes, it looks like white dirt.

You will put some of the pharmaceuticals
out to pasture,
save the planet from disaster,
Disaster of the Health Care plans,

this silica will heal the people and
the land.
Free them from bondage
of all harmful drugs,

We need a new way,
transform even the thugs.
Try out for a couple of weeks,
then you will see and will reap.

Benefits a ton and more,
it's miniature health food
candy store.

Christina Sunrise

Heart Free Of Pain

To get to a pain free zone in your heart
you have to heal all old circles
that keep you apart.
Apart of the Brave New World
this is for every new boy or girl.
Make all your associations pure in the end
you don't have to still be friends.
With each karmic loop or knot
blow love from you in one fast shot
to the imagined foe's face,
you infuse with grace
to make relation whole...a better place.
put knot on a hook to one side of you
you let go and evolve to better things
not so blue.
All evil shed
do this before you go to bed.

Written by Christina Sunrise on April 3,2014

Christina Sunrise

Heart Of Gold

Born with a fresh slate
we have no choice what is put on our plate.
But now we have the freedom to choose,
if we want to end the abuse.
Abuse we do on ourselves each day-
in our heads we make our graves.
better to come from a 'Heart Of Gold'
Heal the wounds that have been sewn.
Put a dab of love on them with kind
words of a loving friend
so that we can be free in the end.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

Heath The Impersonator

Born in New York and is Italian,
gets girls like the Italian Stallion.
Now his name is Heath like the candy bar,
he is a talented impersonator with many voices thus far.
He accurately impersonates our dear friend Jim,
he wears his hat and glasses, but now Heath's thin.
Maybe in his new act Heath will add a pillow to his shirt,
Heath is good at impersonating Jim no matter what the quirks.
Heath has plans to go to the city that never sleeps,
I hope is a major act and rises above the heap.
Also Heath could make it in L.A.,
he has more talent than major acts of the day.

Christina Sunrise

Heaven Created The Galaxies

Heaven created the galaxies and the stars
Heaven created who you are.
Heaven created all that you see
even the emptiness in you in me.
Heaven created from thought form
heaven created the electric storm.
Heaven created you and me
so that we could create to
to bring joy and glee.

Written by Christina Sunrise on August 31,2012

Christina Sunrise

Heaven Or Hell

Your afterlife is happening now...
Mother Earth...has no time for drama cows.
Yes...she knows your name...
she knows your game...
her spirit Kali is very real...
she knows how you deal-
how you fake how you really feel...
if you cheat, steal and deceive...
if you give, love and are sweet...
so your soul is in a mirror world as well
it is either in heaven or hell...
if you live by the 'ego' and think
you are 'special' and above it all...
you will fall, fall, fall...
to the depths below...
where it is cold...
living with the ghouls...and becoming one
or you will rise above...
you will be one with the doves.
filled with grace, flowers and love
you will be of the Tao...
that is the way not of the drama cow.
Remember Grace, and being last is
more magical than being selfish, greedy and mean...
if you want to live your afterlife in dignity.

Christina Sunrise

Help Indigos And Crystal Children

New children have incarnated here,
they are here to help the planet,
now let's listen to them, time is near.
Why they are psychic and have
many answers to share,
Don't think they have Attention Deficit Disorder
and put them on Ritalin drug because you fear.
I took care of many Crystals and Indigos,
they are spiritual children who need
honesty, understanding for they know.
Hopefully they don't all become hopeless,
because we put them on drugs,
we will reap what we sow,
better to learn from them and help the planet grow.

Written By Christina Sunrise on December 12,2011

Christina Sunrise

Highly Evolved Society

In a highly evolved society,
all work for the common good,
everyone shares it's understood.
No crooked deals or lies of deceit,
every thing is out in the open, it has to be.
For in this Dimension all things are Known,
you can't hurt another human and then go straight home.

Written by Christina Sunrise on December 1,2011

Christina Sunrise

Hillary Clinton's Address

Hillary Rodham Clinton's address we can't dismiss,
for as human consciousness evolves, we will resolve
all issues that keep us separated from each other as a whole,
for the spiritual truth we should all know, we are from the same God.

Christina Sunrise

Holiday In Hell

Yes, I heard a preacher today say a "Holiday In Hell"
that's when the "Anti-Christ" makes his spell.
No human, animal or God's creature can fight his wrath,
for he will have everyone fooled into his trap.
But what if Anti-Christ is a Woman?
How do we know it's a Man and it's a given?
Even what is in Chapter 13 of the book of Revelation is sexiest I think,
why if it was a woman she would make the temple in Israel pink.

Christina Sunrise

Hollywood 1996

1996 was the year I was with Chucky so dear.
In L.A. watching Independence Day flick, which is like every other shtick.
It was the year Margaux Hemmingway committed suicide,
it was from depression she could not hide.
I also ate at the famous restaurant Spago's in Beverly Hills,
close to Wilshire Boulevard and it was a thrill.
I walked in wearing a short pink jump suite,
customers turned around because I was hot and cute.
Chucky was there with me without a care, he knew all of them stopped to stare.
Everyone was dressed in suites with a tie, they all looked the same, I don't know
why.
Then movie Star's mansions we traveled to see, it was really fun taking pictures
for vacation memories.
I also took workshops on filmmaking in the day, it was very interesting I have to
say.
I saw Angelica Houston for the first time, I wrote a poem about her that really
did rhyme.
I also bought a postcard for a movie starring Marilyn Monroe,
it was the movie Niagara where she became a star from this show.
Then at night we went to The Comedy Store,
Richard Pryor performed in a wheelchair his comedy routine,
He talked very dirty for his act was not very clean.
Now I will always remember this trip for it is etched in my mind,
Thank you Chucky for showing me a really good time.

Written on August 9,2011 by Suzae Chevalier

Christina Sunrise

Home For Christmas

I'm in Mexico wouldn't you know,
tropical and lushes with no snow.
Natives are friendly with smiles abound,
it is a quaint old little town.
Beautiful colorful paintings fill the store,
little dragon sculptures made from great lore.
Beach is filled with tourists with tans,
all talking and chatting on the sand.
Can't to get back in the States,
Christmas is coming and I can't wait.
I will see my cousins who anticipate,
my new children's story that is up to date.
Maybe by next year I will have all my ducks in a row,
then I can travel around the world with books that glow.
Written by Suzae Chevalier on December 7,2011

Christina Sunrise

Honesty Not

Isn't it funny that the ones that tell lies
are never accountable for their behavior
no matter what the size.
They can say lies about you
or they can deny what they know is true.
All to protect themselves from their bad deeds
but in with that they never grow and succeed;
Succeed at being accountable and mature-
they would rather blame it on you
and call you absurd.
Or they don't remember a thing
say it was in the past and you're the ding-aling.
Adding that they don't know what you are talking about
in the end they are the losers without a questionable doubt.

Christina Sunrise

Hopes On Dopes

Making wishes,

getting up your hopes,

you realize you wasted

your time and he is a dope.

A dope in the sense of the word,

that he might do drugs, he might do her.

Not knowing what he really claims to say,

it always ends up his own way.

You realize you are the fool,

they never taught you this at school.

Just be thankful you got out when you did,

thank God you two never had kids.

Written on April 13,2011 by Christina Sunrise

□

Christina Sunrise

Horses That Gallantly Run

Horses that gallantly run
horses that have lots of fun.
For in the wild they are free
free to roam and be happy.
Once they are caught, are they the same?
Are they happy to be with an owner and
be in a cage?
If owner raised them from the first day
maybe they are happy and won't run away.
but if they run away to go back to their land
maybe they won't understand
but maybe they do...
for they are not like humans who need
a lot of clues.

Written by Christina Sunrise on February 9,2014

Christina Sunrise

House Or A Home?

Memories can be etched in stone,
inside houses that are not like homes.
Homes are where people care,
not pull out each other's hair.
House's store energy of what was there,
Happy thoughts, or your worst nightmare.
Some houses are where people cheat,
Home is where people meet and greet.
Luckily the soul of the house can be changed,
To a better energy and be renewed again.
Only people enter my home that are sincere,
if you are not you will not get near.

(September 4, 2011)

Christina Sunrise

How Do We See Ghosts?

I finally did realize
that we see ghosts with our third eye.
That is how we see this other dimension
it is where are thoughts come from without a question.
People see auras which is the light of our souls
most people who have developed their 3rd really do know.
We all can develop our psychic abilities if we concentrate
there is a science now behind it and it is great.

Written by Christina Sunrise on March 9,2012

Christina Sunrise

How Does It Feel?

The last thing they need
is to feel mistreated like animals
in a stampede.
Feeling like elephants with shackles
by their feet
Once you are out of your ankle restraints
you still feel like an elephant walking
or Jesus walking who was a Saint.
One inmate said
"How are we really going to do harm? "
Camera's and bars all around and alarms."
Is this punishment outdated from time past?
Maybe separate killers from people not violent
who need another chance?
Hardened criminals should wear metal restraints
but first offense or non violent inmates?
This punishment happens right
before they see the judge, they don't do it after-
"Do they think people really want to run?
Inmates are hoping they can get out
that is why they are praying without a doubt.
Now sheriffs should walk the halls in inmate's shoes
Have empathy—do you feel like an animal too?

Christina Sunrise

How Have You Been?

Dave and Gene how have you been?
Are you guys now the best of friends?
I remember when you both would fight.
I was there to make it right.
Now I can only pray at night,
that both of you passed
on with peace, not fright.
So sad it had come true,
I wished the best for both of you.
Now I think I found a cure,
I could of healed you both

if you were still here.

Here with Razel & Melodie,
laughing with happy tears of glee.

Written on Feb.4,2011 by Christina Sunrise

Christina Sunrise

How Long Can We Ride This Crazy Bus?

Put your nuclear reactors
and power plants on Mars,
Mars was ruined from all
of the wars.

Wars we had way
in the past..

Look at Planet Earth
do we have a chance?

Think of the future
and not of the greed

Today,

Maybe we might live
and be able to say,

We did this for our children,
and for us,

How long can we ride this
Dangerous crazy bus?

Written on March 15,2011 by Christina Sunrise

Christina Sunrise

How Long Can We Treat Inmates This Way?

How long can we keep treating inmates this way?
Not taking them outside to see the light of day?
Making them so hardened down to their soul
making their hearts turn frozen cold.

How long can we keep treating inmates this way?
We as humans should see jail treatment very demeaning
not like "We do this in here for they might get free"
No this is more like slavery.
Making inmates wear chains around above their feet
giving them grey, not nutritious food to eat.
Making everyone see them in the shower
stripping away all their inner power.
How long can we keep treating inmates this way?
When inside they don't see the light of day?

Christina Sunrise

How Much Did You Give?

In this life it is not how much money you make
it is how you spread love from day to day.
In this life it is not how famous you are
for that is of the ego and won't go very far.
In this life it is not how many things you possess
it how much you gave to those who had less.
In this life it is not about the car you did drive
but how much you prayed for people deep inside.
In this life it is not how much you wanted the world to see
all of you in it's glory...
but how you helped a child form a different story.
In this life what will matter most in the end
is how you treated other humans and animals with less than.

Christina Sunrise

How Would We Know?

How would we know skinny,
if we don't know fat?
How would we know white,
if we didn't know black?
How would we know feed,
if we didn't know starved?
How would we know small
if we didn't know large?
Living in a duality/relative world,
we know the difference between boy and girl.
Why judge what Source has made?
Life has different colors and different shades.
Anyways, do you think a cat or dog judges?
we now see Bulldogs that are mixed with little Pug's.

Written By Christina Sunrise on November 13,2011

Christina Sunrise

How Would You Have Known?

Forgive those dingy souls,
who lowered their vibration
so that you would know-
how to forgive for you
wanted to know.
Do you not remember
it was your souls goal?
You were born into this dimension,
to use duality for comprehension.
We live with evil
for we believe in it so.
That's what we believe so it grows.
On highly evolved planets they already know,
so it is not a part of their reality at all.

Christina Sunrise

How You Deal

How you deal with yourself is the key
you have to be loving
to yourself in this planetary dream.
Spells of bad words shouted out to you
when you were a child making you blue.
Now cold to the feelings not expressed
you have them buried in you close to your vest.
You have to now make sense of this
You have to be able to express-
Express your emotions that were buried inside
they never go away they just hide.
Hide like a monster under your bed
they come back to haunt you inside your head.
Then making you do unconscious stuff you do dread.
We need more ways to express emotions to get it all out
through feeling the pain and even if you have to shout.
The emotion is now moving outside of you
making you whole again and more true.
So just think of all the inmates who did drugs
they were first hiding the pain before they became thugs.

Christina Sunrise

Hugged Gwenth Paltrow's Grandmother

Standing outside on a sunny day,
standing with bright old lady whose a spunky but a little grey.
and also her CNA, we laughed and talked away.
Then I told them I don't work here anymore,
they were both sad, for they adored me and my smile,
They enjoyed my company while I was there for awhile.
I helped them with carts and also held the door.
They would miss my stories which they adored.
So then when it was time to say goodbye,
I gave a big hug to both before I cried.

Written By Suzae Chevalier on February 13,2012

□

Christina Sunrise

Human Or A Soul?

What were we first, a human or a soul?
Humans age, die and then grow old.
Souls incarnate in form and never by itself grow old.
Why not make laws that help the soul grow,
not keep us in bondage in the human form.
All revolutions of mankind in controlled kingdoms,
where because the soul was stuck and needed it's freedom.
Why not learn more about how a Highly Evolved Being would act,
Look at how they behave, think and live in a pack.
Why on our planet we need a new cultural story,
One that makes united as a people in all it's glory.
Not this wasted time on wars and horror stories.

Christina Sunrise

Human Or Soul?

What were we first, a human or a soul?

Humans age, die and then grow old.

Souls incarnate in form and never by itself grow old.

Why not make laws that help the soul grow,

not keep us in bondage in the human form.

All revolutions of mankind in controlled kingdoms,

where because the soul was stuck and needed it's freedom.

Why not learn more about how a Highly Evolved Being would act,

Look at how they behave, think and live in a pack.

Why on our planet we need a new cultural story,

One that makes united as a people in all it's glory.

Not this wasted time on wars and horror stories.

Written by Christina Sunrise on October 9,2011

Christina Sunrise

Hummingbird Hotel

There one was a Hummingbird hotel,

in Lake Worth I remember it well.

For it has stories to be told,

one is about Al Capone.

He stayed with his gang,

on one of the floors,

betting on a team

that would have

a top score.

Betting on a boxing match

that was played in Chicago,

little did anyone literally know.

Many years later I would arrive,

paint on the sidewalk

just outside,

I was happy

and filled with pride.

I was a rogue artist

that did not give up,

even when they said there

was no more spots.

Now this year the

Hummingbird hotel is closed,

still many stories need to be told,

Thank you Winston

for sharing what you know,

and letting be in the Street Painting show.

Written by Christina Sunrise on Feb.21,2011

Christina Sunrise

Hypocrisy

Keep your pretty wife pregnant so you can cheat,
while going to a hooker on the street.

Go to church on Sundays to annul your sins,
so you can gossip about the neighbors all over again.

People fight wars, so nations can keep their oil,
while the nations worker pay taxes with back wrenching toil.

In the meantime use oil to pollute the Earth's water and soil.

Start "Holy Wars" in the name of God,

Why don't animals fight like this such as a cat or a dog?

They are just a part of God's divine plan,
why they heal both woman and man.

So why can't human beings start SEEING

that there is more than meets the eye,

It's too late for BAU because we could die.

BAU means "business-as-usual"

explained in the Awakening into Oneness book,

read it in the Forward when you have a look.

Written on Feb 9,2011 by Christina Sunrise

Christina Sunrise

I Am Consciousnes

I am consciousness, existences and bliss.

Hold the light for everyone you do insist.

I am consciousness, existence, bliss,
bless the people you have on your list.

I am consciousness, existence bliss,
think a good thought to those that are missed.

I am consciousness, existence, bliss,
bless those you wouldn't even kiss.

I am consciousness, existence, bliss,
heal relationships where anger exists.

I am consciousness, existence, bliss,
bless those you cherish.

Written By Christina Sunrise on February 4,2012

Christina Sunrise

I Am Consciousness

I am consciousness, existences and bliss.

Hold the light for everyone you do insist.

I am consciousness, existence, bliss,
bless the people you have on your list.

I am consciousness, existence bliss,
think a good thought to those that are missed.

I am consciousness, existence, bliss,
bless those you wouldn't even kiss.

I am consciousness, existence, bliss,
heal relationships where anger exists.

I am consciousness, existence, bliss,
bless those you cherish.

Written By Christina Sunrise on February 4,2012

Christina Sunrise

I Am One

I am the wind,
I am the sand,
I am the chocolate
that melts in your hand.
Yes, I'm all these things and more,
I am the inspiration that makes you sore.
Yes, I am God, I am in everything,
even the voice in which you sing.

Written By Christina Sunrise on January 24,2012

Christina Sunrise

I Am Peaceful

I am peaceful as the green blue sea
I am peaceful that's what I want to be.
I am peaceful so that my world can be calm
I am peaceful so I feel no problems at all.
For being peaceful helps me think clearly
helps me realize whats dear to me.

Written by Christina Sunrise on August 31,2012

Christina Sunrise

I Am Your Chanteuse

I will be your bad news,
For I will sing songs and be a chanteuse,
What, you can't to be amused?
I will be like Christina and Cher,
I will drape my beautiful long hair,
Stare into your eyes and sing,
All the most adoring things
About romance, chivalry and love,
For I am now your white dove.
So precious and sweet, like your chocolate treat.
All pretty for you to enjoy,
Looking at me you see I'm not just a puppet
But your new precious toy.
Written November 26,2010
By Christina Sunrise

Christina Sunrise

I Asked Mother Earth

I asked Mother Earth what she wanted right now,
She said STOP oil drilling in the Sea and in the Ground
This is not good for all LIFE here as we know,
It's dangerous and RISKY for ABOVE and BELOW.

I am asking you oil companies from the CENTER of my HEART,
It's time to STOP oil drilling and make a new start.
Take all of the oil that you've drilled her so far,
put it in containers and fly it to MARS.

No joking, I'm not fooling with you anymore,
if you let this go on any longer
I will definitely let my ANGER show.
Remember you can lift your wrong to a better RIGHT,
We have CHANGE to our ways,
or there's no more DAY and no more NIGHT.

The End.

Christina Sunrise

I Give My Power Away

I give my power away when I say I have problems to you,
especially when I don't recognize if they are really true.

I give my power away

that you can shove in my face on another day.

Acting like you have all the answers for me
when all you have is your reality.

Your reality of you feeling sorry for me
when you are just jealous and have insecurity.

So I brought myself down, so you could bring yourself up.

Then I let you sit there and dump.

Dump your anger and jealousy over on to me
without me realizing that it was never meant to be.

Written by Christina Sunrise on April 2012

Christina Sunrise

I Took The Fall

I'll take the fall as the underdog—
that is what my soul agreed when I was framed
by a lady that was mean and insane.
I came as a light worker to make jail not so grim- -
inmates going to prison needed some smiles
before they went in—
In prison where they were not getting out-
they were stuck without a doubt.
Inmates say "Prison is better than being in jail"
This is where "The System" does fail.
What jail inmates need is the chance to get healed
not to repeat the cycle of addiction, violence and to steal.

Christina Sunrise

I Was Made For Loving You

Back when I was dating Rich,
he gave me Kiss's guitar pic.
Gene Simons handed it to him,
in the 1978 recording session.
"I Was Made For Loving You Baby"
the song they were recording at the time,
Gene was playing the bass and singing just fine.
Now if I google the price of this guitar pic,
It would be the price of ten times 9.
But I'm not selling I'm sorry to say,
I will play my guitar with it someday.

Christina Sunrise

I Wasn't Born Yesterday

Tell your lies to somebody else,
somebody that's more like yourself.
I wasn't born yesterday,
play with somebody else your mind games,

you think I'm dumb, your insane.
All in all your found out,
you didn't know how to hide your lying mouth,
telling me your not worth your clout.

Putting words in my mouth,
in my mouth words I never said,
What's going on in your delusional head?
I have more balls then all your pants,

I say it like it is, no happenstance.
So here's a word or two for you
Go _____ yourself and your _____ too.

Christina Sunrise

I Will Not Lower Myself

I will not lower my vibration for you

even though you try to control me with your goo.

Your goo of lies that you spurt out

I will not lower my self to you without a doubt.

I will keep shining my light-

no matter if it is day or night.

I will not deter from who I really am-

even though you tell me your liitle scam.

For my revenge would be conscious on my part

your sickness is something you believe in your heart.

In the end I would not evolve

for the lying on your part was not resolved.

Written by Christina Sunrise on June 29,2012

Christina Sunrise

I Would Rather Be An Animal

Someday I would rather be a cow,
because I could live in the now.
I would rather be an ostrich
and bury my head in the sand,
then figure out a crazy homosapien.
Yes, a bird would be a better fit for me,
flying carefree through the trees.
Maybe a cat on the prawl,
they help the planet more then you know.
Even a dolphin who brings lots of love and cheer,
they have a lot of stored knowledge,
that's why they are here.
I'd rather be an animal with no problems at all,
but I guess I'm a conscious human
to remember Who You Are.

Written by Christina Sunrise on September 12,2011

Christina Sunrise

I Write A Poem Everyday

I Write a poem everyday, □

to keep the cobwebs away.

Like a spider who lost it's leg,

I must write or I will regret.

For I can not remember

everything,

even if I google it or

go to bing.

By Christina Sunrise on March 23,2011

Christina Sunrise

I'm Divine

You yelled at me

and called me names,

that's o.k. I'm still the same,

See I haven't changed.

for I am divine,

and ageless through

the end of time.

So call me names till

your blue in the face,

I will have left

this planet

a better place,

and you might

be filled with disgrace.

Written on April 10,2011 by Christina Sunrise

Christina Sunrise

I'm Maurice Chevalier's Niece

I'M MAURICE CHEVALIER'S NIECE

I'm Maurice's niece,

I am French like he.

I painted the Eiffel tower,

where he was born,

He is happy, too bad he's gone.

I could have been

in a movie

with him,

He would sing

to Melodie

'Wonderful Things'.

Like "Thank Heaven For Little Girls"

Thank you Maurice, you're the

Sweetest Frenchmen in the world.

Now, he is in a photo at piano

with Marilyn Monroe,

they were going to be in

a movie together I thought

you should know.

Now we have
his and Marilyn's
movies, photos and songs,
to play day or
all night long.

See you in Heaven

Maurice Chevalier,

I will sing for your birthday,

a song with Melodie Mezzoree'.

Written on March 22nd 2011 by Christina Sunrise

Christina Sunrise

I'm More A Mermaid Than A Butterfly

I once was told I was like a butterfly,

I fly away, fly away in the sky.

Never returning with no reason why.

I knew it was "somewhat" true,

So what do I say to you?

I'm a mermaid swimming away,

I swim, and swim in the bay.

Feeling the sunshine and it's rays.

See, I'm a pisces moon,

ruled by planet of Neptune.

I hide out in the sea,

where no one bothers me.

Where the waves go crashing by,

and the dolphins jump real high.

I am most happy,

when I am set free,

not having to be someone

other than me.

Written by Christina Sunrise on April 22,2011

and

Christina Sunrise

I'm Sorry Mother Earth

I'm Sorry Mother Earth

I'm sorry Mother Earth for harming

You with our pollutions of paper, glass and plastic bags.

I'm Sorry Mother Earth for drilling for oil, precious metal and gas.

I'm Sorry Mother Earth for not Welcoming You each day,

We walk on you, but forget to welcome you with praise.

Yes, we should be good stewards of YOU, that is why we are here.

To treat you with respect for you are so dear.

Copyright 2010 Christina Sunrise of Chevalier Originals, Inc.

Christina Sunrise

I'm Your Fantasy

I'M YOUR FANTASY

I'm your fantasy don't you see,
even at night you dream about me.
You are spellbound by my mystic,
I'm like a rare diamond at its peak.
Sparkling and shimmering is my magic spell,
I had control over you and how you fell.
Fell for me and my made up fantasy life,
you don't really know me after all this time.
My life story unravels before your eyes,
your like a red cherry caught in the vines,
you are drunk on me and don't know your own mind.
Look at my photos, read all of my poems,
you try to figure me out even though it's plain as the driven snow,
you don't know what's in front of your nose.
Written By Suzae Chevalier on December 22,2011

Christina Sunrise

I'D Rather Play With My Teddy Bear

Why be in a relationship made in "hell",

I could be making spells on Mel.

Why fight over "emotional poison" buried in a partner's head,

I rather make 'poison spells" on a Krendoll doll instead.

I could be playing with someone who is FUN for me,

Like a dog, a puppy or a child climbing trees.

Yes, if your drama bag is all you have to share,

I'd rather be PLAYING with my Teddy Bear.

The End...

Written by Christina Sunrise on January 3,2011

If Humans Were More Like Birds

Birds bring you love and light,
they are happy to fly around you
day or night,
If human were more like birds
there would be only joyful words.
Yes, birds are happy as can be,
singing praise to Mother Earth so joyfully,
while flying from tree to tree.
How nice it would be if everyone was more
like birds so happy and carefree,
having loving thoughts and words for
each human they see.

Written 7/27/2010 & updated 12/10/2010
by Christina Sunrise

Copyright Chevalier Originals, Inc.2010-11

Christina Sunrise

If I Had Committed Suicide In Jail

If I had committed suicide in jail
the world would less bright without fail.
All my inspiring poems to children dear
would of fell on deaf ears.
For my name would show up in
it would be a tragedy that intended to do harm.
Yes, the children would never know the stories
of Melodie, Sarah and
UniCandle unicorn winning all the glory.
It would a great novel, a best selling story.
The glory for Mother Earth who could finally
have a say—
I fight for the underdog every single day.
Yes, what a tragedy it would be—
Hey if I wasn't (thank Jesus) set free-
there would be one less creative artist
making light to the underdogs happily.
Now of course I change my name
for my new destiny.

Christina Sunrise

If Jesus Came Back

If Jesus came back,
Would we be ready for him?
Would we even recognize him?
Would we even listen to him?
Would we learn from him?
Would we admire him?
Would we emulate him?
Would we worship him?
Or would we kill him all over again?
These questions I ask you my friend,
for Jesus was here to teach us we are all One
We came together for expressing God who is in everything and everyone.
Simple is the message but we are starting to get it now,
maybe we won't need preachers yelling and having a cow.
Written By Christina Sunrise on December 12,2011

Christina Sunrise

If Jim Were Here

If JIM where here right NOW,
Everyone would take a BOW,
For JIM had HONOR, PRIDE and DIGNITY,
For defending his special girl

NAMED Sue-Z... aka Puppet LADY.
Yes, JIM had CHARACTER beyond BELIEF,
By punching men who gave Sue-Z grief.
Yes, JIM is a SOUTHERN BOY,
Who's BETTER than all the men

he's ever fought,
for JIM is a GENTLEMEN,
I KID YOU NOT,
For JIM has MORE GUTS and BALLS at 76—
to KICK your ASS without a FLINCH.
Yes, NO more words like "whore"
would be SPOKEN at the RUMSHACK,
for he'd have your Head and then your ASS,
and it doesn't matter if your Green, White or Black.
For once JIM was PISSED OFF there was NO turning BACK.
And after JIM was through his SON would come IN,
for he's a GENTLEMEN just like JIM.
Oh, how I WISH JIM was HERE,
MY TRUE FRIEND, I LOVE SO VERY DEAR.
Copyright 2010 Christina Sunrise

Christina Sunrise

If People Were More Like Birds

Birds bring you love and light,

They are happy to fly around you day and night,

If people were more like birds,

There would be only loving words.

Yes, birds are as happy as can be,

Singing praise of Mother Earth joyfully

while flying from tree to tree.

How nice it would be if everyone was more

like a bird so happy and carefree and loving

Mother Earth Dearly.

The End.

Written by Christina Sunrise on July 27,2010

Christina Sunrise

If People Where More Like Birds

Birds bring you love and light,

They are happy to fly around you day and night,

If people were more like birds,

There would be only loving words.

Yes, birds are as happy as can be,

Singing praise of Mother Earth joyfully

while flying from tree to tree.

How nice it would be if everyone was more

like a bird so happy and carefree and loving

Mother Earth Dearly.

Christina Sunrise

If The Planet Had No Humans

If the planet had no humans,
there would be no pollution,
under the sun.

There would be no wars,
with guns,

There would be no
Competition.

There would be no
Child abuse,

There would be no
Killers running loose.

There would be no
Oil spills by greed,

There be no words
like "mean".

Just think if we learned
our lessons before we died,
looked out through
other people's Eyes,
Maybe we would realize

and rebuild the planet's dream,

to be like animals in a team.

Written by Christina Sunrise on April 11,2011

If the planet had no humans,

there would be no pollution,

under the sun.

There would be no wars,

with guns,

There would be no

Competition.

There would be no

Child abuse,

There would be no

Killers running loose.

There would be no

Oil spills by greed,

There be no words

like "mean".

Just think if we learned

our lessons before we died,

looked out of

other people's Eyes,

Maybe would realize

and rebuild the planet's dream,

to be like animals in a team.

Written by Christina Sunrise on April 11,2011

Christina Sunrise

If The Planet Had No War

IF THE PLANET HAD NO WAR

Could you imagine

a planet with no war?

It's been done before; along time ago

In the age of Atlantis,

"didn't you know? "

People's heart

chakras where developed

and so was their 3rd eye,

Everyone was treated equal

Nobody would lie.

There was enough to go around,

For people wouldn't let each other die.

Die of starvation or by a weapon made,

No, no weapons for killing in their day.

Written by Christina Sunrise on Aug.2,2011

Christina Sunrise

If This Is Their First Time In

If this is their first offense
and they are "not" serial rapists or mentally ill
or used guns to kill-
Should we ruin their names-
and make people more against them
especially if in the end they are innocent?
Why the first time put their mug shots up
to lose their jobs or image, making their life
filled with more yuk.
Give them the chance to prove their innocence
or get help for their first offense.
Not treat them like their bad right outside the gate
this makes society judge them and possibly hate—
For if they are "not a harm to everyone"
why make it harder for them to see the sun?

Christina Sunrise

If We Lived In A Highly Evolved Society

What can we aspire to be,
as a highly evolved society?
There would no need for any laws,
people would come from higher consciousness,
and not hurt each other at all.
We would not need to kill, abuse or repress,
any of our people and deny them happiness.
All of basic needs would be met,
people could then all be what they were meant to be,
if we would live in a highly evolved society.
But I'm afraid it will be some time,
before this ever happens on this planet Earth divine.
Now read "Conversations with God"
you will see how we live in the "Land Of Nod".

Written By Christina Sunrise on November 11,2011

Christina Sunrise

If We Were Ghosts

If we are ghosts and we are already dead,
we wouldn't need to fight and kill...enough said.
We couldn't hurt each other if we tried,
we are souls that never die.
We don't need to do an eye for an eye,
we are all from the same "Soul Pie".
We think we are all separate from God or the Source,
even if we don't believe and got off course.
So what we believe is an illusion,
only we can draw a better conclusion.
Perceive things differently and you will see,
we can all get along fabulously.

Christina Sunrise

If You Believe In God

If you believe in God
then you can love yourself
If you believe in God
then you can love what God has created.
which is Mother Earth and her creatures
Mother Earth and her people.
If you believe in God
Then you can believe your life here is a gift to share
for you are loved by God/Goddess who care.
Your angels, guides and loved ones too
they are there to help you along all day through.
If you believe in God.

Written by Christina Sunrise on November 28,2013

Christina Sunrise

I'Ld Rather Climb A Tree

Pay for this, pay for that,
pay for everything on the rack.
Drive in my new 66 Chevy car
not knowing what I pay for gets me that far.
Everything is a shot in the dark,
nvesting in something that could be a lark.
It ends up being a half baked cake,
doesn't even rise for heaven sakes.
Time could be wasted on better times,
could have been having fun drinking wine
with friends that make me feel fine.
So I say the best things in life are free,
like when I was a kid climbing a tree.
Written By Suzae Chevalier on January 17,2012

Christina Sunrise

Illusion

I should look at the man for what he is,

and not for what I imagine he could be.

Because I know my fantasy could hurt me.

I am the only one I should focus on, and forget pretense.

For, if I set up in my mind what I want to have happen—

Life baffle us mortals—

-we cling on and never let go of the outcome.

We always seem to be able to press on

to another illusion in hope it will come to pass.

Written 2006 & 2010 by Christina Sunrise

Christina Sunrise

Immigrants Help The Nation

Give illegal immigrants work visas when they come to the states,
Let them work for 5 years to make U S of A great.
If they learn English and commit no crimes,
they can become a US citizen within that time.
No need to have babies to add to our welfare plight,
Community groups to help them fit in and not feel spite.
Make sure all their children get a birthday cake,
to help celebrate their birthday and make them feel great.

Written By Christina Sunrise on February 10,2012

Christina Sunrise

Immigration Has Changed

Immigration has changed a lot
going before a judge with American knowledge
for you only had a couple of shots.
You had to know United States history
speak this countries native tongue...
if you couldn't you were deported
before your life here begun.
Older immigrants are very mad
at how they had to know so much fast
They know today anyone can be come a citizen
in this land.

Christina Sunrise

In Our Society

In our society

WE thrive on gossip
but deny our own selves.

In our society

WE abandon our gay children
over written religious doctrine.

In our society

WE fight for clean air and global warming
but pollute our streets without picking it up.

In our society

WE swim in our oceans
but don't clean up the beach.

In our society

WE fight for Mother Earth's creatures
but WE kill our fellow man.

In our society

WE make laws against drugs
but WE smoke them ourselves.

In our society

WE make the 'Stand Your Ground' law
And use the law to justify killing someone.

In our society

WE say 'ashes to ashes
and dust to dust'
but WE don't know that
WE were never dead.

Written by Christina Sunrise on October 12,2014

Christina Sunrise

In The End

In the end

I find out whose my

True friend.

For they can't

Pretend

To be—

Something other

then real to me.

They consider

how I would feel,

and not lie, or steal.

For I will always find out

without a doubt.

They are not real friend,

when all I see

is jealousy,

or stupidity of my things,

and my feelings that are dear to me.

Written on April 22,2011 by Christina Sunrise

and

Christina Sunrise

In The Nick Of Time

In the nick of time
I'm still Christina Sunrise
In the nick of time
I still write poems that rhyme.
In the nick of time
I still drink my red wine.
In the nick of time
Dr. Gregory's sight
helped make me alright.
In the nick of time—
I changed my mind—
to staying here—
Thank heavens for
Dr. Gregory so dear.

Christina Sunrise

Inspiration To Create A New

Wouldn't it be grand
if giving handprints was a sign of originality
across jail intake land?
Instead of identifying them as a defendant
criminal or thief—
it showed how they are unique?
Be what they were meant to be...
That would be great if that was
reinforced in our society.
Not blame, right or wrong—
We can now focus on more than getting along
but having each human be who they were meant to Be
Not focus on the wrong and criminology.
Children are proud of their handprints
it separates Who They Are—
when little their handprints
were used to show they are a Shining Star.
Now inmates feel handprints are used for being bad—
labeled as a criminal? Which is very sad.
Treat inmates like family
not separate "Prisoners of War"
Here is a chance to turn things around
like never before.
Maybe inmate never had options available
to them—
Now society treats them like animals in a
closed off gym.
Give them something to Create
not to feel hopeless and retaliate—
Why not have rooms set up to write and draw—
if they are not going to harm someone
Can this be a new bylaw?
To draw and write might help them with their plight.
Change the system from within—
in all possible ways to focus on inspiration.
Look at it as a place where hope is to be found
not making them feel depressed with walls all around.
Paint murals on closed off rooms
paint when inmates are getting sunshine outside

also have music fill the rooms
with nice sounding tunes.
This could be done over the intercom
why not make it pleasant
not gloomy atmosphere all around?
This will have to be implemented from the top down
as a "Philosophy of Morals" for how
we as American's can now help
the social problems of corrections
that is sound.

Written by Christina Sunrise on March 25,2013

Christina Sunrise

Intelligent Stupidity?

'Intelligent Stupidty' are we not?
weapons we make to kill with one shot?
Intelligent Stupidity is when technology
is not up with our spirituality.
You can be as intelligent as you want,
but what good is it if it destroys what you got?

Written By Christina Sunrise on December 13,2011

Christina Sunrise

Interdimensional Beings

For your soul knows no boundaries

Of time and space

You go on astral travel and leave

This 3D place...

You get information to your

Situations on the Earth plane

Now time is speeding up

And nothing will remain the same.

For we enter the 5th dimension

The ones at the front gate...

The Indigos, Crystal and

The Star Children of today.

Listen to them for they go

To other dimensions all the time

They see the web and no we are all

Linked like twine.

Written by Christina Sunrise on February 15,2014

Christina Sunrise

Interdimensional Selves

When you dream you can help lost souls
psychics do it, and don't really know.
Psychic did it when she was asleep
she was in another dimension where
lost souls came to be.
They needed to be purified
so that they could go to the light.
Psychic felt love towards all of them
they were happy they went to the light
once again.

Written by Christina Sunrise on October 26,2012

Christina Sunrise

Is Justice For Sale?

When we get arrested we have to immediately
pay to get out...
We have to pay a lawyer to win without a doubt.
We are "guilty" until proven innocent
no matter what they say—
We have pay with money or we won't see the light of day.
The defense attorney has to prove your innocence—
while the prosecuting attorney is on the other side of the fence.
Making money for the state by probation, or fines
this is happening all the time.
WE have to think up a better way
for the way the system of Justice is run on this present day.

Christina Sunrise

It Does Matter

It does matter if you are kind
it does matter if you in a happy state of mind
It does matter if you are filled with joy
it does matter to a child your gift of a toy.
It does matter what you say and do
it affects the matrix we live in
with me and you.

Written by Christina Sunrise on August 31,2012

Christina Sunrise

It's O.K. To Be Skinny

It's o.k. to call someone skinny,
but not call someone fat,
what's up with that?
In society we made it "bad"
to be fat, when all of us were
born to be fat,
it's in our genes to protect us
when famine would last.
If you eat more than you exercise,
you will then soon realize
that you could get fat,
unless of course you
have a high metabolism
in which then you fit in,
fit in because it looks like
you work out in the gym.
Worth it's weight in gold
I am told, came from
a time when it was encouraged
to be fat for you would get
more money from your
husband's dad.
On some planets people
weigh less
because of gravity lesser force,
but not on Earth of course.

Written By Christina Sunrise on February 4,2012

Christina Sunrise

Jack The Sailor

Jack I met dancing,
he was a great lead,
He also taught me how to Salsa
he wanted to make me succeed.
he had a Jack Russell who was really sweet.
Now Jack was a sailor on the lakes,
the lakes in MN make no mistake.
Now I hadn't seen Jack for sometime,
He called out "Melodie" and I knew
he was an old friend of mine.
He had a dance party at his apartment in Minneapolis,
friends where dressed up looking fabulous.
Now Jack wants to sail around the world,
I hope he does and meets his dream girl.

