

Poetry Series

Marva Seaton
- poems -

Publication Date:
2013

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

Marva Seaton()

Marva Seaton Was born in St Mary but grew up in Port Antonio, Portland Jamaica. Marva enjoys writing poetry and blogging. She is currently working on a novel which she hopes to publish sometime in the near future. Marva is the mother of two beautiful daughters.

A Child Asks

Father do you ever think of me,
Your child, your son?
Do you really care if I am hungry,
Or naked, or sick,
Or if I don't go to school?
Do you ever remember my birthday,
Or the fact that I was born?
Do you feel safe in your amnesia,
Not wanting to remember,
Because it is so much easier to forget?
Father would you be surprised,
If I grew up to be just like you,
Uncaring, unloving,
And irresponsible too?

Marva Seaton

A Lover's Remorse

I drank in the sweet scent of your perfume,
And momentarily it chased away my gloom.
I was afraid to look into your eyes,
Afraid that I would not be able to accept the truth.
I had hurt you bad, there was no excuse,
I could tell you she meant nothing,
But you would never understand,
I betrayed your trust,
I broke that sacred bond,
And you couldn't see beyond that.
Yet I hope you will forgive me,
This male egoistic part of me,
That felt it as okay to cheat with another woman.
Stolen waters may taste sweet at first,
but it leaves a bitter after taste.

Marva Seaton

A Tribute To Someone Special

I saw, not for the first time,
Traces of tears mirrored in your eyes,
But the tears lost, for you did not,
Once let go of the smile,
I saw quite clearly the pain,
You did not try to disguise,
And a part of me grieved,
And inside I wept.

You who gave love to one and all,
And mothered those who weren't,
even your own, ,
I ask myself, how can someone,
Who has given so much love,
Bear so much pain?

I saw you, a strong tower,
A great mountain, unshaken, unmoved,
A woman like Job,
And like Job you bore the things,
That were unjustly thrust upon you.

The passing of the years multiplied,
Your sorrow and your pain,
And yet you did not complain,
I saw in you no bitterness,
No revenge, no regrets, no hate.

I looked at you and I marveled,
Surely, you were no ordinary woman,
You must have been an angel,
Sent down from heaven,
Taking the form of a woman,
I don't know, but wherever you are,
I just want you to know,
You must be someone special!

Marva Seaton

A Voice From The Womb

Today I pray Dear Lord,
That you will hear me,
A voice from a place,
Where right now,
I am protected and safe,
In a few more hours,
I'll burst forth into a world,
Which from the whispering I hear,
Can be rather unkind and cruel.
Give me a mother and a father too,
Who to me and themselves,
Will be loving and true,
Give them love,
With which to nurture me,
Wisdom to guide me,
Strength to protect me
Patience to endure with me,
Knowledge to instruct me,
Trust to instill in me,
Faith to believe in me,
Resources to provide for me,
And I promise Dear Lord,
That I will be,
The very best,
Of what you want me to be!

Marva Seaton

Another World

I saw her standing by the corner,
Like she did everyday,
A lonesome figure,
Seemingly frozen in the spot,
Her face wearing the same crooked,
Twisted smile.
She never moved, never spoke,
But today I was in for a big surprise,
As the figure slowly came to life,
She broke into a run,
And an eerie sound,
Which was in fact her laughter,
filled the air,
I watched her hurry up the street,
Lost in a world completely her own,
Doing things that to her was the norm,
Not a care for the stares,
directed her way,
In her world of insanity,
She was completely at home.

Marva Seaton

Apple Blossoms

Apple blossoms, the smell is in the air,
I cast aside my doubts,
The grass is green, the sky is clear,
Spring burst forth in a profusion of colors,
Replacing in its stride the gloom of winter,
The ice around my heart is melting,
The warmth of spring fills me with a rush,
Apple blossoms a spectacle of red,
Falling amid the grass,
Making a colorful array of green and red,
Along with the sunshine,
What more could one ask,
Apple blossoms, spring is here at last!

Marva Seaton

Believe In Yourself

Believe in yourself,
And what you can be,
And not what others,
Think that you are,
Believe in your dreams,
And what you can achieve,
If you work towards your goal,
Believe in tomorrow,
And the hope that it brings,
With the dawn of each new day,
Believe in love,
And the one that you love,
The person you know him to be,
But the most important of all of these,
Is that you believe in you.

