

LIFE

LOVE

DEATH

A COLLECTION OF WORK BY MARK O'HARA

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A MOMENT IF YOU PELASE

First of all I would like to thank you for reading, what is a brief chapter in my life. Of the many thoughts that race my mind I have managed to catch a select few for your pleasure, and my enlightenment.

The wonders of the universe are plentiful, with an abundance of situations and emotions. Despite all that makes us unique and different there are three things in which we all experience; Life, Love, Death.

Be delicate with what I have written, the content comes from my soul. You will experience my crisis of confidence that is hidden from those that meet me and a fear of death paralyzing me into bouts of anxiety. Don't be fooled by what seem dreary subjects, my affection toward my loved ones and the momentary highs of achievement have been captured also.

Do not underestimate my strength, to delve so deep into my insecurities and fears requires a level confidence and self awareness that many are unable to explore without getting bruised and finding themselves lost along the way.

I hope that upon reading this collection of work you realise that you are not alone in your thoughts toward; Life, Love and Death.

Kindest Regards,

Mark O'Hara

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LIFE

Aspirations, motivations and upsets

RISK EVERYTHING

The bigger the risk the greater the reward
But the higher we climb the greater we fall
The unfortunate thing
A common flaw
Is the courage to even act at all

The chance of success is doubled with every attempt
You have to shoot
Because you can't aim a duck to death
The ability to achieve and attain our dreams
Can be down to nothing but our own beliefs

If you fall from grace on your way to the top
Have pride and keep on smiling
Because the biggest risk you could possibly face
Lies in you not trying

ACT ON YOUR IDEAS

Act on your ideas
Make good from your fears
Get out of the slump you've been laid in for years
Forget about failing
Step up to the pulpit
If you act on your ideas
It shows you have courage
What more can be said
If you're pushing the limits
If you're taking a chance
And showing your spirit
Try not to fear it
Don't let it overwhelm you
Close your eyes
Let your dream propel you

IF I ACT

If action is the process of acting or doing
If the achievement of my ambition gets me out of these ruins
If it takes me out of this world of doubt
If it opens my life up to a whole new height
If its upto me to stir my ship
If im in control of it being a calculated risk
If not doing means risking more
If it means bringing forth my opportunistic thoughts
If I can apply myself and focus my vision
Why would I not act on the ideas im given?

BE YOUR DIAMOND

The moment in time when the odds are stacked
Feeling the pressure
You're forced to react
On the brink of tears
From failures and fears
You bend to one knee and hope that he hears

Thinking of walking away from all the pain
You wonder what you lack
Knowing not to quit when you're hardest hit
Gaining the strength to fight back

We all have a struggle
A personal battle to beat
But if you're stood in the kitchen
Expect some heat
Diamonds are made from heat and pressure
The times we find toughest are here to test us
The strength of a person can be seen at their weakest
I won't walk away
I know I can beat this

THE PRESSURE TO SUCCEED

The pressure for success can be a strain
When your best is expected
But you feel like you're failing
When you know that you're capable
But for some reason you're stalling
Trying to live up to the expectations of your friends and peers
But the higher they place you
The worse your fears
And harder the fall is

Being doubted by others can sometimes be best
When trying to achieve
It then becomes a test
To prove them wrong
Without the added pressure of success
Being expected to fail gives you something to prove
With no reputation
You're not likely to lose it

It doesn't matter who's on your side, or
Who wants to see you fall
The fear of failing or even success
Can be within us all
With courage you flourish
You let go of the fear
Finally living up to the expectations
From your friends and peers

RISING UP

I've hit the wall
My motivations draining
Another set back
I can see the light is fading
Im in the water wading
Im gasping for breath
I'm holding onto my dreams
But I don't think there's any left
I'm in the depths
I can't see clearly
I'm shouting to my future
'Can anybody hear me?'
Just as I get weary
It feels like I am lost
I see the light up ahead
I remember what ive got
I remember what I want
I remember what Ive given
I realise my efforts
That the standard I've set has risen
That what I want aint given
To roll with every punch
All though im under pressure
Im aiming for the sun
And if I fall, hold me up
I'll find the strength to fight again
No amount of self doubt can mask my confidence