Written by Suzae Chevalier on October 5,2011

Christina Sunrise

James The Interesting Cat

James is his name and video is his game,
he makes funny videos that are off the chain.
Like the one of Razel who is a puppet with evil eyes,
James made her lips move, to totally hypnotize.
James and Razel are in photo along with me,
he has a great smile with big bright white teeth.
He admires all musicians from recent to past,
like pianist Beethoven and Miles Davis's original jazz.
James is a musician himself in his studio he has instruments and even masks.
Yes, masks that are totally cool, but his drums are original too.
Both have an African feel, even an island décor that is seems surreal.
James is from New York and wears a lot of bling,
he wears a hat with sunglasses which is favorite thing.
He looks like a cool cat that has seen it all,
especially in NYC where he was on the ball.
For he shot interesting photos for a famous magazine,
he shot video and both naughty and clean.
James has a kind heart for he photographed me for free,
at an Indian clothing store owned by John A. Rooney.
Thanks James for believing in the artist in me,
and all the children you inspire and teach.
I forgot to tell you, my cousin really like the
wood airplane that was his favorite gift.

(By Suzae Chevalier on August 23,2011)

Christina Sunrise

James The King

There is a King

who scans the town,

He has the jewels

under his crown.

Above his little spiky hair,

he wears his Goofy underwear.

No one knows what's in his mind,

dirty thoughts of every kind.

Looking up at pretty girls skirts,

dreaming of what's in the shirts.

In his mind he takes them home,

he always ends up all alone.

In his home he shakes his bone,

until he starts to moan and groan,

he's Italian like my friend Tone.

Going sadly off to bed,

crying cuz he gets no head.

anxious to see me again,

too bad for him

we are only friends.

Written by Christina Sunrise Feb.23,2011

Christina Sunrise

Jesus Came To Show Us How To Live

Jesus didn't come to die for us,

he came to show us how to live.

There is no devil in our head,

it is the ego, it takes instead of gives.

We can think for ourselves we don't need

a preacher to tell us how,

we can be like the animals, we can live in the now.

In other dimensions they use telepathy,

they don't have Bibles to read.

Many mansions Jesus spoke of is

"many dimensions" which means

there is more than one heaven.

We make our heaven or hell on Earth,

so lets celebrate our Godselves and

realize we are all Saints,

we just don't know our own worth for Heaven Sakes.

Written By Christina Sunrise on December 7,2011

Christina Sunrise

Jesus Comes From Another Dimension

Examining the Earth plane from up above,
Jesus soul incarnates as a human to bring unconditional love.
He was to let the human race know
that we are connected through our souls.
We are here to express God-
to love one another with all we got.
He saw separation from our higher authentic self.
He wanted us to that if nothing else.
He fought with the Devil-the evil of the mind-
it is our ego-
it controls us in our waking time.
He taught us to feel in our heart-
cleanse our karma and make a new start.

Written by Christina Sunrise on July 11,2012

Christina Sunrise

Jesus Is A Highly Evolved Being

Jesus knew that all Beings were from the same Source,
he helped enlightened people, he didn't show remorse.
He knew of other dimensions and he could work with spirit world,
he could heal animals, humans; boy or girl.
He was too far ahead of his time,
he was a Master and One with the Divine.
He taught us that heaven is within,
not in the sky where we see birds with wings.
He wanted others to follow his way,
not to make him a God and use his name in vain.
Other Highly Evolved Beings among us,
some others came and went,
they were teachers like Jesus that the Source sent.

Written By Christina Sunrise On December 19, 2011

Christina Sunrise

Jesus Is Energy

Jesus is in a new dimension—
Jesus is energy so you don't need
to search for him at altars and in
procession.
Jesus is deep inside your heart
if you look for him there
you will never be a part.
Jesus is no longer in paintings with
antique frames or in the cathedrals
just the same.
Jesus is an energy, and a light—
Jesus is the starlight you see in the night.
Jesus is no longer that mournful image
that you worship—
I am alive and I am here
as an energy inside you that is clear—
so that you discover yourself so dear.
Written by Christina Sunrise on July 7,2012

Christina Sunrise

Jesus The Master

Jesus had no churches or temples per say
he healed people as he walked many miles a day.
He looked to the Goddess and to God-
he worked with other dimensions all the time.
He didn't start Christianity, nor did he want
he baptized you to get rid of your past lives.
He has a kingdom in heaven and you are
welcome anytime—
He knew everyone is equal and divine.
A bum on the street can make you learn
Jesus saw past our illusions this he discerned.
He was a Master who could remove karma
from you—
Lords of Karma say this so I know it is true.
So do not believe a book that is sexist at best-
follow your heart for it will not second guess.

Written by Christina Sunrise on June 28,2012

Christina Sunrise

Jesus's Universal Love

Jesus's frequency vibrates at universal love

he can send it down through you from up above.

We vibrate at a lower rate, even insanity.

Jesus vibrates higher for all humanity.

You can always reach up to heaven through

your head chakra at the top...

imagine white light coming through this spot.

You can come to heaven for love, friendship,

happiness and joy-

Then bring love back to Earth-

like making a child happy with a special toy.

Written by Christina Sunrise on July 2,2012

Christina Sunrise

Jewels By Marcelo

"Jewels By Marcelo" is □
an antique & jewelry store on Lake Ave.
Marcelo carries antiques
like a silver knight with metal abs.
He has a print of Marilyn Monroe-
I have a smaller print in a postcard though.
I sold my ring to Marcelo for he gives the best price around
I had enough money to turn my cell phone back on.
He also gave me a big book called "Bicentennial Times";
During the 1976 Bicentennial I was at the age of nine.
I just bought a sparkly bracelet from Marcelo today-
it was gold, silver, pink and grey.
Now, I also worked for his partner Carol-
who had a flower shop which was in Marcelo's space-
Carol now works out of her house and slowed down her pace.
Marcelo has 2 sweet children and a lovely wife-
I wish them the best with a prosperous life.

Written by Suzae Chevalier on August 25,2011

Christina Sunrise

Jim Defends Sue-Z Q

Chairs go flying with the drinks,
chaos sets in and no one thinks,
For a second Jim was down,
with glasses on the ground.
Luckily Jim finally did get up,
with the help of Skunky chump.
Then of course Jim's dear old foe,
turned to him and to let him know.
He was a boxer &
not to mess with him,
Boxer works out in the gym.
Now Jim really didn't care,
and right then & there he did share,
"I love the drama"
he said out loud.
For Sue-Z his sweetheart,
he was proud,
to defend her to the end.
Jim was not a coward or a fool,
he would defend sweet Sue-Z Q
at any & every bar stool,

so think next time before you drool.

Written on Jan.28,2011 by Christina Sunrise

Christina Sunrise

Jim's Mad

On New Year's Eve,
While Sue was asleep,

Skunky became a stealing creep,
He stole a silver corkscrew that was cheap,
For it was only a dollar at the dollar store,
Skunky tried to say it was soo much more.
Yes, he told his 'made up lies' to Sue,

Saying 'it only came in the colors of red or blue,
They don't make the silver ones anymore, '
But that's not what Jim said,
as he shook his head
'Why he stole from me
I'll bonk him in the _____'

Written by Christina on Jan.16,2011
Copyright 2011 Christina Sunrise

Christina Sunrise

John A Rooney Imports

John A. Rooney Imports is where you will find hand-crafted imports that are one of a kind.

Hand-carved and hand painted furniture from around the globe delights the senses, adds a unique appeal to your home.

In the John A. Rooney's department of housewares— discover kitchen accessories that are unique with a flair.

India and Central America is where beautiful beadwork on tapestry is made decorate your home with gypsy style to brighten your days.

Rooney's Imports has colorful, soft clothing that flows- wear unique jewelry made of silver, beads and semiprecious stone.

.Visit John A. Rooney Imports on Lake Avenue today decorate your home with items from faraway places like Bombay.

Written by Suzae Chevalier on July 1,2012
please visit

Christina Sunrise

Johnny Cash For Prison Reform

Johnny Cash the "Man In Black"
is more than a country singer
for he brought awareness
about conditions about prisons
and that is a fact.
He sang in prisons all for free
bringing some joy to prisoners life of misery.
Johnny met with President Nixon
to make Prison Reform for American's prisons.
Speaking before Congress about the
nature and purpose of incarceration
he brought about awareness to this nation.
On his Johnny Cash Show he lifted human consciousness
on a social issue we all should know.
He fought for the prisoners, for they are the underdog
he did this all without internet or blogs.
He was there at the US Senate subcommittee
with 2 former inmates who say prison life not pretty.
A passionate and vocal spokesman on prisoner's rights
We must thank Johnny Cash for being there for prisoners
putting up a well deserved fight.

Christina Sunrise

Joy And Inspiration Lives

Came as a light worker to make jail not so grim- -
inmates being in jail needed some smiles.
Their thoughts and feelings were quite dim.
Going on a mission as a change agent
to change jail's perception-
It's all about perception of jail and how we
can now use it as a place of Inspiration.
We want to help build inmates spirits up again—
not to make them feel like more of a criminal
and treating them less than human.
Some inmates feel it is survival like animals in a pack—
too bad humans have to watch their back.
We need to change how we think
is jail making it any better
or is it just making people's life shrink?
How about Joy And Inspiration Lives—
is that a better place to come from?
From a heart that cares and gives?

Christina Sunrise

Joyful Madison

Madison wags her grey and black tail,
all smiles to people she likes real well.
Her tail is shaved into a ball at the end,
she is happy for Little Loui is her friend.
Now Allen picks up Madison off the ground,
and carries her outside when she hears thunder all around.
Madison doesn't like the wet falling rain,
she would rather stay inside just the same.
Madison is a Pardy Poodle who has an original style,
her coat has tight curls with hearts that make you smile.
When you look at her, her brown eyes sparkle real bright,
hidden in between her curly hair that's grey and white.
Her ears are real sensitive so I try not to pet her right there,
other than that she always happy and full of good cheer.

Written By Suzae Chevalier on December 17,2011

Christina Sunrise

Judge Me Not

If you are not attached to your physical form
you wouldn't care what was the norm.
You wouldn't care what people thought of you
because that is not really you which has them confused.
So judge me not and judge not the world
we live in appearance haven't you heard?
So who really cares if your hair is blue?
Who really cares if you have 2 different shoes?
Maybe o.k. if you are in the public eye
Or maybe you could get away with it because
you are setting the style.

Christina Sunrise

Karma Must Be Repaid

Karma must be repaid
no matter what your gender or race.
Realize that is why we are here now—
we have a different reasons as humans
not like animals like a cow.
The animals are really closer to God
for they are just ARE—
We have the ego telling us we have
to win, fight and go really far.
With our ego's at stake,
It gives us pride to win and make
us feel great.
But remember your suffering
makes you evolve—
you wouldn't look within
when things go wrong.
Written by Christina Sunrise on July 26,2012

Christina Sunrise

Karmic Debt

If someone steals from you
and becomes your foe—
There is one thing you should know.
if you seek revenge things could go wrong.
You then have a karmic debt to surely repay
if not in this life then another life faraway.
Hold up to your karmic obligation
for you want to evolve
Better to take the high road
realize this before you get too old.

Written by Christina Sunrise on July 26,2012

Christina Sunrise

Karmic Motivation

Little soul who was on other side
said "Hey, I know how you can
learn to forgive inside!
I will be the one you cast blame on
when I cheat, lie or con."
No matter if I cut you with a knife
motivation from another life—
has set the stream of events
that can go either way so we can vent.
We agreed long before
before we incarnated to even the score.
Now you won't really know why
until you die—
Or maybe through a medium if
you want to know and realize
maybe there is a better way
then keeping go back inside.

Christina Sunrise

Karmic Payback

I was a Mayan warrior in a past life
I cut off your head with my knife.
It was the Spanish Conquest of Yucatán
and changed the Guatemalian life around
I died young while protecting my homeland
you died from my strong hand.
Since then you came back
to even the score of my attack.
Now that I know
I see why you were a foe.
So karmic payback is complete
I forgive you, do you forgive me?

Written by Christina Sunrise on November 21,2012

Christina Sunrise

Kavasutra's Relaxing Times

KAVASUTRA'S RELAXING TIMES

Kava is a relaxing drink,
served cold by Mr. Pink.
Yes, go to Kavasutra on Lake
sit back and relax and feel great.
Owner Dillon started Kavasutra some years ago,
also in West Palm Beach didn't you know?
Now Funk Factory is going to play
on November 14, it will be great.
Come meet Yandi and even Draino,
they will serve you Kava all night till you go.
Now visit them on the net.
go to facebook, tweeter and your best bet.
their website which is .
type a comment on their blog.
Then click your mouse around and go
to play some games and watch a video.
Or just stop down on Lake Ave.,
it will be the funniest time you ever had.
Written By Suzae Chevalier on November 13,2011

Christina Sunrise

Kelly Girls

There was three girls,
Erin, Nora and Claire,
they all had thick wavy hair.
Now they loved to act in plays,
I saw them on the stage.
They were actresses at best,
they were videotaped on my Krendoll set.
They dressed up with costumes on,
colorful playful gowns.
I took them also to a recording studio,
recorded their voices and taped them on video.
They watched me in one of my plays,
I was acting with my doll Melodie Mezoree'
On Claire's door is picture of Melodie doll,
Claire colored her with markers and all.
Fun times with the Kelly Girls,
I wish them the best in the World.

Written By Suzae Chevalier on November 13,2011

Christina Sunrise

Key West 2004

Year was 2004
went to Key West,
not a bore like before.
I posed next to a gold man,
with cool planet painting in hand.
Then posed with a parrot,
while owner holds a carrot.
Went to strip club up the stairs,
all the soldiers where there who stared.
Went to restaurant wearing a pink hat
next to an artist at bar is where I sat.
Artist painted me in my pink hat,
really quick and really fast.
Took photos with him and my friend,
still have painting, needs no stand.
Then went to beach to get a tan,
It was warm I layed on sand.
Then I ate at pancake place,
It was fun, I ate and ate.
Have to go back at later date,
I hear Fantasy Fest is great.

(August 30, 2011)

Christina Sunrise

Keys Dematerialize

Taking my bike out of my car,
Keys dropp and go very far.
Fly about 3 miles down,
They hit grassy spot on the ground.

Lady picks them up who works at Planet Kid,
She sends them to library, this is what she did.
Now it was the spiritual world that did all this,
Highly evolved beings dematerialize
and reform without a miss.

See I know the spirit world was protecting me,
That's why they dematerialized all my keys.
Now, if you have a better answer,
Tell me now,
I know this is my conclusion of how,
How things are unexplainable in this realm.

Christina Sunrise

Kindred Souls

Kindred souls we meet again,
this time now can we be friends?
I feel your eyes watching me,
were you a knight
courting Thee?
With feverish jealousy You took my Life,
I lost my power from your knife.
That was the past, I'm sure you know,
I must move on, I need to grow.
Back into my power for you took it away,
on that frightful day,
To be brought back to me on this Present day.
Copyright 2006 & 2010 Christina Sunrise

Christina Sunrise

Kings And Queens

We live in a world with Kings and Queens –

who blind your eyes and steal your dreams,

for you hope to have a life's that grand, but reality is –

you are tied to this land, this land controlled by a "Hierarchy" the ones
in power,

the ones who say we are "free" –society?

Paying taxes so the Kings and Queens can have a bigger treasury!

Copyright 2006 Christina Sunrise

Christina Sunrise

Kundalini Rising

We have eleven planets—not nine
in December of 2012 they will all align.
kundalini in the planets will rise
also in humans to help actualize.
We will go into 10 dimensions not three
we will experience more in which to see.
A great time is at hand—
be more conscious and understand.
For the Light Workers will help lead the way
if we listen to them we will not stray.

Written by Christina Sunrise on August 25,2012

Christina Sunrise

Laddy The Protector

Bark, bark is what you would hear,
from Laddy the Sheltie who would bark off your ear.
He was the protector who wasn't afraid,
he would make sure mother Jean was o.k.
He rescued her in the her swimming pool,
she fell in and he pulled on her robe so very smooth.
Photos of Laddy and Shieka my Pom-Shelty pup,
They both sat on chairs, sitting straight up.
They both played and played all day,
Shieka made Laddy happy when Jean passed away.
Now Laddy is with mother Jean,
I hope they are happy once again.

Written by Suzae Chevalier on September 20,2011

Christina Sunrise

Lady Gaga Meets Suzae

With white sparkly hair,
you see her flare
up on center stage we all stare.

Now what is Skunky
doing emailing pics to share,
to Lady Gaga of Suzae
Poet Extraordinaire?

Why the Lady herself thought
in a creepy kind of way,
she somehow resembled Suzae Chevalier.

Now as far as Skunky is concerned
Gaga thought he looked like her
Italian boyfriend minus the sideburns.

Wouldn't it be funny when Gaga's tour begins to ends,
on Suzae's birthday they would become dear friends?

Christina Sunrise

Lady Named Suzae

There is a Lady named Suzae

cartoonist/writer supreme,

she is the creator of all the children's birthday dreams.

To know her isn't easy she has beauty, style and grace,

She has a complicated mind and a very lovely face.

With her hair a golden sun light, she makes the cloudy days bright,

Her voluptuous lips and captivating smile gives her a bit of that

Norma Jean Style.

She is witty, wondrous and wise,

You can see it in her eyes.

Written by an old friend for me.

Christina Sunrise

Lake Worth Herald

The Lake Worth Herald records events in Lake Worth town
Mark Easton works hard making sure Lake Worth Herald paper gets out.
It's Wednesday afternoon and the printing press is running
all of Mark's stories are real life, serious and also funny.
The Lake Worth Library had an article on me
with UniCandle unicorn and doll Melodie.
It was November 2006 and I was on
Lake Worth Herald's cover page
sitting on birthday chair where
children celebrate their age.
Lake Worth Herald is printing
my new poetry book
-the one you are reading-
soon also on the Nook.
Mark was gracious and helped get my book right
he is friendly and easy to work with editing my book
to make it out of sight!
For it has a glow in the dark cover
it is different not like any other.
Thanks Mark for your kindness in working with me
it was a pleasure working with you and also a
"Thank You" from my doll on the front cover Melodie!

Written by Suzae Chevalier on March 10,2012

Christina Sunrise

Lake Worth Library Reading

Sun shining brightly in the sky, Jim is watching with keen eye.
For he notices props set up for audience to see,
used in "Sarah's Special Birthday" reading.

Palm Beach photographer shows up soon,
taking photos at high noon.
Children wear costumes with wands in hand,
bringing magic to Krendoll land.

Melodie pops out of box, she is happy with no socks.
Now Razel doesn't show her face,
Happy story for children she has no place.

Then UniCandle unicorn lights the cake,
making children anticipate.
for there is magic in the air,
will Sarah Star receive her present with moon beam glare?
Happy ending does unfold, Suzae the storyteller just had told,
A rhyming poem with characters with special powers,

This all happened within an hour.
Books where signed on the spot, along with photos that where shot,
to capture the happy memories, of this day in Lake Worth city.

Written by Suzae Chevalier on Feb.6,2011

Christina Sunrise

Land Of Nod No More

A highly Evolved Society does not rape or kill,
A highly Evolved Society does not use drugs or pills
For everyone is heart healed,
No one needs a thrill to get close to God,
Everyone is out of the Land of Nod.

Written by Christina Sunrise on September 10,2011

Christina Sunrise

Last Breath

We take for granted

while we are here,

the air that fills

the atmosphere.

The breath of life

that we can not see,

is with us from the very beginning.

Clean air and good breathing

Is what we need to

take in oxygen for our

bodies to succeed,

Enjoy it in this time,

while you are fine.

Once we take are

once last breath,

our physical existence

turns towards death.

Are really gone

at all?

No, we are on the

otherside having a ball.

Written by Christina Sunrise on April 22,2011

and

Christina Sunrise

Leann Called Me Suzy Q

Quietly walking down the through the cells
looking for a cell before someone woke up to yell.
Luckily everyone was sound asleep except LeAnn
she was happy to see me and gave me a hand.
She helped me get my sheets on my bunk bed
I was at the top, afraid I would hit my head.
No worries I was happy she was near
she told me to "cover my ass" she was sincere.
She knew the lady that got me in there
was more than "crazy" and insincere.
She told me how proud she was of her son
he was a great worker his life had just begun.
She showed me her leg metal running up to her knee
I touched and felt bad, she had lost jobs
and stole for she was starving.
Too bad the planet has not figured out a way
to help starving people without putting them away.

Christina Sunrise

Learn From Animals

Could you imagine

Animals starting wars,

ram-sacking the Earth,

barging down doors?

No, no I don't think so,

Animals are loving

and help each other grow.

They stick in their pack

and only attack

when they need to survive

and be kept alive.

Only humans with the bigger brain,

play this stupid kind of game.

While nature goes on just the same

unless we make them extinct

through pollution, cruelty and being insane.

Written by Christina Sunrise on April 14,2011

Christina Sunrise

Leave Your Phone At Home

Sometimes it's better to leave
your phone at home,
You don't have to answer,
people leave you alone.
Now, it's St. Patty's Day,
everyone's Green and very Gay,
wishing in a most happy way,
to have fun by the ton
which is better than O.K.
Now, leaving my phone
at home made my
night even better,
No calls, and no

St. Patty's Day letters.
Except I see
tons of missed calls
from caretaker Sherry,
who would rather be merry.
Those calls I'm glad I missed,
those calls where about Cockroach,
who I am pissed.
Now, can't you get
a life even on a holiday?
Leave alone
Suzae Chevalier?
No you can't
so you make Sherry pay.
Don't you think she has
better things to do?
Then play mommy
for you?
Now, you look
like a fool.
Written by Christina Sunrise on Feb.18,2011

Christina Sunrise

Lessons From Natalie

"I'm so glad you are on the planet" was the message left,
It was on my birthday, it was a nice gift.
It was from Natalie who helped me with life,
she had developed energy skills to deal with strife.
I worked with her on my programs to remove,
remove from my aura and give me a better groove.
She answered questions about God which was great,
I confirmed in "Conversations With God" as of late.
Now I know I have learned and grown,
Life makes sense from conversations on the phone.
Predictions of the future are said by a lots of sages,
it is also on Natalies webpages.

Written by Suzae Chevalier on September 26,2011

Christina Sunrise

Let Go Of Attachment

A guru said to his student
'Look at me, look at how I hug the tree.
Letting go of attachment the guru put his hands down
guru's hands pointed at the ground.
That's how easy it is to let go-
just let go and the universe will flow.
You will find things come to you-
some people might manipulate that's true
trying to make you react and be blue—
but that is their game they playin their mind
you can release them in no time.
Release them happily in your intent
it's that simple naturally when good endings are sent.

Written by Christina Sunrise on September 13,2012

Christina Sunrise

Let The Polar Bears Live

Who are we to pollute Polar Bears homes?
Ruin their lives and then take the throne.
The illusionary throne of power that we
Think we have,
Will man's power over animal kingdom ever end?
Try to control God's will and not comprehend?
It's not about power,
it's about strength in this new land.
Strength to work together with all beings of life,
not destroy them with an polluting knife.
What affects them affects us all,
It's like a snowball effect,
Which keeps getting bigger like a beach ball.

Written by Suzae Chevalier on August 20,2011

Christina Sunrise

Let Your Light Shine

Let your light shine out
make it big and bright
Let your light shine out
deep into the night.

Let your light shine out
for the whole world to see,
like a flower as pretty as can be.

Yes, let your light shine out
making it spread about
to every creature & everyone
making it a happier place under the sun.

Written by Suzae Chevalier in 1997 & 2010

Christina Sunrise

Letter To Vengful Psychic

How could you say
all those lies to me?
especially when I sent you all
those cards of Melodie.

Melodie is my child within
if you care,
how could you even dare?
What affects her,

affects me,
she is my E.T.
"How can you
use your psychic power

for bad?
That is absurd and very sad.

Christina Sunrise

Liars No More

I had a person once told me,
maybe 1 year ago times 3
"I don't associate with people that lie",
then turned around a year later or so deny-
What they were out for in their truck,
well I guess he can pass the buck.
Then there was a person who said
he would be a millionaire in a year,
he lives in a fantasy world, he wasn't sincere.
Now people can lie because they are afraid,
people can lie because have something to hide,
whatever the reason you can never figure out why.
One day they maybe come truthful with you,
maybe become honest and give you some clues,
until then you and them are not true friends.
Written By Christina Sunrise on January 20,2012

Christina Sunrise

Liberation

Words cannot describe the blissful state I AM
For I am Oneness, Consciousness and Bliss—
I am Oneness, Consciousness and Bliss...
I realize this—
Without a doubt—
For in this state I want to shout
I can get there through Isha yoga
Where everything becomes sublime-
I could be in joyful ecstasy all of the time.
For I have liberated myself from life and death
I stepped into another dimension and lost forgetfulness.
For we are all one,
No separateness under the sun.

Written by Christina Sunrise on December 29,2014

Christina Sunrise

Lies On The Floor

Making up stories
saying this or that,
reaching for hollow straws
in a hollow straw hat.

Shooting through the straw,
with All your lies,
making your hollow straw pie.
Try and keep all your lying
straws straight,

what lying straw is first
what lying straw is number eight.
Top them all off
with a fake letter,

only you and I know better,
That's it's all bogus
and totally a scam,
especially when your talking ham to spam.

Play your way with all your spam
that you baked,
but here's your big mistake,
something you can't take,
because I have a crazy 8,
changing the suit for which I take,
and bend your straws and make them break.

FoR your fake straw hat will be no more,
for you're found out as a lying spam boar.

Christina Sunrise

Life Moves On

AVAILABLE is the sign I see,

is this a sign from you to me?

No, I guess

for you haven't

showed your face,

like you are out

in outerspace.

That's o.k. I will just move on,

it wasn't meant to last very long.

Time will be on my side,

I will know when I do die,

For I can wait

nothing surprises me anymore,

I learned to live with

_____ before.

Written by Christina Sunrise on April 8,2011

Christina Sunrise

Life Will Speed Up

Life will speed up
from here on out,
You create a reality
without a doubt.
You can project
into the future
what you want,
Like "Hey, I want
a croissant."
By intending
with your heart,
you set in motion
from the start,
but you have
to be the part.

Written by Christina Sunrise on April 12,2011

Christina Sunrise

Life's Questions

When I was the tender age of five,
I asked my mother a question about life.
"I know I hear your voice, and I hear mine,
Where does my voice come from, it seems so sublime."
Then of course my mom did retort,
She is not the comforting kind of sort.
"If you asked anyone they would think you were crazy"
So I decided hey, I know I will find out one day I'm not lazy.
I did talk to many who are a sage,
Even read the written page.
Of all the questions I have to ask,
How did we get here, I know it's not by chance.
Now I read "Conversations with God"
It helped me confirm and figure it all out.

Written by Suzae Chevalier on August 26,2011

Christina Sunrise

Light Of Moon & Shining Star

By light of the moon,

And a star shining star

I travel across country in my car.

Their light lights the way

To keep me on track,

Their light shimmers through the tree's cracks.

Then their light goes dim and starts to fade,

They are surrounded now by the light of day.

I know my moon & star are still waiting for me,

Always there as my guide for me to see.

Their beauty in it's full ecstasy.

Why, they are million miles away,

Bringing so much light to make sure I'm o.k.

Written by Christina Sunrise on 1/171,2011

Christina Sunrise

Light Workers Among Us

Coming from a planet full of love
a spiritually evolved planet with no laws.
A planet with high frequency and vibration and light,
in a dimension with no wrong or right.
For these beings do not need to know
that they are from one source or one soul.
Now you may ask who am I talking to?
I'm talking about Light Workers,
it's me, maybe it's you.
You came here to help this planet Earth—
in planet Earth's 'Spiritual Revolution'
and rebirth.
Many more surprises in store-
have an open mind
to 'see' things like never before.
Written by Christina Sunrise on July 17,2012

Christina Sunrise

Light Workers Bring Light

Light workers bring the world more light.
They come to spread light among darkness
on a planet filled with fear and fright.
Most light workers are empaths, psychics
and sages, they feel all of the worlds negativity
before tragedy hits the newspapers pages.
They were asked on a mission that would
bring Earth plane more love—
Like Princess Diana, she was a light worker
who is now in heaven with the doves.
More I could name,
but I will not get into Earth's personality games.
Just remember the bum on the street—
he could be a light worker, he is more discreet.
Written by Christina Sunrise on April 17,2012

Christina Sunrise

Listen To Your Inner Voice

Your inner voice can keep you from harm
your inner voice is more than a charm.
Sometimes you must watch your very back
and listen to your gut to stay on track.
Don't worry about the storms you see-
even heaven will protect you—if you listen indeed.

Written by Christina Sunrise on August 18,2012

Christina Sunrise

Little Birdy In A Cage

Little birdie in a cage,

all grown now,

you've come of age.

You can finally fly

and spread your wings,

flying on to happy things,

like flowers in meadows

to be found,

hearing bugs buzzing all around,

and other birds tweeting sounds.

Your free to fly across the land,

to see everything that's very grand.

Written by Christina Sunrise on March 20,2011

Christina Sunrise

Little Loui Gets Away

Little Loui in Betty's car riding South,

his head out the window, tongue hanging out.

Little did little Loui know,

Cop was at a stop sign and did not go.

Talking into Loui's window the cop did say,

"Little Loui I will let you "this time get away',

get away with a ticket which is now the second time,

but next time you will have to pay a double fine."

Now Little Loui's owner Betty did clearly hear,

She knew Police Officer was talking very sincere.

Now Little Loui drives in a cute car seat,

he will be safe now when Cops are on the beat.

Written By Suzae Chevalier on November 25,2011

Christina Sunrise

Little Loui Is Adorable

Little Loui who is so sweet,

sits real relaxed in his new car seat.

He rides next to Betty all over town,

he barks to protect her,

his bark makes a cute sound.

Little Loui makes Betty smile as she looks

toward him sitting on the ground,

for Little Loui follows Betty all around.

A couple of times he slipped away,

but Betty got him back all O.K.

Little Loui loves to go on very long walks,

with Betty he listens to her while she talks.

Betty dresses Little Loui up in outfits cute as can be,

Little Loui looks smashing and dressed to the T.

Little Loui will play with Madison this year,

Little Loui and Madison are friends so dear.

Written By Suzae Chevalier on December 17,2011

Christina Sunrise

Little Loui's Bark

In Cincinnati in the winter freezing cold,
Betty and her son would be brave and very bold.
They would venture out and find a little guy,
The smallest Yorkie puppy with love in his eyes.
Yes, a little Yorkie that was small but not afraid,
Betty named him Loui after a song her son played.
Yes, Loui is a sweet pup, but also has a bark,
he protects Betty as they walk in the dark.
He is very protective and watches with his keen eyes,
He's not afraid of nobody while watching Betty's side.
Especially at City Place where people are about,
He is quick to bark while checking them out.
Loui the little Yorkie needs to know,
if stranger passing by are a friend or a foe.
So remember Loui who's bark
is smaller than his bite,
He will protect Betty day or night.

Written by Suzae Chevalier on September 17,2011

Christina Sunrise

Little Old Black Man

Little old black man picking up trash
he was a kind soul I can tell you that.
He said 'No matter how much I pick up,
there is always more, more than enough.'
It's true and it's a sad fact-
how people throw trash out the window
like the Earth was a trash can.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

Little Paul

Halloween Costume party at Famous Daves,
everyone in costume gets up on the stage.
That's where I did meet Little Paul,
he is the smallest of them all.
He is wearing a bat outfit with wings,
he is cute and stands next to me.
Paul and me become the best of friends for awhile,
he went back to Iowa to be with his child.
But during that brief time we were friends,
we did some interesting things.
Paul became a character in my book,
he was Razel's bat, he had the look.
I filmed him in the tall trees,
He had an evil smile with bright white teeth.
But really Paul was really sweet,
He would always have something for me to eat.
See he was a chef at a restaurant,
He worked all hours, he worked a lot,
so he would have a drink - like a shot.
He would get so toasted, and fall about his place,
I was worried for him, I didn't want him to hit his face.
Then I told him to take a break one day,
He would rest at my apartment where he would stay.
I would stay at his apartment in Minneapolis city,
While Paul made my apartment look so pretty.
He rearranged my watercolors paintings of Melodie,
gave each one a description that was very funny.
One night he gave me some Indian artwork,
it was from the alley where he did lurk.
I use the frame of painting now for my 3 x 5,
I look at this painting, and know the frame is inside.
Little Paul gave me his grandmother's precious lamp,
I make sure it's safe, I can't give it back.
Thanks Paul for the great memories,
I hope you are doing great and are in peace.

Written by Suzae Chevalier on August 27,2011

Christina Sunrise

Little Sam So Sweet

LITTLE SAM SO SWEET

Mrs. Levine who is tall and quite lean,
has the cutest little dog you have ever seen,
Sam is a little Yorkie who is tiny and short,
sits in Mrs. Levine's purse like a sweet mini tort.
Sam the little Yorkie has very silky black hair,
he will not wear a jacket and it's not that he doesn't care,
just to him he doesn't need any extra fashion flair.
Sam will walk real quick with Mrs. Levine
gliding in front of her he prances with his small feet.
His eyes are hidden from hairs so long,
he doesn't mind he still gets along-
gets along with Tashi the Shih Tzu dog,
they walk happily together in the early morning fog.
Then one night they almost got caught in the rain,
it was O.K. they went inside the condo to play.
Now if you see Sam with Mrs. Levine,
say "Hi" and give Little Sam a little dog treat.
Written By Suzae Chevalier on December 21,2011

Christina Sunrise

Live In Wonderment

Perceive everything with beauty and your emotional response is wonderful and you feel great.

Perceive every thought with gratitude and not with hate.

Love everything about yourself including your fears

love everything that seems like a problem for it will help you steer.

Steer to the right answer that you needed to know

thank your angels, guides who love you so.

Written by Suzae Chevalier on May 21,2012

Christina Sunrise

Live Now Pay Later

Karma is always there, keeping score
you can steal, lie, cheat and try to ignore
the fact-
that everything is accounted to the tee
you think you are not caught so not guilty...
but its not about 'guilt' but is your actions
evil or nice?

Hell's dimension is cold, as cold as ice.
For everything in this dimension was
created somewhere else...

Yes, we are just vehicles channeling
through are brain's tiny self.
So think twice before you do a mean
act...

Everything is happening now in another dimension
and that is a fact.

Written by Christina Sunrise on July 18,2014

Christina Sunrise

Looking Back On The Year

Looking back on this year,
did you spread love and good cheer?
Did you help an old lady across the street,
did you give some food to the homeless,
something for them to eat?
Did you count your blessings
for they are more than one,
did you write a poem, paint a picture
and have some fun?
Did you dance and sing out loud?
Did you look at the full moon between the clouds?

Written By Christina Sunrise on December 12,2011

Christina Sunrise

Loss Of Innocence

Loss of Innocence

by the age of 2 or 3

we loose are innocence

you and me.

We start to live the

Planetary Dream

of rules, consequences

and the extreme.

like going bed

with no food,

because you ran

and didn't hear the word "should".

If you do this or if you do that,

if you don't

then your labeled a brat.

Who makes up all these rules,

that makes us conform?

Society and family

want to keep us in the norm.

Now as an adult you can change

the beliefs that where forced

in your head.

If you don't see it,

the beliefs will be there

until your dead.

Written by Christina Sunrise on April 11,2011

Christina Sunrise

Loss Of Power

A fog you put me in so I couldn't see,

couldn't break inside of me,

You laughed and clasped your hands to your hips

words of anger came from your lips.

You have the power to make a choice

with your new story you create with your voice.

Forgiveness is for your own mental health

Forgiveness will help melt

all the spells cast on thee,

bringing peace finally.

By Christina Sunrise for

Christina Sunrise

Lost Gem Of Mya's

Bouncing to the ground, no one heard a sound.
For the Gem that was precious indeed,
Gem was for a necklace, not a ring.
Gem being so really small, was hard to see if at all.
Mya felt Gem's absence and became sad with despair,
How could she find it "Out of thin air"?
Then Mya asked Sue if she had a clue.
Sue asked her angels for their help and guiding light,
Sue found it instantly right there on site.
Sue then tells Mya, "It was the angels that helped me"
Mya nodded her head and agreed,
for she believed because angels helped her mother,
find a precious object in the past, now Mya was grateful
for this Gem didn't wind up in the trash.
Mya offered to take Sue out to eat as a thank you and a treat.
Sue thought that was very sweet, and thanked Mya
and the angels who found Mya's Gem at her feet.
Written on Feb.2,2011 by Christina Sunrise

Christina Sunrise

Lost Poems

When I was a child about the age of 5,
I wrote a ton of poems late at night,
I gave them to my school teacher
who thought they were great,
but I never did see them again to this date.
My mom tells me I became despairingly mad,
then I became really sad,
which then made me cry and cry,
so to make up for lost time,
and also before I lose my mind,
I write Purple Poems that really do rhyme.
That my friend is what you will find,
when reading Purple Poems from Christina Sunrise.

Written by Christina Sunrise on Feb.6,2011

Christina Sunrise

Lost Souls

Some souls that die too fast
attach to the last person that they saw last.
Like a fireman, paramedic or cop
they don't know they are dead
they are totally lost.
Talking to these people late at night
in their dreams can be a scary fright.
Usually the person dreaming already knows
who they are, souls don't get old.
Only a light worker who talks to her guides
can get the lost soul to the other side.
Usually through the loved one that had already died
is waiting to guide them through and say everything is alright.

Written by Christina Sunrise on April 13,2012

Christina Sunrise

Lost Treasure Chest

Magical treasure chest made of gold,

has in it many stories to be told.

On one uneventful day,

Golden treasure chest was taken away.

I had it packed in back room with shoes,

that's when someone decided to lose,

my treasure chest right on site,

hide it from me with all their mite.

Luckily I went to store

found 20 treasure chests more galore.

Painted one up really quick,

I had a art show party within a week.

Watercolor paintings of Melodie,

hang on wall for children to see.

see along with Krendoll island set,

They would play on it and not forget

Forget the magic of Krendoll island I did make,

with birthday props like birthday cake.

Art show birthday party at Mexican Bizarre,

I set up the birthday party with a star.

Children showed up to find presents and unfreeze,
dragons that would begin to sneeze.
Once they had the heat device,
which was magical and would suffice,
To melt the spell on them,
Making them turn into birthday child's friend.
Birthday child friends come alive,
They would have to find the birthday child.
Once Ice Spell broken, Birthday child would be all smiles.
Birthday child would receive a birthday crown
and beautiful birthstone gown.
From magical golden treasure chest,
the one that would become magical and the best.
Making birthday child's wishes be recorded inside,
the magical treasure chest's Krendoll Chronicles it would reside.

Written by Suzae Chevalier on August 31,2011

Christina Sunrise

Louise Fletcher All Smiles

Year was 2005

I had fun, Jim was still alive.

We went to the Gulfstream Hotel,

I shot photos of celebrities-

I remember it well.

I shot the nurse from

The "One Who Flew Over the Coochoo's Nest",

Louise Fletcher was very happy,

she was at her best.

Later that night

we went to her new movie

preview showing,

I photographed Louise again,

she was glowing.

Now I still have photos

of her with fellow cast members,

they are shot in time so everyone

can remember.

Written by Christina Sunrise on March 31,2011

Love

With Clarity, Unity and Intent
We can spread LOVE from
HEAVEN where we our
Sent...