Marva Seaton

Brave Hearts

They say only fools fall in love,
But I dare to prove them wrong,
When a soldier goes off to war
There is no guarantee that the cause
He is fighting for,
There is a certainty he'll will,
Or even make it back alive,
But he goes off anyway,
Does that make him a fool?

Because there is no guarantee you will win,
Does that mean you shouldn't try?
Of course you might get hurt,
But there is also a chance,
That you can make it work,
How will you know the outcome,
If you are afraid to take the chance?
If you can decipher the puzzle,
Then it's pretty plain to see,
Coward hearts don't fall in love,
It's the brave hearts that do.

Marva Seaton

Can I

Rain drops pitter patter on the roof,
as I look in your eyes,
The touch of your gentle caress,
make me want so much to forget,
the crazy world outside.
When you say that you love me,
Do you really mean it?
Is this love reunion or another betrayal?
Can I trust you to be true?
If I give you my heart,
will you protect it,
or will you just tear it apart,
and leave me standing alone in the dark?
My heart wants to receive you,
I want so much to believe in you,
Can I?

Marva Seaton

Cry Peace

Let's wage a war against,
Violence and crime,
Hostility, retribution, hatred,
and revenge,
Let's cry peace, peace, peace,
Let it be a fervent never ending,
Prayer upon our lips,
This cry for peace,
Let us be brothers and
Sisters and friends

Marva Seaton

Denial

I saw my friend today,
Her eyes two circles of purple,
Her cheeks were puffed and swollen,
And bore a mark which resembled,
An unfinished tattoo,
Her broken hand was held up,
By a string from her shoulder.

I felt the anger begin within me,
Rushing upward,
Like a raging inferno,
As I asked,
"Who did this to you? "
But the anger receded,
To make room for pity,
As the swollen lips parted,
To reveal a loose tooth,
And she looked at me and said,
"Oh I fell! "

Marva Seaton

Dreams

Whisper a dream upon the wind,
Softly, caressingly,
And peacefully still,
Whisper a dream,
And keep hope in your heart,
And somehow the fear will depart.

Whisper a dream and believe in it,
Reach out, grasp and hold it,
Keep it safe upon your breast,
Hold on to your dreams,
And they will come true.

Marva Seaton

Dying Moments

I bared my heart,
I bared my soul,
And they bled me dry,
Drop by drop the blood flowed,
Until it formed a pool,
On the ground around my feet,
Hands tugged at me,
And I wondered what more,
Could I be asked to give,
When they had already,
Taken everything from me,
Everything I worked for,
Everything I owned,
As the last drop flowed,
And my strength failed me,
I knew that not even my life,
They were content to spare.

Marva Seaton

Emancipate Yourself

Emancipate yourself,
From the bondage of violence,
Which keeps you enslaved,
Emancipate your mind from hatred,
Which keeps the joy of loving at bay,
Open up your hearts to love,
For where there is love,
There is no hatred,
No hostility, no getting even,
And violence and crime,
Can not survive!

Marva Seaton

Enslaved

I look at her battered, bruised face
And she quickly looks away,
'I fell, ' she responded,
to the unspoken question,
And yet she wouldn't look my way.
Caught up in a situation of physical abuse,
why did she think she had to stay?
'Leave him, ' I told her,
And she pretended not to understand.
'I fell, ' she repeated,
trying to convince me,
trying to convince herself.
'You don't deserve this, '
I told her.
'He loves me, ' she says.
'No, ' I tell her.
'Love is not supposed to hurt.'
She nods her head as if she,
agrees with me,
And yet I wonder,
Does she really understand?

Marva Seaton

Escape

I saw the line, I saw the hook,
But somehow I didn't think,
I'd ever fall for it,
To me it seemed like just a game,
I could always swim away,
But somehow I got too close,
And got caught upon the hook,
I struggled to get away from it,
But the more I tried,
The deeper the hook did seem,
To dig into my flesh,
The line was long and the more I swam,
Into deeper waters I did get,
But still there was no escape,
From the hook that had slipped into my flesh,
It's slowly getting darker now,
The sun has lost its shine,
I hope the hand that holds the line,
Will be kind enough to me,
To draw in the line, remove the hook,
And somehow set me free

Marva Seaton

Father

He seems so big and strong,
And he is a hard-working man,
Yet he is never too busy,
To give me a hug and a smile,
Or to wipe the tear from my eyes.
He remembers my birthday,
He takes me for walks,
Sometimes he plays with me in the park.
He sits and talks to me sometimes,
He says 'honey you've got to,
Play it by the rules,
You've got to do your best in school'
He scolds me sometimes,
But I really don't mind,
Because he loves me,
And I love him too,
After all, he is my father,
And I am proud to call him dad!