AIM FOR THE STARS

I promise not to give up
I've come too far
All my goals in life
They are aimed toward the stars
If I fail
I won't disappoint the crowds
The lowest I'll land is on the clouds
So weather your storms
See through the pain
There's always sunshine
After the rain

DISTANCE

It breaks my heart to see those stars
No matter how hard I try to reach
They seem so far

HANG ON

If we stand in the darkness
Afraid of our own light
After all of the effort we put in at night
When we've sat for hours
Trying to release our ideas
With our backs against the wall
Covered in tears

Having fears that our best isn't good
But holding onto hope
Just in case that we could
Go further and higher
Because someone believes
Somebody, a stranger
For once it's not just me

To hold your own when all hope is gone
To display belief when it seems there's none
To have your pride come from deep inside
To say that it's your vision and you'll make it in time
But to hold on just that minute longer
When the air of doubt is getting stronger
When your temperament becomes quick to anger
When you're hanging on by your little finger

The tide will change for the effort you gave
Many had fallen
Where you had stayed
Your prayers will be answered
In the nick of time
Step out from your shadow
Start to shine

STAY STRONG

People seem to take your dreams
Say success isn't in your genes
Finding ways to lower your esteem
Take that steam to propel your dreams
Show those fuckers what you're gonna be

The little thing that makes the biggest interlude
Is a simple choice of attitude
By interlude I don't mean change
By interlude, I mean play
I don't want a job that I regret all day
My job will be a passion
A belief that I take
If you want something done properly
You have to do it yourself
The vision I have will require some help
But I'll make a start to better the world
Bit by bit to what I think is right
Let the haters see what they made ignite

If you have a dream and want to see it grow
Remember, a seed is covered in shit
Before strong oaks start to show

OUTLOOK

He keeps going
His problems can never seem to stop him
Every challenge that he faces never seems to rob him
He grasps every bit of anger
He throws it in the furnace
It keeps his fire burning
And propels his dream
As long as he has critics
He'll have steam
His attitude doesn't alter
His commitment doesn't wean
He'll get to the top
But not by any means
His actions are the result of his attitude and beliefs
So if he becomes successful
By himself or with a team
He and everyone else will know
He did it on his feet
Never on his knees or with desperate sounding pleas
With his attitude he's got the aptitude to turn disaster into deliverance
Little things like your outlook
They are what make the biggest difference

PRAY TO THE ONE IN CONTROL

I bow my head and I Pray
To the almighty powers that be
Give me the strength to see that I can achieve
All the dreams that were meant for me
Whatever heaven sent for me
If it's matched by the devil, let it be
Just give me the courage if the road is steep
To keep on going
Until I reach the peak
Help me along if my arms are breaking
From the load im carrying
But please don't take it
I know that progress comes from the struggle
But allow me to see it
So that I don't fumble
If the fire inside me starts to die
Help reignite it
So that I can shine
I'm asking for help
But Im not talking to the skies
I'm praying to the one thing that has control of my life
My faith lies in one thing
That's my mind

WHO OF THE TWO

It's those with integrity that I really admire
Not the ones that lie, cheat and steal
Someone without honesty and loyalty has no appeal
They are fuelled by cowardice and desperation
It's those that choose right over wrong
Without hesitation
Not the one's with moral and ethical depravation
If there were two people that made a mistake
One admitted the error
The other hid it away
Who would you trust should it happen again?
You see the point that I'm trying to make?

DEFINE INTEGRITY

To have integrity
You don't need to be perfect
You need Honesty, loyalty and a solid sense of purpose
The courage to fight for what's right
Despite those that oppose
To do something because it's right
Not because somebody knows
To back up what you say with action
Avoiding big talk just to improve your stature
Taking personal responsibility
Whether win or lose
With a sense of rapture
If you can capture these statements
If you believe they are true
You can strengthen the integrity
That's inside of you

LIVING WITH GOOD INTENT

The intent behind your actions
Will define your life
Not what you do or the money you make
But the genuine motives why you do it
Not the reasons that you claim
Helping yourself up
Whilst pushing another down
Do you think that's right?
Is that what you feel is a justified life?