Sent to LOVE the Goddess
Mother Earth and ALL who
Reside here.

She wants to HEAR
Our ONE HEART
Song coming from our Souls...
From every creature above
As well as below.

Christina Sunrise

Love Gaia

Love Gaia who is mother Earth

Please we send her thoughts...

She is more than our walk on dirt.

She supports us and has a fire inside

A will to live and give rebirth...

Her nervous system is breaking down...

As well as her auric field...

Yes, this is her atmosphere.

Which is her shield...

Now Our Thoughts Do Affect Her...

They keep her in strife...

So give her aura's loving thoughts

That give her renewed life.

Written by Christina Sunrise on February 14,2014

Christina Sunrise

Love Is

Love comes from the heart-
it is not obsessively jealous
that tears people apart.
Love is expansive—
it is based not on conditions-
Love enhances no matter
what the situations.
Love heals all problems that arise
love is God in action under disguise.
Love is opposite of fear
which can take over and make you unclear.
Love is all that is—
but humans change it in different degrees
distorting it into extremes.
Like making it a thing that has to be bought
or sold like a piece of gold which it is not.

Written by Suzae Chevalier on May 20,2012

Christina Sunrise

Love Is A Circle

Love is not here to fade away
like the raindrops on a rainy day.
Love is not given for us to mold,
Like a clay pot, or as a necklace made of gold.
Love is not give for us to hord
Behind a closed heart in which it's stored.
But love is give openly without fear
From someone like you I cherish so dear.
Love is a circle, like a track with a choo choo train
To be given and given and given again.

Written by Suzae Chevalier on June 3,2012

Christina Sunrise

Love Is Not

Love is not trying to control until you strangle me so,

Love is not jealousy's friend, for it makes us enemies to the bitter end.

Love is not caretaking with money so then you can call me your honey.

Copyright 1998 & 2010 Christina Sunrise

Christina Sunrise

Love Of Flying

Houston Texas I was there,

when war planes flew in the air.

Yes, an air show with fighter jets,

flying through the air on many bets.

Making it safely to the ground,

pilots landing with no frowns.

Taking photos with pilots

who flew,

Chucky posed smiling gracefully too.

Chucky at 75,

learned to fly.

Yes, he would leave a message

saying he was in the air,

flying over Krendoll island without a care.

How I wish he was still here,

like Jean for they both share.

The love of flying now Everywhere.

Written by Christina Sunrise on Feb.9,2011

Christina Sunrise

Love Over Pride

On a t-shirt I read the other day...
it did say...
Pride is forever,
but pain is not...
that of course is a lie...
pain is forever when you have pride...
pride is of the ego that will make
you believe you are better than everyone...
your Competition...
your neighbors...
your other nations...
Pride will bring you to hell...
along with pain...which is where
pain comes from...

Written by Christina Sunrise on May 5,2014

Christina Sunrise

Love Spell On Thee

I cast my "Love Spell" on thee,
bringing you very weak and to your knees.

Tripping you up on words as you speak,
realizing now you're my "Special" treat.
I enslave you with my 'little charms',
Do not worry I will do no harm.
For it's you who have fallen victim and prey,
I will make this a celebration, a "Royal Birthday".
Emotions stir for your possessed by my mystic,
I leave you spellbound and very weak.
Now, now come to me and do as I say,
This is sooo much fun, like child's play.
Games a plenty, games galore,
Step inside my Candy Store.
Following me around like a wounded cat,
I'll give you my treats and make you fat,
then you'll be flying off like a krazed bat,
into my den of "jewels" that mezmorize,
capturing you as my treasured prize...

The End? ? ?

Written Dec.20,2010 Christina (last name Sunrise)

Christina Sunrise

Love Spread

Spread the love to all on the Earth
And to all below.
Spread the love above
To the clouds, the birds and the doves.
Just SPREAD THE LOVE...
SPREAD THE LOVE.

Christina Sunrise

Love Your Way Into Heaven

Now we humans are here
to love Mother Earth so dear,
that means loving all her creatures
sea creatures, wildlife which
includes a baby deer.

It means getting outside your ego state
and spreading love instead of hate.

It means being a person of peace
not being in rage
speeding down the street.

For sending love out will
ease you to the divine
doing the way of the Tao
where everything is sublime.
Respecting woman, children
plants too...

this will bring you to heaven
even if you have no money
to buy shoes.

Christina Sunrise

Lucy The Jack Russel

Talking to Sharon about Lucy at the condo the other night,
I discovered her dog is a breed with very good eyesight.
She is a hunter and can sense what's there,
Lucy always stops to smell the air.
Lucy is always ready to run,
Sharon holds her back she would take off for fun.
Lucy has spots gold on her back all in a row,
even on her belly gold spots do show.
Lucy is a Jack Russel and another breed as well,
Sharon thinks possibly Beagle, but it's hard to tell.
Sharon knows one thing for sure,
she loves to chase after squirrels.
Lucy can catch the squirrel by the tail,
she's really fast, you won't hear the squirrel yell.
Lucy is precious to Sharon for she is like her child,
Lucy makes Sharon happy with a smile.
Written By Suzae Chevalier on January 11,2012

Christina Sunrise

Lydia The Star

Lydia my cousin is charismatic you will find,
when you are with Lydia you will have a funtime.
Lydia has been an entertainer since she was three,
She now plays music and sings in Glee.
Lydia is also a lead singer in her own band,
"Dr. Pepper" is bands name I understand.
She performed at Kid's Winter Rockfest,
they put on a great show, they were the best.
Lydia wants to learn how to play the guitar,
she will be a success hit by far.
I wish you Lydia the most brilliant success,
you are an original star a cut above the rest.
Written By Suzae Chevalier on February 6,2012

Christina Sunrise

M.D. The Bear

With the initials M.D.
it isn't too hard to plainly see.
That he is Spanish with his blazing eyes,
he looks like a Bear that would terrorize.
Any cooked sandwich made of fish,
that is his favorite dinner dish.
At the Grumpy Grouper he does eat,
he has a beer and raises his feet.
Now he bought me a small breakfast the other day,
it was in Lantana, not in Del Ray.
Now M.D.'s son's birthday is on the 19th,
his son is a teenager who is only sixteen.
Soon more of M.D.'s pension will come in,
he will have a great life living in sin.

Written by Suzae Chevalier on September 16,2011

Christina Sunrise

Magnets

Like yin and yang
people are magnets to each other
like feet to quicksand.
Set up in soul's contract
you play your life's dvd to keep on track.
Now you have options too-
God gives you free will is within you.
So make the outcome as happy as can be
you control your destiny.

Christina Sunrise

Mailbox Opens By Itself?

How does a mailbox open all by itself?

No, it needed a human's help.

You opened it, then looked in,

you saw the note,

you were caught again.

So you played Sherry

with your stupid little lie,

your made up false alibi.

"All the mailbox doors

open just like M.D's."

"I" tried your game

this morning

it didn't budge or

even squeak.

I could sit there all day

long opening mailboxes

till I'm blue in the face,

NO movement from my

mailbox not even a trace.

See last week you were
in my mailbox
and you took the 1st note out,
you were scared
without a doubt.

See the mailman put
mail in after that,
so this week you went
on your little rant.

You called the cops
and stated your false case,
then put a note outside my place.

Making me take the note out
before the mailman got there
the very next day,
so that I would think
the mailman took the
first note last week away.

But SEE the mail did come today,
and guess what the note did STAY.

So how did you know the note was

still in my mailbox today

and why would you care?

Because you are GUILTY

and so you dared.

You looked again—what a fool—

Like you think I'm stupid?

No, I'm on to you.

Now take your old dog

and your lying _____

and move out

while you still have

the chance.

Written on March 15,2011 by Christina Sunrise

Christina Sunrise

Manifest In Your Minds Eye

Manifesting starts with thought
then your heart propels it forward
starting from steps to a trot...
Then with your mind's eye
you finish with the image in mind
that is how you manifest from the Divine.

Written by Christina Sunrise on December 2,2013

Christina Sunrise

Manifest Mantra

Wishing you creative forces joined in love
transpiring first by angels up above-
sent your way through the dimensions of light
down to Earth through your dreams at night.
Upon waking ideas will spring to your mind
you will manifest all your dreams to reality in no time.

Written by Christina Sunrise on November 15,2013

Christina Sunrise

Many Selves, Many Places

If you consider no physical time
you would think the soul could be
anywhere on a dime.

In fact your spiritual selves are out there in the stars
you are living multiple lives, maybe one on old Mars.
Looking at a star is looking into the past
light years away is where you are at
—but not a proven scientific fact.

For only the angels, seers and watchers know
all of the interdimensional secrets that do not show.
So I pose a question you could ponder-
use your imagination and let your mind wander-
The Physical universe is parallel to the spiritual universe.
is it not?

If so—can your soul be in different realms and different
Physical places without your own Earthly thoughts?

Written by Christina Sunrise on September 30,2012

Christina Sunrise

Marcello Jewels

Marcella Jewels is an antique and jewelry store on Lake Ave.

He has interesting items like a silver knight with metal abs.

He has a print of Marilyn Monroe,

I would like to have it,

I have a smaller print in a postcard though.

Now I sold my ring to Marcello for he gives the best price around,

I had enough money to my cell phone back on.

He also gave me a big book called,

Bicentennial Times

I remember the Bicentennial

It was in the year I was one year past the age of nine.

Now, I also worked for Carol

who had a flower shop which was next to his place,

She now works out of her house,

and slowed down her pace.

Marcello has 2 sweet children and a wife,

I wish them the best and they have a prosperous life.

(By Suzae Chevalier on August 25, 2011)

Christina Sunrise

Mardi Grass New Orleans

Driving down highway 95,
going to New Orleans before night.
It was too late,
we went the wrong way,
we were heading east to Savannah that day.
In town we finally did arrive,
at least it wasn't in the morning at five.
Next morning I went to downtown,
beads were being thrown all around.
Children threw me beads my way
they sparkled and shined I have to say.
Brought them back to MN state,
children I played with said they were great.
Some kept them hidden from me,
that's o.k. they have found memories.
Now I have to visit once again,
get more beads to send to friends.

Written By Suzae Chevalier on November 3,2011

Christina Sunrise

Maria And Victoria Play Date

Excited to see me they waited anxiously by door,
within minutes a make believe land was on the floor.
Maria hid Razel right away, hiding her for the rest of the day.
Then of course Victoria would play,
pretend games with Victoria and doll Melodie Mezoree'.
Years later I would give a party for real,
it would be Victoria's birthday party in the Wisconsin hills.
Again Razel puppet would be hidden and not to be seen,
she would freeze the party for she was mean.
I took photos to remember this time,
a birthday celebration for Victoria
with sister Maria and friends that were kind.
Friends had to find magical treasures
and break the ice spells cast,
Say "Happy Birthday to Victoria"
while she sat in birthday chair at last.
Birthday cake was blown out
and presents opened all about.
More photos were taken of Victoria, Maria and friends
to remember the Birthday Celebration of playing pretend.

Written By Suzae Chevalier on November 8,2011

Christina Sunrise

Marilyn, Merry And Mariam

Working at Barnes & Noble in City Place,
books, c.d.'s and gifts filled the space.
I was a bookseller and liked books a lot,
I helped customers find books, I gave it my best shot.
I worked with Jennine, who sold books like you never seen.
My managers were Marilyn, Merry and Mariam Volk,
I never complained to them or bulked.
I kept busy putting books away,
I loved to watch kids in the kid section play.
I worked with Luz Cruz, her name rhymes with Blue's Clues.
She is a really great bookseller, she works there till this day,
she always greets you with a smile and has a kind thing to say.
Only Luz is the last employee left from my crew,
unless Kao is still there working very hard too.
Page who helped me do readings with stories of make believe,
she went to Fort Lauderdale,
while Jim in receiving went to Boynton Beach.
Kim is now married and has another child,
she helped me get my books in the store for awhile.
Now it was fun experience while I was there,
happy memories I can share.

Christina Sunrise

Marlena My First Cousin Born

Marlena who is my first cousin born on Jenek side,
traveled with her family worldwide.

Marlena was born in Rome as an infant
her Dad worked for the government,

Yes, Marlena was born in Rome,
far away from her first Virginia home.

Marlena celebrated her 40th birthday in this Italian city,
Rome was very sheik, elegant and pretty.

Marlena lives in L.A. now on the other coast,
she's had an interesting life, she never boasts.

She works in the entertainment industry,
she works for a casting company.

Her name has been in the credits on the screen,
she has met and seen, famous actors and those in between.

Marlena has a daughter who one day will be cast,
in maybe a musical which will be a blast.

Best wishes for Marlena's and her family,
they are all very talented I do agree.

Written By Suzae Chevalier on February 10,2012

Christina Sunrise

Marriage Of The Same Sexes

Marriage is not about opposite sexes
coming together for tax breaks

Marriage is for two souls to evolve
spiritually and become great.

Couples are a microcosm of how
we all relate.

If we come from the heart we can add
to the collective consciousness of happiness
not hate.

It's far better same sex married couples are happy
no matter what,
then have opposite sex married couples
hurting each other by kicking each other's butts?

Written by Christina Sunrise on May 14,2012

Christina Sunrise

Marty Lowe What Do You Know?

Say hello to Marty Lowe when you see him in Barnes & Noble.
He goes to Barnes and Noble Boynton Beach,
he will draw you a portrait that is really sweet.
He has a white mustache and a beard,
he'll draw anything normal or weird.
For he's an artist that draws cartoons,
he draws normal people and some loons.
He's a New Yorker whatever you say,
even though he lives 1,328 miles away.
That's a guessestimate, I'm just letting you know,
Marty has been 3 times on The Johnny Carson Show,
Along with "Across The Board" 1955,
he drew people on the show "live".
He drew an abstract of Johnny and tracing to boot,
he received a letter from Johnny which was a hoot.
He drew cartoons for the Wall Street Journal in Manhattan,
There is so much to do in the Big Apple.
Now Marty is Jewish, but that didn't stop him,
He was stationed at Hitler's hometown named Linz.
Luckily he was between wars,
He says he was lucky and so therefore,
If something would of happened to him,
We would not be able to say "Hello, Marty can you draw me slim? "

Written by Suzae Chevalier on September 20,2011

Christina Sunrise

Marvelous Millie

A sweet lady with a loving smile,
Millie Mercedes McCloud has gracious style.
St. Catherine, Jamaica is her birth place,
she is wise, smart with charm and grace.
She started a boutique in New York that was in good taste.
Millie sold jewelry, clothes and lingerie,
she named it 3M which was short for her name.
She was successful, but changed her fate,
she moved from New York to the Sunshine State.
Yes, she moved to Florida where she now resides,
her grandchildren are very creative artists,
which makes Millie happy inside.
Her grandchildren are two girls and one boy,
she is proud of them, they bring her joy.
Yes, Sedeya and Serae are her daughter Simone's
they keep in touch, they always phone.
Long Island is the granddaughters birthplace,
Grandson Jewel born in Jamaica,
mostly speaks English till this day.
Millie has their artwork in her office and door,
she even has her grandson Jewel's sculpture
in her office which she adores.
Tricia is Jewel's mother, which Millie is proud,
her grandchildren really live out loud.
Now Millie has only one son,
His name is Christopher who is in college in England.
Once he's finished getting his PHD,
He will go to Jamaica to learn Black History.
Millie, I bless your family with merriness and glee.

Christina Sunrise

Maryanne Webber

Maryanne runs the Lake Worth Street Painting Festival,
She does a great job, she is really on the ball.
I have visited her gallery,
She has not only paintings but jewelry.
She also has objects made of clay,
She crafts of all kinds to brighten your day.
Now she has a website on the net,
She has one of a kind art that you can get.
Thank you Maryanne for promoting artists so,
and for having me in the Lake Street Painting Festival,
I will give you one of my children's books that
really does glow.

(By Suzae Chevalier on August 25,2011)

□

Christina Sunrise

Maryanne Webber Gallery

Maryanne Webber Gallery is on Lurcerne Ave.

featuring fine American crafts, one of a kind jewelry and art glass.

Her gallery represents Florida artists and artists from around the USA, she has been open since 1990 and is very successful till this day.

Her gallery also has metal sculptures, hand silks and wearable art, her gallery represents Joan Edelstein, her Arts & Passion Scarf.

She also has sculptures made of clay, one of a kind and handmade.

Her gallery displays original Blue Vase of Elodie Holmes, a beautiful sculptured piece to cherish in your home.

Also you will find a one of a kind Zip 20 Clock, by David Scherer Designs.

Home accessories that I find colorful and bright,

is hand painted Tropical Wine Glasses by Leslie Millar to drink wine at night.

Maryanne's gallery is open Monday through Friday, 10 till 5 and Saturday 10 to 4,

make sure you stop by and see what unique gifts her gallery has in store.

Written by Suzae Chevalier on November 12, 2011

Christina Sunrise

Max The Creative

Max with his big brown eyes,
kind of shy, but very creative deep inside.
Playing a Star Wars/clone character
Ibra Victor with his great skill,
he concentrates on his game being very still.
Max also plays sports-he is in soccer
he played baseball but stopped.
A couple of years ago in the fourth grade,
started playing the All Star Soccer game.
He started karate in 4th grade too,
he's so talented he plays guitar, maybe the Blues.
I saw Max at Christmas and he liked my poem 'Italian Skunk'
it reminds him of his math teacher who is a Schmuck
Max with his creative imagination has the leading edge,
he has already helped me with 'Razel's Revenge'
Maybe he can help me with character in 'Italian Skunk'
Max could come up with a story the 'Incredible Hunk'.
Max one day might become a storyteller real great,
I wish him the best if movie making is his fate.
Written By Suzae Chevalier on February 10,2012

Christina Sunrise

Maya Of Palm Beach

Maya with her charismatic smile
traveling worldwide many miles.
To Monte Carlo Maya attends
a Red Cross Ball affair that transcends
all the expectations of raising funds-
for the nonprofit Red Cross organization.
Attending are Charlene Wittstock and Prince Albert II
they are married in a couple of years, very soon.
Music by Eddie Floyd with his saxophone-
makes the night a hit, he takes it home.
Even Ivana Trump and Rossano Rubicondi are there
Ivana is dressed in a flowing red long dress with flair.
Also attending is Super model Victoria Silvstedt
seductively poses in pink and is one of the guests.
Maya soon will be off to Korea in the far East
she will visit her son Vadim who Maya is happy to see.
Maya is posed on the set of TV series "The Surprise";
she is with her son who is character Stalin which airs at night.
Even though Maya's son is in the TV series "The Surprise";
Vadim is really a rock star in his real life.
Now Maya has to fly back to the states
she lives on the island that has mansion estates.
Maya has a new magazine that interviews Palm Beach socialites
even famous Elton John who gets in Maya's interesting writes.
Now I worked as a photographer for Maya in year 2005
Very great experience with Maya for Maya has an interesting Life.

Written by Suzae Chevalier on February 25,2012

Christina Sunrise

Maybe I Was Damon In A Past Life

Maybe I was Damon Runyon in a past time
he died at age 66 which was the year I began my life.
I also write about someone I call the "Guy"
who maybe is kind of shy.
Damon wrote a play with Dolls & Guys
which was acted out in NYC—very true-not a lie.
I write about a Doll
who is cute and kind of small.
Damon also named his pet _____
almost like mine.
I write about a character with letter
beginning with N—
he was only a sponsor to me—
he wanted to be more than friends—
Just like Damon-
who writes about characters where
he actually supported them
in his writing he actually defends.
Damon also writes about baseball
I don't know baseball at all.
I am more of a poet who story-tells-
I write of the doll character nicknamed Mel.
See baseball is not my cup of tea—
but to Damon he was famous for
being a reporter known around the country.

Written by Suzae Chevalier on March 17,2012

Christina Sunrise

Maybe In A Past Life

Maybe in a past life I was your foe
your actions towards me make me think so.
Maybe I abandoned you and left you for dead
in this life I make it up to you instead.
Maybe I was sickly and couldn't care for you
I had to give you away which made you blue.
Lessons for the soul to learn
learning forgiveness, patience and to discern.
So there is more going on than meets the eye
you never know what really happened until you die.

Written by Christina Sunrise on September 26,2012

Christina Sunrise

Mayor Giuliani At Eastertime

Easter Sunday 2005,
Rudy Giuliani was with his former wife.
His children were also there,
smell of turkey lingered in the air.
For it was Easter Sunday,
everyone was thankful with words of praise.
Posing for the camera's with all smiles,
dressed in Easter clothes with lots of style.
Also photographing Donald and his wife,
she was carrying a new precious life.
Mya and Ron would stand by Donald's side,
all posed for a photo to remember Eastertime.
Only a small print run would show this affair,
paper not distributed everywhere.
That's o.k. the Shiny Sheet was there.

(May 23, 2011)

Christina Sunrise

Me And U

Is it true that your eyes are blue?

Is it true my eyes are green?

Have I seen a reflection of me?

A reflection of me in your eyes?

Like a mirror that hypnotize.

Why if it's true, like the sages say,

that we split off on that day.

When God/Goddess made us

out of _____,

Making us shine real bright.

Now we have to face our fears,

or it will bite us in the rear.

So be sincere and endure

the lesson that cure

while we are here.

Written by Christina Sunrise on June 1,2011

Christina Sunrise

Meditation

To meditate
puts you in a peaceful state
Cosmic energy can come in
and make you feel great.
For your etheric body needs
to rejuvenate-
Cosmic energy can be accessed
when no thoughts or emotions
are taking over your mental plane.
We can get cosmic energy when in
deep sleep-
little cosmic energy is what we reap
better to consciously sleep
for you get abundant cosmic energy.
It goes into your etheric field
or you can say energy body
if you believe that is real.

Written by Christina Sunrise on October 12,2012

Christina Sunrise

Meeting Jim

Meeting Jim for the very first time,
he had a smile a mile wide.
He knew I would do comedy on the stage,
he knew I was half his age.
For Jim was 40 years older than me,
it didn't matter he had integrity.
He said he would show me the ropes,
he felt some comedians were just dopes.
Jim protected me from all the wolves,
don't mess around, it was understood.
Jim was hilarious that first night,
he was trying to impress me and get it just right.
afterwards at Blue Martini where he drew the line,
The line with a guy who wanted to dance with me,
he said "hey, did you buy her a drink, let's see? "
It was very funny, for we were only drinking water,
not even ice tea.
Funny times more to come,
Jim was hilarious and really fun.

Written By Suzae Chevalier on January 24,2012

Christina Sunrise

Melodie And Razel

She can write, she can draw
She can even talk Melodie Mezoree' doll.
What else can she do?
If only I could sing a tune
Hey wait! Melodie can sing!
What a wonderful thing!
Recording Melodie's voice gives Suzae a choice.
A choice to say something funny
Melodie makes the day more sunny.
Especially when she is defending a human
Razel has bashed—Melodie retorts real fast.
Suzae makes funny sayings every day
for her doll Razel and Melodie Mezoree'.
Like Razel's spider who lost it's leg
Razel has to make a spell to get it back again.
Razel makes spells that make you cringe
she does the spell while she evily sings.
Sing her song "Razel The Ice Witch"
But Melodie writes Happy Poems that will bring
memories that make your heart go bling!

Written by Suzae Chevalier on April 20,2012

Christina Sunrise

Melodie Likes Majesty

Melodie likes her mermaid friend Majesty
she compliments Majesty's dress to a T.
Melodie has a memory of going to
one of Zercon's fancy cities.
Majesty goes on the 'Ragdoll' stage
to do comedy and entertain.
Melodie laughs with Sarah Star
they will be up next with their acts
to dropp everyone's jaws.
Majesty it is one funniest acts
they have ever seen.
She swirls her dress and
turns into a frog thats green.
Then Sarah is next
to go on stage
her singing act too is all the rage.
Melodie is then to be seen
she is with Razel puppet quite naturally.
Lighters light up in the air
whistling everywhere
Razel yells without a care
'You know why I
have no pupils? '
Before Melodie can jump in
Razel has finished her line
and committed the sin.
People are shocked and begin to talk.
Lights go out and I bow to the shouts.
Fun times on the 'Ragdoll' vaudeville
with Majesty Razel and Melodie
who really kill.

Written on March 20,2011

Christina Sunrise

Melodie's Birthday Is Today

There once was a doll who

was a princess of the star,

The star Suzaria which is

in another galaxy-quite far.

Now she would be born to

an icewitch named Razel,

evil eyes and voice very nazel.

Now Melodie was born with the

light of the moon,

two seconds past midnight in the month of June.

Her twin brother Emeray,

would of course be born on a different day.

He was born the day before,

bringing great magic and great lore.

Both would have green eyes

like the green butterflies,

and use them to conquer

Razel's evil lies.

Anyway Happy Birthday Melodie Monet.

Written by Suzae Chevalier on June 1,2011

Christina Sunrise

Melodie's Song To Razel

Melodie's Song to Razel

The illusion of control is what you tried to spin on me,
Trying to control my mind until I couldn't see,
The difference between my own feelings and deeds,
I felt real helpless I couldn't defend,
Myself to the very end.
But now I have regained my power to feel my emotions with my own mind,
Now my emotions are mine to find,
Without being controlled by you to the end of time.

Written on Sept.18,2010

Copyright 2010-11 Christina Sunrise

Christina Sunrise

Memphis 2006

Springtime in Memphis Tennessee,

traveling with friend

last named pronounced Lee.

Stopping at a coffee bar,

taking photos with local star.

Then going to river named Mississippi,

taking sideways photos of Melodie.

Then off to Elvis's daughters plane,

"Lisa Marie" across from Graceland.

Brick wall with graffiti by fans for the King,

just plain writing with no sparkling bling.

Elvis's mansion surrounded by gate,

store nearby with Elvis plate.

And of course an Elvis toy,

given as gift for girl or boy.

Razel did take photo with King,

she got a kiss, but wanted a fling.

Then up north from there is downtown,

we stopped and listened to Jazz all around.

Razel took photos with 'singers of the blues',

she posed sideways with no shoes,

singers laughing totally amused.

Then Razel took a 1 hr snooze,

while driving to Florida to get on a cruise.

Memphis was fun don't get me wrong,

this is the place where Elvis still sings his songs.

Written by Christina Sunrise on March 4,2011

Christina Sunrise

Mermaid By The Sea

Little mermaid splashing in the sea,
swimming around as free as can be.
Letting the ocean's wave's float you to shore,
hoping to win the heart,
of a man who totally adores,
You; deep down to your soul.
Once he has his eyes on you,
he hears a sacred note,
totally mesmerized he crashes his boat.
Now he is all yours
for you have saved his life,
from the misery of his aloneness & mortal plight.
For he's is sad and can't express,
all his depressing thoughts of total unhappiness.
Now with you he sees magic in your eyes,
finally hearing your sweet voice totally mesmerize,
all of the romantic thoughts he has
starts to spin in his head,
he offers you his hand so that you may wed.
Turning himself into a merman to be with you,
living in joy with both your hearts so true.
Written by Christina Sunrise on Jan.26,2011

Christina Sunrise

Merman By The Sea

There is a man by the Sea,

who is hidden away from me.

He has a scaly tail

for he is a merman who is pale,

pale and sad for what a life

He could have had,

had he met me by the Sea.

Now I must move on

to another shore,

and forget the part

of this misguided folklore.

Written on Feb.8,2011

Christina Sunrise

Michael Jackson Is Great

Michael Jackson accomplished a lot when he was alive,
he started out singing in the Jackson 5.
Michael had the groove and the beat,
he made songs that got you off your feet.
He also made songs that made you think.
Now Michael was a Pisces moon
he had a great imagination and great heart big heart too.
Thank You Michael Jackson for the happiness you brought
You made the planet happier singing songs to dance to on the spot.
Many great memories for people learning to dance the moon walk.
and my fondest memory dancing at The Cottage
to his song "Don't Stop 'til You Get Enough";

Written by Suzae Chevalier on May 17,2011

Christina Sunrise

Michael Jackson Is Innocent

Who are you to make a judgment call,
when you didn't know Michael Jackson at all.
Gossip spreads in people's heads,
making people believe things of dread.

Why not leave it alone and work on yourself,
concentrate on building people up.
Now, if we have all the answers to everything people do,
we wouldn't need to be here and think things through.

Christina Sunrise

Michael The Gemini

Michael the Gemini
Working at CVS,
Michael knows photography
better than all the rest.
He is also very friendly and
will lend a helping hand,
He knows how to get your
film processed as fast as he can.
He has his dog Baxter on display,
he is Beagle who howls during the day.
Michael only walks him when everyone
has gone to work,
He doesn't want neighbors mad and think
His dogs a jerk.
Michael is sweet as can be,
he has been with his boyfriend 22 yrs. plus 3.
Yes, boyfriend's is born under the Cancer sign,
his name is Jon and Michael has been with him
a very long time.
Now Michael is a Gemini who always has a smile,
stop by CVS and develop your film in style.

Written by Suzae Chevalier on August 12,2011

Christina Sunrise

Mind Games

When a person is doing drugs
they would rather give the drug a hug.
They will tell you that they 'Love you'
but 'you know' that isn't really true.
They are telling it to other girls too.
That is what one drug guy
told me awhile ago-
He was mean, he was cold.
He says to me:
'I say I love you also
to other girls I _____'
Maybe he is delusional-
like Skunky who did drugs too.

Christina Sunrise

Minnesota 2009

Alarm goes off it's 3: 30 am.
I have to get ready for Kinkos again.
I leave in car with my closet friend Ev.
off to Minnesota for we are in Wisconsin,
traveling on highway to Cities with the word Twin.
He drops me off at Kinko's which used to be open all night,
this was in the year 2009.
I'm busy drawing cartoons for my children books that glow,
I color in the illustrations with colored pencils layed out in a row.
I become friends with Kinkos employee,
she helps me make color copies for free.
I hurry and design to books with butterflies,
books are about Melodie and Sarah who become princess that fly.
Now that same year I have a show,
it is at bookstore named Barnes & Noble.
Kinko's friend gives me her wicker chair,
I have buy costumes and make dolls with a flair.
I even have friends mail up birthday crown,
I give out "Sarah's Special Birthday" flyers all over town.
It was a good turnout for the birthday show,
children wore blue costumes with wings a glow.
A lady buys a costume and 2 books are sold.
Butterfly books are finished once I get home.
Photos of Barnes & Noble where not shot by luck,
they were expertly shot by my friend Chuck.
Barnes & Noble photos on website to this day,
to show memories of transpired that day.
Reading was on Harry Potter, JKR Rowling birthday.

Written by Suzae Chevalier on August 28,2011

Christina Sunrise

Miss Melodie Go To Bed

"Now little Miss Melodie go to bed"
Mikey said as he shook his head.
Little Miss Melodie the small doll,
was laying straight up
on a stiletto shoe one inch tall.
He was babysitting her while
Sue was gone,
he worked in Sue's office all night long.
On Sue's website named Suzae,
this is one of her Sue's alias's
one of her unique names.
Mikey did add on to Sue's website,
'Hot Comic's of Comedy'
and 'Vacations of 2005'.
Now Melodie has her very own site,
it will all come under one domain
when Sue get's it right.

Written by Suzae Chevalier on September 25,2011

Christina Sunrise

Missouri 2007

It was the year 2007,
that was the year Jean went to heaven.
I went to see the place she was raised,
she had an interesting life I do say.
She designed Hallmark's house,
Her dad was friends with Walt Disney
who created Mickey Mouse.
She loved children,
for she designed a playground set,
She was very talented and the best.
A storyteller and a poet talented at age 8,
She edited her mom's poems made them great.
Ted Nugent is her famous cousin,
I saw him perform at Iowa Jam,
He kept people buzzing.
Now I wear Jean's ring,
she wanted to give me everything,
but that's o.k. memories of her are the best thing.

Written by Suzae Chevalier on August 12,2011

Christina Sunrise

More Poems To Come

More poems that do rhyme,
talking about people in the big time.
More poems that tell a story,
about happy things, not gory.
More poems to come on Christinasunrise,
where I will make you realize,
things can brighter and bigger if you fantasize.
For we live in our heads all day,
we should think of funny things to say.
That's why my Pissed Off poems are really funny,
like "Skunkman Is Afraid Of The Easter Bunny".

Christina Sunrise

Mother Earth Calms Me

MOTHER EARTH CALMS ME

Buried, buried down in the sand

I feel my heart beat from my toes to my hands.

I'm covered in sand from my head to my one toe—

The toe that was hit by a bird

The bird is white as snow.

I hide my legs

That look like a mermaid

In disguise—

I pretend I'm one

As I smile.

I feel Mother Earth's safety

with her calm

I will be healed

I am very grateful

She is always there for me

Feeling her energy in my energy field.

Written by Christina Sunrise on March 1,2015

Written by Christina Sunrise on March 1,2015

Christina Sunrise

Mother Earth Heals You

Walk barefoot on Mother Earth every day,
she will send healing powers your way.
Heal your body from the ground up,
with the electric magnetic current.
Thirty minutes is all you need,
to feel better and to get better sleep.

Christina Sunrise

Mother Earth Is A Goddess

Mother Earth is our Goddess
so we should treat her right.
Mother Earth is a celestial being
who we are all connected
to...day and night.
Mother Earth is our Goddess
who needs OUR care...
we need to send her love
love to all her children
everywhere.

Christina Sunrise

Mother Earth Is Always There

I feel happy to know
that I can count on Mother Earth
who loves me so...
I do her...
for she cradles
me in her vibration
that is in sync with mine...
I feel calm
In no time.

Written by Christina Sunrise on March 17,2015

Christina Sunrise

Mother Earth Rejoices

I send the oil back into Mother Earth,

she had it when she first gave birth.

She smiled and glowed at the thought of being restored...

She was so happy she was adored...

By all of Earth's children, plants, animals fish, and birds too,

mamals, insects and reptiles of green blue.

Now she felt robust,

Herself again through and through.

She was once again totally renewed.

Written by Christina Sunrise

Christina Sunrise

Mother Earth Restores Me

Mother Earth restores me,
she gives me restorative sleep.
My sleep is restorative and deep.
Mother Earth is supportive and heals-
she helps my lower digestion when I eat my meals.
Mother Earth heals me from my arthitic condition
I will stay younger and continue my mission.
For when my root chakra is open and a glow
I will fulfill my destiny wherever I go.

Written by Christina Sunrise on August 17,2012

Christina Sunrise

Mother Jean's Message

It's an hour before midnight,
and I hear a yelling sound,
It's street girl shouting out loud.
"Open up I have some news!
You must hear me you have
no time to lose! "
Opening the door,

I see urgency in her eyes.
telling me she had
a dream that took her by surprise.
Jean my adopted mother spoke to her
last night & put her into a terrible fright.
At first street girl was leery,
because she was wearing
Jean's small golden earrings.
In the dream Jean said "That was o.k.
don't worry I'm here to say,
tell my daughter to move far away.
It is going to get worse and I she won't be safe,
Make no mistake, tell her soon, Ok? '
Now, I really believed street girl,
for she never knew,
Jean was my adopted mother
and I was her daughter so true.
This confirmed the unseen
That my precious mother Jean,
was watching over me.

Written Feb.2,2011 by Christina Sunrise

Christina Sunrise

Mother Not Nice

Sitting in Starbucks I couldn't help but hear
A women talking mean her son while I was sitting near.
She ends up hitting him—
what the _____ this is very grim...
Why bring him to a business meeting
where child now has to have a score card-
A score card—for what?
A child is a child why
treat him with this regard.

Why do parents even have kids
let alone bring them to a public place—
where a child who is scolded and
made to feel a disgrace.
We are still living the old planetary dream—
everything in the extreme—
Child is not at fault for wanting to go outside-
why did she bring him along when he could of stayed
inside—inside his house with his father who was home—
people are not realistic—I could go on and on.

Written by Christina Sunrise on March 15,2012

Christina Sunrise

Moving To California

Moving to California

will be so much fun,

visiting all my cousins

who are Italian.

Like Lydia—she will be so happy,

acting stories with Melodie.

Then I will have a Birthday show

where she will be a princess

with all the friends she knows.

I will prosper when I'm out there,

I have to make it if I dare...

Written on March 9th 2011 by Christina Sunrise

Christina Sunrise

Mr. Big Toe Digs In The Dirt

Mr. Big Toe touches the Earth,
he feels his head in the dirt.
He is rejuvenated yes indeed,
this is where he feels at peace.
He heard of Earthing is a way of life,
in uncivilized societies they know what's right.
So he walks around with one shoe,
remember he's one toe singing the blues.

Written By Suzae Chevalier on February 1,2012

Christina Sunrise

Mrs. And Mr. Par

Mrs. and Mr. Par

Smell of turkey and spice fill the air,
I'm at Granny Krendoll's house
who loves to share.

Yes, Granny Krendoll who is Jan Par,
is the most giving person by far.

Along with her husband I might add,
he is also very happy, I wish he was my dad.

Sunshine family is what they remind me of,
they travel across the country spreading love.

They preach for a living in spreading the word,
Mr. Par is quite enthusiastic I have heard.

Now they came to visit me in 2009,
they had just back form Jamaica
and had a fun time.

A diary of their travels they do keep,
they are blessed by Jesus even while they sleep.

They look for the good in everything,
I am so happy they are my friends.

Christina Sunrise

Mrs. Tucker Is A Caring Mother

Walking back from court down to the cells
I talked to Mrs. Tucker she had a lot to tell.
She told me to forgive my mom for
not forgiving her is like a rock weighing me down so
I just listened knowing my mom was an immortal foe.
I cried as she talked telling me about her son
she said "You only have one mother
when she's gone there are none."
I knew in my mind I had already lost my mom
a long time ago- -
My mom wasn't a real caring mother to me
she kept me from going home.
Mrs. Tucker is a caring mother for her words
were there to comfort and see a different way
she even gave advice to inmates
very sweet and short before
they went to court that day.
I wish Mrs. Tucker was my mother
for she is a caring soul
that is what really matters in jail when
confinement takes its toll.

Christina Sunrise

My Affair With Prince Charming

Prince Charming always makes me feel right,
he tucks me in at bed at night.
I was sick and needed some sleep,
he turned off the light and didn't make a peep.
He then proceeded to watch t.v.
He watched the football game,
he was quiet and didn't complain.
I awoke and to my surprise,
he had flowers for me that were enormous in size.
I couldn't figure out where he had gone,
it was so magical I felt like a Princess on a throne.
These are some of the memories we share,
he is so special and does really care.
Written By Suzae Chevalier on December 27,2011

Christina Sunrise

My Friend Bill

Half Italian, half Irish for his last name is Maroney
Razel puppet said his name on stage rhymes with baloney.
Now he has my 2 books of "Sarah's Special Birthday"
He thinks they are very colorful, with colors of May.
One book is hard cover the other book is soft,
He lets me borrow them when my own copy gets sold or lost.
Now, he was good friends with my dear friend Jimmy,
they would go to all the restaurants in the Lake Worth city.
Now Bill is his first name but his middle name is John,
he was a economics professor in Michigan.
His mother is a sweetheart and she is still alive,
she is in upstate New York and almost 95.
Bill hopes to get in shape, I think he can doesn't eat past eight.
Bill always visited me on Comedy Night at the Rumshack,
He always thought I was funny and laughed and laughed.
Thanks Bill for supporting me as an performing artist and
visual artist too, hopefully that big original painting will sale
when my book sales go through the roof.