Marva Seaton

For The Love Of Money

She plays the dutiful wife,
she pretends that everything is all right,
But alone in her bed at night,
she wonders who she is fooling.

He doesn't love her,
He doesn't really care.

The big house, the expensive car,
the money in the bank,
Does nothing to ease her loneliness,
or to make up for the fact,
She has lost him to someone else
and she cannot win him back.

She cries herself to sleep at night,
And wonder what she is doing wrong,
why she lies alone each night,
while another woman has her man.
Sometime she wants to leave him,
but it is really hard to do,
She has become too accustomed to living,
this life of luxury.
It would be easy to leave him,
but not the money, the big house or the car,
So she suffers silently
and tells herself,
You just can't have it all!

Marva Seaton

I Am Not Afraid

I walk with my head held high,
and I am not afraid to pursue my dreams,
overcome my challenges,
remove my obstacles,
I am not afraid of change.
For the past I have no regrets,
What's done is done,
it was how it was meant to be.
To the future I look without fear,
for I know God will see me through.
He directs my path,
He shows me the way to go.
I can count on Him to lead and guide me,
in the pursuit of my dreams and final destiny.

Marva Seaton

I Can Go On

I can go on,
In spite of shattered dreams,
And broken promises,
I can go on,
I can go on,
When all seems lost,
And sorrow seems to,
Fragment my heart,
I can go on,
I can go on,
When pain seems to be
My best friend,
And joy threatens to subside,
I can go on,
I can forget,
The hurt of yesterday,
And embrace tomorrow,
Knowing that,
If I have love in my heart,
No matter what,
May come my way,
I can and will go on.

Marva Seaton

I Could Tell

I could tell from the smile that was missing from your eyes
when you looked at me,
I could tell by the way you acted surprised when
I entered the room,
I could tell from the way you hastily said,
I'm busy today, could you come back tomorrow?
I could tell you were cheating on me,
I came by to surprise you but the surprise was on me.
I could tell from her face when she came out the shower,
that she was surprised to see me as much as I was,
surprised to see her,
We could tell from the look on your face that you
knew you were screwed,
You were playing us two, but listen up player,
the joke is on you,
We had a little talk and guess what?
Both of us are through with you!

Marva Seaton

I Love You

I love your smile, the twinkle in your eyes,
I love the way your body embraces mine,
I love the way you hold my hand,
The way you stroke my hair,
I love the fact that you understand,
It's not the big thing but the simple things,
you do that makes me truly happy so,
Like breakfast in bed, that bouquet of roses,
Fixing me chicken soup when I am down
with the flue,
I didn't know what loving was until I met you,
Now you are here in my arms,
I hope you stay this way,
We loving each other until the end of days.

Marva Seaton

Justice

Just the other day a young woman walked free,
Upsetting a lot of people including me,
Since when we are not accountable for our children whereabouts?
To guide and protect them and watch them grow,
In this world they need that in order to survive,
Caylee didn't get that and now she is gone,
Eternity for little Caylee came way too soon!

Marva Seaton

Letting Go

She watches him leave and it pains her inside
that he has just told her yet another lie.
She fakes a smile, for deep inside she wants to cry,
She closes the door and wish it was just as easy,
to close her heart to the love for him,
which is tearing her apart.
He doesn't know that she knows,
the apartment to which he goes.
She doesn't need to follow him,
She has watched him enter many times before.

Tonight is the night she decides,
he is going to find out that she knows,
She wants to see the look upon his face
when he realizes that his cover is blown.
She takes her time, she is in no hurry,
She needs to calm her nerves and gather her strength
for what she is about to do.
She knocks on the door and when it opened,
stepped past the woman and walked right on inside.o

The look on his face was priceless,
his jaws dropped open in shock.
The woman looks confused,
She smiles and gently explain,
'That naked man in your bed,
is my husband my dear. I
I just wanted to meet the woman,
he has thrown away his marriage for,
Now that I have met you,
what more can I say,
good luck my dear, he is all your.
She turns and leave but he is right behind her,
calling out her name.
Half way across the street he realizes
he is missing his pants.
She laughs all the way back to her car,
It really wasn't that hard after all!