POTENTIAL

The potential you hold is a pot of gold
It has yet to be discovered
The belief in yourself
Along with a little help
Are all it needs to be uncovered

Don't listen to those who ridicule your goals
Don't let them put you in a slump
Just open your eyes
Look to the skies
You'll soon be up there soaring
Wave good bye to those who sighed
Now you'll hear them roaring

It's not yourself they didn't believe in
It's just themselves they were deceiving
Because people who don't believe in themselves
Will never believe in anyone else

DEVELOP YOURSELF

Reaching your potential
Goes beyond positive thinking
You can't expect your dreams to come true
From reading 'I can do' and adding it to a sentence
Take notice of your inner workings
Stop the façade
Understand your purpose
Understand your beliefs
Understand the habits that are detrimental
Understand the habits you need to keep
Take action on what you have established
Don't set goals that are out of reach
Self development is more than twee words on a sheet
It's the proactive attitude
Where self analysis, solutions and action meet

LOOK INSIDE

Help yourself to see what you can be
Open your eyes
Look beneath
You see that light
Within the dark
At the moment it's just a spark
It's been waiting to be noticed
If you don't take the time to look inside
You'll lose the direction and motivation to keep going
That flicker that you see
It's your potential to be
All you want to try and achieve
The more it's acknowledged the more it keeps growing
It's the conscious will to improve that keeps your progress from slowing

FUCK YOU, I'M TRYING

Fuck haters and nay sayers
Fuck the people who can't see your potential
Fuck everything that stands in your way
Because the person you become tomorrow
Will be defined by the things that you do today

If you believe in shooting stars
Look up because you'll soon see me flying
Fuck the man who says 'stop trying'
Fuck the promises made
Just do it yourself
Fuck making excuses
Propel yourself and live your dreams
Take the plunge and hear the screams
People applauding, cheering and crying
Watch the face of the hater when you say
'FUCK YOU...IM TRYING'

MY LIFE

I'm destined for greatness
The stars are my guide
My spirit is strong
I'm in charge of my life

I'll take my chances
I'll reap my rewards
I won't surrender
I won't fall

My iron will
My burning desire
Every goal I achieve, will take me higher
I can't be beaten by mortal men
I can't see retreat as an option
I can't feel fatigue in times of stress
When under pressure I give my best

If fate is in my hands then success I will get
Because i planned every target and challenge I met

GRASP

I try to reach for my dreams, but I keep slipping
I try my hardest
My hands, they keep missing
I can't help thinking
Is my dream a mirage?
Why is chasing what you want so hard?

SHINE

You've been tested by others
Your dreams have been battered
But you don't have to lay on the platter
It's hard to keep going with so many negative comments
I know that your feeling shattered
Try to remember that others don't matter
Unless they support you or believe in your passion.
You have a dream deep inside
Bring it out
Let it Shine
Dust it off and let it fly
Don't let your purpose rot and die
Don't let it crumble up inside
Your life time purpose is a slave
To the fine balance that lies within your mind
Its time, decide what you want
Do you want to exist without living your life?
Or, do you want to follow something that you think is right?

INNER DRIVE

I'll win this battle
I'm certain
I'll come out on top
I'm determined
Even if I'm hurting
I can't kick it into touch
I believe in what I'm doing
It means too much
That's what drives me on
That's what moves me on
When my mind and body has given up
My heart and spirit carry on

THE BATTLE OF YOUR WILL

Sometimes the biggest fight is to decide
Whether you go and have fun
Or, do you stay inside
If repeated on a regular basis
This decision could impact your entire life
Whether you like it or not success requires sacrifice
To learn anything you have to give time
And learn the fundamental principles
So they become engrained in your mind
Find the will power to control your urges
Direct your energies towards your purpose
What you surrender in the beginning will eventually be worth it

TRUE TO ME

Who am I?

What's true to me?