Written by Suzae Chevalier on August 23,2011

Christina Sunrise

My Last Words To Kayla

The last words I said to Kayla
"I'm putting you in my book."
She looked at me with one last look.
Tears running from her eyes that was very sad
I didn't care if she was wrong or bad.
She had given up and didn't care anymore
Prison is where she was going
when she went through the door.
She would have to face the next years of her life
in closed off walls filled with pain and strife.
Kayla said "I will be out when I am twenty four"
she had a glimmer of hope at her core.
I told her she would be Kayla the elephant with her
hair fuchsia not blue-
This would give something to look forward to.
She wouldn't be forgotten on the outside
she would be in my story as a character filled with pride.
In my story she would be an elephant walking in chains
sad look in her eyes for her ankles have pain.
Turning to Kayla saying "You are a sweetheart"
She knew where she was going
she would not be getting a bright start.

Christina Sunrise

My Niece Allisa

Baby Allisa would grow up to be,

a mother of Mya who is now 3.

I will always have found memories

of Allisa who is very outgoing yet very sweet.

Allisa came with me as an helper to my book readings.

She helped set up the props for my set,

She even was enthusiastic and didn't fret.

She was even a princess in my video shoot,

it was fun, it was a hoot.

I have Halloween photos of the party at the mansion on Lyndale,

when Allisa and her friends had fun till to the upscale.

Yes, Allisa takes great photos and even video's too,

we shot a funny video at a middle school.

Yes, by then Allisa was taller than me,

yes, she had grown into a preteen.

I just saw Allisa and her daughter Mya just last year,

I gave little Mya an toy owl, she was in good cheer.

Thanks Allisa for all the found memories,

they will remembered by me.

Written by Suzae Chevalier on August 25,2011

Christina Sunrise

My Pup Shiekee

Shiekee, Shiekee wagging her tail,
at the top of the steps, little bark no yelp.
She came to me as scared as can be,
She was yelled at when she peed.
She was even scared to pee outside,
She would not touch the ground,
She would run and hide.
She did get potty trained,
with a little refrain.
I started traveling so I had to give Shiekee away,
I gave her to a girl, but she did not want to stay.
She actually pooped all over her place,
I laughed I know she was playing a game.
Girl called up and said "Is she potty trained? "
I got Shiekee home and she wagged her tail and smiled,
I knew what she was doing all the while.
Now Shiekee is not with me,
she is with a lady down the street.
She plays with a Beagle in the backyard,
they play real rough, they play real hard.
She has a playmate now and I am glad,
she was the cutest and only girl dog I ever had.

Written by Suzae Chevalier on August 26,2011

Christina Sunrise

My Soul's Name

Going to the Akashic records up in then air
I found my Soul's book I did share.
No, not really is Zenoch my soul's name
I have to keep my real soul name a secret
it is sacred so I refrain.
My Soul's book has my hieroglyphic
for my soul also has a sound.
It is very harmonious to me I have found.
Now I will say my soul's name and go
back there once again
My soul gives me power to be my best friend.

Written by Christina Sunrise on November 11,2012

Christina Sunrise

My Spirit Says

Come from the heart
is where to start...
ask is this what my spirit wants?
not the ego who wants to control
making you forget what y
ou know.
Ego makes distractions from your true self
ego is apart of the body like a board on a shelf.

Written by Christina Sunrise on December 2,2013

Christina Sunrise

My Teddy Bear Is More Fun

Why be in a relationship made in "hell",
I could be making spells on Mel.
Why fight over "emotional poison" buried in a partner's head,
I rather make 'poison spells" on a Krendoll doll instead.
I could be playing with someone who is FUN for me,
Like a dog, a puppy or a child climbing trees.
Yes, if your drama bag is all you have to share,
I'd rather be PLAYING with my Teddy Bear.
The End...

Written Jan.3rd 2011 by Christina Sunrise

Christina Sunrise

Mya's Martini

Martini the little shitsu was cute as can be,
Wagging his tail so carefree.
by the ocean with good friend Suzy.
Now he was very aware,
for when he got scared,
he hid under Mya's desk
and there he would rest,
his head on Mya's small feet,
then he'd look up for a treat.
"Now why did you name him Martini? "
I asked Mya quizzically one day.
Then Mya turned her head to say,
"Well, this is the story Sue Chevalier,
"Martini was named after the club
where people like to dance,
I met my husband Ron
there by circumstance."
Now all 3 of them live together by the sea,
these are my sweet memories of
the Shitsu dog named Martini.
Written by Christina Sunrise on Feb.7,2011

Christina Sunrise

Napelton's Hyundai Is The Best

Driving down Okeechobee heading west,
I stop at a car dealership I like best.
Napelton's Hyundai is where I bought my car,
they are the greatest car dealership by far.
Marco T. Portocarrero made sure I got a good deal,
first time in brand new car, I was thrilled.
Napelton Hyundai has a 1 year warranty,
on your transmission guaranteed.
They will give you a loaner car for free,
when they fix your transmission
getting it back up to speed.
They also have the best salesman around,
Dino Glykas is enthusiastic, he gets the crown.
I will refer my family and also my friends,
I will be a repeat customer again and again.

Written by Suzae Chevalier on November 2,2011

Christina Sunrise

Neal The Believer

Meeting Neal for the very first time,
he was interesting and we had a lot of fun times.
Neal bought my children picture books more than twice,
he watched Razel on the comedy stage be cold as ice.
He helped support me in writing projects with a laptop,
he even paid for my trip to the writing workshop.
Now I have 2 more completed poetry books,
soon will be on the Kindle or the Nook.
Neal came to see me at the street painting festival,
he always believed in me and best of all.
He helped take photos of Melodie in the city that doesn't sleep,
funny photos and memories to keep.
Thanks Neal for all of your fun times,
and I hope you are having a Happy Valentine.
Written by Suzae Chevalier on February 14,2012

Christina Sunrise

New Jersey The Garden State

In NYC where the buildings are tall,

so much to do, no time for it all.

Now across the Hudson River

is a much smaller state.

I hear there are very hard working people

who make this Garden State great.

Now the water in New Jersey

used to be Pristine,

It came out of underground springs

that was very CLEAN.

Oil refineries, and power plants to this date,

destroy Jersey but make NYC great.

By lighting up all their tall buildings

making it the City that Never Sleeps,

but hurting Jersey without anything to reap.

Lets bring back Jersey as it was in the past,

rid the state of it's pollution for it cannot last.

Written by Christina Sunrise Feb.10,2011

Christina Sunrise

Night Of The Dog

Shot in L.A. and

brought to Palm Beach,

the crew of this film

was peachy peach.

Funny film that

I did see, I photographed

the crew in Beach

and at the hotel named

Gulfstream.

Now I have photos

of Jeremy,2 Peter's

Michael, Esthon,

& Ian,

These are funny

actors worth

see an.

Especially when

one cast member

kissed Razel

on the lips,

this photo

is totally

hilarious.

Now catch

This movie

On DVD,

you will

laugh and try

not to pee.

Written by Christina Sunrise on April 2nd,2011

Christina Sunrise

No Bird Songs Could Be Heard

Rachael on one spring day
Realized there was no bird songs coming her way.
Where had all the birds gone
Where they in a new home?
No, they died from pesticides
Yes, pesticides is how they died.
Read her book "Silent Spring"
You will realize that pesticides
Are not the best thing.
Pesticides are now in our seeds of wheat
yes, this is almost all the bread
that we do eat.
Why not work with the spirit
Of the bugs,
You know they have a conscious
They were made from love.

Christina Sunrise

No Clothes On Biker's Back

When I was the age seventeen,

I was in a girl's home

because my mom was really mean.

I got out for a little break,

went to girlfriend biker's place,

and partied till very late.

We played strip poker

with a table of four,

everyone almost dropped

all their drawers.

Then I had to get back to my parent's place,

biker drives me home naked

with no clothes on,

not a trace.

Luckily he stopped at all the stops,

we never did get pulled over by the cops.

This was right around 2 o'clock.

Next day went back to Anderson's home,

I had to call my girlfriend's phone,

to tell her clothes were all gone.

Yes, one of the girls ran away the night before,
girl went into my room,
stole them out of my drawer.

Runaway girl crosses the bridge to the Wisc. side,
hoping she can run from cops and hide.

Luckily my friend's clothes did come back,
friend couldn't wear them anyway for she was
pregnant and that was that.

Now if the runaway girl
had just wore the biker clothes the night before
I wouldn't have to explain to my friend
why her clothes went out the door.

The moral of the story is;

While one is out getting naked,
someone is stealing your clothes that are forsaken.

Written by Christina Sunrise on Feb.19,2011

Christina Sunrise

No Excuse For Abuse

You got away with abusing children at the time
but all in all it is still a crime.

A crime that affects the person years after
this is not a laughing matter.

It would be good to accountable one day
to say you are sorry, you made a mistake.

If not this will go with you to your dying days
wake up right now and change your ways.

For even though you didn't do the time...
you will do it on the other side.

Christina Sunrise

No Guns

In a highly evolved society they do not have guns
They do not shoot animals for sport or fun.
They do not watch movies where killing is the story
they do not have movies that are even gory.
They have no pain body so they do not inflict pain-
they do not come from ego, fear, greed for financial gain.
Now our planet has a long way to go—
will we ever live in the Golden age which we are told?
Written by Christina Sunrise on April 19,2012

Christina Sunrise

No Horns & Sirens On Radio

Horns and sirens

don't have a beat,

take them off the radio

and keep them on the street.

The radio is for songs

not for horns where on the

street it belongs.

So when I'm cruising

down the street,

hearing a great beat,

hearing sirens makes

me scream.

I'm not trying to give

you grief,

I just want the radio

to sound sweet.

Written by Christina Sunrise on April 11,2011

Christina Sunrise

No Laws In Highly Evolved Society

There are no politicians in a society that is highly evolved,
everyone is conscious of each other so there are no laws.

In God's world there are no 10 commandments which human Beings make,
we took our physical experience of the world and wrote it on a rock plate.

There are no right or wrongs, for your killer might be your Saint,
but you would have to know what the soul who moved on tried to paint.

So judge no person, situation, event or thing,
just look at it as is and the best for the Being.

Written By Christina Sunrise on December 18,2011

Christina Sunrise

No More Lies

You yelled at me, you told me lies,
but I don't need to sympathize,
with your made up alibis.
Enoughs, enough I'm through with your games,
you thought you had me just the same.
But I'm in my power, my little fool,
your Drama bag has no more tools.
So now we speak on my own turf,
this is my domain
For I'm all the dragons
in Drachen Wurf.
Need I say More? ? ? ?

Written by Christina Sunrise on November 28,2010

Christina Sunrise

No Trash Or Stray Cats

What if we all picked up trash?
What if we never needed cash?
What if we all fed a stray cat?
What if we all worked out on a yoga mat?
What if we never needed to say "you are sorry",
What if we only knew we are God's Glory?
What if we all knew we are from the One Soul?
What if we remembered what we forgot what we know?
What if we all lived passed two hundred and three?
What if there was no more crime or purgatory?
What if there was no pollution and no need for a solution?
What if there was no war and killing,
What if no more oil drilling?
What if we all lived in a Highly Evolved Society?
Then we would know and do all of the above,
because we all came from a place of love.
Then of course there would be no trash or stray cats.
Written By Christina Sunrise on December 30,2011

Christina Sunrise

No Weapons Day

What are we fighting for?

Why all the non-sense, why all the wars?

Fighting for freedom, fighting for peace,
bringing innocent victims to their knees.

Isn't there a better way,

by putting down all your weapons,
putting down all weapons just for a day.

We live in a world of survival mode,
survival for money, food and home.

Survival for all of our beliefs,
even when they bring suffering.

We live together on this planet,
many people and one planet all alone.

Shouldn't we work together to create
solutions to all of world's problems?

Does war solve anything?

Just causing more revenge.

For people are trying to defend,
their beliefs and region.

End all tyranny and government control,

let the people's voices be heard,

Start a website for people's voices around the world.

Written By Christina Sunrise

Christina Sunrise

Not Born In Sin

Russian family running for their lives
jumps over barbwire Russian fence
they don't get stuck-fence is sharp as a knife.
Only baby gets stuck with her wrap
Bolshevik soldiers show up
Russian family is scared off their _____.
One Bolshevik soldier soul is wise
He gives other soldier his rifle-
let's little baby and Russian family survive.
In barbwire fence soldier does go-
He rescues baby and instantly is not a foe.
Russian family goes to America where freedom prevails
Bob their grandson is born who hears of this tale.
I heard it today and had tears in my eyes
We humans are not "born in sin" or "evil";
this Bolshevik soldier was a good guy
and proved this judgment otherwise.

Written by Christina Sunrise on March 12,2012

Christina Sunrise

Nurture The Elderly

All the elderly are all alone,
All alone in nursing homes.
Sleeping in beds with drugs
blurring their heads.
Now this is our state of affairs right now,
before we had elderly helping out.
They lived to be healthy and take care of kids,
now we hide them away and make them forget.
Forget who they are,
for we labeled them thus far.
As drains on our society and economy,
not giving them respect or dignity.
Alzheimer's has a spiritual cause,
no family ties is the result of it all.
Now we need to give Elderly's
a way to fit in,
to give them meaning to life
not make them a "has been".
They could work at Daycares,
help with the children
because they have so much to share.
It's a shame for one day we could be in their shoes,
we better change our ways, we have too much to lose.

Written by Christina Sunrise on September 19,2011

Christina Sunrise

Nyc 2010

The year was 2010,
I was shooting a film about
Razel puppet and friends.
Shooting in NYC shots of Melodie,
and her secret robot who was sitting by a tree.
Now we did shoots photos in Time Square,
where people were walking everywhere.
Stopped in Toys R Us,
Razel kissed a lot of toys
without a fuss.
Melodie doll was photographed in the Macy store,
shot funny shots in products galore.
Now, hopefully all these photos see the light of day,
if anything they will be put on website melodiemezoree.

(Suzae Chevalier/August 10, 2011)

Christina Sunrise

Objects Over Emotions

Parents have learned the easy way out
they give their child a toy
when they hear them shout.
Instead of comforting the child
and asking how they feel
they give them an object which will
calm their shrills.
Children learn their emotions are not
to be recognized,
so they grown up suppressing them
making them hide.
Even in school we are not taught to accept
hey, maybe we are mad for we didn't get...
didn't get the toy we wanted and Jimmy did
we have to say we are 'Sorry' even when
we don't 'feel' it as an honest kid.
We are then to feel bad for feeling mad,
and taught to always be 'nice'
even when it does sacrifice
how we feel deep inside.
Passive aggressive is what we learn
so that we never discern
what is really going on in our guts
we shut it out, then we feel we are nuts...
nuts for not recognizing we have a right
a right to feel a certain way
we need to stop judging ourself and say
every feeling is O.K.

Written by Christina Sunrise on January 16,2013

Christina Sunrise

Observe Animals

Animals have the traits
we should emulate...
they are born close to the Tao
and have a lot to teach us
if we just allow.
Allow to observe and learn
for they are more spiritual
than we have heard...

Written by Christina Sunrise on May 5, 2014

Christina Sunrise

Observer

OBSERVER

I've been an observer all my life,
of middle class, wealthy and poverty's strife.
I've been an observer of child abuse, love and loyalty,
Prejudice, betrayal and myths of society.
I've observed hypocrisy, mind games and planetary dream.
None of this has affected my soul,
duality has helped me learn and grow.
For God's way will always be, just look at what's not working in society.
It's not man's plan but God' cosmology.

Written by Christina Sunrise on September 6,2011

Christina Sunrise

One With Nature

An animal, gecko or bird comes my way
To pose for me in the light of the day.
The mother duck that left her nest
She was out front of Bank of America
Posing for me with her colorful chest.
Gecko poses in the parking lot
He comes towards me and then
Human comes and he is gone like a shot.
Ibis lands on dumpster outside
Posing, then wants to fly...
I say no, stay there...
The ibis stops and turns to stare...
Then of course cars are behind
Waiting in a line...
I only took one photo and could of took more
I had to wait at the light- -
I could of shot at least photos of four.
Then doves land on my house as soon as I arrive
They sit there together not trying to fly...
Then dove that is higher flies in the sky...
The other dove follows close behind.
Thank you God's creatures for not being afraid
It is nice to see you on any given day.

Christina Sunrise

Only Chemistry

You fit like a glove around my hand,
Like the oceans water caressing the sand.
I cuddled your body like a teddy bear,
I felt you curly wavy hair.
I'm letting my memories go to dust,
For this relationship,
was only heated in lust.
Nothing more in this
relationship store,
For it was missing it's
maturity core.

Written By Christina Sunrise in 1995

Christina Sunrise

Open My Heart Chakra

Melt the ice around my heart
melt the ice for a brand new start.
Open up my heart with glee
open up my heart to set me free.
For when my wounds are all cleansed
I can be free like a child once again.

Christina Sunrise

Oprah Believes In Jesus

Watching a video on Oprah and Eckhart Tolle
I see the truth I already know.
For it's been my philosophy
Jesus was here to make us see
We are "God Consciousness"; all in its glory.
"Do not believe Oprah a false prophet"; is what was said
this is a rumor that people were fed.
Oprah is not a false prophet, now let's all get along
for there is really no real proof of what's right or wrong.
Misinformation is like a parasite, please hear Oprah words right.
Don Miguel's Ruiz a Tolec, writes of gossip on mankind
to me it's like a wire of misinformation in twisted vines.
in Ruiz's book gossip is like a virus on the internet
it's a spell that weaves its web-
Don writes: "Misuse of the word puts us in a deeper hell";
I reply "Let's all break this vicious spell";
By awaking up and seeing things as they really are
We are all equal and are shining stars.
Like Joseph Campbell even says
"I don't have to have faith, I have experience."

Written by Suzae Chevalier on February 20,2011

Christina Sunrise

Original You Are

People can judge your outer form
but that is not who you really are
you are unique, not in the norm.
Children are taught to be the same
well God didn't make us that way.
So celebrate who you are today
be proud you are original and
special no matter what they say.

Written by Suzae Chevalier on March 12,2012

Christina Sunrise

Originality

I may fall,
but I will always get back up,
Nothing in this world can stop me
from getting back on top.
For we are all are at the top of our own game,
No two people are alike or even the same.
We all original and create likewise,
No duplications in God's world,
nothings under disguise.
Everyone is unique and totally great,
We create Who We Are every single day.

Written by Suzae Chevalier on October 5,2011

Christina Sunrise

Our Free Will

Born into the world a new,
we lose our innocence around age of two.
Life is serious, we need to conform,
learning right and wrong is the norm.
Now we are minds are filled with shame,
nothing is simple, nothing quite the same.
Learning more at church on Sundays,
we are meant to repent and feel not o.k.
Now God never had this plan in mind,
she gave us free will in our dimension with time.
Some souls came here to be bad,
to show us what good is and that is sad.
Now we don't need to have duality anymore,
we did all of this drama many times before.
But God knows what's in store,
she forgives us for there is nothing to forgive,
she just loves us and wants joy and happiness among us where we live.

Written By Suzae Chevalier on November 3,2011

Christina Sunrise

Over The Palm Beach Bridge

Living on the Ritzy side,
Rolls Royces are the choice of ride
and mansions paid by family's pride,
hidden by bushes is where they hide.
Crossing the water where the dolphins swim,

you see another world that looks a little grim.
For shopping carts are more the norm,
transporting laundry even during a storm.
Then there is the drug dealers, crack houses and prostitutes too,
Trying to exist day to day without a clue.
Now I hear they are saying they are going to bulldoze all this,
You know it's people can't fight with money or resist,
for poverty is not really solved it still PERSISTS.
We need to create a better way,
to solve this problem of tomorrow and today.
Since then I hear of Millionaire Reality Show,
Where a Millionaire comes to the Ghetto.
I talked to him, and he shared he was scared,
but acting like it was more of a dare.
"Well, I lived over there" I said,
which went way over his head.
It was almost like talking to a piece of bread.
Living in the ghetto, I prayed and I cared.
People are REAL and they are scared.
Let's start from a common ground,
To change this Palm Beach County town.
By Christina Sunrise copyright 2011

Christina Sunrise

Ozzie Ona The Gentleman

There is a giving gentleman I just met,
he bought me a cheese omlet for breakfast.
At the Pelican in Lake Worth,
he is very friendly and down to Earth.
He was born in the valley of Quito,
it's in Ecuador I thought you should know.
His teeth are really shiny bright white,
he ate great vegetable giving him strong bones
and muscles filled with strength and mite.
He is quite an adventurer who has traveled a lot,
he's lived in California and in North Carolina he has a spot.
Yes, in North Carolina he has a German chalet,
in the mountains where the sky is clear not grey.
He also lived in New Jersey as a graphic designer,
he says his life is blessed, it couldn't be finer.
He's semi retired and lives with his Italian wife,
in a quite ocean town and has a great life.
He rides on his red scooter all over town,
that is where you can see him with a smile not a frown.
He says I look like a princess with pretty green eyes,
He says I look like royalty in disguise.
We both agree we were in a past life,
maybe two dolphins swimming having a great time.

Written by Suzae Chevalier on September 15,2011

Christina Sunrise

Pagan Place

Jer Bear and Mikey Mouse,

smoked pot in Pagan house.

Pagan house had bugs inside,

and rats that crawled the sides,

now this is where I used to reside.

Spider woman lived below me

with clothes black and white,

and Top Dog in front house

blasting radio into the night.

It was the Pagan House with

Stories that were a disgrace,

it was a weird and crazy place.

My pup Shieka was stolen on

The sidewalk,

across from the table where

I used to talk...to Lu Lu who

told me a thing or two.

Luckily Sheikee my new pup

showed up,

Just that week,

she was shy and meek.

These were my best memories,

on Ocean Breeze.

Written by Christina Sunrise on Feb.7,2011

Christina Sunrise

Painter Named William

WILLIAM THE PAINTER

With a great smile that always shines,
he is a great painter, he paints art real fine.
William makes paintings with acrylic, oils and pastels,
he is a realistic painter, muralist and cartoonist as well.
I went to William's art event,
it was at a church is where I went.
He did a mural on their wall,
it was huge, it wasn't small.
William has a great eye for shape and form,
he is an original artist, not in the norm.
Now I just saw William today,
he was happy to see me and we talked away.
I will do a mural with him in Lake Worth soon,
we will paint a wall with some cartoons.
Looking forward William to see more of your art,
your art is unique, it sets you apart.

Christina Sunrise

Past Life Karma

We project in the future
live in the past
how about live in the moment?
the only that lasts?

But we come into the world not knowing
what karma from our past lifes not showing.
So not only do we have the present to unreel
we have to work out the pastlife issues still.

Jesus in his time
did also baptise.
Cleansing away the pastlives
which has us hypnotized.

Only Lords of Karma and Masters like Jesus Christ
can wipe away karma but we can too do it to make it right.

We must go to a higher plane
not live in the mundane.
That's what masters do all the time
if you can understand rhyme.
they are in the world but are not of it
Masters know the illusion and don't submit.

Written by Christina Sunrise on September 18,2012

Christina Sunrise

Pathological Liars

Pathological liars
are 'Legends In Their Own Mind'
well I make them into evil characters
all the time.
I don't even have to come up with a plot
pathological liars give me all they got.
They all think they are so charming and smart
they usually state this right from the start.
They usually say you are nuts
when really deep down they have no guts.
They hide from the truth—
and blame it on you
making you believe their lies-
even when they are totally ridiculous
like 'I was in the shower-that's why
I didn't come to your side'.
They make you out the guilty one-
for now you ruined all their fun.
when it's like 'who really cares—
I make my Stories more with a flair
Like game Truth or Dare...
Truth, Dare, Promise or Repeat...
it was a fun childhood game
we could tell secrets and not be discreet.
But now all your stories
are recorded in rhyme-
making interesting poem
come to life.

Written by Christina Sunrise on June 27,2012

Christina Sunrise

Patty's Mother Earth Coffee House

With happy smile and calming effect,
Patty at Mother Earth Coffee House is humble yet.
She always has a listening ear, she is honest, she is sincere.
No other coffee house is quite like hers,
for it has a warm heart, like Mother Earth.
Patty's Mother Earth coffee house is quite unique,
it has a Earthly feel with gypsy mystic.
In the year 2007, Jim my friend who came along with me
visited Les Beans at the time and met warm hearted Patty.
I was once on stage with Razel at Patty's place,
She's a puppet with 2 evil eyes on her pale felt face.
Even Razel knows Patty's coffee café,
is for connecting with people- having Fun all in one day.
Zoey the cat is a regular on cushy chair, sleeping, you can still pet her cat hair.
Patty has open mics with singers, with a Friday comedy night.
Performers feel comfortable on stage for Mother Earth has soothing light.
With colorful parrot and paintings on the wall,
even the bathroom is cozy, perfect not too small.
So when you are in the city of Lake Worth,
Please visit Patty at her coffee house Mother Earth.

Written by Suzae Chevalier on October 5,2011

Christina Sunrise

Pay

Pay for this, pay for that,
pay for everything on the rack.
Drive in my new 66 Chevy car
not knowing what I pay for gets me that far.
Everything is a shot in the dark,
investing in something that could be a lark.
It ends up being a half baked cake,
doesn't even rise for heaven sakes.
Time could be wasted on better times,
could have been having fun drinking wine
with friends that make me feel fine.
So I say the best things in life are free,
like when I was a kid climbing a tree.
Written By Suzae Chevalier on January 17,2012

Christina Sunrise

Peace Brings Peace

A generation that loves peace will bring peace,
for if you focus on war you bring disease.

Disease in the mind that we are separate,
we are all from the same source.

Nothing dies of course,
it just changes form.

So when we think we have won

by killing another human

we really have not, have you forgot?

Written by Christina Sunrise on February 23,2012

Christina Sunrise

Peace From Expression

It's not just that easy to just say "No"
'No To The War On Drugs',
it is about boundaries I think so.
Starting in your family are you
free to express or are you repressed?
Free to say what you feel,
or to deny your true feelings and think they are not real?
So the 'War on Drugs' should be the 'Peace of Expression',
that's what all teenagers need to do to end Depression.
and not use drugs for repression.

Written by Christina Sunrise on January 29,2012

Christina Sunrise

Peace Is Acceptance

Your ego fails to accept—
this can be a regret...
Your ego judges another—
your sister—your brother.
Peace is energy with acceptance—
no need to do penance.
Friendliness is a sign from a higher plane—
emanate the energy of acceptance to
bring peace again.
When a person has shed his load—
travels on lighter road—
mourned their loss and accepted their limitations
you can open up to the heavens a rejoice in celebration.
For now you can emanate friendliness
and treating each person as a soul
you now walk the lighter road
for you have come so far you should know.

Christina Sunrise

Pelican Island Festival

Pelican Island is where almost
all the extinct birds live,
you have to care, you have to give.
For we are the caretakers of this land,
where God/Goddess makes it grand.
Pelican's Festival is March 17th next year,
please show up and volunteer.
Go to their website at
see what they have in store.
Be a sponsor like the ones below,
help with preserving wildlife and make it grow.
Sea turtle preservation society of Melbourne,
donate and help Sea Turtles weather the storm.
Go to
Melody's Music of Vero Beach,
donates guitar that's peachy peach.
Win a kayak from FLOC,
they can make you a handmade kayak,
one of it's kind with originality.
So remember March 17th,
Help protect the future of our Florida ecology.

(Written by Christina Sunrise on May 10,2011)

Christina Sunrise

Pelican Restaurant

Pelican Restaurant is run by Tara Sami who is sweet, she makes her restaurant cute and upbeat.

A cozy decor that has a quaint beach town feel, the Pelican Restaurant makes great delicious meals.

For breakfast is the Lamb Keema which has a flavorful taste, it comes with home fries that taste great.

Have a spinach omelet made by Chef Brian Stone, tastes hearty like cooked fresh in the kitchen at your home.

Pelican is open 7am to 12 noon, bring a friend or two.

Even open 6 to 10 on Friday nights with Indian plates to satisfy your appetite.

Indian dishes which is out of sight, like the Lentil fritters for price of \$7.95, served with cilantro & jalapeno sauce, making your tastes buds come alive.

Try the slowly roasted marinated cilantro and ginger on the Nihan beef shank. cooked on the bone with spicy savory curry to make it taste great.

Vegetarian and meat dishes served with yogurt, naan, and basmati rice, this adds to your dinner to make it extra nice.

Also your dog is welcome, sit with them at a table outside, you can enjoy your meal with them in the sunshine.

Remember the Pelican restaurant only accepts cash, it's a great eating experience when visiting on Lake Ave.

Written By Suzae Chevalier on October 13,2011

Christina Sunrise

Penny Brings Melodie To Life

Penny with her sewing flair,
sews Melodie doll and yarns her hair.
Penny makes Melodie into a small doll,
once Melodie's alive the two have a ball.
Melodie writes Penny once in awhile,
she even visited her in the hospital.
Melodie had to make sure Penny was alright,
in fact Penny told the nurse, where is Suzy tonight?
Right then Melodie, Razel and me soon arrived,
to sit by friend Penny's dear old side.
Now Penny gets healthy and recovers real soon,
she enjoys her grandchildren and her new life too.
Thank you Penny for all your generosity,
if it wasn't for you, the world would not have Melodie.
Written by Suzae Chevalier on February 14,2012

Christina Sunrise

People And Pet Poems

People and Pet poems I do write,
in the day or the night.
Rhyming here and rhyming there,
about people and pets
that I valued and value so dear.
Some people were just passing by,
some people made me mad, laugh, and cry.
I also write phunny poems now,
To make people laugh, laugh out loud.
So buy my collection of poems from me,
I will through an autograph for free.

Written by Suzae Chevalier on September 23,2011

Christina Sunrise

Peregrine The Hawk

Yes, there is a hawk
named Peregrine,
Rhymes with the English word "mean".
Like I "mean" to say,
this bird is a hawk having it's way,
eating little pigeons during the day.

Flying through the NYC sky,
Flying up to a condo real high
Resting and nesting is where it's at,
on Trump's condo not an English flat.

Christina Sunrise

Phoenician's Are First To Sail

Maybe if you are a scholar you will know,
That it is the Phoenician's were the first to sail.
Sail to discover the America's.
No it was not Columbus as the storybooks say,
The Phoenician's made ships and sailed away.
Landing on what is the US of A.
they became the first Native Americans,
they were one with the Earth they were friends.
Now more explorers came,
Forced them to go to Canada.
Great grandmother Ms. La Duc would come from there,
meeting my Great Grandfather who was French
and fall in love and care.
You might have Phoenician blood in you if you don't read,
or question beyond what you can't see.

Written by Suzae Chevalier on August 20,2011

Christina Sunrise

Photographer From Chicago

In the department store

on Nicollet Mall,

a photographer

photographed me

from Chicago.

He came back before

snowy and blurry,

MN Twins were winning

The World Series.

photographs were taken

when I was young,

it was great I

had a lot of fun.

now the roll of film

almost became lost,

another photographer

found it before it was tossed.

if anything I still have

photos to show

I was young and a glow.

Written on April 5,2011 by Christina Sunrise

Christina Sunrise

Photography Is Kin's Thing

At the Lake Street Painting festival I did meet,
a photographer named Kin who is really sweet.
He shot photos of my princess on sidewalk not street.
being a rogue artist the sidewalk was the place,
that I decided to use my chalk to paint.
Paint a small square by the Hummingbird hotel,
Kin shot great photos of Sarah Star not Mel.
Since then Kin shot photos of my painting 3x5,
also castle scene painting this year with keen eye.
We went to wildlife Wakodahatchee Wetlands by Jog,
we photographed birds, alligators and frogs.
Kin visited me at the Royal Art & Music Fest,
photos he took turned out best above all the rest.
Kin says he's my fan, and never charges a fee,
he supports all artists like cartoonist like me.
Thank you Kin
for being a great photographer and friend.

Christina Sunrise

Photos Of Paul Anka

Standing near I photograph a man,
who's small in stature,
but voice is grand.

Having to take many photos of,
a Singing Legend with Palm Beach ladies
who all just love;

Thee.

As the music plays on by the pool,
Donald's dances with Melania looking smooth & cool.

Then Mya says "Let me see what you took,
Wow! Those are great, I like that look! "

Mya is discriminatory and wants the best,
she nods her head while saying

"Yes, all these photos pass my test,

they all do look very fabulous! "

Written on Feb.4,2011 by Christina Sunrise

Christina Sunrise

Pillow Monster Digs In The Dirt

Pillow Monster touches the Earth,
he feels his head in the dirt.
He is rejuvenated yes indeed,
this is where he feels at peace.
He heard of Earthing is a way of life,
in uncivilized societies they know what's right.
So he walks around with one shoe,
remember he's one toe singing the blues.

Christina Sunrise

Pillow Monster Magically Transforms

Pillow Monster magically gets so big
he has magical powers, he never worked out in the gym.
Pillow Monster now has sweet memories,
memories of the Krendoll characters so sweet.
Pillow Monster can't figure out why he feels so happy inside,
he now has a colorful outfit with a bigger tie,
Pillow Monster is so happy he has a new magical life.
Transformed Pillow Monster is what the neighbors think,
they see Pillow Monster so happy to be alive,
Pillow Monster is so happy for he can't deny,
Pillow Monster gets so big, tears came to his eyes.
Pillow Monster gets bigger and bigger; but he makes it outside
Outside to see the sunshine, he is no longer inside.
Then it rains and makes a lot of mud,
Pillow Monster doesn't mind if he gets stuck.
Stuck in the mud goes Pillow Monster Toe,
then his friend Hamburger Helper Hand—
helps him because he understands...
how excited Pillow Monster is to get so Big...
big like the biggest Pillow Monster that had magically grown,
Magical like Pinocchio's very Long nose.

Christina Sunrise

Pillow Monster Meets Razel's One Thumb

Pillow Monster one day was at lunch
when he noticed Razel's one thumb.
Yes, Razel only eats with thumb and pinky,
she tries not to make food look stinky.
Pillow Monster bumps into her chair,
Razel says, 'Hey, you messed up my hair! '
Pillow Monster offers her a ice blue comb,
he says 'Sorry Razel, here's one comb to take home.'
Razel replies with a gleam in her eye,
'I here you will dress as a clown in disguise'
Pillow Monster then looks dazed and confused,
He knows Razel does spells to be amused.
Pillow Monster thought and then cried,
'I don't dress up as a clown because
I would be hit with a pie! '
Razel then felt dumb founded
and then she rebounded.
'Don't worry my precious Pillow Monster's toe,
I would never give a pie a throw! '

Christina Sunrise

Pillow Monster Meets Skunky

Pillow Monster read in the paper an interesting tale—
he read about 'Stinky Skunky's' poems where
Skunky was a sneaky spy for Razel not Mel.
Yes, Skunky was hypnotized to tell his lies
and also to take the Suzarian Star prize...
Now Skunky was caught and had to defend
his pride—
he could no longer tell a lie and hide.
So Pillow Monster thought and did reply—
I will interview Skunky and see if he
is a real 'Zitalian Skunk' or a 'Great Guy'.

Christina Sunrise

Pillow Monster Wants To Interview Suzaria

Suzaria is the princess that Pillow Monster knows,
she is living now right on the street Coconut Row.
Lexius the wizard takes her to all the fun places that are nice,
he buys her nice things without thinking twice.
Pillow Monster wants to interview her on his radio show,
but Suzaria is too busy filming videos on the go.
Maybe next time when she is in his town,
she might do an interview if Pillow Monster dresses up like a clown.

Christina Sunrise

Pisces Moon

Mastery of illusion and mystery of Neptune,
I become a mermaid by the light of the moon.
Yes, Goddess of the Sea,
I create a beautiful world when I dream.
I dream of swimming with my colorful scales,
through the green oceans I swish my tail.
Swimming with the dolphins, the sharks and whales too,
I swim following the light of the moon.
My emotions stir when I see a merman,
He is stranded on the sand.
I help by throwing him some seaweed,
I know this will save him yes, indeed.
Now we are both happy swimming out to Sea.

(Written by Christina Sunrise on Aug.2, 2011)

Christina Sunrise

Planet Of The Doll Pact

I know you are the evil one,
one dark eyed puppet that ruins all the fun,
yes, you are Razel puppet with one thumb.

Now we will let you trespass here,
if you decide to be sincere,
In fact you will have to melt,
all the ice spells you ever dealt.

Now all is forgiven,
We all dollies are one,

One Doll Planet under the Suzaria Sun,
having so much fun, fun, fun!
with Razel puppet doing pranks on all the ton!

Christina Sunrise

Planet Of The Dolls

On the planet of the dolls,
Razel the puppet is not
wanted at all.
Razel replies with a evil grin,

"This is discrimination.
Just because I don't
have stuffing
inside of me,

doesn't make you more happy.
I am hollow without a doubt,
and I am proud when I shout."
I'm the vilest puppet of all,

I would never want to be a doll! "
Written by Christina Sunrise on April 21,2011

Christina Sunrise

Planet Of The Dolls Defended

I know you are the evil one,
the one puppet that ruins all the fun.
Now we will let you trespass here
if you decide to be sincere.

In fact that you will melt,
all the ice spells you ever delt.
Now all is forgiven,
we are one,

One Doll Planet under the Suzarian Sun.

Christina Sunrise

Planet On Fire

We are under the wire,

the planet is on fire.

Not only is the Earth's core,

but surface at the shore.

Little do people know,

that the fire can

get out of control,

that they can go,

Disappear from here.

fire burning

for almost 50 years.

It's in Pennsylvania the state,

Did you know the past fate?

The fire started

around the year 1962,

that's when it started,

I believe to be true.

It's coal under the ground.

that is where it is to be found.

Now google it today

and you will see the fire

is here to stay.

Unless we use clay

The resistant barrier in

which they made

then turned

into a mistake.

The barrier was partly

Incomplete,

making the fire continue

with more heat.

Now pray for mother Earth,

and for her new rebirth.

Pray for her in a good way,

with thoughts to keep us safe.

Written on Christina Sunrise on March 18,2011

Christina Sunrise

Planetary Consciousness

Let our planetary consciousness

Be one of United Love

This will help Mother Earth

Become centered and calm

Like a dove.

Be conscious of every thought

That it is now for the highest good

The good of the planet we

Are in it together no more

“Not now or maybe I should”.

WE all can affect the planet

Concentrated good thoughts of pure

No more “Victim” mentality for we

Are the ONES have the Cure.

Written by Christina Sunrise on February 15,2014

Christina Sunrise

Planetary Dream Or Dread?

Rules and consequences of the planetary dream
someone wronged someone right so we demean.
Of course we don't pick someone up when they fall
We judge them as a trouble to society
so we put them in confined walls.
Some can play the system till the end
get out of going to prison when they should
be there even though no one showed up
in court to defend.
Defend themselves to
what the gun shooter did do.
The jury was not there and had no real clue.
That is what happened to the lady who would
one day throw me in jail- -
she did it with her boyfriend who was high
on coke, a drunk who started to yell.
But thank God someone
Innocent has an attorney who can defend.
I am told that there are No Victims
For I see the higher calling of my soul
to show what happens in jails
for people on the outside don't really know.
For we agreed before WE came here—
to have circumstances to help humanity heal.
Or to learn a lesson that our soul felt had was dear.
So maybe we should ask psychics what this is all about?
It would give us answers to help us figure this all out.