Marva Seaton

Life Line

Wasted moments,
Thinking about what could have been,
Of broken promises,
Words spoken in hours,
And forgotten in a second,
Why not think of now?
What is?
The sunshine, the rain,
The jokes, the laughter,
The joys of living, of loving,
Forget about dying.

Making love under the stars,
To the sound of the ocean,
And the splash of the waves,
Listening to the steady drumming,
Of two hearts united as one,
And if the world should come to an end,
Why not let it find us like this,
Under the stars, alone
With each other for company

Marva Seaton

Love

Love is in forgiving,
The wrong that others do to you,
In understanding,
Hard as it may be to do,
Love does not repay you with hurt,
It knows no revenge,
No malice, no hate.
Love is what keeps a smile on your face,
A song on your lips,
A spring in your steps,
Love is that gift,
Which protects you from hate.

Marva Seaton

Love Don'T Live Here Anymore

Love don't live here anymore,
It left a long time ago,
And all I had were shattered dreams,
And thoughts of what could have been,
You walked away without a backward glance,
I cried my tears, now my eyes are dry,
I am back on my feet,
I am getting ready to fly,
There is a knock on the door,
I wonder who it could be,
I looked and thought perhaps,
My eyes were fooling me,
But you were standing there,
With an apologetic smile,
Saying you were sorry you left,
Could I give you another chance,
There was a spring in my steps,
There was charm in my smile,
I said "honey when you left I changed the,
Locks on the door"
I said "Go find someone else,
Cause you're not welcome here anymore! "

Marva Seaton

Love Fires

Love fires burn a tender flame,
Inextinguishable,
No matter the storm or rain,
A small spark,
A slow flame,
And then a blazing furnace,
When love fires burn.

Forest fires will eventually go out,
A candle will burn itself out,
The coal in the fireplace will go out,
Love fires once lit,
Will burn to eternity,
Love fires never go out.

Marva Seaton

Nothing Changes

I close my eyes and reality sinks in,
The past, the present intertwined,
A vivid contrast of what was and what is,
And yet if one digs deeply, it is clear
that nothing really changes,
People born and people die,
People get married and people get divorced,
There are the devoted parents and there
are those who don't really care,
All living together in a world where sometimes
strange things do happen,
There is a road we all need to take,
One which path will lead us to true happiness,
Question is how many walk that path?
How many are able to find that road?
Many spend their lives searching for it,
Some not even understanding the true
meaning of happiness,
Maybe it is time to change that perspective
and begin to enjoy each day to the fullest!

Marva Seaton

Peace

Water dripping,
A spring flowing,
The sound of a bird in the air,
Then silence

Silence like a hope unfolding,
Silence like a soft whisper,
Silence like a gentle prayer,

That the guns will be stilled,
There will be no sound of anguish,
No sudden cry of pain,
No innocent blood spilling,
That there will be peace in our land,
No sound,
Just silence.

Marva Seaton

Questions

What is life, and what of love,
Moments when speech is not necessary,
There is no need for spoken words,
And the language of the flesh,
Is the language expressed.
Lips meet, hands reach out,
Frantic and searching,
Hungering for love's fulfillment,
And one look says more,
Than a hundred spoken words can.

Lying in your arms,
Can you look in my eyes,
And see past me,
To the yearning in my soul?
Can you see what no other eyes can,
This hungering in my soul?
And when your arms are locked about me,
And I give in willingly to your desires,
Do you seek to please me, or just yourself?

Would you think it silly,
If I should cry in your arms?
If you wish to speak,
And I say I prefer the silence?
Would you think it silly,
If all I want to do,
Is to lie in your arms,
Savoring your warmth,
Holding on to you as if there,
Is no tomorrow?

Will you ever really understand me?
This child-like part of me,
That clings to you,
As if afraid to let go?

Marva Seaton

Silhouettes

Glimmers of white,
Spattered with,
Shades of pink,
A glint of steel,
Among hues of blue,
Shining armors,
Delicate seeds,
Iridescent of times passed,
Times to come,
Complete with lacquered hazels,
Of the picture I often see,
In my mind's eye.

Marva Seaton

Solitude

As oft we moan and groan about our broken hearts,
Of the love we had and lost, of the one who was insincere,
And whose promises and words of love were false.