Finding out my own beliefs, that's the key

Acting within my moral code, stringently

Prioritising tasks sensibly

Refusing to give in to the negative things that are tempting me

Trying hard to become a better me

Being who I portray to be

Not what other people want to see

Knowing that it's better to show integrity

Than to get what I want by any means

I've been a fiend

Now I'm on an endeavor

To enforce self-control

Making my life better

OVERNIGHT SUCCESS

The aspirations driving your motivation
Shouldn't be halted by negative words
But your progress will be hindered
By the lack of dedication you put into your work

Through focus you'll notice a tunnel like precision
With your eyes on the prize and no chance of missing
Looking up at your maker
Thanking him for listening

An overnight success is twenty years in the making
Taking the hits and set backs
Towards the life you're creating
Life is precious
You only get one
Why are you waiting?
Aim for the top

PERSONAL BELIEF

If we are told something repeatedly
It is only a matter of time before we consider it as truth
Everything we accept as truth affects our attitude

BUILT UP FROM PAST SUCCESS

We start so fresh and full of life
As if we can't be touched
But over time we get beaten down
The belief in ourselves gets crushed
Gravity pulls at our head
Until we are left gazing at our feet
The criticism and insults from others are added to a heap
That strains our shoulders and buckles our knees
The hope of a stress free life starts to leave
It's replaced by a struggle and a fight for survival
Driven by self doubt and denial
It becomes too hard to think upbeat
It's a downward spiral
Where the fear of failure and lack of confidence meet
But those thoughts can stop dead in their tracks
If you start reminiscing and looking back
At your past success's that occurred
Before the lens of your life started getting blurred
Whether you tied your shoe laces or passed your degree
Think positive thoughts to build your self esteem
Recall how you felt and think, 'what did that mean to me?'
As your confidence is building start to remember your dreams
If you could achieve one of these tasks, how would it feel?
Have you started to notice, your spirits are rising
You believe in yourself and you're left deciding
Not what to give up but what you should start trying

PITCH TO DESTINY

Close your eyes and draw a breath
Rehearse your speech
Push your nervous beneath
Conquer your fear and keep telling yourself
'This opportunity allows you to go better yourself'
As you open your mouth to give your plea
You think, 'I practiced so hard for this moment, success please don't leave'
Destiny, See me for what I am, what I want and what I believe
Make your judgment on my intent to achieve
Not on the tightness in my voice as I try to speak
Im face to face with fate
What should I say?
Every time im given an opportunity
It's as if I walk away
I don't mean to, I want it so bad
I guess I get scared
I don't seem to believe that I can
But if I can see where I want to be
And build the belief I can get there
If I act in spite of fear, success tell me you hear
And that you are listening
I'm on my knees begging you to show me what im missing
If you tell me, im listening
If you show me, I'll look
Just let me know im not wasting my time
Should I give up?
I don't want to rely on luck
I don't want my days to fade away
If you could pitch to destiny, what would you say?

TEAMWORK

A team's success is proportionate
To the dedication of each man towards another
The willingness to strive, fight and die
That's a blood brother

To resist fatigue
When your knees are weak
To shout encouragement
When you cannot speak

Taking losses each week
Without losing face
Or, winning each battle with an air of grace

If the team starts to crumble or fall apart
Wipe the sweat on your sleeves
Communicate with you teammates
Get off your knees
Bring the man from either side
Begin to play as a team
You've worked too hard to let it slide
Knowing success is on the other side of the line

The score is for the fans
Don't let your performance slide
Success is the result of your 'will' inside

LAST MAN STANDING

The day you make fear and pain your friend
Is the day you're the last man standing at the end
In the midst of a battle
When bodies are torn
When confidence is draining
When bodies are worn
When you're hit too hard and can barely speak
When your knees start to buckle and you're feeling weak

Start to speak to your inner soul
Become the person that you really know
Realise the prize on the other side
If you can stay one step ahead, inside your mind
Each player feels the same
We all can bleed
But its being the last man standing
That will show you've achieved

CARDBOARD LEADER

You can't be a leader

If you can't lead yourself

Self discipline, focus and the willingness to help

Those that need guidance in times of trial

And the ability to inspire during the final mile

Not somebody with low moral code

Who would rather blame the team, before taking what's owed

For their lack of direction, commitment and conviction

Over arrogance and unwillingness to allow for Self deprecation

These aren't the qualities of somebody who leads

They don't evoke loyalty from the members of a team

You won't be inspired to reach your dream

By somebody who can't match what they say with what you see

QUIET DETERMINATION

I have learnt
It's the quiet determination in everything we do
Not the boastful announcement of the insecure
That helps to pull you through
The things in life most sacred
Ambition and the courage to follow it through
To believe and follow your heart
Despite being called a fool
Who's the fool of the two
The one doing or the one not trying?
The one following their dreams or the one that's criticising?
Follow a dream with integrity
Have a clear direction of where you want to be
Despite what others say or the challenges you face
If you're not prepared to run
You can't expect to win the race
Even tripping up half way through
Is better than being stood on the start line with the fool