Christina Sunrise

Plants Dream

If everything has a consciousness and a soul,
than plants dream wouldn't you know.
But of course they have no eyes,
but in other systems they use other means to realize.
Of course you believe that your dog does dream,
because he has a brain and moves with muscles so lean.
What is this other state of consciousness that we talk of?
The dream world that we visit in another dimensions?
Now if we are all a part of the matrix,
then we can visit anyone that does exist.
But of course we use symbolism to understand,
so we wouldn't really recognize anyone from another land.
So if it's true about the plants,
we don't need a body to dream of or even chant?
Well, I think my gecko friend does dream,
he heard me telepathically so he has a wave of consciousness stream.

Christina Sunrise

Plants Feel

When a tree is cut down

in the forest all the other

trees feel it's chop,

All the trees are connected

and feels it when this tree drops.

Now even your plant

even knows when you are gone,

it misses you and

needs more than water to live on.

Plants are sentient

which is true as the wind,

give the plant Kingdom kindness

for they were here in the beginning,

and help us to breathe and to live.

Written by Christina Sunrise on April 12,2011

Christina Sunrise

Poem Everyday I Write

Purple poems I do write,
in the day or the night.
Rhyming here and rhyming there,
About people and pets
that I valued and value so dear.
Some people were just passing by,
some people made me mad, laugh, and cry.
I also write phunny poems now,
To make people laugh, laugh out loud.
So buy my collection of poems from me,
I will through an autograph for free.

Written by Christina Sunrise on August 23,2011

Christina Sunrise

Poet Long John Silver

Long John Silver is his pen name,
He writes poetry that is never the same.
He's has a style which inspired me
just like poetry of my dear friend Chucky.
Even though I had written poems before,
He wrote a poem about me that I really adore.
Long John Silver if your reading this,
I thank you I do confess,
Your poems are the best.

Written By Suzae Chevalier on September 23,2011

Christina Sunrise

Polar Bear Thanks Me

It was great to know
that Polar Bears would show
show up in flowers a bloom
I received a card in the month
of April not June.
Yes, on a Thank You greeting card
the Polar Bear did say
"Thank You"
for defending them that day.
Polar Bears were thanking me
for all the world to read
a poem about the Polar Bears destiny.
So please read 'Protect The Polar' bears
and 'Let The Polar Bears Live'
they will be thankful that you did.
Please go to today
and donate to saving wildlife of the planet
before there is no more for us to pray.

Written by Suzae Chevalier on March 21,2012

Christina Sunrise

Pray For And Save The Dolphins

Dolphins feel they can't fulfill the purpose for which they are born
they are beaching themselves, they are exhausted and torn.

Please PRAY NOW for the Dolphins of the Seas

Please, PRAY that They Stay Please.

Join the organization Greenpeace.

It is sad that Bottlenose Dolphins showed up dead from New Jersey
to the Sunshine State—why it is from PCB entering the Sea.

Stop Dolphin killing in all its forms

join this organization now to Keep Dolphins on Earth's Shores.

Dolphins are born to bring love, joy and life to the oceans of our world

please help these aquatic creatures—like they were your boy or girl.

They are the bridge between the aquatic kingdom and the human kingdom here

Please send love to them to show you understand and care.

Please end all brutality to Dolphins and support organizations that keep them
safe

Keep off our shores plastic waste—this covers Dolphins blow-holes
which makes them suffocate, end net killing -over 500 dolphins die a day

Pray and donate to organizations before it's too late.

When the Sea Life Dies we die too

please pray for the Dolphins me and you

Written by Christina Sunrise on April 10,2012

Christina Sunrise

Pray For Inmates Going To Court

May prayers are with the inmates today
In court at 10a.m. a decision will be made.
It will affect the rest of their life
Let us prayer it's not one of strife.
Some were stuck in jail for they had no money to get out
they ended up pleading guilty because they had no clout.
Some had bad luck from the start
they had bad parents who froze their hearts.
Maybe they went into drugs to ease the pain
maybe their pain body took over so they needed to hurt again and again.
When will this chain of events ever end?
Look to other cultures that raise their young
they are treated like spiritual beings
when their life has just begun.
They grow up knowing who they are
they grow up being a shining star.
So treat each other with kindness today
it might be their last smile they see
before they are sent on their way.

Christina Sunrise

Pray For Inmates In Chains

Pray for inmates walking to court in chains
chains around their ankles they do feel pain.
How does this affect the human psyche?
Are we making them more like criminals
that want to fight?
Or does it make them feel good
make them feel understood?
Now I can see putting chains on
killers, rapists and the mentally insane- -
But to put in on the average person what does that gain?
It's not the Maslow's law of being trained
it's more like it wilts their spirits and leaves a stain.
If not out of demeaning jail in time
most will come back doing a worse crime.
Or maybe commit suicide?

Christina Sunrise

Pray For Our Soldiers

Pray for our soldiers
who fight all our wars.
Pray for our soldiers
who are down on all fours.
They do battle everyday
to Keep the Alive
Pray for them Today.
Show them your Love
by shining your Light—
BE the Beacon in the
Dark of Night.
For WE are the ONES
this Planet's fate—
We are in this together
Let's Make this Turn
around Great!

Christina Sunrise

Pray For The Inmates

Pray for the inmates that are in jail
after all their life did fail.
For now they need it the most—
who cares if they stole a big fat roast?
On this planet stealing food is a crime—
but killing others in war is praised
with a metal that shines.
Now we must get our priorities straight
if we are to change—
The system isn't working to this date.
For we judge inmates badly
making them feel all the blame.
We need higher thoughts to resolve
or this uncaring treatment
of inmates will go on and on insane.
Make inmates laugh—
it might be their last chance...
Everything is heavy and dismal and grey
even the food color they eat during the day—
Why not create a better way
to rewrite their temporary stay?
Write a "Code of Ethics" so we know
We can help inmates be in an environment
that helps them grow.
This is the last stop for them before prison-
Why give them more of a reason?
A reason to go back in—
To go back in and repeat again—
same behavior or maybe worse—
now that their heart has hardened till it doesn't hurt.

Christina Sunrise

Pray For The People Across The Seas

Add to the collective

consciousness with

happiness and glee,

or add suffering and misery.

We have only 24 hrs in a day,

let's take 10 minutes and pray,

Pray for the people across the seas,

they are suffering more than you and me.

for they might be headed for catastrophe.

Remember Freedom is not free.

Written by Christina Sunrise Feb.25,2011

Christina Sunrise

Praying Inmates Keep Their Light

Going across a cross walk and what do I see?
A flashing hand starring at me.
Count down the voice does go
it reminds me of my handprint that
Sheriff smudged so.
Now I can think more positively
I was let out of jail and now I'm free.
I was free and didn't lose my dignity.
I am innocent and not guilty—
I prayed all night for the inmates in their beds
I prayed for the judge, sheriffs and brought
Light to their heads.
Be more Conscious of Everyone here
They are humans first and some are very sincere.
Worried about seeing their children and afraid
they will get hit again—
Be brought back to jail
from husband who controls them.
Or be set up like I was while I was just protecting my place
made to feel that I was a disgrace.
I do feel very sad and everyday prayer dearly for
the inmates not making it through the exit door.

Christina Sunrise

Precious Gem

Precious gem that shines real bright
sparkling deep in the night.
With your hue of bluish green
and all the rainbow colors in between.
The path to happiness to be redeemed
by opening the heart chakra
in waking and my dreams.
Once open filling my life with laughter and joy
happiness from a toy.

Written by Christina Sunrise on August 28,2012

Christina Sunrise

Prince Charming Turns Bad

A Prince proposes to me wearing green,
he has the biggest eyes I've ever seen.
His hands are large and so are his feet,
he says nice words to me that are really sweet.
He offers me a flower and then a ring,
both sparkle real pretty with lots of bling.
Then we look deep into each others eyes,
his are so deep like a crimson blue sky.
Then we try to consummate our vows to each other,
he starts to change like totally into another,
Another person all together,
I wasn't in for his kind of weather.
Then his skin peels and I see the real frog,
I can't believe I was tricked by his delusional fog.
I soon realize it was all a dream,
I projected a person onto an amphibian.
So you wise up when you have kissed enough toads,
you sometimes have to take the very high road.
Written By Suzae Chevalier On December 23,2011

Christina Sunrise

Prince Emeray Is Born On May 31st

Now there is a prince

named Emeray.

He had his birthday

in the month of May.

Yes, the last day of May

to be exact,

he was born by icewitch

who turns into a bat.

Yes, her name is Razel

who you might know,

she lives on planet Iceron

with a lot of snow.

Anyways, Emeray's birthday

is May 31st.

He was blessed to conquer the worst.

he would become the superhero of the day,

and win over Razel with Melodie Mezoree'.

Written by Suzae Chevalier on June 1,2011

Christina Sunrise

Prince Passes By

Ambience is
almost of candle light,
I seem him vaguely in
restaurant/club that night.
Protected by 2 men
that are very tall,
looking at him,
he's short and small.
No one knows he is there,
eating at his favorite place,
without a care.
Except for my friend,
he said he came out of
"room for men".
Prince looked at me,
but I did not see,
I was too busy being hungry.
Next time I will pay the way,
for his birthday with a cake on a tray.
Written by Christina Sunrise on Feb.4,2011

Christina Sunrise

Prison Reduction Starts With Jail

Did you know that being in prison is better
than being in jail?

Yes, jail is worse, it's a living hell.

Now you ask in this day and age
why would we still treat humans like
this on the planet?

Are we not highly evolved yet?

Are we still like cannibals full of rage?

Yes, human suffering is still at an all time high
no matter if Jesus, Buddha and Gandi fell out of the sky.

WE still haven't remembered where we are from
so we go on with this punishment, blame to hurt
to the weakest link under the sun.

So if WE all knew what harsh treatment is really going on—
in jails—

WE would say this is inhumane since this punishment had first begun.

And we would Re-Think how we ran jails and prisons from a
highly evolved point of view—

Help change humanity's consciousness of jails
if the majority of people only knew.

Christina Sunrise

Promises You Can'T Keep

Make promises to me that you can't keep,
make up lies because your cheap.
Don't you know you have done it all before,
you can't remember because you lie to yourself into the floor.
Believing your lies till you make them true,
thinking I will believe you, do you think I am a fool?
If I had a dollar for every lie you told,
I would be rich with lots of gold.

Christina Sunrise

Protect The Polar Bears

Exxon Mobile, Chevron,

BP and Shell,

join together to make

Polar Bear Wildlife

a living hell.

The plan to strike,

not with a knife,

But with oil drilling,

Which starts spilling

Over The Polar Bear Wild

Preserve,

'have you heard? '

Please donate to

The Polar Bear Protection Fund,

Center for Biological Diversity

work has begun,

We need to fight to protect

The Polar Bear's right,

To have a home on Earth,

To live and give birth.

Please visit

Don't be like Star Trek's borg.

Written on March 8,2011 by Christina Sunrise

Christina Sunrise

Puppitlady With An "i"

There is a lady named Puppitlady

with an I,

yes, it does rhyme with stye.

Now you can google it

to see if it's true,

She has a puppit named

Razel who turns people blue.

Don't forget Melodie the doll,

she is the smallest but brightest of them all.

Majesty mermaid and Sarah Star

are also some characters Puppitlady

developed thus far.

So watch to see, the funny movie,

Coming to theaters by 2013.

Christina Sunrise

Purple Poems

Purple poems I do write,
in the day or the night.
Rhyming here and rhyming there,
About people and pets
that I valued and value so dear.
Some people were just passing by,
some people made me mad, laugh, and cry.
I also write phunny poems now,
To make people laugh, laugh out loud.
So buy my collection of poems from me,
I will through an autograph for free.

Written by Christina Sunrise on August 23,2011

Christina Sunrise

Putting The Z In My Name

Given name Susanna Christina on April 18th,
changed before I could even blink.

Yes, the "s" was changed to a "z",
letter sounds better to me.

Correct spelling follows below:

Suzanna Christina; is the new spelling to know.

I even go by Suzae or Suzy,

but I don't like Suzanna

because of the "a".

I might like it one day.

Long story to understand,

I'd rather go by Suzanne.

Written By Suzae Chevalier on February 4,2012

Christina Sunrise

Rain In Indiana

No rain in Indiana is what I heard
I thought 'Wow, it's raining everywhere else,
sounds absurd.'
Then my friend asked—
'Can you make it rain'
I replied—
'O.K. I will do it tomorrow, not today'
Then in morning around 6 eastern time
I did my Shaman thing which is totally from my mind.
Then I get a call around 3—
hey, it rained here today—
not in forcast 'was it you Suzy? '
I said, yes—
I would of never guessed—
maybe I do have magical power—but we all do—
we can control the elements if we believe it is true.

Written by Christina Sunrise on June 27,2012

Christina Sunrise

Rain Or Shine?

I knew we needed rain last Monday night
so I prayed for rain within my mind.
Then it rained for 2 days or more—
I heard later no rain this week was in store.
I told a blond lady the next day—
she said think of sunshine with its ray.
Then a red haired lady
told me stop the rain or she will be mad—
I prayed -the rain stopped I was glad.
Even the tennis players are not sad—
for they can play their game
making it the best they ever had.
Even Easter was nice so the Easter bunnies
could hop over the grass.

Written by Christina Sunrise on April 8,2012

Christina Sunrise

Rami The Hero

A friend who accomplished a lot in his time
went to heaven I pray that he's fine.
He was a cartoonist, Olympic wrestler
and High school teacher too,
He had a daughter who I pray for,
for she is very sad and blue.
Rami used to call me Suzaria
with emphasis on Sue
He seemed like a loner-
but He could be a friend to you.
I will make a Cartoon Character of him;
for he had many qualities to admire,
his students will look up to him
and hope to emulate and aspire.
Even in the end he had a lot of desire,
to live his life with his passion for his
enthusiasm would never tire.

Christina Sunrise

Ratcoon Lives Here Too

One day late at night,
a dog started to attack and fight,
A ratcoon is what the dog attacked,
he was jumping on him, biting his back.
I turned on the light,
dog ran away with fright,
Ratcoon I prayed was alright.
Ratcoon has his home,
outside by the trees
eating all alone with the bees.
He has a right to be here too,
This was his home first it's sad but true.
For humans came along with their houses,
shoed him away like the mouses.

Written by Christina Sunrise on September 16,2011

Christina Sunrise

Rats For Neighbors

Rats scramble across the floor,
making loud noises like never before.
They are in the attic having a fun time,
they are nesting together they know it's Christmastime.
Wind blows and they huddle together,
they are smart, they know better.
Rats lived in the back house and now they are in the front,
if they are of the same family I'm out of luck.
They are from Europe and they are die hards at that,
they will want to stay in a house not a flat.

Christina Sunrise

Razel Is All The Rage In Heaven

No birthdays in heaven

we do not age,

I hear we stay around 20-30

said a sage.

Now, what will Melodie and UniCandle

unicorn do?

I think they will have to

“Sing the Blues”.

Now Razel will

have her way she is happy

and thinks she’s all the rage.

Written by Suzae Chevalier on March 31,2011

Christina Sunrise

Razel Rhymes

There is a puppet that does rhyme
her name is Razel, she is one of a kind.
has Razel with funny hair
photos taken in NYC's Time Square.
Her daughter Melodie who is a doll
has photos on the subway having a ball.
Both Razel and Melodie do the town
people watching, even scared with frowns.
Photo with girl in the background
she is shocked for it's Razel she has found.
Found posing in front of the library of NYC
Razel of course thinks herself so pretty.
More photos taken in the taxi cab
cab driver thinks funny and starts to laugh.
Razel and Melodie will soon will arrive
at a law firm to stay the night.
Yes, lawyer will tell me if they will make the grade
to be copyrighted as stuffed toys to be safe.
They will be shipped then to my house FedEx
I write a poem about Melodie who I like best.
Entitled "I Miss My Melodie"; which will be in "Puppet
Poems";
it's about how Melodie might not make it home.
Melodie and Razel arrive in box from the "City That Never Sleeps";
they had a long travel in a box while counting sheep.
Luckily I have the photos of those 2 recorded in 2010
it was a fun experience for the both of them.

Written by Suzae Chevalier on March 25,2012

Christina Sunrise

Razel Sings The Blues

At audio studio in the spring,

Razel and Melodie

do their thing,

Razel is the crazy voice,

talking of her past lives,

where she has no choice.

Melodie counsels her

and makes sure

she is alright,

Freddy haunts Razel

in the dark of the night.

Razel ends up in a mental ward,

Chucky her friend

ends up on the floor—

For Freddy wants revenge,

stops Razel from having friends,

but this is not how it ends.

Razel wins and Melodie is proud,

Razel lived her life out loud.

She makes her mark

as the vilest of all,

Freddy reverts to a bunny

has to beg and crawl.

Now Razel has her own

Rock n Roll band,

She rocks out across

the land.

Singing songs of her life

so evil & grand.

Written by Christina Sunrise on March 31,2011

Christina Sunrise

Razel The Puppet

RAZEL THE PUPPET

There once was a puppet

Who was very depressed from the childhood she had.

So to tend the sadness and pain she had ever felt.

She changed to deck of cards she was dealt,

And set out to freeze with her beauty mark,

Being famous for freezing people in the dark.

She would control people's minds,

She would control them to the end of time.

Written by Suzae Chevalier on

Christina Sunrise

Razel's Deep Freeze

Protect the oceans and protect the seas,
from Razel the ice-witch cold deep freeze.

Razel's skin is turning more blue,
she freezes Earth with her spells and voodoo.

Now, you might say we are heading for another Ice age,

I hear the talk of psychics and sage
that this will happen, but not in our day.

For now we must be more kind,
helping the planet by preserving it like a shrine.

Be the opposite of Razel who lives in her head
full of evil, revenge and dread,
being selfish and not making her bed.

Written by Suzae Chevalier on May 12,2011

and

Christina Sunrise

Razel's Song To Melodie

I will freeze

your feelings one by one,

You will

go completely numb.

I will teach you to ignore,

what all of your feelings are for.

You will not be able to cry at will,

You will be mine to control with this

Little pill.

This pill is a freeze emotion pill

all linked and controlled by me,

Feeling like your helpless and weak,

I will make it hard for you to speak.

Speak your mind and say your thoughts,

'You are mine don't you know it!

How dare you speak out! ! '

Yes, you were born to be controlled
until 16 years of age,

by then you will be totally Iceranean!

What? How dare you not play

my frozen emotion game!

I'm in control, you stay the same! "

Copyright 2006 Christina Sunrise

Christina Sunrise

Razel's Riddle Songs

Listening to the sound of my voice,
You are mezmorized and have no choice,
Filling in the cracks of the walls,
I control your mind down to your _____.
Sweet Memories fill your mind,
As you see me as your Valentine,
Singing you a song sooo divine,
Cupid works with Clementine.
Now you think only of me,
I am one step up from Melodie,
For I sing song's of lust and delight,
Enlarging your _____appetite.
My love of riddles are in my songs,
Make you question them all day long.
Huh, huh, my laugh echoes far and near
For now I control your mind my precious dear.

Christina Sunrise

Read My Palm

Try to read me if you can,

My life story changes on

The landscape of my hand.

Didn't you know that the

Lines change all the time,

Depending on how you

live your life.

Now I was told years ago,

that I would travel a lot

and make money on the go.

a lot of money which

I would have come my way

Hollywood would set me up

in hotels I would stay.

Now new movie script

almost written and 2

Children's books to create,

I have to finish before it's too late.

Now time doesn't run out on

the other side,

so I don't have to worry

I should have it all done before I die.

Written by Christina Sunrise on April 7,2011

Christina Sunrise

Reading Power Animals

Crow guides me on my journeys
for my visions of power animals
I will see-
for I do read-
people-
by touching their hands-
then I see visions of
animals living in sand,
living on all lands,
even oceans-
or the artic with its snow
Anywhere crow will take me-
to show-
the person's Power Animal-
that will be obvious
when I ask-
Crow-
who will let me know
very interesting reading
on Marilyn Monroe.
The journey to L.A. in
the fifties was a spectacular
sight.
Her Power Animal was confirmed
that night.
Thank you Crow who always knows.

Written by Christina Sunrise on March 12,2015

Christina Sunrise

Reality Shows Tells Us Gossip

In this planetary dream
we have gossip which can get extreme.
It puts us in a more living hell
for people on reality shows have to tell
tell something bad to bring up the ratings
do something drama filled to be degrading.
But this puts us all into more of a living hell
we don't know this but we learned it well.
We learned when we where young
when our lives had just begun.
We learned to gossip to make us feel better
by listening to adults go on about people to the letter
Gossip gets old really fast—
ruined relationships that never last.
Why not more funny shows—
the kind where there are actors that nobody knows.
There is of course these shows that make you think
not hearing about someone else's stink.

Written By Christina Sunrise on March 8,2012

Christina Sunrise

Reborn Everyday

You die each and everyday
to be reborn in every single way.
For you never really die
you just change forms of choice
it is your conscious doing of course.
You are consciousness, joy and bliss
that is what they say I tell you this.
So look at dying as a transition
it happens all the time in consciousness
so realize it's full admission.

Written by Christina Sunrise on September 20,2012

Christina Sunrise

Red Eyed Snake

Poison in our head,
makes the red eyed
snake awake from it's bed.

Yes, the snake that feeds on
your negative thoughts,
makes you think "their out to get you"
even when they're not.

It all started in childhood,
when you heard the words,
"Don't, your bad, and you should."
Yes, the evil seed is planted then,

making your mind your foe not your friend.
So with emotions controlling your mind,
you lose control and wrapped up in twine.
Twine of the snake who controls you with poison,
like a drug you have not chosen.

Christina Sunrise

Regrets.

Your soul does not forget
it carries with it all regrets.
When it dies it questions why
and has to come back to even the pie.
Better to say your "sorry now while you are alive
unless you talk through a medium after you die.
Even your addictions are carried to the other side
addictions cloud souls thinking in the sublime.
For all they have is pure thought—
no hiding is what the life of the spirit has got.
Things manifest fast and everything is known
you are pure energy, consciousness and you glow.
For your soul to really evolve and learn
to even out it's karma to better discern-
It has now to come back to Earth.
Your soul has to keep coming back
to Earth plane to be overcome addictions
and thoughts of lack.
Spirits over there hear our thoughts and give us messages
if we can only see—
they are here to give us encouragement
from a place of love to make us succeed.
They want us to love and not fear
fear keeps us stuck and can bite us in the rear.

Written by Christina Sunrise on April 21,2012

Christina Sunrise

Renee My Cousin

On the other coast by the sea,
is my cousin Renee who is sweet as can be.
She has two children who are almost preteens,
they are really creative with lots of energy.
Renee works in L.A.'s entertainment industry-
in fact she worked with lawyers at Spelling TV.
Renee got promoted as manager as one of her first jobs out there,
but she had to wait till they fired the head guy and his mistress with long hair.
When Spelling TV was bought out, she had to train lawyers all the nuts and bolts.
Renee was born on island with sand,
she was born in the Dominican Republic which is grand.
Her dad worked an ambassador in the government,
a war was going on the island, so as a baby on a ship she went.
Renee and her mom got the States alright,
lots of stories for Renee has had an interesting life.
Her friends tell her a movie she should write,
I think it would be a great movie,
maybe a comedy, a drama, nothing boring or light.
Best wishes Renee on more stories to share which are upbeat,
it will keep the movie goers on the edge of their seat.

Written By Suzae Chevalier on February 10,2012

Christina Sunrise

Replicate Dna

REP

Earth is a planet where things are not to be sustained
plants, animals go extinct this is how things are ordained.

In a 150 years we can replicate all DNA
then all plant and animal life can be saved.

Hold that thought that this can be done

Pray for the Plant and Animal Kingdom

for we are all one.

Maybe we can do it a lot sooner if we are sincere

then we don't have to wait to save species in 150 years.

Christina Sunrise

Resurrected

Sometimes you have to go far down
down, down to the ground
because you are not listening
to the sound.

The sound of your soul's quiet voice
it tells you, you have a choice
but your programs get in the way
Don't worry your soul will win out soon someday.

Written by Christina Sunrise on November 14,2012

Christina Sunrise

Respect Woman

In the higher dimensions
woman are respected bar none
We have to realize woman are the source
where everything is from.
The Goddess of a trillion dimensions
is the One...
that with her divinity
can make a sun-
for a million solar systems...
and her works not done.
so Respect the Feminine
that means Woman.

Written by Christina Sunrise on June 19,2014

Christina Sunrise

Respect Women

Respect women for they bring a lot into this world
they are just more than procreators bringing in girl or a little boy.
They are the caregivers, the nurturers, and have a gentle touch
do respect feminine energy and honor it more than a bunch.
Don't abuse women no longer on this planet so dear
by being disrespectful like slapping them on the rear.
How disrespectful can that be?
It shows the person who does it has no respect or integrity.

Written by Christina Sunrise on August 12,2013

Christina Sunrise

Respect Your Dog

Respect Your Dog

Dogs have feelings like everyone else,
people treat them badly,
thinking they are beneath us.

Dogs help us spiritually, but people can't see,
how they hurt man's best friend dearly.

Now what species would leave its pack,
Live with another, be loyal and watch its back?

Dog is the sacrifice to save your life,
when wolf eats your dog,
you are only hurt

like an arm that's been knifed.

Need I say more

to defend dogs galore?

Written by Christina Sunrise on September 4,2011

Christina Sunrise

Return To Innocense

We shatter the myths that have passed down on our heads
we awaken now and make our new beds.
We follow our hearts more with each passing day
we get out of our heads and let our hearts lead the way.
We return to the innocence of a child
who questions the world, but with a smile.
Not the sinister grin of mistrust
but the perception of things as robust.
The flowers now sing and the birds light the sky
the clouds paint a picture and the geckos cry.
The plants bow down to you as you look up at them
they are all a part of this new planetary transformation.
The veil is lifting in the cosmic scheme
we have forgotten in this timing of things.
No business as usual which will bite you in the ass
you have to set new priorities if we are to have a chance.

Written By Christina Sunrise on March 6,2012

Christina Sunrise

Return To Unity

They took the Native Americans
land in the U S of A
wasn't there a better way?
Did America become more civilized
seems like we haven't changed.
The Earth is in dire straights—
Now we must go back to their way
the way the Native Americans
way of living and philosophy in their day.
They know the Rainbow children
are here now along with Crystals and Indigos
they will help restore the planet
with what they know.
If we don't listen to our children
we will reap what we sow.

Written by Christina Sunrise on April 17,2012

Christina Sunrise

Returning Of Goddess

Goddess is the emotion, God is the intellect.
Goddess is feminine, God is masculine in respect.
Goddess is coming back to renew her place
her place in humanity is where she will now grace.
Goddess's empathy that comes from the heart
will bring peace to humanity and make a new start.
Ending all wars, and ruthless acts
Goddess will bring feminine love which the Earth plane lacks.
Look to nature to see these truths
you know now Goddess will grow and not be refused.

Written by Christina Sunrise on June 24,2012

Christina Sunrise

Reverse Negative Society

In a reverse negative society light brown is dark blue, dark brown is light blue hue,
see on Razel's planet, ice rocks are stronger than granite and what is up is down,
and what is left is right, and what is blue is brown. Now Razel face is more brown these days, she was stung with one of Melodie's heat rays, which then sent her into a Jimmy Hendrix purple hair haze. Even Melodie's hair is yellow, which makes her so mellow.

Christina Sunrise

Rick Kessler The Photographer

In the north woods lives a deer by a tree,
it looks in the window at Rick Kessler's feet.
He is sitting on the couch watching t.v.
Then deer walks around to see,
see Rick work on his photos in his office,
he is cropping photos for he is not a novice.
Photos will go on a placemat,
images of wildlife like flowers and plants.
One photo he took of many in a row,
Melodie sits on UniCandle unicorn his flame a glow.
This was in the fall before it began to snow.
Photo is now on a greeting card,
it is the cutest image of Melodie by far

Christina Sunrise

Room Full Of Fools

ROOM FULL OF FOOLS

Your looking for love in a 'room full of fools',

4 are drunks, and 2 are cruel,
You know all of them are no good for you.
Only you are the fool

for you know you won't find love,
You keep hoping and praying
things will change,
Only you are caught in the drama and

you're on Center stage.
You have to wake up because you are dreaming

do not repeat this nightmare again.
Written by Christina Sunrise Copyright 1997-2011

Christina Sunrise

Roses Are Blue

Roses are blue, violets are red
get that thought out of your head.
I have a crooked smile/wicked grin,

I'm your 'precioius' evil twin.
Roses are red violets are blue

I have lustful thoughts of you.
Bring me some red wine,
I will be your Sweet Valentine.
Roses are blue violets are red
Who said we can't go to _____?
I guess I'm way too much fun,
You know I will always be number One.
Written on Jan.13,2011 by Christina Sunrise

Christina Sunrise

Rosie O'donald Turns Into A Giant

Rosie O'Donald showed up in my dream,
It was on Krendoll island where things are surreal.
Krendoll huts are quiet for all dolls are asleep,
Then a loud thud sounds from the Feronian trees.
A big tree falls down, crashing to the ground.
For there is a something walking real big all around,

It's Rosie O'Donald who is a giant walking a foot,
She ate one of the Razelberries of Razel that Rosie did uproot.
See Razel knew that Rosie would show up one night,
So Razel planted her Razelberrie and hid it out of site.
She knew since Rosie was a human from Earth,
She would eat anything she saw small in the dirt.

Rosie kept walking and bounced into a pillow real grand,
It was a Pillow mountain is where Rosie did land.
Now luckily the Krendoll dolls did not awake,
They would be really scared, make no mistake.
Now this is the end of my dream where Rosie does survive,
Survive a Big Pillow Mountain that actually comes alive.

Christina Sunrise

Roxee And El Duque

Roxee and El Duque are like cute stuffed toys,
Roxee is the girl and El Duque is the boy.
Roxee is the trouble maker for she eats a whole bag of chews,
Nancy calls her a cute nickname, it's Roxee Poo.
Roxee is half Maltese and also half Havanese,
she got away with eating a ball from the Christmas tree.
Luckily the vet gave her a chew that would clear out her tummy,
I heard it worked like magic even though it wasn't yummy.
Roxee's brother is a barker whose eyes hide behind his hair,
he is from Havana Cuba where cigar smoke fills the air.
He will bark when he meets you hopefully you don't care,
Roxee you can pet her she'll be standing right there.
El Duque has a cousin who was in a dog show,
he won a ribbon which is nice to know.
Now Scott made Roxee and El Duque a fun dog blog,
I will put their poem up on a blog entitled Dragonchester Dogs.
So if you see Roxee and El Duque standing side by side,
come up and pet them, they are really not that shy.
Written By Suzae Chevalier on January 6,2012

Christina Sunrise

Royal Art And Music Fest

At the Royal Palm Art and Music fest,
I really felt I did my best.
Opal octopus, Majesty mermaid and Sarah Star
I painted and it was best challenge by far.
The square was a little small but still O.K.
I painted three characters, just not Melodie Mezoree'.
Then I as the public would say,
I had to "Change it Up" that day,
from the front cover of "Melodie's Mermaid Birthday".
That was O.K. I did finish
Opal's birthday party by sundown,
She was happy she received a birthday crown.
Now I can make at least 3 characters big in a 4' x 6' square,
I will come up with something totally different next year.
Written by Suzae Chevalier on April 7,2011

Christina Sunrise

Ruby The Smart Maltese

Ruby is a Maltese with fur as white as snow,
she walks with Mrs. Cohen and doesn't mind if it's cold.
For Ruby has a gorgeous thick hair,
she is very quiet but doesn't bark in the air.
Mrs. Cohen walks with Ruby wearing black her favorite color,
she once told me Ruby is her child and she is her mother.
Now Mr. Cohen said that Ruby is very smart,
and his words comes from his heart.
The Cohen's love to walk Ruby when it's warm,
they are visiting Florida to get away from the cold north.
Ruby will meet a lot of new dog friends down here,
they are enjoying the weather this time of year.

Christina Sunrise

Sabrina The Gypsy Lady

Dark eyes with black wavy long hair,
speaking German with a flair.
Sabrina always made me laugh,
When she said letter "w"
When she gave her red lips a smack.
She had an accent through and through.
she was born in Germany and was a Gogo dancer too.
Went to Jimmy Hendrix party with her,
everyone in dressed like hippies without a care.
Christmas parties at Minneapolis studio,
had different art installations that did glow.
Sabrina Gypsy Lady drives a Saab,
it's engine always ran on and on.
Ran on and on in her backyard,
she lived in south Minneapolis,
with her 3 daughters and a dog.
Sabrina danced the belly dance,
hands in air, not by chance.
Now I sprained my ankle outside her door,
she put needles in me while I was on the floor.
I could walk just like that,
acupuncture really works,
I bounced back like a cat.
In Sabrina's acupuncture office,
I was treated to some leaves,
they where herbs that really help your nerves.
Now Sabrina is one of a kind,
Fun memories with Sabrina are saved in time.

Christina Sunrise

Saint Julian Catholic School

Visiting Kindergartener's on my birthday,
it was fun I have to say.
Children had fun screaming Eeka's name,
giggling and laughing when I turned the page.
I was reading "Sarah's Special Birthday".
where UniCandle unicorn lights his flame.
Children would say together Eek, Eek, Eek,
that was butterfly Eeka "butterfly" speech.
Children had fun blowing out Birthday cake,
teacher took photos of every child that day.
They all got to sit in the Birthday chair,
wearing a crown on their hair.
Maybe children will remember that special day,
when they were five years of age.

Christina Sunrise

Sam For Short

Samantha is a German Shepherd toy,
Sam for short makes her name like a boy.
She really looks like a real dog,
my puppies jumped on her like leap frog.
Playing with her tail, biting her she never yelled.
She was a mother to them, she was their best friend.
They bonded with her like the real McCoy,
There surrogate mother who brought them joy.
Shieka and Shiekee slept by her side,
dreaming peacefully, they felt good inside.
Now pups are full grown and left home,
but Sam is still there laying by the couch or chair,
smiling her smile with brown eyes and hair.

Written By Suzae Chevalier on October 11,2011

Christina Sunrise

San Fransico 1988

Year was 1988,
went to San Francisco
feeling really great.
Went over the Golden Gate Bridge,
seeing Alcatraz where the criminals
used to live.
Bought a t-shirt souvenir,
never did keep it after
all those years.
Later went to Reno but
did not gamble,
Boyfriend drank
Bloody Marys while
I drank ice-tea like Snapple.
We flew into Houston on
the way home,
Mother in law told
Us to leave cause
Boyfriend smoked pot
and got stoned.
It was a fun experience
Wish longer it did last,
but too bad, leave
it to an old hag.
Written by Christina Sunrise Feb.18,2011

Christina Sunrise

Sarah Is Princess For A Day

Sarah would be Birthday princess for a day
she would have her "Special Krendoll Island Birthday"
even her stuff toys would join in on the fun-
a birthday party celebration had just begun.

Jewels galore would be on her dress
she would blow out the cake
that never made a mess.

For it was a cake that had an electrical switch
Sarah would light up her birthday candle by
going click, click, click.

Now I have photos of her Princess Days...

Sarah all happy when at a very young age.

May the memories of Krendoll island
have a Special place in Sarah's heart—
Melodie doll and UniCandle unicorn
are never far apart...

They are a part of the childhood days gone past
they are happy memories that are sure to last.

Written by Suzae Chevalier on February 26,2011

Christina Sunrise

Sarah Meets Melodie

Sarah waits in anticipation for Melodie to arrive
Sarah knows Melodie is small in size.
Melodie will be arriving on UniCandle unicorn's back
Melodie will be free from Razel's ice spells at last.
See Melodie was on the planet of Iceron
this is the planet where the days
are short and the nights are long.
She was turned into a robot but not no more
Lexius the Wizard has already transformed.
Transformed Melodie into a magical doll
she will be the first intergalactic doll of them all.
Melodie will help Sarah in her dreams at night
Sarah was under Razel's dream spell with fright.
Now Melodie is arriving to be Sarah's Special toy
helping Sarah overcome her phobias and bring her joy.
When Melodie turned 16 years of age
Sarah and Melodie would conquer Razel's rage.

Written by Suzae Chevalier on March 22,2012

Christina Sunrise

Sarah's Deer Raindancer

Raindancer is a deer with fur as white as snow
she lives in the woods and doesn't mind the cold.
For Raindancer has gorgeous thick wavy hair
she is very fast and glides through the air.
Raindancer nibbles on berries her favorite color
she eats them up during the warmth of the summer.
Sarah Star knows Raindancer is very smart
Sarah's words comes directly from her heart.
Sarah loves to walk with Raindancer when it's warm,
Raindancer roams in Ferronian forest towards the north.
Raindancer will meet a lot of forest friends around here
all the animals of the Ferronian forest are in good cheer.

Written By Suzae Chevalier on January 8,2012

Christina Sunrise

Save The Artic With Greenpeace

Dear Suzae-

Thank you for your generous donation today
Please let other people know of our campaign
your donation will protect and save
the artic from the oil companies
they want to drill so let people know please-
go to site 'Greenpeace'
We do not accept money from corporations you see
we are powered by people like you and me.

Once again, thank you for your support.

Sincerely,

Greenpeace

Christina Sunrise

Save The Manatees

Save the Manatees-
by calling this number 1-800-432-5646
you'll be glad you did.
Or go to
and adopt a manatee today.
you will make the oceans happy
not grey.
For Manattes are
surrounded by fish friends-
You can be one too
What do you got to loose?

Written by Christina Sunrise on March 12,2912

Christina Sunrise

Save The Oak Trees

When you touch paper you touch a tree.
You pray for the trees from which paper come to thee.
Trees store light and wisdom in which they can share,
the make you cool by giving you shade.
You shop down a tree you should pray.
Pray for the Oak trees not to but cut down
cut down sad to the ground.
For Oak trees are very tired now-
they need to be appreciated somehow.
Appreciate Oak trees qualities of strength.
Written by Christina Sunrise on Mach 11,2012

Christina Sunrise

Save The Oceans And Save The Seas

Oil and water do not mix,
this oil slick has no quick fix.

The dark black goo not only affects me and you,
but SEA LIFE in our OCEANS too.

We must STAND UP for all LIFE under the SEA,
or there won't be any left in our ECOLOGY.

Save the OCEANS and save the SEAS,
or the SEA CREATURES have no DESTINY.

This oil mess was made by greed,
we must take the LEAD
in cleaning up the GULFSTREAM.

We must STAND TOGETHER all of as ONE,
as one people UNITED under the SUN.

This is our PLANET that we all SHARE,
with other LIVING creatures
WHO need our LOVE and CARE.

We must pray for the sea's mammals, fishes and BIRDS too.
We must all PRAY TOGETHER me and YOU.

Save the OCEANS and save the SEAS,
for the SEA CREATURES to have a DESTINY.

