

Poetry Series

Smile Henry

- poems -

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Smile Henry

Smile Henry is a motivational Speaker and Life coach. He also writes songs and poetry and enjoys performing in coffee shops, churches and business organization.

A Yearning Heart

My heart is a yearning heart.
A yearning heart for more of what it wishes it had
My heart is a thirsting heart
A thirsting heart for what it once had
My heart is a hungering heart
A hungering heart for what it believes it can have
My heart, yearning, thirsting, hungering for.....T. L. O. M.L

Smile Henry

Cold, It's So Cold

Cold, it's so cold!
Weather, maybe, perhaps more than that
Maybe more than the wind
More than the elements known to the five senses

Cold, it's so cold
Storm, maybe, perhaps more than that
Maybe more than thunder
More than the outward elements experienced by the five senses

Cold, it's so cold
why be so cold, more so than weather, strong wind
Why be so cold, more so than a storm and loud thunder
More damage than the outward senses could ever do

Smile Henry

Get Up!

Get up! get up! get up!
Don't stay down, down, down!
Rise to your purpose
Stand up to your fears

Get up! Get up! Get Up!
Don't give in, in, in!
Move forward and live your dreams
Face all opposition head on

Get up! Get up! Get up!
Don't go back, back, back!
Look forward to great success
Forget you past failures

Get up! Get up! Get up!
Don't let up, up, up!
You are a champion, you are a success!
Stay up! Stay up! Stay up!

Smile Henry

Have I Forgotten?

Have I forgotten all the great things that have been?
Why is there no smile on my face?
Why is there no rejoicing in my bones?
Why have I no pep in my step?
Have I forgotten?

Have I forgotten?
The beautiful blue sky on a comfortable cool day?
Have I forgotten?
The satisfaction of eating a full meal with crystal clear clean cold water?
Have I forgotten?

Have I forgotten all the great things that have been? Yes I have.
Why is there no smile on my face? I'm resisting the unknown.
Why is there no rejoicing in my bones? My reluctance to take a risk.
Why have I no pep in my step? Wondering if my steps are on the right path.

I have forgotten!

Smile Henry

Home Again

Home again, the place of free
Home again the joy of family
Home again the hope of bright futures
Home again, home again

Smile Henry

Late Beginnings

Time, clocks ticking, heart beat thumping to the sound of the clock tick
anticipation, waiting, thinking to the beat of the clock going tick, tick tick
wanting, panting for that which is to be as the clock clicks and ticks
Late beginnings, late beginnings what's with these late beginnings?

Can you recover?
Can you rebound?
Can you arise?
Can you stand up?
Can you? Can you?

Motions, movement, flowing rivers of thought
Ideas flood in like a mighty rushing wind
Life, full exuberant life, songs of joy
Stately eyes with tears, quiver of lips folding inward

You can recover and you will
You can rebound and you will
You can arise and you will
You can stand up and you will
You can, you really can

Time, clocks ticking, heart beat thumping to the sound of the clock tick
anticipation, waiting, thinking to the beat of the clock going tick, tick tick
wanting, panting for that which is to be as the clock clicks and ticks
Late beginnings, late beginnings what's with these late beginnings?

Beginnings, beginnings what does it really matter when?
It really matters that you begin, where you are
In truth then, perhaps there really is no late beginnings, just beginnings
I suppose then that when you begin, you are right on time

Smile Henry

Life

Birthed out of another
Breathed first breath
Life
First words, first walk, first of everything
Growth in mind, body and spirit
Life
Independence, Self determination
Hopes, dreams, eagle flight
Life
Career, marriage, family
Aged, worn, death
Life

Smile Henry

Lights

Lights

Lights shine on a dark September night
All the while I smell the scent of the air so wet
Beach and sand between my toes
Water chill up to my ankles

Lights shine, the twinkling of a bright star
All the while I taste a meal fit for royalty
Thoughts of loneliness flood my mind
I sit being served, but....

Lights dim on this dark september night
All the while I lay
I fade to a place beyond my conscience thought
I now am free, free that is until, the day break

Lights

Smile Henry

Pitter Patter Pitter Patter

Pitter patter pitter patter
Can you hear the sound of my heart go
Pitter patter pitter patter

Stepping out, taking on a new venture
Trying something new, that a few years ago I would not have dreamed
Looking at life through eyes of transparent gold

Pitter patter pitter patter
Can you hear the sound of my heart go
Pitter patter pitter patter

Like an eagle I soar above the stormy clouds
I awake in the morning with a refreshed intent to be warm and inviting
Content in the present, hopeful about the future, forgetting the past

Pitter patter pitter patter
Can you hear the sound of my heart go
Pitter patter pitter patter

Music plays in my inner ear, greater than pitter, stronger than patter
The drum beat, thumpity thump drum beat thump
It's the new sound of my heart, can you hear it?