LOVE

Appreciation, Infatuation and Heart Ache

GUARDIANS

Within the brightest stars
On the softest clouds
The angels do not lie
Through times of trial and tribulations
When emotion makes us cry
It's not the angels with feathered wings
Flying in the air
It's a closer spirit
Our closest friends
That lifts us in despair
The bonds we make grow angel wings
On the people we trust the most
When our heads are hanging
When our body is weak
Through words of wisdom and comforting meets
The friends you thought were lost and gone
Bring a beam of light and make you strong

JUST SAY IT

'Life goes on'
Is that how we live our life?
Ignoring the price of our inaction
We choose to hold our breath
Avoiding saying how we feel
Until there's no more minutes left
What would you say if you could write about your loved one?
Would you say a little prayer?
Would you sing them a love song?
How can you say that you really love a person
If you hide what you feel
Even though you know they're hurting
Is it pride that makes you keep inside what you really feel?
Or, are you really head over heels?
Is it just a defensive shield?

There are no extra points in life for check mating me
Just open up your heart
Say what you really want to say to me
I may be young but I could be gone
I don't want to go without knowing how you really felt for me
As a result of your ego, pride or jealousy
If you could say what you need to say
Before the final minutes pass away
I know it won't be too late

IF YOU KNEW

Would you make more effort if I was to go?
Would you make more effort if I didn't answer my phone?
Would you make more effort if you were alone at night?
Would you make more effort if you knew this was our last fight?
Would you make more effort if you knew this was my last night?
If you knew that I would die and for the last time I closed my eyes
If you knew that I was going for good
Would that make you realise?
I tried so hard to make us work
Does that make you want to try?
If you knew I hadn't done the things you thought
I'll prove it over time
If you knew all this after it's too late
That would make you wish you'd believed my side

CHRONIC DEPRESSION

There's a ray of darkness in your mind
Despite the sun I've tried to shine
For every beam of light that hits your face
It's soon overcast by a gloomy past and replaced

LOVED ANGEL

If cupid's been unkind
Or, my need for love has been forgotten
Let me be the one to change my luck from nothing
I'll give the angels back their wings
I don't need those things to fly
I'll show the heavens that love must be
You're the reason why
You're the light that guides the dreams of the dark
You impact lives like an electric charge

INTENTIONAL REGRET

My intentions were selfish
I intended no harm
Wish I'd seen the signs of the storm
Whilst I was in the calm
Portray me as nasty or cruel and unkind
The choices I made weren't really mine

In my past I've tried to help others
Overcome the trials of their own decisions
I've been caught out this time
My knees are in the dirt
My hands are together as I pray for my worth
I've crumbled
I've choked
What do I do?
I accept the blame
I had the right to choose

FACE THE TRUTH

You'll always smile
But, your sorrow shows
You were given a chance
I hope that you know
I can't do much more
I've told you my side
You can run from the truth
But it will never hide

STRAIN OF LOVE

Together we cried
With tears in our eyes
Falling down our cheeks as we fall to our knees
Giving a silent sigh of relief
For all the hard work and whispers of doubt
The journey to 'us' was worth the grief
Despite all the torment there is now relief
We made it through the rain
Fighting through as lovers do
Absorbing all the pain

RUNNING TO THE MOON

If loving you was as hard to do as running to the moon
I'd pack my bags and running shoes
Expect to see me soon
Like a lions roar projecting through the mountains
You'd hear me shouting
I'd be running through the hills
To get to you
I know I'd do
What ever needs to be done
I'd do anything for you
If it means that I keep your love

YOUR HOPE

Your dreams have been crushed
They have bee battered with time
Your hope for happiness had faded
But, I dealt the dice
You became mine
I hope that you believe we can make it