Yet there are those who have never loved,
Who have never known what it is like to have
a broken heart,
Some whose lips have never been kissed,
Who have never had arms to hold them tight,
Who have never felt the touch of a gentle caress,
Or experience the ecstasy of another body next to theirs,
The womb that never bore a child,
The breast that never suckled,
What is it like to go through life without once being touched?

Some wait and wait to find the perfect someone,
That never ever comes alone,
Wasted years, waiting for something that doesn't exist,
Some wait for that perfect husband,
To give them that perfect child,
A glimpse of him eventually appears,
But alas! It is too late because the childbearing days,
are gone,
So there still remains that uneven equation,
And the feeling that something is missing.

We live in an imperfect world and there is no such thing,
As a perfect someone,
For those who have never loved,
There is no missing something you have never experienced,
And though it may seem safer,
Is it really happier not to love,
Than to love and have your heart broken?
Not necessarily, because there will be no good times
to remember,
No memories to cherish, no one to reminisce about,
No experience to guide you,
What is it like to have lived and never loved?

Strong Black Woman

They told her she couldn't do it,
but she proved them all wrong,
Poor, bare foot country girl,
wanting to be doctor?
'Must be crazy, ' they told her.
But she knew she was sane,
A doctor she wanted to be,
and for that goal she did aim.
They looked in awe and wonder,
said she made them proud.
And yet they didn't think her good enough,
for they told her she couldn't have him,
Asked if she had lost her mind,
doctor or not he wouldn't marry her,
Her family was too poor,
and she was just too black.
She pitied their ignorance,
Felt ashamed for their own lack
of self esteem.
She knew what she wanted,
She knew together they would make
a good team.
So she married him,
And stupid people that they were,
They wondered did he really love her,
or did she cast a spell?
Still enslaved by mental slavery,
they find it hard to understand,
It is not the color of your skin,
or the family you are from,
which defines you as a man or a woman.

Marva Seaton

The Collection

It's funny,
Yesterday I saw you lying there,
In a room that was empty and bare,
And a body in bed that was yours
minus the flesh,
The phone on the table beside you,
Seemed cold and frozen,
Not once did it ring,
And I understood why,
You were all alone,
The collection was gone.

Funny, who was it?
Do you really know?
Was it the Indian or the Chinese,
Or the pretty dark skinned girl,
Who smiled all the time?
Was it the blonde who you took home
last summer?
Or the Japanese one,
Who you introduced to your mother?
Was it Sandy or Lorraine or Gaye?
Or better yet, Cindy or Tammy or Kaye?

Pity, you collected more than,
You ever bargained for,
You collected death.
"Was it really worth it,
the collection of your? "
I asked the question,
You were too weak to reply,
But in the pained filled eyes,
That looked back at me,
I thought I saw the answer,
You had finally realized,
The horrible truth,
That too much pleasure brings pain,
And in your moment of pain,
The collection was gone.

Marva Seaton

The Day The Rain Came And The Rivers Partied

The heavens opened and the rain
poured down,
At first in soft showers,
Which steadily grew stronger,
Until the only sound was,
The steady incessant drumming,
On the roof and the rattling,
Of the window panes.
The thunder roared encouragement,
And the lightning flashed in glee,
As the rivers shouted,
"Come on guys, let's have a party".

The rain poured down,
And the rivers rushed forward,
Dancing and rumbling,
As they greeted each other,
The land started grumbling,
But decided to give way,
For the water was taking over,
And they just couldn't stay,
The trees and shrubs,
Reluctantly joined in,
The houses looked at each other,
The question in their eyes,
And the waters gurgled,
"Come on in guys, cant you see,
We're having a great time? "

The rain poured down,
And the rivers partied,
And many a reluctant one was,
Forced to join in,
For the water moved everything,
That stood in its way,
And anything it didn't want to,
Just couldn't stay.

But when the party was over,

No one was laughing,
For when the water receded,
The people were left to do,
The cleaning,
And for many, the water destroyed,
The place the once called home,
Making everything empty and cold.

The sun did its best,
To bring out a smile,
As it looked down,
Steadfastly and said,
"Cheer up my dears, I am here
And I am your friend"
The sun did its best,
The waters dried up,
But for a while yet I know,
Everyone will remember the day
The rains came,
And the rivers partied!