Written By Sue Chevalier for Christina Sunrise and her websites

Copyright 2010 Sue Chevalier

Christina Sunrise

Save The Polar Bears

Ice caps melting every day
we need to help Polar Bears
We need to Save...
Save Polar Bears by helping
putting them in a better place
Even zoos to save their fate.
Russia also is a good place...
Save the Polar Bears for
we the 'human race'
are the one's responsible for their fate.
Prayer for the Polar bears before it's too late-
See them being able to migrate.
Go to -
please donate now this we can't ignore.
Adopt a Polar bear on this site-
your contribution is well worth it
to help their plight.

Christina Sunrise

Save The Sea Turtles

Turtles follow the light of the moon,
Lay their eggs in the lagoon.
Humans have so many lights,
Hurts sea turtles late at night.

11,000 endangered and threatened
"turtles of the sea"

Please keep your outside lights off please.
Have a motion detector to protect your place,

Keep Sea Turtles alive and safe.

Go to

help sea turtles weather the storm.

Christina Sunrise

Saved By Light

Dannion Brinkley

was "Saved By The Light"

all spiritual writing

in the book he writes.

Yes, he says we

are powerful

Spiritual beings

coming to this plane,

to help inspire and change.

He was asked like many

who die and come back to tell,

'What Love have you given,

or did you make life on Earth hell? '

Now not quite those words,

but haven't you heard,

you can affect people

with small little things,

there is a chain reaction

from what your action brings.

So let your actions be of

Consciousness thought,
that helps people grow
and not stay in their lot.

Dannion words are true,

I met him and

he speaks firsthand to you.

Believe what you can,

read his book to see his view.

Written on April 17,2011 by Christina Sunrise

Christina Sunrise

Saving Ev

As I was going to bed,

I heard loud

shouts directed at Ev.

I ran outside to the front,

girls yelling words

mean and blunt.

Girls punching Ev,

I did break in,

and make sure Ev

got air to breathe again.

Then I broke away and

ran towards the door,

along with Ev,

girls running all four.

The door did shut

but girls were strong,

cops came fast before

too long.

A shoe was left outside,

girls thought we were

trying to hide.

The cop pressed charges

and girls went to court.

Ev let it go that was his retort.

Now Ev says if I hadn't jumped in,

there would be no more left of him.

Thank God I did or I would be left

with one less friend.

Written by Christina Sunrise on Feb.14,2011

Christina Sunrise

Saw Cher On A Tour Bus

Saw Cher On A Tour Bus

On a bus I did ride,

I was traveling down Las Vegas Blvd in the night.

Many people I did see,

they all looked happily back at me.

I did surprisingly see a nun,

then I looked up and saw a security guard with a gun.

The bus did stop and the wheels did squeak,

I saw the profile of Cher the singer's left sparkling cheek.

She was quite hidden for she had on a headdress,

colorful feathers that shaped into a crest.

She was on her way to her own concert this time,

with her entourage patiently waiting outside,

I realize I was on Cher's tour bus with nowhere to hide!

Click, click the cameras went,

I snuck off the bus to Cher's concert event.

It was at the Las Vegas Caesars Palace,

it was all lit up like nighttime in Dallas.

I thought no way in all my days,

I would see Cher before she got on stage.

That was just my luck, I heard the alarm and then woke up.

Written By Suzae Chevalier

Christina Sunrise

Scam Reader

Who are you to tell me what tomorrow will bring
acting like you're the next best thing.

Reading your tarot cards and interpreted by a fool,
she purposely said wrong things which where cruel.

Speaking French and acting you speak English no,
that's _____ I think you should know.

Half of what you said wasn't even true,
starting off with a contradiction how stupid of you.

Now if you were a true psychic you wouldn't need your cards,
you could give me a reading in the dark.

So do your act with a French girl that believes your lies,
lies that you use to control and hypnotize.

And for Candy who says she's my friend,
she had this planned right to the end.

What a carnival game you guys play,
well I have the last thing to say.

"I'm a gypsy lady and I have been around the block,
stick your cards up your _____ and then try to talk.

Written by Christina Sunrise on June 2,2011

Christina Sunrise

'Scientists For President'

Scientist give you the straight line,
they experiment and then hypothesis.
Their experiments are not based on lies.
They are not funded by lobbyists,
that have agendas and lists.
Scientists are not trying to impress.
they don't keep things close to the vest.
Scientists are here to help the environment.
They don't need scandals and to repent.
They will listen to everyone's side,
they formulate and do not criticize.
Once they know "what's working" they
"share" the surprise.
Now American's lets take a different view,
of how the government should be run not just for a few,
but for the People, Animals, Wild Life, and Plant Life,
on Which It Stands,
lets Bring Back Integrity To This Land.
Written By Christina Sunrise on January 27,2012

Christina Sunrise

Scientists Sign A Petition

Slaughtering dolphins and whales is happening on shorelines in Japan
many scientists sign petition across the land
Please Japan government put and end to this brutality
it is a disrespect for dolphins rights, it reflects on humanity.
Stop all Japanese drive hunts,
this is not some made up stunt.
Go to to see who signed
petition is closed but US Government stood in line-
They passed a bill Number H.R.2455—
International Whale Conservation and Protection Act of 2009
Now you can write letters to the Secretary of State
A boiler plate letter is on website above till this date.
Also write to Mr. Ichiro Fejisaki Japanese Ambassador
Write to his Washington D.C. address or email him at jicc@
'Thank you for from the Dolphins, all marine mammals of our oceans
we need your help like never before.'

Written by Christina Sunrise on April 12,2012

Christina Sunrise

Scrubs In The Mall

Women think they can change the male,
they fall for kind of guy that is helpless and pale,
"He's got a drug problem I got to help him",
"His boss is no good, there's always something."
Women shop and you see them walking around with these guys,
Guys are all scrubby walking three feet behind.
The guys go to the parking lot with the same walk,
She hands him the keys to her car, they don't even talk.
He doesn't have money, he doesn't have a car
she's paying for the gas to get keep him the shiny star.
Now some end up on Jerry Springer,
all the same drama, no one is a winner.
Women don't need to be caretaker to this guy,
if guy is not mature he's not worth the time.

Christina Sunrise

Seal Pup Needs To Be Saved

Seal Pup Needs to Be Saved

Look at seal pup's face in the snow,

Isn't it cute and precious,

Then why do they have to go?

Go live in a zoo,

just kill them to get to their goo.

Goo of oil that comes sprouting out,

Making Mother Earth start to puot.

Now, a chain of events is happening here,

Every soul is affected,

do I make myself clear?

When will we start acting like

Custodians of Mother Earth that we love so dear?

Written by Christina Sunrise on September 4,2011

Christina Sunrise

Secret House

There's a house on street with a K,

it's beautiful during the day.

House in city with words Worth and Lake,

it's east of Dixie make no mistake.

Kidney shaped pool out back,

fenced in yard with mango trees with birds that go yack.

A tiki bar in the left corner behind the pool,

people party there, have fun on the stools.

Now 2 bedroom to left of living room,

then there's kitchen to right brand new.

Great family room to the right,

really large and spacious, can have fun at night.

Now comes with a washer and dryer all for price of \$1,400.00.

Owner should negotiate, or might go under.

Check out Option to Buy, it might go fast, that's no lie,

To help you save time and gas,

I will give you number so you can act fast.

561-222-2222 is the number to call, do it today-get on the ball.

Say you saw sign in W Palm Beach,

owner will give you directions, won't preach.

Hurry, couple coming today, they might take it away.

Don't tell them I sent you, for secret surprise might come true.

Written by Christina Sunrise on May 27,2011

Christina Sunrise

See With Your Soul

See with your soul
the color of indigo—
Breathe this color in
bring to your third eye
it will help you realize.
All the things your soul
does know—
listen to your intuition
and let it grow.
For opening this chakra
and balancing it too
will help you make better
decisions that amazed you.
Chanting "Sham, sham the
chakra's name—
will heal as well—
you won't feel the same.

Written by Christina Sunrise on August 26,2012

Christina Sunrise

Seeing Your Soul

If you have a clairvoyant eye
like the Indian psychic who was a really cool guy—
You can see only colors of light
we are all consciousness, bliss
and pure delight.
Blowing light through my eye on the right—
he let me see a totally new insight.
Sparkles of light is what I saw
it is pure energy which is physical law.
Soon cameras will capture the soul's vibration
scientists need to develop this for this
will be a celebration.

Written by Christina Sunrise on July 26,2012

Christina Sunrise

Self Actualize

We incarnate here to self actualize-
getting rid of our programs as we realize.
We have our lost ourselves from total abundance
we come back to unravel into complete oneness.
Oneness with source where no time exists
oneness with all creation in total bliss.
So the programs we don't even realize are controlling us
we can transmute them by getting back to full consciousness.
Go to and read what to do
you can get healed from all the programs that stop you
from self actualizing the golden self you are
we are energy beings, we are shining stars.

Christina Sunrise

Send Love Instead

Send love to a child who needs it most,
Celebrate the end of the day with a toast.
Give a homeless person food in a can,
Give a old lady a hand.

Look at the birds in the sky,
Wave to people instead of honk when passing by.
Pray for the planet once a day,
and all the peoplethat passed away.

Take a picture to save a memory,
or write a poem about you and me.

Christina Sunrise

Send Love To Marine Life

Temperatures are rising in the sea,
make coral bleaching to our reefs,
causing all sorts of disease.
So please, please, to prevent further loss
donate to
endangerment to marine life please.

Written by Christina Sunrise on July 11,2012

Christina Sunrise

Send Them Home

Dark spirits stuck in first plane
need to be released back to light again.
Many light workers are incarnate here
to add more light to darkness take away fear.
Fetuses souls trapped also from abortions pain
they feel abandoned bring home again.
Help all souls from disaster of 911
assist them in reaching peaceful heaven.
All catastrophes that have struck
tsunami, hurricanes, tornadoes amuck.
Bring lost souls back to source
see etheric bodies take upward course.
Native American Ceremony "Afterlife"
will lead them back to the light.

Written by Christina Sunrise on April 11,2012

Christina Sunrise

Separate Reality

You believe what you want to believe,

we all have our separate realities,

I see what is in my dream,

but people of course can lie to me.

_____ with my mind like a bumble bee,

buzzing around and ready to sting,

sting it's "lying poison" into me.

Luckily I find you out in the nick of time,

you've been lying to me with no end in mind.

Thinking you had me fooled,

you make more lies like a pot of yucky stew.

Telling me to shut the door

on people you "thought" had me floored.

All the while you're the one,

I should of originally shunned.

Thinking your better than me,

talking like you have all

the answers that I should see,

while never really listening to know me

all because of jealousy.

Written by Christina Sunrise on June 7,2011

Christina Sunrise

Set Her Free

Doing the Best to Survive,
I couldn't run and couldn't hide.
Fast forward to the present time,
Loving the little child inside.
I have to heal that frozen parts of me,
chipping at the ice to set her free.
Spells cast when I was young,
forming agreements I didn't agree on.
Only tricked to believe,
things said were not true about me.
Now, I'm older, I can form new beliefs,
new beliefs to set me free.

Written By Suzae Chevalier on January 26,2012

epoemscom

Christina Sunrise

Seven Eleven Story

I was in NYC on the street Lexington Ave.
This street is close to Madison

known for it's high class ads.

I was there in hotel room number 711,
believe me it was no peaceful heaven.

I was up all night with noise from a truck,
Up on the 7th floor is where I was stuck.

Tired I missed my bus the next day,
I was very late to airport JFK.

Luckily a unlucky girl from MN was there,
She was crying hysterical without a care.

We rebooked our flight out of Washington D.C.
driving to DC airport before that plane did leave.

On the drive unlucky girl did complain,
about the morning and everything.

I told her I lived on gambling for 7 months
and when I travel I had so much luck.

When we got to the airport

the plane number did change,

so I called on my cell phone to rearrange,
who would pick me up at the last minute to spare,

the lady announced the new flight number,
but I was still unaware.

Until I boarded the plane,

did I realize all the numbers were all the same.

My room number was 711,

along with the time message was left on my phone,
even the number on the plane ride home.

They all were my Lucky 711

which made me think of 911.

when that catastrophe had struck,

Luckily none of my friends in NYC
did get hurt or stuck.

Years later I lived at a 711 address,

I also had an accident at that number
on a different street I do confess.

I ended up fine without a mess.

Now is 711 meant to be?
and should I play the lottery?
Now when 711 ever crosses my mind,
I try to save it in my diary in that point in time.

Written by Christina Sunrise on Feb 11,2011

Christina Sunrise

Shelly Meets Majesty Mermaid

Kavasutra Kava Bar is the only Kava bar
where you can play fun games,
Kavasutra has a mascot which is a coconut
and Shelly is her name.
Since Shelly befriended Majesty mermaid,
Shelly's life has never been the same,
Majesty and her play hide and seek games.
Majesty mermaid can swim really fast,
Shelly tries to catch up with her and
swims into a seaweed patch,
Shelly gets stuck and laughs and laughs.
Majesty now has to use her tail to unknot
the seaweed that makes Shelly the shell caught.
Luckily Majesty gets Shelly untied,
they go to Kavusutra Kava Bar to unwind.
Sitting by a window at high noon,
they drink a cool Kava drink so smooth.
More adventures with Shelly and baby Majesty,
color in their picture and give it to mommy.

Written by Suzae Chevalier on January 13,2011

Christina Sunrise

Shelly Meets Melodie Mezoree'

SHELLY MEETS MELODIE MEZOREE'

Shelly meets Melodie with her yellow yarn hair,

Shelly introduces herself and shares; "This is the sunniest time of year,

I welcome you Melodie with good cheer! "

Shelly smiles, "I live at Kavasutra Kava Bar and I'm their shell,

Melodie is thankful and introduces herself as Mel.

Melodie begins to speak with a voice so sweet,

Shelly notices Melodie has a mermaid tail with no feet.

"Oh, Shelly very nice to meet you, I am a mermaid now and I am scared,

I swam by myself and need to swim with someone who cares."

Shelly is very merry and has a glowing spark,

she can help Melodie see in the ocean when dark.

See Melodie has had some frightful times,

she needs a friend that can make her feel safe inside.

Shelly then hands her a shell bracelet that shines

"Oh, thank you Shelly, you are so kind,

I will put this shell bracelet on my wrist just fine."

They both go to the Kavasutra Kava Bar down the street,

they both sit outside on chairs, they both have no feet.

Both relax and have a Kava drink, time passes the sun begins to shrink.

Melodie says "Let's go to Krendoll island before the sun goes down,

Shelly and Melodie wave goodbye to cozy Lake Worth town.

Written By Suzae Chevalier on January 13,2011

Christina Sunrise

Shelly Meets Opal Octopus

Shelly notices eight legs sticking out of the sand,
she goes over and gives Opal octopus a hand.
Opal was washed up close to shore,
Shelly introduces herself and hands her an ore.
Opal says "Hi, and starts to smile, "
they start to laugh and chat for awhile.
Opal says she is friends with Majesty and Sarah Star,
Shelly replies "I swam with them on Tuesday
to the Lantana bridge which is not far."
Opal replies back, "That sounds like you all had a fun day,
I will have to find them and bring them back your way".
Then Opal jumps back with her eight legs into the sea,
she waves to Shelly and yells "Thank You Shelly,
I will say Hi for you to Sarah Star and Majesty."

Written By Suzae Chevalier on January 13,2011

Christina Sunrise

Shelly Meets Sarah Star

Shelly meets Sarah one afternoon
Sarah was swimming in the lagoon.
Sarah sees Shelly wobbling on a rock,
she waves to her and they begin to talk.
Shelly says she has a family
they drink Kava at a Kavasutra Kava Bar,
Sarah says she is hungry and didn't have a bite all day,
Shelly says "First we can go the restaurant named Daves, "
Breezing down Lave Ave. chatting along the way,
they head towards the table with the shade.
Sitting outside they both order an ice-tea,
arriving at their table is none other than Mermaid Majesty!
Shelly, Sarah and Majesty all order a macaroni and cheese.
The food tastes great they are all really pleased.
Then they go back to Kavasutra Kava Bar to have a relaxing drink,
they don't drink too much they do not want to go to sleep.
Color in the cartoons images of all of three
and give it proudly to daddy and mommy.

Written By Suzae Chevalier on January 13,2011

Christina Sunrise

Shelly Meets Unicandle Unicorn

Shelly saw a flame shining bright, the waves of the ocean reflected it's light.
Shelly knew it was UniCandle unicorn, she heard of the legend of his magical
flaming horn. UniCandle unicorn knew Shelly lives in Lake Worth town,
so he brought her a sparkly birthday crown.

Shelly welcomed UniCandle unicorn then Shelly jumped on his saddled back,
UniCandle's wings opened up to fly to Kavasutra Bar really fast.

UniCandle unicorn had to be back to Krendoll island soon,

UniCandle unicorn asked Shelly to join him at Kavasutra for a fun afternoon.

Then UniCandle unicorn bought Shelly a special birthday treat,

a delicious chocolate coconut banana pie which is really sweet!

Now UniCandle unicorn had to fly back to Krendoll island again,

but he would stop back to see Shelly who is his new found friend.

Written By Suzae Chevalier on January 13,2011

Christina Sunrise

Sheriffs As Sponsors?

So much negativity in the world till this day
Why bring more in a place filled to make
humans feel to be a disgrace?
Give inmates hope, inspiration and belief
that they can overcome their behaviors
and change their destiny.
There is hardening of the heart
and a lot of spirit is lost—
Even more so now
like a ragdoll that was tossed.
Tossed aside in cages real people do go-
give them a chance to change and grow.
Sheriffs could be a whole lot more
Sheriffs who could become sponsors
to an inmate who can become great
like never before.
Say like for someone on house arrest
they could have sheriff check on them
See how they are doing, what is best.

Christina Sunrise

Sheriffs Not Needed

In a highly evolved society
police or sheriffs would not be a necessity.
People would have a higher Consciousness
our whole society would be in Oneness.
We would all live in peace as One,
everyone would be like Christ the son.
Police would only be needed in a natural disaster
to help the hurting victims get to safety faster.
Values would be taught like honesty,
responsibility and how to express what we feel.
We would ALL have our needs met and not have to steal.
No teenage gangs for teenagers are listened to-
They have changed the society and made it a new.
We used creative thinking to think all social issues through
instead of using force, punishment that makes us feel blue.

Christina Sunrise

Shieka My Pup

Shieka was my second pup who was a lot of fun.
He looked like a miniature Ta-Shieka,
who was half German Shepherd and Chow,
Shieka was born in the state with a lot of cows.
Yes, he was born in Wisconsin.
He was half Pomeranian.
His mother's name was named Sweet Carolyne,
she had Pomeranian, in her blood line.
His father's name was Dream Boat for Shieka
was born on the St. Croix river,
I got Shieka him out of Wisconsin so he wouldn't shiver.
His dad was of the Sheltie breed,
Shieka was very independent and did his own thing.
He would pick up a bone, walk,
then put it down then lift his leg do his thing,
He was shipped to Minnesota and there he lived.
I bought Shieka at a pet store and took him to the sunshine state,
He was well behaved on the plane, he was really great.
He stayed with me, until one sad day,
someone came and took him away.
He was out chasing cats in the front lawn,
I didn't believe it, I thought how could he be gone?
I know wherever he is, he is running around a little tree.
He is having fun, amusing everyone.

Written by Suzae Chevalier on August 25,2011

(By Suzae Chevalier on August 25,2011)

Christina Sunrise

Shine Bright Like A Diamond

Red haired girl walks in the room
I smell her fragrant flowery perfume
Jumps on phone making all calls
I sit there listening freezing off my ____.
Then she looks over at me
sees I'm freezing holding my hands to my knees.
Says to person on the phone
"This girl in here is humble and very sweet-
They have her in here where she doesn't belong
then she starts to sing this popular pop song;
"Shine Bright Like A Diamond
Shine Bright Like A Diamond."
I think that is sweetness to my ears
here is a girl singing in a place with tears.
She said she was scared not to knowing the time
She said she had OCD and
she was telepathic to her boyfriend's mind.
I was so glad when she entered the room
she had on one small red shirt
and ripped pants with that was tattered too.
She said I had a calming effect on her
she would ask me from her phone
"How are you doing Boo? "
I thought she was psychic,
it rhymes with my name Sue.
She wrapped me in toilet paper really fast
I felt better, I was warm at last.
Then a little later they took her away
to another holding room for the rest of her stay.
She had been in there before
she was known I guess
when she walked through the door.

Christina Sunrise

Shy Guy

Shy guy with eyes so blue,
sitting there in the light of the moon.
Playing your guitar while shooting the breeze,
with good wine, Jim and me.
Now of course Jim knew the score,
he wanted to keep shy guy from me
because he loves and adores
thee;
and though he asked to see such a delight,
Shy guy said "no" because of a fight.
So better not to pursue
it for a wild chance,
It would end good times
around the "happy" camp.
Then my stomach felt so scared,
I know I couldn't really dare.
I would bring this to the light,
and make sure shy guys was alright.
I brought goodness to the end,
so that we all still could be friends.
Written on Jan.27,2011 by Christina Sunrise

Christina Sunrise

Sister Anita Travels With Me

When I was a teenager Anita was there,
she gave me support, she really cared.
I was the blacksheep that was to blame
for the family's unresolved shame.
Anita wanted to go with me
on my travels to friends of Dory & Mary.
I would go with Anita on a bus
we would go to different cities the two of us.
I did not want Anita to stay
I wanted her to go back home, she'd be O.K.
But Anita stayed with me until the end
she would hang out with my city friends.
When we got home things didn't change
same family dynamics, I was to blame.
I wouldn't of missed those teenage days
they were fun and interesting anyway.

Written by Christina Sunrise on April 9,2012

Christina Sunrise

Sitting In Church One Day

Sitting in church one day,

Churchgoer said something that

Blew me away.

He told a story about a neighbor

Crossing his boundary line.

"This is my yard,

don't be such a retard.

For I have a gun,

I will be protected in

Heaven from everyone."

Now, I thought to myself,

This guy needs help.

I don't care what the

Churchgoers say,

I thought Jesus

said Pray,

Pray for one another,

not the other way.

Using guns to settle the score,

escalating it into a war.

Can't we think of other ways?

Guess people justify

their beliefs

backing it into

compartments so neat.

What's the use,

you can't defeat,

what people see.

Written by Christina Sunrise on March 18,2011

Christina Sunrise

Smile To Remember

I will always remember her smile till this day
I felt so much happiness brought my way.
At first when I met her she was crying and sad
she was making the most on the cold bench that she had.
Freezing and shivering in the cold holding room
She was sad and she felt a lot of gloom.
She kept asking "When are we going upstairs? "
"In a couple of hours" I said as sat there and stared
Starred at her cute grey and short black hair.
She was sweet and I felt sorry for her
she said "My husband put her in here."
I felt sad for her she was gentle like a deer.
Now I saw her later when she had to go to court
our meeting would last a few hours, waiting was not so short.
She said "When committing suicide you will not be spared
you will go to hell where it is hot inside there."
I thought living in jail or prison is hell enough
what difference does it make when life
in jail is more than tough?
In heaven you get all the "Love" you need
and We are treated Equally and We Are One
We are loved unconditionally from Jesus the Son.
The last time I saw her we smiled at each other so
I knew love was still within her
"Protect her Lord Jesus from her heart turning cold."

Written by Christina Sunrise on Easter March 31,2013

Christina Sunrise

Society Is Set Up To Make You Fail

Born to a crack mother addicted to dope
you just started out with not a lot of hope.
Your dna is already lead astray
for you are born addicted your very first day.
You incarnate to overcome the addiction
but society does not see your condition.
They make laws that put jail
laws that are set up to make you fail.

Christina Sunrise

Some Lovers

Some people are remembered as good lovers
some are not, some did nothing
some gave it their best shot.
So some lovers gave you an experience
that was meant to last.
Some lovers you won't even give
a second chance.

Written by Christina Sunrise on April 24,2012

Christina Sunrise

Some Souls Lie

Each soul has a shiny bright light
some souls are dimmer with different colors
for clariavont to see just right.
If your aura is grey
clairvoyant knows you lying
no matter what you say.
Wouldn't it be nice if
we had a device
that let you know
when someone was trying to snow—
snow you into believing a lie
but you can feel it in your gut—
which you can't deny.

Written by Christina Sunrise on June 27,2012

Christina Sunrise

Sonny Days

Driving down A1A,

I was with friend Sonny,

during very sunny days.

Playing her radio very loud,

we had a blast driving

through town.

Down, down to

Ft. Lauderdale,

where there is a

tunnel that made

me pale.

Yes, I couldn't wait

to get to the other side,

cars coming at you,

you could not hide,

making it though and still alive,

everything feels just so fine.

At the library we did type,

getting things kicked out

like playing a melodie pipe.

Eating at a restaurant that very night,

Ft Lauderdale has changed so much in sight.

One things for sure and do say,

it was fun remembering those very

Very "Sonny Days".

Written on Feb.21,2011 by Christina Sunrise 2011

Christina Sunrise

Soul Families

Now there are soul families
that supposedly had the same soul egg
This is what I am told from a clairvoyant.
Soul families have a lot in common
even if they never met
It goes deeper than reality
it's something you can't beget.
Just like identical twins
that develop the same
traits—
we have lived past lives
together—not all of them great.
Not all soul mates are meant to
have your special relationship—
a lot of people think soul mates are hip—
Remember on this plane we are human—
so we learned the planetary dream—
I had a soul mate one time be really mean.
Now sorry to get personal - I did digress—
very different experience in my life I do confess.
So treat everyone kindly for you never know
know who you are talking to—
they could be more a friend then foe.

Written by Christina Sunrise on June 27,2012

Christina Sunrise

Soul Light Era

On August of 2003
a major shift happened to humanity.
Entering the Era of Soul Light,
The soul will lead humanity and set it right.
Mind over matter will still have truth at its core,
But the soul will take precedence even more.
For the soul's wisdom has the solution based from
The source,
Helping the planet stay on course.
Read Soul Wisdom by dr. Zhi Gang Sha,
He is an acclaimed Soul Master who spread his message wide,
Transforming the planet one person at a time.

(By Suzae Chevalier on Aug.9, 2011)

Christina Sunrise

Soul Mates By The Sea

Soul Mates by the Sea
Katherine Hepburn and Spencer Tracy
live together by the Sea,
they were destined to be,
for they are soul mates for eternity.
If any of you on Earth might know
where their courtyard might be,
watch for them and then you will see,
them holding hands and kissing by a tree.
Spencer is overwhelmed with glee,
For he couldn't wait for Katherine to join
him there when she moved on to be with thee.

(By Suzae Chevalier on September 3, 2011)

Christina Sunrise

Soul With New Dna

Here is what I have to say
about soul with new DNA.
Now there is more than the eye can see—
to the extraordinary behaviors of you and me.
Your soul could incarnate from another star-
from another dimension with galaxies afar.
Jesus was one of them
a Light Worker who did transcend—
he loved humanity unconditionally to the very end-
in fact Jesus's DNA was different my friend.
Another thing I have to say-
look at children of today—
A child who can heal with his touch
another child magnetizes magnets on his stomach.
So remember more Light Workers are on this Earth's plane
to bring about a 'Spiritual Revolution' and make peace reign.
You will know in your soul-
you feel like this is not your first home.
Maybe you could be asleep—
wake up now—
you have promises to keep.

Christina Sunrise

South Beach 2000

It was the year 1999,

traveling with a virgin

who complained all the time.

I told him lets celebrate

the millennium straight up like helium.

It was such a hoot,

I walked the beach,

was in photo & video shoots.

Yes, then we walked the street,

everyone was driving the beat.

Heard Madonna was there,

pissed off in her car because of

traffic everywhere.

Walking saying "Happy New Year"

to everyone,

having so much fun

on the millennium.

Then at corner I did stop

where photographer was

so I posed for a shot.

I told him me and Melodie

would be famous one day,

He shook my hand and walked away.

Written by Christina Sunrise Feb.21,2011

Christina Sunrise

South Grade Elementary

Tons of children sitting in rows,
all listening intently to my birthday show.
One child holding Eeka, one child holding a bat,
they took turns, they were good at that.
Now one girl never celebrated her birthday,
I never knew till the teacher did say.
A very special moment for her to be sung to,
she was happy through and through.
Now months later I was in Metro PC,
I was in line, little girl recognizes me.
Not the same girl, but that's great she cared,
I was happy that I could share.
A happy moment in a couple of child lives,
they might remember that day when they were five.

Christina Sunrise

South Shores Lake Worth

Hemp's South Shore Comedy night,
you could hear comedy, have drinks and a bite.
Sitting with Jim at a table in the back,
watching the comics yak and yak.
It was fun I have to say,
Jim and me did comedy starting at 8.
Jim was a deadpan comic so he worked his punchline
he had a laugh all the time.
He even sang a Johnny Cash song,
it was "Ring of Fire" a joke about his
_____not his dong.
Now I went on stage after him with Razel so cold,
she would make fun of the audience, she was bold.
For Razel would make fun of anyone she was mad at,
she was blunt and obnoxious like a brat.
Now funny times with Jim was such a delight,
we had fun at Hemp's South Shore Comedy night.
Written By Suzae Chevalier on February 13,2012

Christina Sunrise

Spirits Broken

You can't take away inmates inner lives
their good feelings, thoughts and
soul makes them thrive.
Their spirit is lessened and forced to the ground
they feel they are helpless I have found.
Their feelings of worthlessness is already enough—
Being in jail knowing you are
going to prison makes them give up.
It's hard enough being in a human body most of the time
we are souls first and souls are not to be confined...

Christina Sunrise

Spirits Learn From Us

Ghosts learn from us on the other side
they evolve with us while we actualize.
They have regrets, and growing that they must do
they need to transcend even if they are hidden from you.
What is below contributes to the whole
we are spiritual beings helping everyone grow.
We even help the spirits learn from our plane
isn't it great we have help them be more sane?
So remember we do more than we realize
when we evolve we help the other side.

Written by Suzae Chevalier on June 8,2012

Christina Sunrise

Spiritual Revolution

Purification is at hand,
to cleanse this karmic land.
Too much fear has brought disaster
realize now what we are after.
Not a state of power and control
but of 'Freedom for the Soul'.
Everyone is 'unique' and is a
child of God—
God plays no favorites—
just look at the clouds.

Christina Sunrise

Spiritual Truths

We are not born in sin,
there is no hell of sadness and grim.
We are all equal women and man,
we are from other dimensions
we are not of this land.
We can find heaven inside,
we do not need a temple to worship to realize.
There is no angel who has fallen from God,
we have just forgot the source, we live in the Land of Nod.

Written By Christina Sunrise on November 23,2011

Christina Sunrise

Spread The Love

Spread the love
by giving out good thoughts to everyone
Everyone on the planet underneath the sun.
Mother Earth and Father Sun
pick up our vibrations
no matter what...
If we are to see less
catastrophee
from the hurricanes, earth quakes
floods and draught
we need to be more conscious
for we are all ONE.
ONE Consciousness from
single consciousness units
are what we are...
we are affecting other dimensions
which is made up of stars...
Stars just like ours...

Written by Christina Sunrise on February 19,2014

Christina Sunrise

Squirrel Died Today

A squirrel died today on the street,
I tried to save him but he was already beat.
Beaten down to the ground by a car,
going fast and going far,
hitting the squirrel who was squashed on the tar,
squirrel could barely walk for he had a scar.
Please slow down,
Speeding cars kill,
killing innocent animals that
live on the hill.
Stop for birds, ducks and squirrels too,
what if that was your kid-
Wouldn't you feel blue?
Slow, slow down for there is animals
living all around,
they want to make it to their homes.
Christina Sunrise

Star Traveler

Looking up at the stars at night
we can see a wonderful sight.
Galaxies from light years away
we were once there like on Earth today.
So be thankful you visited Earth again-
you are a space traveler and a star friend.

Written by Christina Sunrise on May 11,2012

Christina Sunrise

Starbucks Lake Worth

Starbucks Lake Worth has unique employees working there,
here is a poem about them which I wrote to share.

Jessica is a Miami Dolphins cheerleader knows my drink,
she has it ready before it is rung in.

Nicole wears a red bracelet for good luck,
she works with Chris the morning shift, please tip them a buck.

Ivan and Ian are fraternal twins, Ian doesn't work there but he fits in.

Mia was sweet- she gave me a free coffee as a treat.

There's younger Taylor kind of shy, she goes to school I think part time.

Brittany with hair that's blonde, Rachael & Ashley also have hair long.

Rachel is pregnant son born this year, Oliver Tanner Robert so dear.

Rachel had her birthday the other day, sky was sunny not cold and grey.

Elexie works night shift with black dark hair, she is sweet and cares.

Weekends Luke is on staff, he has a fun time he makes you laugh.

The employees at Starbucks are friendly and will say hello,
stop by Starbucks and buy delicious coffee on the go.

Written By Suzae Chevalier on February 6,2012

Christina Sunrise

'Stars In His Eyes'

Teen wearing cool shades while he waits,
waits at to learn electric guitar to be great.
Be a great guitar player with 'Stars in his Eyes'
his guitar glows on stage late at night.
Teen waiting at Marathon Guitar Center store,
learning guitar from Rich,
to be better than before.
I told teen as I went out the door.
'You are in inspiration to me, '
as we both held on to our guitars,
'You will one day be a great rock star'.
Teen smiled and then Rich added,
'He will give you tickets to the front row-
to his sold out 'Rock Guitar Show'.
Teen smiled to Rich's reply,
I knew this teen could reach for the skies,
and be the 'Guitar Player with Stars in his Eyes.'

Written Suzae Chevalier on January 28,2012

Christina Sunrise

Stay The Same Or Change?

For most of human race we have laws,
for we are not consciously evolved.
Consciously evolved to where we all
do not live in fear,
We are not there for everyone,
we are not all sincere.
Now we all were born into this
planetary dream,
so until it's changed,
more unless things will stay the same.
So do we stay the same or change?
The choice is ours, it is our game.

Written By Christina Sunrise on February 4,2012

Christina Sunrise

Steve Jobs Remembered

Something about SteveJobs people don't know now
his parents met in Wisc. with the cows.
Steve dad's is Arabic so marriage was a no, no.
didn't stop them from having a Steve in San Francisco.
He invented the personal computer, the iPod, iPad, and the iPhone,
he left a legacy with inventions still unknown.
Steve Jobs is compared to Albert Einstein,
Steve was the genius of our time.
He never finished college with a degree,
he has done a lot to help the human race succeed.
Steve Jobs we will all miss you,
"Please Rest In Peace."

Written by Suzae Chevalier on October 7,2011

Christina Sunrise

Stinky Skunky

Skunky got scared and very sad because Melodie called him
an 'Stinky Skunk' whose very bad.

In Sarah's dream she had one night

Skunky's transformation was brought to the light.

Now Melodie of course can detect Skunky's lies
and of course Melodie is half warm and half ice
therefore she sometimes is not very nice.

But Skunky could not handle it
so Skunky went into a unrest fit.

Taking drugs to calm his nerves,
spinning 'crazy' like a top with no curves.

Avoiding Sarah's and Melodie's calls
like a 'squirrel' hiding it's balls.

Then when they finally did connect
Skunky said with no regrets.

'Now I can see Razel saying 'that'

I never thought Melodie could talk like a brat.'

Then of course Sarah thought and replied

'Skunky, Melodie is a doll, she's not under disguise.'

Now don't you finally realize
that it's you who are the one
who has Razel's evil eyes?

Written by Suzae Chevalier on March 21,2012

Christina Sunrise

Stop For Today

We incarnate into density to experience life
experience life on Earth and see the sights.
We take karma with us from past life
now we can cleanse ourselves and get it right.
We don't need to keep repeating past mistakes
we can just stop, just stop and put on the brakes.
Just breathe and feel all day-
don't think any thoughts let life come your way.
Kind of hard to do when we live in the past
we project into the future that hasn't had a chance.
Just stop, yes stop and cleanse your mind
you will live like the birds, and the flies.

Written by Christina Sunrise on September 16,2012

Christina Sunrise

Storyteller Emma Jean

I'm wearing a sparkling blue ring,
from precious Mother Emma Jean.
This ring gives me power to storytell,
Emma Jean told stories and she did it well.
Now she told a story I will never forget,
she weaves the story of the "Headless Horseman".
telling her story in Missouri at a really young age,
better than Grimm's Fairy Tales writes it on the page.
Her voice changes in fluctuation and stance,
weaving words like a rhythmic dance.
Even though Emma Jean's gone,
I will tell her stories so they will live on.
Written by Christina Sunrise on Feb.15,2011

Christina Sunrise

Storyteller Poet

I would like to say I am a storyteller foremost,
my poems are stories, like the Poem about the Ghost.
My 'People' poems are a happy story,
poems are never sad, mean or gory.
'Peeve' poems were written when I was mad,
I couldn't express it to people who made me sad.
Now 'Pet' poems are always happy, funny or cute,
some make you cry or laugh like a hoot.
Now I want to write like C.S. Elliot one day,
maybe before I'm old and grey.
My initials are C.S. or S.C. Suzae or Sue,
one day poets will copy my storytelling poetry style too.

Written By Suzae Chevalier on January 20,2012

Christina Sunrise

Stranger In This Town

Stranger in this Town

I have the guitar pic for "Stranger in this Town",
by Richie Sambora who is a cowboy not a clown.

I got it from Rich who hung around
Richie in a New Jersey town.

Anyways, buy Richie's Cd, on amzon,
Buy or CD baby play it all night long,

and also do remember this song—

'Runaway' which is my favorite,

that is what made Bon Jovi famous.

Written by Christina Sunrise on March 30,2011

Christina Sunrise

Street Painting Festival

Street Painting Festival was a great success,
painted mermaid scene at castle I did express,
that Melodie's birthday party ended swell,
Razel was hiding in scene
no one could tell.

Tons of people passing by,

sun shining brightly in the sky.

My back and shoulders did get burned,
spray sunscreen every 90 min. hrs I did learn,
friends brought me water for concerned.

All in all the festival was great,
many guys, but no soul mate.

Except Italian guy with tattooed arms,
annoyed me to death but meant no harm.

He stood by me and talked and talked,
as I painted scene with colored chalk.

Coloring books I gave out some for free,
others sold at Stuart Rooney's

Import store on table by door.

All in all the show was great,

Next year I can't wait,

For I will paint

a totally different scene,

ventriloquist doll on my knee.

Razel puppet on hand

making fun of every human.

Written by Christina Sunrise March 3,2011

Christina Sunrise

Strut Like A Penguin

Franky Valli sings 'Walk like a man'

'Walk like a man'

But if you don't want to fall

and make sure you stand...

'Strut Like A Penguin'

'Strut Like A Penguin'

in the ice and snow...

especially up North

you don't want to slip and go!

See animals we can learn a lot from

don't you see

just observe them

and you will live happily!

Written by Christina Sunrise

Christina Sunrise

Studio 205

Andy sits in Studio 205,
that has many gifts
on shelves inside,
like a scope that does collide.
Also cards, toys even an
armless chicken with a
bikini on,
she looks respectful cuz
she's not wearing a thong,
not like the room with the dongs.
Now Andy is running for
office in this town,
I wish him the best I hope he
Gets the crown.