Smile Henry

Silence

Silence, my life is lived in silence.
the only voice I hear is usually my own.
my alone soul, wrestling in the dark pit of thirst.
Panting, crying out in hope of a better and brighter day.

Sun shines but there is no light.
The day is as the night.
The silent thumping of my heart beat reminds me.
that I am alone again.

Spring, winter, summer and fall has come and gone.
the same, the same, nothing different, all the same.
Me, just me, myself and I.
Where is everyone? Where have all the people gone?

The music plays but there are no lyrics.
The streetlights are on but there are no people.
The rain comes down but it is not wet.
The sky is clear but there is no moon or stars.

When will this silence end?
How can I be set free from this isolation?
Who will rescue me from this pit of loneliness?
Silence, my life is lived in silence.

Smile Henry

Thanks

Thanks for this and thanks for that
Thanks for the known and thanks for the unknown
Thanks for the things loved
Thanks for the unloved
Thanks thanks thanks

Thanks for people of all shapes and sizes
Thanks for the hearts small and large
Thanks for the talents and gifts of every soul
Thanks Thanks Thanks

Even when life deals us lemons, we give thanks and make lemonade.
Even when the dark clouds loom ever so close to our person, we give thanks.
Nothing or no one can stop us from giving thanks. So in this, we give thanks for the
wisdom and grace in being able to give thanks.

Smile Henry

The Climb

Come with me, I'm going up, up and higher up
I'm going for a climb
Prepare with me, train with me, see great visions with me
Come with me, I'm going up, up and higher up

Smile Henry

Thinking

Thinking, thinking what of my thoughts of why?
Thinking this and thinking that.
Hopes and dreams, thoughts of river streams
Motions of time flowing through my mind.

Thinking, thinking what of my thoughts of why?
To move a mountain that keeps you in the valley.
To face a giant that keeps you bound.
Wind and light breeze of night.

Thinking, thinking what of my thoughts of why?
Who could have? Who should have?
Why this and why that?
Flying birds holding patterns disturbed.

My thinking comes and goes
Where it stops? it does not stop.
Thinking of so many things all at once.
Thinking, thinking what of my thoughts, who could really know?

Smile Henry

Times Have Changed

Times have changed
This is our hope, this is our dream
What a wonderful life, what a wonderful thing
Times have changed

Seasons come and seasons go
Morning, noon and night
It all seems right
Times have changed

Child, teen, adult
Seed, tree, fruit
We know the process
Times have changed

Times have changed
This is our hope, this is our dream
What a wonderful life, what a wonderful thing
Times have changed

Smile Henry

Tree

Majestic, tall, strong
Powerful, life giving, aged
Food, seeds hope

Am I a tree? Am I a tree?
Majestic, tall and strong
a tree, am I this tree?

Could I be a tree?
Powerful, life giving, aged
a tree, am I this tree?

I want to be a tree.
Food, seeds, hope
A tree, I am this tree.

Smile Henry

Words Cannot Express

Sometimes words cannot express what we feel. Sometimes the depth of what is rooted in the unseen areas of our hearts are not easily articulated. Have you been in this place before? Have you experienced the invisible waters flowing in the well of inner silence. That's what it is, silence. The best thing when we are in this place, at least for me is, to be quiet. Allow the tranquil moment to resonate throughout the heart, the soul and all that is within. Don't try to figure anything out, just be.

As I write, I am in this very special place. In this place, it is important to just be. When we can just be, we are then free. Can an eagle help but fly? Can a lion help but roar? Can we help but love? The eagle knows it's an eagle. The lion knows it's a lion. We must know we are destined to love, to give and to live. Within these places we find the purpose of God for our life. We find ourselves. No matter what life looks like on the outside, no matter what the world looks like or the economy is projected as. We are destined to live a life of love from within.

It is important that we listen and find where we belong. My friends, we do belong. No matter what stage we are on this journey, we belong. Yea, sometimes words cannot express what we feel, but if we be quiet and listen, our hearts will express more than words could ever.

Smile Henry