Marva Seaton

The Fear

I see in your eyes,
Reflections of me,
The tenderness of your smile,
Showing the love you try,
So hard to disguise,
Breaking through the wall,
You build around you,
In your desperate bid to be free.

I see you trying to reach out,
to the future,
Yet so afraid to let go of the past,
Afraid that history will repeat itself,
So you remain in your safe world.

It's not that you are a coward,
It's just that you are afraid,
Too afraid to trust,
Too afraid to believe in me,
Too afraid to stay,
Lest you fall in love.

So you play a game,
Of forever running away,
My heart bleeds for you,
And I understand your pain,
For worst than the fear,
Of having one's heart broken,
Is the fear of falling in love.

Marva Seaton

The Masquerade

The masquerade stands,
Alone and distant,
A look of deep fixation,
A show of authority,
Of even contempt,
Proud and arrogant.

But like a wall of ice,
Which can remain,
But only for a time,
The sunshine of spring,
Melts away the ice of winter,
The masquerade topple over,
And slowly melts away.

Marva Seaton

The Seed

I planted a seed of faith,
I molded it up with hope,
I showered it with love,
Then waited for it to grow,
It grew for a while,
But then it got scorched up by the sun,
I watered it with my tears,
Refusing to let it die,
I held on to my faith,
I continued to hope,
It struggled for awhile,
Then slowly began to grow,
And then one morning,
I looked outside my bedroom window,
To find that it had bloomed,
And I felt a burst of joy,
As my eyes behold,
The most beautiful of flowers,
That I had ever seen

Marva Seaton

Think Before You Close The Door

She watched him walk through the door,
Without a backward glance,
Her heart was breaking but her pride,
Would not allow her to beg him not to go.
The resounding slam of the door,
Was like a knife being thrust,
Deep into her heart,
Salty tears stung her eyes,
But she refused to cry.
He walked away and she was suddenly engulfed,
In a pool of emptiness,
The silence was deafening,
She could hear myself thinking,
Asking questions that might,
Forever remain unanswered.

Why did he leave her for another?
She gave him all her youth,
He basked in her beauty and warmth,
Told her love stories of how,
They would never be apart,
She was the love of his life he said,
No other could compare,
He said they would grow old together,
So why was she now the only one here?

He met her three months ago,
A sweet pretty girl, just twenty years old,
The same age as their daughter,
He could be her father!
Was it a case of midlife crisis,
Or just plain selfishness?
Twenty-five years devoted to this man,
And he threw it down the drain.

The months have passed by slowly,
Her heart is healing,
It doesn't hurt so much anymore.
He called her yesterday,

She left him, not at all surprised,
You know what he asked her?
If he could come back home!
What home she wondered?
She can still hear the resounding,
Slamming of the door,
It still echoed in her ears,
Reminding her that he had closed,
The chapter in the life they once shared.

She didn't have to think about it,
Much as she love him,
Her answer was no.
She said it loud,
She screamed it in his ears,
So there was no mistake about it,
He could clearly understand,
That was the last word,
He would hear from her,
It was the final goodbye.
Life goes on!

Marva Seaton

Tomorrow

If I say I can easily forget yesterday,
You know that would be a lie,
If I say I'll hold on to yesterday,
That too would be a lie,
For although past memories,
Are not easily forgotten,
Only a fool will hold on to yesterday,
When he can have tomorrow.

Marva Seaton

Why

Bam! Bam! Bam!
Another one go down,
And the morning newspaper,
Headlines scream!
"Man shot dead last night! "
Bam! Bam! Bam!
Another mother cry,
Another heart know sorrow,
Where will it end?
This senseless killing,
Blood forever spilling,
Who did it?
The question frequently asked,
And often go unanswered,
It must be someone with,
A heart carved from iron,
And a mind made of steel,
And ice-water instead of blood,
Flowing through his veins,
Who would take up a gun,
And senselessly kill his brother!

Marva Seaton

Words

I love you
These three little words,
So easy to pronounce,
And yet many find them,
Difficult to say,
They often play a mind game,
Sometimes unkind games,
And I am sorry is often,
As difficult to say,
Not to mention forgive me,
Some think it make them,
Sound like a sissy,
But if the truth is to be known,
It takes more than just guts,
To be a real man or woman,
It takes the state of mind,
Of who you are,
Someone who is consistent,
Loving forgiving and true.

Marva Seaton