Written by Christina Sunrise on March 9,2011

Christina Sunrise

Stung By A Bee

Stung by a bee,
I did not scream,
Thumb hurt but I held it in.
I ran to my dad to tell I was stung,
He put ice on it, my thumb felt numb.
See, a couple minutes before in backyard,
I try to capture bee with no regard.
I was just copying what they did on Gilligan's Island,
I thought I could do it and keep smiling.
Now you heard the saying,
Never try this thing at home,
I never saw it, and I brave things alone.

Written by Suzae Chevalier on August 28,2011

Christina Sunrise

Stylish Debra Ann

Debra Ann with her stylish green hat,
knows how to dress, I can tell you that.
Debra Ann is a real friend that understands,
she is the Big Sis I never had-she is sweet I am glad,
glad we met that one sunny day,
at Mother Earth's Coffee shop
back by the tables with owner Patte'.
Debra was a friend that made sure I was feed,
she bought me groceries and didn't care how much she spent.
We have fun dancing at the Cottage Sunday nights,
we dance up a storm dancing to the beat just right.
She makes me smile just seeing her,
she calls me Sunshine and I brighten her world.
You make me smile also Debra Ann,
remember Bible Study where we laughed and laughed?
We ate pizza, it was funny luckily we never got gas!
One day we will sale my coloring books at the fair,
it will be a fun memory to share.
Thanks Anna for being a Big Sis and a friend,
You bring you sunshine again and again!

Written By Suzae Chevalier on January 18,2012

Christina Sunrise

Sue In The Stew

In my "Stew" my "Stew of Goo" I will have control over you.

Yes, I will control you with my evil spell,

I will control this doll with named Mel.

I will say things that are not NICE,

you see I took your Power and I control the Dice!

Everything is "neat" in this "Game of Deceit"

This Game where I control everything.

Yes, I took your power that you willfully gave to me,

that was Deal, don't you see? ? ?

Don't tell me you want your Power intact,

You chose me as your mother! !

So I can talk behind your back! !

Now, now, you say "Why would I do that? "

You had to find yourself and get back on track...

See how would you ever know who you really are.

"Why, you think you came into this world complete like Sarah Star? ? ?

"

You needed my "Evil" ways to make you strong,

you can thank ME when I am long gone...

Now, now you realize it wasn't about ME,

why it was all about YOU,

Yes you finding You—"YOU in the Stew"

Written By Suzae Chevalier in 2006 & 2010

Christina Sunrise

Summer Of 95

Suntanned face with chiseled nose,

lanky body with skin aglow.

Little did I know,

We become fast friends on the go.

Yes, dancing, drinking till 2 am.

We became the best of friends.

That was the summer of 95,

We both turned 29.

On your birthday you rented a limousine,

Cruising down downtown Minneapolis making a scene.

This was the summer I worked at the casino

making alot of doe.

Chucky was also alive in summer of 95.

Now I digress and do confess,

This was a fun summer I do like best,

You even said I'm not like the rest...

that I'm not like I'm from the Midwest.

Maybe I'm more like a Jersey girl,

just need some more curly curls.

Thank you my Brazilian friend

we had fun up till the end.

Thank for the memories

your secrets are safe with me.

Written on Feb.7,2011 by Christina Sunrise

Christina Sunrise

Sun Comes Shining Out

The sun comes shining out so bright,
blinding my eyes like a deer in the night.
All the clouds have moved away,
troubles in my mind no longer stay.
I can think without worry no more,
I have been lead to answers at my door.
I was once left hanging with the question why?
Now I know the answer, and have to sigh.
Better to understand the past,
not to make decisions
that make problems last.

Written by Christina Sunrise on September 24,2011

Christina Sunrise

Sun Is King Of The Skies

Sun is telling us to end microwave waves,
by making sun spots that interfere by it's rays.
Also Sun's sunspots will stop telecommunications
we don't know it but our brains send out vibrations
that are in synch with planet Earth's which is not a tribulation.
The magnetic field that is projected from solar flares
creates a magnetic storm and makes colorful skies
in which to stare.
The Aurora Borealis and Australis is the result of a solar
flare and it can pretty but also beware.
On Earth solar flares can disrupt radio signals and power grids
all satellites orbiting Earth can get hit because of solar winds.
Sun has it's way, does not want humans to have trash
in the skies to this day.
Sun and Earth will always rule in the end
follow the Mayan calendar my dear friend.

Written by Christina Sunrise on May 17,2012

Christina Sunrise

Sunrise Sign Missing

Now I used to live on the Avenue
named Sunrise-
The avenue's sign has gone missing
which is a surprise.
Only the people who already
know of this street—
can find their way to it
without a map of it on a sheet.
Is this sign a trophy on a wall somewhere?
Is this a sign that the street itself is invisible
to the sun's glare?
Sunrise is still the street I used to live—
it is the last name to my poet's alias.

Christina Sunrise

Sunset On The Beach

Warm wind blows on my skin,
waves splash as I splash my fin.
Warm blue water of the ocean,
fish swim around me in motion.
I stare up at the setting sun,
clouds of yellow, pink, purple
wrapped into clouds swirling into one.
A lonely pelican flies by,
as more clouds cross the sky.
I see lovers walk through sand,
each holding each other hands.
Then waves become white with force,
I realize I've stayed my course,
leaving before rain starts to pour,
I say "goodbye sunset" as I transform and walk to shore.

Christina Sunrise

Sunshine Couple

SUNSHINE COUPLE

Mrs. and Mr. Par

Smell of turkey and spice fill the air,

I'm at Granny Krendoll's house

who loves to share.

Yes, Granny Krendoll who is Jan Par,

is the most giving person by far.

Along with her husband I might add,

he is also very happy soul, I wish he was my dad.

Sunshine couple is what they remind me of,

they travel across the country spreading their love.

They preach for a living spreading the word,

Mr. Par is quite enthusiastic I have heard.

Now they came to visit me in 2009,

they had just visited Jamaica and had a fun time.

A diary of their travels they do keep,

they are blessed by Jesus even while they sleep.

They look for the good in everything,

I am so happy they are my friends.

Written By Suzae Chevalier on November 10,2011

Christina Sunrise

Suzy Rhymes

All of Suzy's dolls lined up in a row,

dressed in ruffles with flowers and bows.

Wishing dolls sweet dreams filled with delight,

Suzy goes to bed thinking funny rhymes.

Writing as fast as she can before she forgets

doesn't want to wake her sister sleeping in her bed.

Goes to the laundry room where the

wash machine runs,

making swishing sounds.

all her rhymes come at once.

Suzy writes in the dark real fast,

knowing her words might have no other chance.

At school the next day,

teacher compliments Suzy's poetry forte,

Suzy is proud and she lets out a smile,

Knowing her poetry writing was worth all the while.

Written by Suzae Chevalier on April 7,2011

Christina Sunrise

Talk To A Frog

Jim got jealous and said,
"Suzy talks to the guy in red."
John retorted with a fast reply,
"Jim, Suzy would talk a frog,
that's no lie."
Well, Jim I guess John was right,
I talk to geckos who jump with delight—
right on the top of my hand,
one of course did so land.
Once in a while when I feeling blue—
I think of you-and
there you'll be—
a gecko in front of me.
Thanks for visiting me in a gecko form
taking the time to truly transform.
Written by Suzae Chevalier on April 21,2012

Christina Sunrise

Tashi The Cute Shih Tzu

Tashi has two bright red bows that sit by her ears,
she is always quite happy and in good cheer.
Tashi is a white Shih Tzu with long hair and eyes of bright blue,
Tashi is quite long weighing pounds eleven times two.
Mrs. M is very patient and waits for Tashi do her thing,
even when it's raining or light drizzling.
Tashi has a dog friend named Sam twice her size,
he is a miniature Yorkie and his hair hides his eyes.
They go on walks with their owners but one day it rained,
they had to go back inside and play it safe.
Tashi even waited patiently one day,
when Mrs. walked over to talk to Suzae.
So next time you see Tashi, say "Hi"
and by chance give her a rice pie.

Written By Suzae Chevalier on December 21,2011

Christina Sunrise

Ta-Shieka My Pup

Barking, barking your cute little bark,
I found you on a prayer and a lark.
You were a traveling runaway pup,
who jumped into trash cans
that's where you'd end up.
Now, I'm so happy
you became my pet,
all those years I'll never forget.
All the memories of running
in the fields,
like when I sprained my ankle
you kneeled at my heels.
Making sure I was home & safe,
I return the love in so many ways.
Now it's sad that I was not with you,
if I would of known earlier
I would of flew,
flew up to see you.
One last precious time,
to say "I love you pup" and
my say last goodbye...
Written on Feb.4,2011 by Christina Sunrise

Christina Sunrise

Teach Them Young

The shooting of Trayvon Martin is a symptom of
how conscious our culture is today.

We still have guns to keep our imagined
enemies at bay.

Who are our enemies if we are all one?

One God soul being scattered below the sun.

We should teach children when they are young
teach them acceptance, cooperation tolerance of
other cultures, show ways different culture have fun.

Have poor children be in a class where rich kids
help them out, teach them to walk in other shoes
in a world filled with hostility and doubt.

Have empathy for others and their plight
how to resolve misunderstandings without leading to a fight.

How will this world ever get passed the second grade
we are a planet that needs to evolve consciously if
we are to be a healed to even celebrate the Golden Age.

Written by Christina Sunrise on April 17,2012

Christina Sunrise

Ted Nugent

With long hair and narrow face,
he jumps around all over the place.
Jumping high, jumping low,
he swings from a twisted swinging rope.
Wild rock songs he does play,
in Iowa Jam surrounded by hay.
Years later I would inherit a ring,
it is from precious mother Jean.
Ted Nugent is cousin to Jean too,
ring reminds me of them, it's the color of blue.
A print of Ted Nugent is in the Marathon Music Center's shop,
I might buy it for Ted Nugent looks really hot,
and maybe one day I will wear an outfit like he's
and dance till I drop.

Christina Sunrise

Teenage Runaway

TEENAGE RUNAWAY

I get a call on my home phone,

It is Mary asking me to come along.

She says to meet her

at the bowling alley,

She's pregnant and really needs me.

I hop on a bus with bag for one,

not realizing my adventure had just begun.

We stayed in an abandoned

building that very night,

We went through the

broken window with all our might.

Now the very next day,

We go shoplifting

at grocery store and Tarjay.

That's French for Target if you didn't know

now I digress, let's move once more.

Time goes on and things come to an end,

I have to go home and leave my best friend.

It was worth it all the while,

Helping a friend who would

one day have a child.

She had her baby in the fall,

I came to the hospital when she did call.

Baby was so cute, as can be,

She was the first child of my friend Mary.

Helping Mary I never did regret,

As a true friend my loyalty was met.

Written on Feb.21,2011 by Christina Sunrise

Christina Sunrise

Tell Me A Story

Tell me a story that isn't gory
tell me a story that isn't fake
tell me a story where you made a mistake
tell me a story where the cows come home
tell me a story I want to know
tell me a story where the princess finds herself
not a prince who is more like an elf.
Tell me a story that I can laugh out loud
tell me a story where storm makes lighting clouds.
For in the end we only have our stories to tell
what make them funny, give them hell.

Christina Sunrise

Tess The Labrador

Elevator floor numbers are going to ground floor,
elevator door opens with Mr. Call and Tess the Labrador.
Tess begins to sway quick to the East,
I think it's a ghost she wants to meet.
Mr. Call motions her to walk to the left,
they walk by the inter coastal which is to the West.
Now Tess is a rescue dog who Mr. and Mrs. Call saved,
they adopted her in Illinois and she has been with them till this day.
She is a little older now but her eyes still can see,
she is still very strong with lots of energy.
Tess is of many different breeds,
she is short and stinky, but still has good knees.
She has a little white on her chest,
she likes Allen's dog Madison the best.
Tess will be the last dog out for a dog the night,
Mr. Call doesn't mind he gets along with Tess just fine.
Written By Suzae Chevalier On December 24,2011

Christina Sunrise

Thank Johnny Cash

A very thought provoking show
Johnny Cash brought to the masses things they needed to know
He was the defender of the under dog
He saw prisoner's pain and felt it all.
He is quoted saying this below:
'I don't see any good coming out of a prison.
You put them in like animals and tear the souls and guts out of them,
and let them out worse than they went in.'
This is true in jails today
they basically strip away
all of a person's self esteem
they treat them like animals
and then demean...
Now from the standpoint the human race
Are we any more conscious of humans
Or are we known to treat other humans
with total disgrace?
There needs to be a change this very day
If we are to become a nation that is proud to say.
All for One and One for All
Do we really believe this is possible
or will our great Nation eventually fall?

Christina Sunrise

Thank May West

Now I know May West was a light worker who had to go in
to see how women weren't clean and had no good sanitation.
Yes, she was arrested for something so benign
just like me but we were asked from the divine.
Asked from the divine to make sure inmates
had a better environment that helped them while doing time.
"You have to go in to help them from the outside"
I said to a friend that very same night.
May West said "I will take 10 days in prison
over a \$500.00 fine."
So thank May West for she was more than meets the eye.

Christina Sunrise

Thank Mother Earth Each Day

If you have a pain that won't go away
at least stand on Mother Earth during the day.
You also need the sunlight of Father Sun
he uplifts the spirit of everyone.
Mother Earth is more in sync than you know
visualize being rooting to her in a storm.
Your brain and her have same hertz frequency
which is very healing.
Your root chakra is a deep red
think of Mother Earth when you lay in bed.
See Mother Earth as your life line
your first chakra is associated with your spine.
So ground yourself everyday—
thank Mother Earth for
having things come your way.

Christina Sunrise

Thank The Bees

Thank the flowers and the trees
thank the birds, butterflies and the bees
for they bring beauty to this planet
from another galaxy.

They are not from planet Earth
they are from another dimension
but they came here to give birth
to a more beautiful life of flowers, smells
and sights.

They make us realize
that we can transform
into something more
even from our inner storms.

Written by Christina Sunrise on July 27,2014

Christina Sunrise

Thank The Higher Beings

With the technology we amassed from our space friends,
we have advanced communication that goes to the outer ends.
Why hasn't the human race come this far in thousands of years?
We are like barbarians to other planets I do hear.
We are still killing each other in war,
we are can't get leftover restaurant food to the poor.
But we can make bombs to kill the planet like never before.
Our priorities are messed up,
if the space people wanted to kill us
like the movies say,
they would of already had their way.

Written By Christina Sunrise on December 23,2011

Christina Sunrise

Thank The Polar Bears

Thank the Polar bears for being with us tonight
Thank the Polar bears and make sure they are alright.
Thank the Polar bears who live way up there
Thank the Polar bears who also do share
Share the same planet as all of us down here
Thank the Polar bears for they are so dear.

Written by Christina Sunrise on September 20,2012

Christina Sunrise

Thank You Clairvoyants

Thank you clairvoyants for inspiriting me

Thank you clairvoyants for advice in my recovery.

Thank you clairvoyants for all your spiritual advice

Thank you clairvoyants for all things whole and nice.

Thank you clairvoyants for bringing me closer to the source

Thank you clairvoyants for listening to my voice.

And thank you clairvoyants for being on this Earth plane

to help to see my life as more than mundane.

Written by Christina Sunrise on August 31,2012

Christina Sunrise

Thank You From Polar Bears

It was great to know
that Polar Bears would show
show up in flowers a bloom
I received a card in the month
of April not June.
Yes, on a Thank You greeting card
the Polar Bear did say
"Thank You"
for defending them that day.
Polar Bears were thanking me
for all the world to read
a poem about the Polar Bears destiny.

Written by Suzae Chevalier on March 21,2012

Christina Sunrise

'Thank You Trees'

Thank you trees
for helping the birds and the bees.
Then birds make their nests
to lay their eggs.
The bees make their hives
they make honey when alive.
So thank the trees who are
the homes for even more.
The trees make the planet
beautiful from shore to shore.

Written by Christina Sunrise on July 11,2014

Christina Sunrise

Thank Your Angels

Thank your angels everyday
they are watching over you in every way.
They help guide you and lead you to your best
just ask for their help and they take care of the rest.
So thank your angels all the time
they keep you connected to the divine.

Written by Christina Sunrise on November 15,2013

Christina Sunrise

The Cottage With Annalese

Dancing at The Cottage with Annalese
she is my big Sis with dark hair like my niece.
Annalese and me dance to the music
-around the time of eight-
nobody is on the floor except Mouse which is great!
It brings back memories past when I danced to
"Don't Stop `til You Get Enough"
which was a blast!
Mouse is dancing on the floor to the beat
I go up to Louis the D.J. very discreet
and ask him to play my favorite dance song
Lois nods and before long
I am with Mouse on the floor
all eyes are on us which no one can ignore.
Annalese hangs out with Ginger her good friend-
Annalese gives Ginger an original birthday gift.
Then Annalese and Ginger get on the floor
and we all dance like never before.
Jimmy the owner is there
grooving cool music fills the air.
Then special performer takes the stage
she sings her song while dancing away.
Singing performer has a little guy on her lap—
Performer asks him questions-
which makes us all laugh.
Then the night comes to a close
I walk to my bike with Annalese
say goodbye and ride safely home.

Written by Suzae Chevalier on March 10,2012

Christina Sunrise

The Dogs Of Drangonchester

The dogs of Dragonchester is a condo that sits by the Sea,
surrounded by sand, tropical plants and palm trees.
Happy Dogs live at the Dragonchester for I have seen,
these dogs are special to their owners, they make them happy.
Inside this book is a collection of Dragonchester Dog poems,
you can read them at your leisure at night in your home.
Some poems might make you laugh, some poems might make you cry,
that is the observation of me the poet whose words I do scribe.
These poems you can pass along to your dear friends,
you can frame them if you like so you can read their words again.
Many wishes to the dog owners and a cheer to their pets,
many more stories to make into Dragonchester Dog poems still yet.
Written By Suzae Chevalier on December 22,2011

Christina Sunrise

The Fall From 4d To 3d

In the beginning we could create with just thought...
now we are in 3d and have to use our will with everything
we have got...

We were one with nature, one with man
we lived a long time...
we knew and did understand.

The Law of One

for it was so...

now We have to remember
to live like the Natives
a long time ago.

Written by Christina Sunrise on May 5,2014

Christina Sunrise

The Guilty Ones

People who are guilty do this game,

they go around and slander your name.

Like Skunky, Cockroach and the other nuts,

they have no life, no balls and no guts.

Deep down there delusional and sick,

they don't know that they are

so they make people think,

that it's you who is crazy

when they are such a waste of time,

Go mind your own business

and stay out of my life.

Written by Christina Sunrise on Feb.17,2011

Christina Sunrise

The Illusion

Breaking off from the body of God,
we fell asleep into "The Land of Nod".
Forgetting who we really are,
your pieces of yourself were shattered
like a falling star.

Creating illusion of you not God expressed,
you deny God until you finally accept
it is an illusion that has to end.

Gathering back your pieces
to you are once whole,
Remembering everything
that you know.

Then you can then just be,
Be joyful and happy.

Christina Sunrise

The Life Of A Turd

You don't know what it's like,
being in a toilet most of your life.
Yes, I am a turd,
I know it sounds absurd,
but hey, at least I'm not a nerd.
Now I have a family that went
down stream ahead of me,
Then went down the toilet
along with human pee.
But I'm not going to sweat or even fret,
I have lots of miles ahead of me yet.

Written by Christina Sunrise on October 1,2011

Christina Sunrise

The Matrix Helps Me

"Good Luck to you" the nurse does say
I smiled as I went on my way.
Most inmates are not as positive as me
I look for the signs that show intelligently.
It seems that's the assumption is you are not getting out
Thank Jesus I was protected with the matrix
within walls or without.
Yes, the matrix can help you and I see the
connections all the time
We are all connected even in a place
where people have committed crime.
No matter where you go on the planet
we can not escape
Escape the matrix that does not judge but
can help us with our fate.
I had to go in so I could write poetry to change
consciousness of inmates who
were in a depressed, hopeless state.

Christina Sunrise

The Mind Of A Crazy Person

"Your asking me to be in the mind
of a crazy person",
my friend did reply,
I can tell you this,
and here is why.
They are definetly
a waste of time.
Also, I don't think I want to know,
these people live with made up foes,
Foes in their mind that they
Rant and rave to,
they have no clue.
They are crazy,
but they make you think,
they don't need a shrink.
Giving you a pretty image
of all their made up lies,
giving their story more life.
So your answer to your
question is plain to see,
stay away from Crazy people,
and the world will be more happy.

Written by Christina Sunrise on March 21,2011

Christina Sunrise

The Most Profound Part

It is not mind over matter anymore

it is soul over mind that lets you soar.

It is your essence is who you really are

you are very unique, a shining star.

Yes, the most profound part of you

transcends to heaven when you feel blue.

Things were set in motion before you were born

karma has to be experienced to take out the thorns.

When you experience a lesson that causes pain

heaven was testing you so you don't repeat it again.

Written by Christina Sunrise on July 4, 2012

Christina Sunrise

The Pelican

Tall and skinny with a

wrinkled face,

Women find him

rude,

grabbing their

private place.

Named Pelican,

for his nose is long,

unlike he wishes

it was his _____.

He'll rub your back

trying to get in

Your rack.

If you don't get

rid of him,

he will give you

a heart attack.

So be forwarned

of the Pelican's

smell, Razel likes

him, but not Mel.

Written by Christina Sunrise on April 23,2011

and

Christina Sunrise

The Real Deal

Most people say when you find
your soul mate you will know
that is right, they are usually an asshole.
Hey, with all kidding aside-
most were not here to be with me in this life.
I know it sound strange from all the romance
you hear-
but soul mates are human and don't have to be dear.
They can just teach you a lesson that you needed to learn
some will help you better discern
how to find a person that is
not toxic and appreciates who you are
you want to be ready for the "real deal"
when it comes knocking on your door.

Written by Suzae Chevalier on March 12,2012

Christina Sunrise

The Sun Has A Consciousness

The sun is a spiritual being

That is of the Divine...

It is protecting us

This you will soon find.

So do not fear the Sun

But Respect its power in

The universe...

It works along side our

Planet Earth...

Written by Christina Sunrise on February 15,2014

Christina Sunrise

There Are No Enemies

If we look at it from the standpoint of the soul
we are all interconnected even if we don't know.
There are no enemies on the outside
only enemies are in our mind.
All relationships are a reflection of our self
we should reflect and discover if nothing else.
Only one God so no room for evil's sin
we make evil in our minds which our own making.
Just look to nature that always goes on
the sun always rises at the break of dawn.

Written by Christina Sunrise on August 29,2012

Christina Sunrise

There Are No Victims

We incarnate with agreements made
we would meet our old friends or foes once again.
This time to set the record straight
to learn how to forgive, love and not hate.
Not knowing what happened in our past life
we meet our foes and carry the pain more than twice.
We have all been killers and other names in the book
we came here to clear our karmic debt and have another look.
We can now transcend karma and create without pain
we can be one with the creator and not have to be insane.
For we can have one foot in heaven and the other foot on the ground
we can now be in control consciously which is the new game in town.
Written by Christina Sunrise on November 22,2012

Christina Sunrise

There Once Was A Skunk

There once was a skunk that didn't eat meat
he was a vegetarian that didn't want his teeth
to reek.

Only they did with an onion smell
he had a bad taste that everyone could tell.
Except Sarah Star the princess with red hair
she could not smell his stinky smell in the air.
For Skunky put on his 'Secret Dare' cologne
he did this in the comfort of his skunky home.
Every night before Skunky goes to bed
he sprays a cologne all over his head.
The cologne is named 'Secret Dare'
in which gives Skunky an evil streak and flare.
Then Skunky gets his courage and goes
to Sarah's castle in the woods
this is where Skunky took Sarah's precious goods.
The goods that have the Secret's of the galaxy
Skunky hid them for no one to see.
Except John the Troll-
he will one day turn Skunky into a gnome
that way Troll can kick Skunky
out of Sarah Star's beautiful home.

Written by Suzae Chevalier on March 16,2012

Christina Sunrise

Things To Ponder

If you don't make up your mind,
your mind will make it up for you.
Modeling is more ingrained
then trying to remember.
What you resist persists.
Things are just as "is".
All life is consciousness
expressing itself.
Many teachers came to make
us "remember".
On this planet we are just a "blink" in time.
Soon there will be no "time".
Written By Christina Sunrise On December 31,2011 at 1: 55pm.

Christina Sunrise

This Is America

America is a free country and always will be,
why then do they have a law against skinny dipping?
You can smoke till your blue in the face,
die from lung cancer which spreads all over the place.
Do you die from skinny dipping outside?
I guess, we are a society that is more civilized.
But wait, the island in the south pacific don't have
much crime, like rape like we do all the time.
So what you deny and hide,
becomes shameful and a crime.

Written By Christina Sunrise On February 4,2012

Christina Sunrise

Thoughts Are Like Feathers

Thoughts are like feathers that fly by
catch the down on paper so they can
materialize.

you want to make sure you don't forget—
you could have a great poem
with so many readers yet.

Written by Christina Sunrise on June 22,2012

Christina Sunrise

Thoughts Pass By

Thoughts are like feathers
that fly by—
Catch them on paper so
they can materialize.
You want to make sure
you don't forget—
you could have a Great Poem
with so many readers yet.
If not you might always regret
created words of the life you spent.

Written by Suzae Chevalier on June 27,2012

Christina Sunrise

Three Dog Night

Chuck Negron

who I did meet

is really sincere

and really sweet.

I told him I wrote

'Poems of

Inspiration

and Recovery'

People who

read them

can feel

better with discovery.

My poems have

words in them

like the word

"pray".

These poems

where on

display

in Hazelden Ctr.

that very

same day.

Now he did

sign my book

writing to my

alias Suzae.

The book he

wrote is

“Three Dog Nightmare”.

describing

his life which

is almost like

one of Razel’s

“Frightmares”

It’s about

his drug

addiction

& his word

of hope,

for anyone

addicted to

or strung out on dope.

Now buy it on

Amazon or at

your local bookstore,

it's worth every penny

and then some more.

Written on April 2nd 2011 by Christina Sunrise

Christina Sunrise

Through Children's Eyes

Through the world of the innocent,
everything is magnificent.
Yes, through a child's eyes,
everything is filled with surprise.

Everything is fresh and new,
everything is like a clue,
A clue that makes their minds wonder,
what a beautiful world we live in
it has lightning and thunder.
Unlike the other side,
certain things do not reside.

No need for rain, or even pain,
they are still happy to be here,
to make us lighten up again.

Christina Sunrise

Timing Is Everything

Maybe it is not time yet
for that job you had made a bet.
Maybe it's the planets in retrograde
maybe that is why you didn't get paid.
Maybe you still have to become more whole
timing is everything didn't you know.

Written by Christina Sunrise on September 13,2012

Christina Sunrise

Tiny Mountain

The year was 1972
Tiny Mountain had a lot to do.
He volunteered to be in the Vietnam War,
He was only 17 years young,
his adventure had just begun.
He rescued 600 Marines who where Prisoner's of War,
He was a brave soul for the war took it's toll.
He shot 18 " canons on a US Battleship,
to scare the Vietnamese to give up without a quip.
The Vietnamese waved their white flags and
let his ship come to shore,
to get the rest of the Prisoner's of War.
There was a lot of tunnels underground,
Tiny Mountain didn't go, he left without a sound.
He was too big to rescue POW under there,
there was cities with stores everywhere.
Like the subway system in NYC,
it was totally different not glittery.
Now Tiny Mountain made it back,
he made it without an attack.
Thanks Tiny Mountain for rescuing our POW's,
We the people of US of A and POW's Thank you.

Written by Christina Sunrise on August 17,2011

Christina Sunrise

Tom Hanks Flies Off With Unicandle Unicorn

UniCandle unicorn horn glitters real Bright
on t-shirts that Glows in childrenâ€™s Dreams at night.
Colorful t-shirts outside on a lighted display
it will attract customers to come my way.
On Easter Sunday while Krendolls walk by
one particular Character caught my eye.
It was Tom Hanks who did decide
to buy one UniCandle unicorn t-shirts
with a Fantastic price thatâ€™s out of Sight-
-For only the price of \$9.95!
Tom handed me a donation along with a smile.
Then Tom turned around and said to me-
â€œUniCandle unicorn is Cute and Unique
You will sell a lot of t-shirts just You wait and see! â€
Tom left wearing the shirt that really glows-
out of my Krendoll land on UniCandle unicornâ€™s back he goes.
Way up in the sky with UniCandle unicornâ€™s horn shining bright
they fly off out of Krendoll island deep in the night.

Written by Suzae Chevalier on September 1,2011

Christina Sunrise

Tom Hanks Likes Unicandle Unicorn

UniCandle unicorn horn glitters real bright,
on t-shirts that glows deep in the night.
T-shirts outside on display,
at carnival on Easter Sunday.
Customers walk by,
but one customer in particular caught my eye.
It was Tom Hanks who did decide,
to buy one UniCandle t-shirt with a price that's right.
Then Tom turned and said to me,
"UniCandle unicorn is cute and unique."
Then he left wearing the shirt that glows,
out of dreamland where anything goes.

Written by Suzae Chevalier on September 1,2011

Christina Sunrise

Tom Hanks Travels With Unicandle Unicorn

UniCandle unicorn horn glitters real Bright
on t-shirts that Glows in childrenâ€™s Dreams at night.
Colorful t-shirts outside on a lighted display
it will attract customers to come my way.
On Easter Sunday while Krendolls walk by
one particular Character caught my eye.
It was Tom Hanks who did decide
to buy one UniCandle unicorn t-shirts
with a Fantastic price thatâ€™s out of Sight-
-For only the price of \$9.95!
Tom handed me a donation along with a smile.
Then Tom turned around and said to me-
â€œUniCandle unicorn is Cute and Unique
You will sell a lot of t-shirts just You wait and see! â€
Tom left wearing the shirt that really glows-
out of my Krendoll land on UniCandle unicornâ€™s back he goes.
Way up in the sky with UniCandle unicornâ€™s horn shining bright
they fly off out of Krendoll island deep in the night.

Written by Suzae Chevalier on September 1,2011

Christina Sunrise

Tom The Character

Sitting in Starbucks I look to my right
Tom Vilello is sitting there with smile so bright
He tells me he's all Italian and raised in Philly
His grandfather came on boat from Naples, Italy
He says he's a clean cut boy, not in the mob
He dresses real nice, not like a slob
He says the mob were Christians and they
gave food to the poor, they even bought coal
to keep their families warm
He says it's sad the government came in and
threw the mob in jail, he says they helped Philly out
it should be the other way around without any doubt
Now Tom will be 80 in a month or so
He looks more like 60 with his face aglow
I told him he looks really young for his age
He replied he drinks vodka cocktails at restaurant Daves
That's the place he will be
on October 11th having his favorite cup of tea

Christina Sunrise

Ton Of Shoes And No Food

Mom has ton of shoes, while kids have no clothes,
child is worried school kids make fun of her
because they know.

Know she is borrowing Mary's pants, and she wears
a shirt that she sewed-
sewed in sewing class-
classmates know this is
and smile and laugh.

It's sad, but it is true
on a larger scale it rings through-
This is the reflection of the rich and the poor-
even as they live next door.

\$50,000 dollars for campaign for Romney's dinner plates,
while children in ghetto eat old raisins not grapes.

He is going to cut alot of programs these poor people need
he looks like he doesn't want poor people to have a place to live.

What is Romney's real motive and is it for the greater good?

Is it to help human beings have basic needs met and be understood?

Christina Sunrise

Tony The Race Car Driver

His name is Tony, but I call him Tone,
he has a D.J. business to play your songs,
while you dance all night long.
Now I met him one night on New Year's Eve,
I was dancing on a table and did not see,
Tony sitting below me at the bar,
he smiled at me then gave me his business card.
Scorpio was the name of his D.J. business,
he also plays the drums, I do confess.
Now, he has one shy Persian cat,
she hides under the couch,
no one knows where's she's at.
Other than that, he watches football
Fan of the Pittsburg Stealers,
they lost over Wisc. last year, people where squealing.
Tony has a red corvette that I can't drive,
Tony goes real fast, thank God he's still alive.
Now Tony and his Uncle Lenny are really fun,
they always joking around with everyone.
Thanks Tone, I hope you get the girl,
and she colors your world.

Written by Suzae Chevalier on September 26,2011

Christina Sunrise

Too Much Concrete

Too much concrete
is weighing down the Earth-
Gaia feels the weight on her girth.
Tons of cars, houses, sidewalks
and buildings of cement-
luckily we have gravity
to keep from being bent.
Native Americans used a tent-
others lived in in mountains
they were close to nature
and natural water fountains.
Send Gaia alot of lot love
everyday-
walk on her barefoot
and become close to her again.

Written by Christina Sunrise on Aril 14,2012

Christina Sunrise

Toojay's Deli

In the spring of 1981,
Toojay's success had just begun.
Starting in Palm Beach and expanding through the sunshine state,
they have made customers happy they have satisfied their tastes.
With comfort food, healthy food choices, deserts and traditional deli fare-
Friendly service in a casual and lively atmosphere.
Try their deli sandwiches, soups and potato pancakes,
something for everyone, make no mistake.
Lighter and Vegetarian section
for health conscious people, Toojay' provides selection.
Toojay's has won awards like Best Deli, Hall Of Fame,
even Best Of Boca, Best Of The Best just a few I can name.
Toojay's will even deliver out of state by plane,
most destinations east of the Mississippi,
you won't have long to wait.
Go to Toojay's for breakfast, lunch, dinner or to go,
Toojay's does catering, it's a good thing to know.

Christina Sunrise

Total Control

Your getting dumb,
while I'm getting cold,
I'm getting younger,
while your getting old.
I cast my "CONTROL" spell on thee,
making your mind forget your reality,
making you blind so you can't see,
that I have control of your kingdoms keys.
Yes, all the doorways are controlled by me,
YOUR offspring won't inherit this monarchy.

for I will be top Queen

controlling this land of Royalty.

Written Jan.3rd 2011 by Chrisitna Sunrise

Christina Sunrise

Transform The Planet With Your Love

Like the 100th monkey that started a trend...
he washed his banana and it never did end.
All the monkeys starting washing their bananas
like a domino affect...
that is how things get started
in the hologram net.
Now if we are to become inter-dimensional
beings ever again...
We will have to stay out of the drama
of this world...
that is a message from the other worlds.

Written by Christina Sunrise on February 28,2014

Christina Sunrise

Transitions

We are souls incarnate in human form
we have to adjust to the norm.

At one time we had it all—
both sexes together having a ball.
Now society judges you if you are
of a different sexual orientation—
just like we are prejudice against
other nations.

Luckily music brings us together as one
who are we to judge another when
we don't know where we come from?

Written by Christina Sunrise on December 10,2012

Christina Sunrise

Trapped In A Cage

I blew out my candles,
And this is what I saw,
I saw a tiny fairy inside a crystal ball.
She told me "do not look back,
Keep going forward, you are on the right track."
Then I heard a familiar sound, music playing all around,
The singer who was singing sounded like a sage,
She sang these words: "Your love is trapped in a cage,
you have put it on hold, for you are writing fast before old age.
but you have more to write about, soon you will be free without a doubt."
Then I realized I have heard the voice of the Divine, it has lead me to beware
Wher I have been blind. I still get stuck in the past, the past hurts that not need
to last.
I heal the parts of myself to bring me back to being whole, happy to just be,
without trying so.

(Written by Christina Sunrise on August 9,2011)

Christina Sunrise

Trash Circle The Size Of Texas

Long Island one of the richest cities in the states
had on it's shore plastic and glass waste.
One summer I was there,
picked up trash because I cared.
Listening to a friend who went on and on,
about how her friends did her wrong.
Anyways, I digress,
we need to watch how make a mess.
We need to be accountable for our trash,
for it has effects that last and last.
Trash meets in the ocean the size bigger than a lake,
it's the size of Texas for heaven's sake.
We need to think before we throw,
throw trash out the door or window.

Christina Sunrise

Trash Memories

Put all my bad memories in a trash can,
burn it up as fast as I can.

Who needs to keep negative memories that clutter your mind,
concentrate on positive people who gave you a good time.

Next time a negative person starts to be a grump,
I will tell them to "Stop, I am not your garbage dump";.

Christina Sunrise

Treat Inmates Better

Inmates in jail are down on their luck
now in jail they feel they are stuck.
Inmates afraid they won't get out—
life ahead looks dreary without a doubt.
Give inmates jackets, it's freezing in there
Feel mistreated and nobody cares.
Inmates in jail need sun an hour a day
Prisoners get sun and are treated better in every way.
Treat inmates in jails as humans they are trying their best
they could be given a sheet first that lets them express
How they felt doing the crime—
Even write if they feel they were framed
or sheriff treated them unfairly
or made the only one to blame.
Also they can write
why they did it and how they would change if not to do time.
How they feel about their actions as a crime.
If resources are given to them to find a better way
maybe they would reach higher and not be lead astray.
We are all in this together—
What affects One affects All
Help lift jail inmates up
Not make them fall.
"Don't smile in jail—
it looks like you are having too much fun."
This quote is sad, smiling doesn't hurt anyone.

Written by Christina Sunrise on March 25,2013

Christina Sunrise

Trees Die Standing Up

Have you ever contemplated about a tree?
How strong, beautiful and sturdy?
That they stand during all of the seasons
they are just there to just be...
they are not like humans with reasons...
to be...
Their branches are like our limbs
they are more like us than bugs who have wings.
We mostly die laying down.
Trees die standing up, up, up...
unless they fall down...
by lighting or a human's hand
they only have good emotions I understand
stand, stand, stand...
More humans should be like trees
who are bringers of light...
they help us on the planet with our life
for they have feelings so treat them right.
So acknowledge them day and night.

Written by Christina Sunrise on July 3,2014

Christina Sunrise

Trees Will Be Respected

In the Golden Age-
trees which have wisdom and light-
will be respected not cut down for our delight.
Homes will be built around them along with running streams
the energy of the area will be flowing and clean.
The Feng shui will be better for the planet
in every possible way.
Written by Christina Sunrise on April 14,2012

Christina Sunrise

Triple Diamonds

When Chucky was alive, we had such a great time.

Gambling at all the casinos by the MN lakes,

Chucky bet five dollar machines, never high stakes.

At the Grand Casino Chucky was losing so I gave him my chair,

on that machine I prayed and I prayed,

for double diamonds, now I wish I would of stayed.

Seconds later the machine did spit out,

all bright colors and noise really loud

making everyone in their chairs turn about.

I sat on that chair while Chucky left to see,

see the casino's 'cash pay out' employee.

That's where he would get his big chunk of change,

getting it from the place that looks like a cage.

Now I wanted to take the next bus home,

and just leave Chucky all alone.

For he did say "Hey, it all goes in one pot",

well I stayed I won more than alot.

I won back more money than Chucky won before,

but I wished it was all in one big fat score.

Now, that is my Grand Casino Story,

with all of it's sadness and it's glory.

Written on Feb.12,2011 by Christina Sunrise

Christina Sunrise

Troll Named John

There is a Troll that nobody knows
-only the Princess Sarah Star -
who Troll protects so.
The Troll's first name is really John
who fights Razel ice dragons all night long—
Even when he's tired he still sings a funny song.
This funny song makes Razel ice dragons go back to sleep-
Troll has to make sure Princess Sarah Star is safe as sheep.
Protecting the Princess Sarah Star
from Razel ice dragon's ice fire—
Troll has abundant energy he never does tire.
Troll eats a lot of green mystical flowers—
they give him very magical powers.
The funny Troll must toll and fight—
Razel ice dragon can't stand the smell
of Troll's bad breathe late at night.
Troll also makes a funny sound-
that brings Razel ice dragons to the ground.
It's a loud roar that he does from his
gigantic creaky brown bridge door...
The door opens and funny Troll comes out—
he starts to bang around, stamping with a shout.
Princess Sarah Star hears this high up on her balcony—
then a fight that starts near the Ferronian trees.
Luckily funny Troll has power in that domain
he has traps that make Razel ice dragons go insane.
Now Princess Sarah Star can sleep soundly at last—
for funny Troll has made sure Razel ice dragons
are melted without a freezing chance!

Written by Suzae Chevalier on February 21,2012

Christina Sunrise

Trust Is Fragile

Trust is Fragile

Trust is like a flower, fragile and delicate,
People tear it down like it comes complete.
Complete like a readymade tool kit.
No effort on your part, everything is instant.
Trust is earned and cherished so,
That's how relationships form and grow.
Like a flower that you care for,
The flower depends on you and a whole lot more.

Written by Christina Sunrise on September 4,2011

Christina Sunrise

Two Balls One Clock

1 Football game playing on Fox,
Has 1 quarter back with 2 balls, one clock
Against 22 balls running after
1 football running with a cock.
Can the team with the most gowl,
Take the 1 ball and win them all?
I don't know,
But what a show
In the stadium at Chicago
70,000 nuts and all of them dicks,
Paid to freeze as popsicle sticks.
Half the audience is men with only 2 balls,
Saying can we make it to the Super Bowl?
Looks like I guess not,
Because all our balls shriveled up,
Green Bay really one us by a long shot!
By Christina Sunrise on Jan.23,2011

Christina Sunrise

Two Souls Trapped

An elderly couple in their car
smashed into a wall
they didn't go very far.
Car was removed but their souls fought on
the wife yelled 'If you would of looked
are car would of moved and we would be gone.'
Psychic heard the fight for weeks on end
the couple never made it to heaven.
Until one day in this Vegas parking lot
the psychic never heard them and then she thought-
another psychic must of told them to go to the light
or if not they moved someone where else to have their fight.
Written by Christina Sunrise on April 14,2012

Christina Sunrise

Ugo Print

On Lake Avenue, there is a business owner named Que.

He owns Ugo Print and he has a great crew.

His crew develops, creates and makes a new

your brochures, business cards and letterhead too.

Ugo Print took my artwork and enlarged it for a fair price,

better than Fed Ex, and staff is really nice.

Business cards of mine were printed with a great format,

Ugo Print made it great I can vouch for that.

Embroidery and screen printing Ugo does as well,

they are a full range printing company that does sell,

sell direct mail that makes your business boom,

print with Que who is exceptional and his employees too.

Written by Suzae Chevalier on September 8, 2011

Christina Sunrise

Uncle Lenny

There is an Italian who lives in New York City,
he is a sweetheart, he thinks I'm pretty.
He came down to see me and took me out to eat,
we talked of a stalker who lives on his street.
Yes, he is handsome for his age,
stalker lady goes through his mail reading one page.
Now Uncle Lenny has seen it all,
in NYC taxi cab he drove tourists with alot of gall.
Yes, Uncle Lenny drove a NYC taxi cab,
A safe driver award plaque he does have.
Now we went to Tampa and I heard some ghosts,
He said he didn't hear any for his ears are toast.
He's sweetheart who thinks of me,
He left surprises in my luggage for me to keep.
Now Uncle Lenny still can drive,
He is quick and has a sharp keen eye.
Thanks Uncle Lenny for the happy memories,
it was fun and very interesting!

(By Suzae Chevalier on August 10, 2011)

Christina Sunrise

Uncle Norm And Aunt Audrey

As a child I remember those days
when Aunt Audrey would come from faraway.
Aunt Audrey was tall and wore jewelry like rings
she brought gifts and interesting things.
Aunt Audrey lived in Japan, the far east
she had an interesting life to say the least.
Her daughters Marlana and Renee
had played with us for a couple of days.
Then they would leave on a plane
I would see them again at an older age.
Uncle Norm I also saw when I was young
we traveled to Rhode Island when I was age 1.
Then I would see Aunt Audrey & Norm
in the Sunshine State—
they lived in a development with wooden gates.
I celebrate Christmas and the holidays
with them, Marlana and Renee.
Celebrate with them on Christmas day
they have children now who live on
the west coast in the Golden State.

Written by Suzae Chevalier on April 9,2012

Christina Sunrise

Uniqueness Opportunity

Each little soul shiny and bright—
clipped it's wings so no more flight.
Came to Earth to stand upright—
lost it's purpose but not it's sight.
now it remembers each day
to find it's way—
back to expressing it's 'uniqueness' so dear—
that is why it is truly here.

Christina Sunrise

Until Liar Admits

When you figure out a liar
it now easier for you to play with their head,
for they are trying to keep track of what they said.
Only you know the truth and don't pretend,
it's the facts you write down and save to the end.
In the end "maybe" the truth will come out,
but is it worth saying out loud?
For unless the liar wants to admit
why they said it in the first place,
you must take the high road with grace.

Written By Christina Sunrise on January 28,2012

Christina Sunrise

Us Needs Purification

To shake us into a higher frequency state
the Bible Belt will have more flooding to this date.
We the people of the United States
will become a spiritual country over a religious one-
the time is at hand-
more raising of consciousness to be done.
We feel we are 'special'
and so we isolate ourselves more-
The Earth is in a time of purification
her messages we can't ignore.
We will aske for help from other countries
like never before.

Written by Christina Sunrise on September 2,2012

Christina Sunrise

User Uses More In Jail

Girl with long hair walks in holding room
She is young and I did "Assume"
she was in for prostitution.
No, she was really there for the group—
the group that is really doesn't help her recoup.
"Drug Norm" she says it makes her use like never before.
She said "Being in jail makes her want to use more."
Jail has a negative effect on her, she did employ.
"Only people that are killers should be in jail."
I thought to myself, she's right, it's a living hell.
No wonder she wants to use more once in-
being in here a little while made me feel grim.
From the beginning when you do get here
you feel like a animal that is treated unfair.
I really learned another lesson as well too
"Never Assume" for its 3 three fingers
pointing back at you.
She was a sweetheart and I now felt sorry for her
she was stuck in the system without a real cure.

Christina Sunrise

Vacancy

VACANCY is the words on the sign I see,
is this a sign from you to me?
Yes, and No, for you haven't showed your face,
you might be out in outer-space.
NO VACANCY is the better sign,
Your off feeling better having a fun time.
That's o.k. I will just move on,
I'll find a hotel where I belong.
Maybe this Break Heart Hotel wasn't meant to last that long.
Maybe you'll visit and sing a different song.
Time will be on my side,
I will know when I do die.
For nothing surprises me anymore,
I learned to live in this Write Off room before.

(August 12, 2011)

Christina Sunrise

Vampire Suckers

They all want to grab you and steal your light,
they are jealous and start a fight.

They are vampire suckers,
who laugh when you are down,

really they are the fools,
for their fear rebounds.
Deep back to themselves,
all is recorded they are found out.

Double cross games that trick people's minds,
keep up their lies for they make new lines.
They are caught in their ego state,
mind games, lies and bitter hate.

So they loose out once and for all,
they never learn, mature and grow,
They schrink and fall.
fall back into suffering and pain,
never to reclaim reality and be sane.

Written by Christina Sunrise on May 5,2011

Christina Sunrise

Vegas Dancing 2010

It was Vegas 2010
I went dancing with
Just met new friends.
It was Halloween night,
People dressed sleek and tight.
I jumped up on the platform,
Looking just right.
I had a mask on so no one
Could tell who I was.
It was funny just because.
People watching all my moves,
Dancing with all the grooves,
They started to imitate,
Which was great.
Then my fate I had to go,
There is always an end to a show.
It was a night I won't forget,
I didn't have to gamble or even bet.
In Vegas as the saying goes,
What happens in Vegas stays in Vegas.

Christina Sunrise

Victims No More

Victims No more on this Mother Earth,
No More killing of her

people, animals, mammals, fish and birds,
to them she has given birth.

Yes, victims no more,
For all of us as one,
what you do unto the innocent

with your weapons,

has devastating repercussions.

From a standpoint of victims you make us your slaves,
bringing all of us to an early grave.

No Victims of the Sea,
the sea creatures are meant to have a destiny,

and swim in an ocean that is clean.

No one is here to have their homes taken away from them,
be it through pollution of oil from which it stems.
This oil drilling has to end.

So put down your weapons.
Copyright 2010 Christina Surnise

Christina Sunrise

Visions

Some dreams I have our preminitions of what is to come
Some are happy, some are tragic and some are ho hum.
Like a movie still to be
my mind projects for me to see.
Figure out the images my mind does map
all the answers are there
it is not circumstance.

Written by Christina Sunrise on November 14,2012

Christina Sunrise

Waves Of Light

WAVES OF LIGHT

Indian guy blows light in my eyes,
It was glowing—totally mesmerized.
He says everything has a glowing aura
That he can see,
When he walks among the plants and the trees.
We are made of fast moving light,
we can't see it in dark or night.
He says there is no karma to go through,
that we should just go with the flow and have fun too.
He lives in Vegas and travels the USA,
He was made fun of in India so he doesn't go there today.
People don't believe what they can't see, so they don't conceive.
I will hopefully see Indian guru again,
have many more questions without end.

Written by Suzae Chevalier August 22,2011

Christina Sunrise

We Affect Each Other

There is no escaping the reality of ONE
this is the ultimate truth under the sun.
The sun affects us even at night...
he emits love which is faster than light.
Do not think your thoughts and actions go unnoticed
for you might not see
the other side is affected
and we affect their destiny.
WE are spiritual heroes they do say
you came to change things this very day.

Written by Christina Sunrise on December 23,2014

Christina Sunrise

We All Commit Suicide

We come here by choice
and we leave by choice.
You can die at anytime-
it's up to you...
but don't feel blue-
your not dead-
it's an illusion in your head.

Written by Christina Sunrise on December 2,2013

Christina Sunrise

We Are Afraid Of Dying

Since humans are afraid of dying
we will still kill each other-
This of course does not happen on
a highly evolved planet where they
are one with everyone another.
So if you look at how Jesus died
you will understand what these
above sentences imply.

Written by Suzae Chevalier on March 23,2012

Christina Sunrise

We Are All Geniuses

On the other side
we use all of our mind.
Here on Earth, we feel limited
by the physical world
it all starts when we are a little
boy or girl.
If we only knew what actually are
we are from spirit which is limitless
like the light from a million shiny stars.
Like Albert Einstein said
we only use a 10th of our heads.
But that is only on the Earth plane
we are all geniuses no matter what they say.

Christina Sunrise

We Are Blessed

We were not born in sin.
Now just where does this all begin?
It begins with what we learned when young,
before we could question,
but I did, I'm not the only one.
So, Adam was the first one to make a choice,
Because he was given "free will"
Just like Eve, this should be a thrill.
This statement should say:
We are born to be blessed,
and Yes, we are blessed.

Written By Christina Sunrise on November 8,2011

Christina Sunrise

We Are Here

We are here to bless
not to destroy...
We are here to heal
not to harm...
We are here to nurture
not to pollute...
We are here to see beauty
of Mother Earth
and to appreciate
what she gives and has
living on her.

Written by Christina Sunrise on August 20,2014

Christina Sunrise

We Are Innocent

We are born into
a world of illusion,
Not knowing we make
our delusion.
For we might feel
Betrayed,
by coming here
which we think
is somewhat faraway,
Not seeing we are close to
God spirit plane.
We can't tell this duality
We made our charts,
to create and realize
What sets us apart,
And what makes us the same,
in time we will all be whole again.

(April 21,2011)

Christina Sunrise

We Are Just Passing By

We are just passing by,

like a blink of an eye.

Like a paragraph to

be read,

like Wayne Dyer said.

Yes, all is recorded on

the other side,

You can't run,

You can't hide.

Don't worry all

is good,

you came her

to give meaning

to life and be understood.

Written on April 11,2011 by Christina Sunrise

Christina Sunrise

We Are Just Visiting

We are just visiting, this is not home,
we are always connected the source
we are not alone.

We are here to create God,
yes, I said it, I said it out loud.
God gave us free will and
we are body, mind and spirit,
so let's bring them together and use it.
Since we are just visiting,
we should take better care,
care of planet Gaia while we are here?

Written By Christina Sunrise on January 30,2012

Christina Sunrise

We Are One Big Family

No matter if you are in jail, prison or on the outside
We are all one big family, you can't deny-
from the same God no matter what the crime
We are all one consciousness in space and time.
We all affect each other with our thoughts everyday
You can not not affect another no matter what you say.
Light beings just see us as a "Sea of Light"
there is no separation even if you do not have the sight.
Have the sight of a light being that is What You Are
if you knew what they see-
They see you are light like a Shining Star.
Think the highest thought of inmates-
We are all connected no matter what.
Hope and pray for better jail environments.
This is for the inmates who have no more choice
By being someone on "the outside"
that gives them a voice.

Christina Sunrise

We Are One Soul

Wouldn't you know we are all one soul,
The Soul of God broken into many,
condensed together by themselves
to make a Suzy or a Lenny.
Networked together with the matrix of webs,
thoughts go out like and meet like the internet.
Some say we are telepathically connected to 1,000 or more
you might think of someone and then see them at the store.

Written by Christina Sunrise on June 27,2012

Christina Sunrise

We Are The Aliens

We are the aliens we are trying to fight,
we are from other planets we see in the telescopes at night.
Don't think we haven't been there before,
we have lived many lives, maybe millions or more.
So try and make an illusion of aliens in outer space,
we are own aliens killing each other every day.
Written By Christina Sunrise on December 25,2011

Christina Sunrise

We Are The Ghosts

Imagine we when we are awake,
that we are in another form of the dream state.
In fact we are and are not totally aware,
that we are in different dimension with no time and air.
We are a projection if you will,
perhaps a hologram that is never still.
Then when we go to sleep at night,
visit different souls we don't see in daylight.
This is just as real, but our consciousness
can't remember it by will.
So in essence we are already dead,
we are thinking this dimension is real instead.

Christina Sunrise

We Are The Light

We are already apart of the light,
it doesn't matter if it's day or night.
For we can't see with the naked eye
it is a part of us and we can try to deny...
That we are a part of this source of life
-it never dies-
it never questions why.
For source is in the clouds and the sky
it's in everything including apple pie.

Christina Sunrise

We Are The Ones

I write for the animals that need a voice,
they live in this world and with human choice,
they can have their homes taken away from them,
We humans are to here to protect their environment.
They are here to live and some be our friends,
We are the ones who need to defend any harm done to them.
Written By Christina Sunrise on January 27,2012

Christina Sunrise

We Assume

We live in a world where we assume,
we assume stuff in our heads
that are of a different tune.
A different tune that the other person thinks,
because this person is living their own dream.
So it doesn't matter what you say or do
if you are not on the same page by answering it through.
So if you want to just assume,
you might as well go play with a child's balloon.
For it has a lot of hot air,
it doesn't matter if you even care.
So ask your questions, but look for reason why
for you are not the one who decides-
How a person should live their life.
Written By Christina Sunrise on March 6,2012

Christina Sunrise

We Choose

We could choose to end all starving,
We could end all prejudice,
We could choose to end all war,
We did this all before,
We could end all pollution,
We could choose to end poverty and strife,
We did this all before, we had a holy life.
We deny our God Selves every day,
We need Saints to worship and say it's O.K.
We choose to keep our institutions,
that have a stake in all this,
to keep illness going and keep us from bliss.
Now, read the book "Conversations with God"
One, Two and Three,
Then if you are ready you will listen and finally see.
What We could do things differently, if We so choose,
We should make changes now, we have no time to lose.

Written By Christina Sunrise on November 8,2011

Christina Sunrise

We Create Our Reality

We live in multiple dimensions

Where no linear time is you see

It is all an illusion only NOW

This moment will ever be.

The past and the future

Are all one

We can retrieve from other dimension

All the answers from heaven above.

Our angels, guides can show us the way

They can help us bring Peace back to the Planet

Like the birds, dolphins, geckos, animal kingdom

Plant kingdom does

EVERYDAY.

Written by Christina by February 15,2014

Christina Sunrise

We Live In An Insane Asylum

We are nuts to some degree

we live in an insane asylum,

You and me,

Most souls don't want to come here

for we live in a world based on fear,

We have to stay focused and be clear,

of the reality we want to achieve,

Sending pictures of what we want to see.

Knowing we can have it if we believe.

For you create your own nightmare

or a happy dream.

Written by Christina Sunrise on April 17,2011

and

Christina Sunrise

We Live Like Beggars

We live like beggars in
God's kingdom of light,
we can't see I so we
put up a fight,
a fight not to have
the whole pie,
until realize we can
reach for the skies,
because on the other side
they say we make our
wishes very small,
they say we can have
it big, we can have it all.
So living in world
of frozen thought,
we need help
to get everything we got.
we need help from guides
and angels too,
So look for help

and pray to them me

and you.

Written by Christina Sunrise on April 17,2011

and

Christina Sunrise

We Pray For You Mother Earth

I pray for you Mother Earth right down to your center core,

I will fill your heart with light pink to know that you are loved,

From all the living creatures from up above

Yes, we all need to hold hands and send love your way

We pray for you each and every day.

Yes, we all pray for you that you feel our love,

We know you have the power to make hurricanes, tsunamis,
tornadoes

I hope you hear our prayers right down to your soul

And it makes you happy that we all love you...

And appreciate the world you have given us,

We are grateful and I hope you can trust that we

Will take care from above as well as below,

For we pray for you right down to the center core.

Copyright August 8,2010 Sue Chevalier

Christina Sunrise

Wealth From Misery

What is gold really worth?
When people die from it on this Earth.
Now gold is just a another rock,
why is the price so high on it's stock?
Humans are not as highly evolved
if we give it some thought.
This would not happen on highly evoled
planet—not in a million years-
It does not get US to where We Are Going
I'm sorry gold millionaires.
Especially if women are being raped, children are being killed,
what for so you can put more money in your till?

Christina Sunrise

What Do We See?

What kind of value do we see,
in the movies, computer games
and what's on t.v.?

Does this entertainment help
the human soul?
or limit us with pain, fright
and control?

Do they who write movie scripts
come from a place of pain?
or a place of happiness and being sane?

We can show are kids a even better way,
with the fun we call play.
let their imagination run free,
making them the creator of
a new story for you and me.

Rewriting story of the human race,
making this world a better place.

Christina Sunrise

What If Humans Lived In A Cage?

What if humans lived in a cage,
and animals where all the rage.

"All the World's a Stage, "
like Shakespeare said,
which includes all of them.

Animals know how to live,
without destroying what
has been given to them.

Now human's can change what's
written on the page,
even as we get old and we age.

We are all artist's in
this planetary dream,

Why not make
our scripts of adventure
that sparkles and gleam?

Written on April 10,2011 by Christina Sunrise
and

Christina Sunrise

What If?

What if we lived in a world with no lies?
What if we lived in a world where no one dies?
Dies over a gun or a knife?
What if all mental illness was erased,
no one was crazy or two-faced?
What if there was no gossip about people anywhere?
What we lived in a world where everyone cared?
What if you never had to see child abuse,
no murder mysteries to solve with clues.
What if we lived in a world with no poverty?
Everyone had plenty with no adversity?
What if is in other dimensions,
maybe not ours for we might have no comprehension.
Written by Christina Sunrise December 15,2011

Christina Sunrise

What Is A Soul Mate?

Now people have asked me for some time,
"Is your soul mate great and will I find mine? "
Well, I look at them and do reply,
"Well, with my experience I can tell you this,
I met 3 of mine and they all went fizz.
Now, don't get me wrong,
These are people with hang-ups too,
It's not your fairytale land of Mr. Magoo.
Now, they all like me, but not each other,
a friend told me one looks like my brother.
Now synchronicity will bring you to them,
you have a lesson to learn, you can still be friends.
Now, there is one more left in my group,
I guess he's out there somewhere, but not in the loop.'

Written by Suzae Chevalier on August 27,2011

Christina Sunrise

What Is Your Dream?

We all have our own dream
unique as the collective consciousness stream.
We add to this planetary dream every day
it is a part of the human race.
We can solve these problems in our dreams
ask your higher consciousness what it needs.
Why if we all took a stand
and decided to help people in other lands
maybe we would live a life on a planet that is grand.
From other planets far away
we look like we are insane.

Christina Sunrise

What Is Your Life?

What is that you came to express?
What is it that brings you happiness?
What is that brings you joy?
What is your favorite toy?
What is the color of your eyes?
What is the it that makes you cry?
What is your scariest thought?
What ties your stomach in knots?
What is your happiest dream?
What is your addiction or extreme?
For what is your life when you write it all down,
maybe it's not worth writing about or maybe it's
the talk of the town.

Written By Suzae Chevalier on March 6,2012

Christina Sunrise

What We Focus On

Focusing on sin which is the basis of religion,
you get more of the same thing.

This ends up being our drama of the world,
forever spiraling in a swirl.

For we were Not Born in sin,
Jesus came to show us how to live.

We can make people feel guilty and this is what you get,
making people concentrate on negativity and forget.

Forget that they were never separated from the Source,
and of course never meant to feel guilty or shamed,
but we need someone to blame.

Blame it on the Devil, blame it on God,
blame it on someone for 'crying truthful words outloud'.

The Source brought us here to Create,
create in this physical world and be great!

Christina Sunrise

When Is It Going To End?

When is crime going to end?
I ask this to you my dear friend.
It seems new laws are written everyday—
some people get lucky, some get away.
Like most parents who abused their kids
now kids take on their behavior puts them in the skids.
Luckily most children of next generation are changing parental ways-
Making it better for their offspring in this present day.
Should we go back in time
and put away parents who abused their child as a crime?
Make them pay for what their children do today?
Wouldn't that make karma even
or is it another game we can play?
Some islands in the south do not have crime
they all seem happy, peaceful and having fun time.
We should look how they figured it out
this would help our nation without a doubt
Close knit families where judgment is nil
they foster environments where
children express what they feel.
Maybe unfit parents shouldn't have children again?
but isn't there a bigger plan-
Going on that we have to transcend?
Like becoming a more conscious, aware and loving society
treat everyone special, unique and like royalty?

Written by Christina Sunrise on April 3,2013

Christina Sunrise

When Jesus Spoke

When Jesus spoke his God self was coming through,
the same God self as me and you.
We are not separated from God,
we just lost our way,
We need to change our beliefs this present day.
We come full circle with technology,
we are at it's mercy if we don't see,
See the spiritual beliefs that ring true.
we can't mess with divinity.
Like the clones we are making will become a disaster,
watch Rise Planet of the Apes and try to capture,
the moral of the story in the end,
we will mess up and have to start all over again.

Written by Suzae Chevalier on August 20,2011

Christina Sunrise

When Women Ruled The Planet

When women ruled the planet a long time ago,

Emotions where expressed easily, not like now.

Men protected children and hunted during the day,

the helped move heavy objects that got in the way.

Now soon, the myth about God being a man

would come in,

even the Devil who was all sin.

Cultural myths would make God almighty

and to be feared,

that how people are taught and reared.

Conversations with God which is a great book,

you can read all about this topic when you have a look.

Written by Christina Sunrise on August 25,2011

Christina Sunrise

Where Are You?

Where are you in your game of life?

Is it something you expected when you
looked at your strife.

Where are you in your maturity now

have you looked at yourself and asked how?

Where are you when you go to sleep at night,

are you dreaming of tomorrow will turn out just right?

Or are you thinking of problems or bringing them to the light?

If not for our wondering minds

we might get more done and develop all the time.

Christina Sunrise

Where The System Fails

Family that does not let children express freely who they ARE,
treat them like a shining star.

Respected and listened to as a human with feelings-
some parents will always be demeaning.

Schools system that represses child's uniqueness that only uses
left side of brain

—not teaching cooperation, freedom of expression
honesty and everyone's feelings are shared
schools makes cliques with gossip which humiliates and doesn't care.

Jails that are not colorful and bright
they are not inspirational, they make inmates feel
not worthy and out of sight.

So help them to heal from their plight.

This is where the System Fail Does Fail

Can we make it better for all of us?

WE ARE ALL RESPONSIBLE FOR WE ARE ALL APART OF THE COLLECTIVE
CONSCIOUSNESS AND THE MATRIX

SO ONLY THINK THE HIGHEST POSSIBLE THOUGHT FOR THE UNDERDOG.

Christina Sunrise

Where We Can Change The System

Family that does let children express freely who they ARE, children are respected and listened to as a spiritual human beings with feelings.

Schools system that express child's uniqueness that only uses the right side of brain as well as left side of brain—Also teaching cooperation, freedom of expression, honesty and feelings shared.

Jails that make that do ensure a humane environment, have colorful atmosphere, inspirational and supportive jail staff along with an environment that does foster hope to heal from their life's situation and get them out thriving with a support system once they leave.

Christina Sunrise

While I'M Still Standing

While I'm still standing

I will bring Peace

While I'm still standing

I will bring Hope

While I'm still standing

I will bring Love

While I'm still standing

I will bring Hope

While I'm still standing

I will bring Inspiration

While I'm still standing

I will bring Joy

While I'm still standing

I will bring laughter

While I'm still standing

I will bring Bliss

While I'm still standing

I will write poems

about all of this.

Written by Christina Sunrise on August 31,2012

Christina Sunrise

While The Planet Whirled

The sun rose for you today.
The rain rained for you today.
The sun shined for you today.
The birds chirped for you today.
The frogs croaked for you today.
The dogs barked for you today.
The cats meowed for you today.
The wind blew for you today.
The sunset for you today.
The moon shined for you today.
While the planet whirled on for you today.

Written by Christina Sunrise on September 17,2011

Christina Sunrise

White Truck Speeds By

I'm driving down Federal on the way to my new home,
I sense that I am not alone.
I look up to see a truck following me,
Or so I thought-
Taking a right I turn down 6th Ave.
I stop in Wallgreens parking lot.
I go through all my stuff that I packed,
I get in my car and I get back on track.
Then as I was sitting at the light,
I notice Guy's truck real shiny and bright.
His white truck passes and roars,
I see the name of his business on his side doors.
I thought do I text him or not?
Looks like he speed so he won't get caught.
Caught by me seeing him drive by,
Oh, well I decide to call it a night.

(Written by Christina Sunrise on August 9,2011)

Christina Sunrise

Who Are You?

Who are you you may ask yourself,
but do you really know in this life
you dealt.

You wanted to come here into this
planetary dream
where everything is interconnected
or so it seems.

But we live in the matrix and there is
no way out,
we are all connected without a doubt.
So feel you are all alone
but really you are not this is home.

Christina Sunrise

Who Is To Change The System?

Who is to change the system?

I ask you this...

The answer is:

ALL OF US.

With every great thought

action and prayer-

WE ALL CAN change the jail time atmosphere.

Christina Sunrise

Who Put Your Third Eye On Your Forehead?

Who put the third eye on your forehead,

you ask yourself out loud,

Don't you know it's God/Goddess

whose not in the clouds.

They are here with you

right now.

Helping you connect with

Your divine,

Trying to get through to

You all the time.

Just be silent and you will see,

everything has an answer if

you let it be.

Written on Feb.7,2011 by Christina Sunrise

Christina Sunrise

Why Do We Use Oil Still?

If a spaceship landed on Earth, do you think it used gas?
It would never had made it here, it wouldn't have a chance.
Why are we still using this old technology?
Because no money in batteries?
For using oil still is all about greed,
that is why we go to war,
but we hide the fact which can't be ignored.
So the planet gets more polluted with this greasy stuff,
the air is polluted, we breathe it in our lungs.
But that's o.k. if the few at the top,
get rich why the whole planet suffers a lot,
while they are still stuffing their golden pots.
But luckily consciousness of species still goes on,
even if they kill the wildlife, plant life in this dimension.
Written By Christina Sunrise on December 28,2011

Christina Sunrise

Why Give Them Drugs?

Why are you sad?
when you should be glad.
For it is true that feelings
change fast...
but they don't have to last.
Feelings are not you
but they help transform life
and make it better too.
Without emotions we would only be clones
be all the same like a Star Wards drone.
It's too bad that parents let doctors
make kids just go through the motions-
and not feel their range of emotions.
We shouldn't be like witches
and give them potions.
Great Indigos, Star children and Crystals kids
have come here-
to help the planet so dear.
So just let them live more alive
Let them feel a whole range of emotions,
not just survive.
They are here to help the planet see
a new way of living if we just let them be
the best they can be.

Written By Christina Sunrise on March 7,2012

Christina Sunrise

Why Is There Oil?

Why is there oil I asked one night,
and a startling answer came into sight.
It's Mother's Earth's blood, that is what oil is,
It's Sacred and my blood to share.
Be wise in your pumping
Man is not to do wrong with this blood,
For it's not to be shed so humans end up dead

for here is what she seriously said:

"You are pumping the blood right out of ME,

Which makes ME very Sad,

The spilling has greatly affected

My Land

and my Ocean,

Which has caused a commotion

.

There is a better way,

Let Your

CONSCIOUS take the LEAD...

...Please take heed.'

THE END

Copyright 2010 Christina Sunrise

Christina Sunrise

Why Not Lie To You?

You lie to me...so why don't I lie to you?
Make you believe what I say is true.
_____ with your mind so you Obsess about me,
Now I control your mind, I have the key.
Key to settle the score,
you don't know what you bargained for
as I walked through your front door.
Play your games, but you don't know what you play,
make up the rules and think you had it your way.
But you can't keep promises and disobey.
Playing your games that you don't know,
two games of 'Tic Tac" and "Big Toe'
Make more lies for your b.s. plate,
but wait, you didn't know I was too great,
too great a fantasy that you did create,
in your mind over time,
believing your lies from looking at me
not knowing the truth of my life.
So in the end read my poetry book,
maybe you will think twice before you justify your gook.

Written By Christina Sunrise on January 12,2012

Christina Sunrise

Why Not Now?

After your dead people say good things about you,
when you were alive they made you blue.

What about when you are alive?

why do we have to wait to

when there's no more "your life"?

Now there is some good souls,

they are nice and say nice things and let you know.

Then of course there is the ones who are mad,

say mean things to make you feel sad.

If they only knew who you really are,

they would regret what they said thus far.

Written By Christina Sunrise on January 12,2012

Christina Sunrise

Why Not?

Why not use you,
like you used me.
I don't think so,
I have more integrity.
See, it's plain to see,
you took a mile and
times it times three.
Made it your way,
But I'm saying "NO WAY"
It's time to get off this merry go round,
stop being your little clown.

Written by Christina Sunrise on September 4,2011

Christina Sunrise

Why The Mayan's Left

Being a highly consciousness society
they had all the wisdom of mathematics
and astronomy.

They had the consciousness of Atlantis
but the tribes around them did miss-
Miss how to use their consciousness.

The pyramids are super computers
that will activate-

Activate in December of 2012 is their fate.

Yes, the energy of the stars

will make our Earth

more conscious than planet Mars.

Written by Christina Sunrise on November 28,2012

Christina Sunrise

Why?

Put a ton of diamonds on your shoes,
while children in America are starving for food.
Destroy plant kingdom while printing the news,
Grow hemp plants and only 1% of it is being used.
Kill sea life with oil spills,
so oil tycoon can fill their tills.
Turn faucets made of gold,
while farm workers have no pension when they get old.
Put addictive substances in cigarettes and food,
so people get cancer, heart disease that is not good.
Give Chrysler bailout money we Americans lost,
while Chrysler makes cars in Canada, Austria and China at our cost.
Maybe one day these issues won't be no more,
It's up to US to change the matrix to affect the score.

Christina Sunrise

Work With Nature

Once we begin to use our 3rd eye
we will see fairies, elementals
for the first time.
We will work with them to help our
gardens grow
We will bless our water
and be conscious what we sow.
We will not use pesticides to
pollute the land
We will understand bugs
and how they fit in God's
divine plan.
All of nature will communicate
with use of telepathy
we will all work in harmony.

Written by Christina Sunrise on April 14,2012

Christina Sunrise

You Are Here

You are here on Earth to
feel and transcend
transcend your emotions
to the end.

We are not here to pretend
pretend to escape
through pot, alcohol
and drugs like date rape.

You are at your core
a fact that you can't ignore.
You are energy, love and light—
why put up a fight?

Love on Earth is what you bring
so people can joyfully receive—
in this world of duality and density.
Look to heaven for love in plentitude
thank heaven for everything with gratitude.

Written by Christina Sunrise on July 4,2012

Christina Sunrise

You Are Spirit

You are not your body with a nose
you are spirit, you are soul.
You are a Divine being from God
you totally forgot in the land of nod.
You must remember your Divine right
you came here to create and
make things out of sight.
That is why you have two legs
or if not you still can manifest
with the help of images in your mind
you can create faster in the nick of time.
So remember you are spirit deep within
you can go inward first to learn wisdom.

Written by Christina Sunrise on December 2,2013

Christina Sunrise

You Are The Way

Even if you don't like your life,
it still goes on and you won't die.
Jesus said "I am the way"
He is the "process" which is "God"
like "Us" is what he did say.
So you are raw "Energy" if you will,
constantly changing making God up ever still.
Remember consciousness never dies,
it goes on in other dimensions,
you couldn't stop it if you tried.
Written By Christina Sunrise On December 25,2011

Christina Sunrise

You Create Everyday

Be grateful for this day...
for you have the power to create
a better way.
A better way for the World...
with your smiles, acts and thoughts...
they are recorded in a mirror dimension
I kid you not.
For you affect other dimensions just the
same...
every day in every way.

Written by Christina Sunrise on May 5,2014

Christina Sunrise

Your Bank Account

Your bank account might have a million
but your emotional account has not a zillion..
For if you place more value on money
you will not develop how to be funny, or have a honey.
For if that is your identity
you will live a life of poverty—
Poverty in the sense of 'me & me'
which is not so pretty.
Money can't buy you a lot of things,
it might get off the hook in court in the end.
But does it really buy you happiness?
Possibly if you are in the now
sometimes it's better to be a cow.

Christina Sunrise

Your Belief Makes It So

If you say "I can heal"; let's say
you will—your body will then obey.
For it is all about a state of mind—
it has to be sane I sincerely do find.
Your mind has to be emotionally stable
then you can affirm for which you are able.
I was lucky I got out of a funk
I am grateful I can say that much.
For oils of Dr. Gregory helped me get on track
get my mind stable and nervous system back.

Written by Christina Sunrise on September 14, 2012

Christina Sunrise

Your Guides Are Always There

Before you incarnated in this lifetime
you decided if you would hear your guides.
Now you hear your guides no matter what
sometimes you don't know if they are talking
or it's your gut.
Just feel what's in your heart
that is how to make a decision from the start.

Written by Christina Sunrise on September 13,2012

Christina Sunrise

Your Life Is Important

Your life is important to all of society;
you are a change agent and are not
to live in mediocrity.

For you will rise above and raise consciousness
see all life as extremely precious.

Deliver the message of saving, preserving
preventing violence in your deliverance.

For we can all affect change
make it better again and not the same.

So no matter how small a kind act you do
affects everyone from here to Timbuktu.

Written by Christina Sunrise on August 28,2012

Christina Sunrise

Your Life Is Just A Series Of Thoughts

Your life is just a series of thoughts
I kid you not.
You are consciousness in human form
You could have been a goat or a cat
When you were born.
In the end thoughts is all you will have
Why not go to other realms that are not
So drab?
You can actively meditate
Do like the shamans do to
Control their fate.
We would have less violence if we
Only went where they go
There is a lot of spiritual wisdom
In other realms to help us grow.
In other realms you find out who
You really are...
You already know
A shining star.
Written by Christina Sunrise on February 7,2014

Christina Sunrise

Your Life's Review

After you go through the tunnel when you die
you get a review on all of your life.

Like a movie flashing before your eyes
you get to see how you affected people
your actions, motives and answers to why.
Why this happened and what did you learn
it helps you for your next life better discern.

You get to see a ripple affect
of by just touching one person, you touch
all they come in contact.

Interesting to decide how your movie will be played
you decide by your choices every day.

Written by Christina Sunrise on December 24,2013

Christina Sunrise

Your Power Animal

Your Power Animal has been at your side
just like your angels and your guides.
The 'spirit' of your Power Animal can
help you in time of need
You must of course find out from a read...
I read people's Power Animals with Crow
Crow always Knows...
He helps bring me to the underground
that is where your Power Animal can be found.
I blow your Power Animal into your heart
also your crown chakra to keep you connected
from the start.
You have to believe in other dimensions
and befriend your Power Animal like a friend
your Power Animal exists to help you
on Earth till your end.

Written by Christina Sunrise on July 14,2014

Christina Sunrise

Your Soul

Your soul wants it's love and vast intelligence expressed through you,
Use your imagination see what you can do.
Once you realize you are always connected to your soul,
You can do miraculous things like not age and get old.
For you are limitless and totally free,
To be who are meant to be.

Written by Suzae Chevalier on August 27,2011

Christina Sunrise

Your Soul Doesn'T Lie

Traits of your soul is compassion, joy and love.
If you judge another your body feels pain below and above.
your soul that is not made of this judge stuff.
So pain develops in the area where thought goes
it stays there until you realize and let it go.
Surgery is the flower
and your soul's healing is the plant...
Just think of that next time you rant.

Written by Christina Sunrise on December 11,2014

Christina Sunrise

Your Soul Is Pure

Until in your heart you feel sadness
you can't step away
from the illusion of madness.
So cleanse your heart of density—
for you are to shine in adversity.
Free yourself of karma's force
do what scares you to consciously
make a choice.
For once you learn your lesson in time
a star will be placed in the sky
to show you are divine.

Christina Sunrise

Your Story

Don't become attached to your story for it changes all the time,
it could be a fantasy novel or a poem that rhymes.

You write your movie script every day,
make it worth writing about for people to say,
say that you had an interesting life
that was of your own way.

Written By Christina Sunrise on January 24,2012

Christina Sunrise

Your Word Is Powerful

We cast spells that puts us in our hell,
it's how we talk to ourselves.

Do we say something that's mean or
something in between?

Agreements we made when we were young,
statements, spells, the word had just.

Use white magic it begins with yourself,
tell yourself how wonderful you are,
how wonderful you are that you are a shiny star.

Written By Christina Sunrise on January 22,2012

Christina Sunrise

Zane Lane Is Crazy Lane

Why in the middle of morning America's morning commute
do drivers have to be afraid of the men in blue?

All cars come to a screeching stop
almost having fender benders because of a cop.

What is the payoff for one person getting a ticket
in the Zane Lane?

A cop causing accidents isn't that insane?

In New Jersey they all go with the speed of traffic—
and does the Zane lane apply?

I think we have to rethink what's important when we drive.

I think no police should give tickets over something that
has more potential to do every driver harm-

for if we are all one consciousness it's like cutting off
each other' right arm.

Let's put safety over righteousness once and for all

I think we will have a better day if we don't trip and fall.

Written by Christina Sunrise on January 29,2012

Christina Sunrise