FIRST EXPRESSION OF YOU

I want you to hold me when im feeling empty
Help me through
You tempt me
I know that this is wrong
Would the world resent me, if I acted on what I feel?
Would you still befriend me?
I can not be sure
Am I wrong to hope?
Even if I don't tell
I can't take this denial of thoughts that shouldn't be
Do you think it helps me, if I see you weekly?
Hoping that it's me that takes you home
If my thoughts lay dormant, could I take the torment?
Knowing that I couldn't ever be with you
I just don't know

I CAN'T DO MUCH

I can't sing fancy lines
I can't hit fancy notes
But, I'll make up for my lack of vocals
With a heartfelt poem I wrote

You won't see me dancing or moving to a beat
But, these words I write are just for you
Don't repeat or tell a soul
This is a poem for only you to know

I can't paint pictures that will sell for the right price
But, I paint a picture of your priceless face in my dreams at night

I can't do much
But the little I do
I know it's not perfect
But I do it for you

THE DAY

I remember the day that changed my life
Thought I could face all that was before me
Although it took me a little time
I have to let you know
I'm scared
But I can't wait to bring you home
Don't be down it's not your fault
I'm nervous
But excited
I hope to see you grow
But despite all the emotion
One thing is for sure
You're going to be protected

BABY SOMETHING

There's a lot of commotion around you
A lot of love too
You've created grand parents, uncles, aunties and cousins
Me and your mum created you
I get asked about how I feel
Put in scenarios to see what I'd do
So much to sort out and organise
We've to short list names too
Being asked your gender
Baby Boy or baby girl
And which one I would choose
We don't have a preference
As long as you're healthy
We can't lose
What ever your sex we'll be loving
You're always going to be
Our 'baby something'

THE STRENGTH OF A THOUSAND SUNS

You played the cards that you were dealt
You forced your perfect run
Others fell with better hands
The strength of a thousand suns

You're beyond your years
Light years away
You grew up faster than the light you shone
You've been forced to shine
Now you've found your way
The strength of a thousand suns

I wish I was there to guide you
To see you have your fun
But you were placed at the start of a racing line
Before anyone else had come
Shaking and alone
You listened for the loaded gun
Once it fired you overcome the rain
You willed yourself to run
You've shown me courage I have never seen
Without being highly strung
The bravest person there's ever been
The strength of a thousand suns

MY GIRL

Mummy didn't just want a baby
She wanted you
Everytime her eyes open
She'll see your face
You are her dream come true
No asking for expensive indulgences
No wanting more than she could chew
Just our baby
Her one wish
You are mummy's dream come true
I'm solid on the surface
My emotions start pouring through
Not just mummies perfect gift
My dream, my wish
My little girl too

LET ME DOWN

I'm not on a pedestal
I'm just disappointed in your actions
I expected more from the person you try to portray
A cardboard hero in action
You know what to do
But lack the courage and belief to follow it through
Stop playing to the crowd
They'll respect you less
The more you let them down

LEARN MYSELF

You question my integrity
As if I'm supposed to be perfect
Every action that I take has an honest purpose
I enhance my morals to prevent myself from feeling worthless
You act like you're a saint
You're no different to me
I want to live my life with honesty
Stop telling me how I'm supposed to be
Let me learn myself

YOUR SECRET LIFE

I was always alone
My heart was like ice
Now we're making love
In the moonlight of your secret life

UNSTOPPABLE

I feel claustrophobic
The walls are caving in
Options are running out
My patience is wearing thin
Karma has come to collect
I'm paying up short
I am doubting my ability
I've lost what I had before
I couldn't, shouldn't doubt myself
Something's holding me back

Is it what the Dr Said?
It can't be, I'm stronger than that
There's a mental glitch
I'm losing my grasp on reality
I'm starting to feel sick
Im thinking of what might have been
The motivational guru has lost his motivational edge
The train is halting and flame has gone
There's nothing more to be said

No fuck that, it's bullcrap
I'm frothing at the lips
Who are you to turn to me and say 'you aint worth shit'
'You're a loser and your dads the same'
Keep going Doc
I can hide the pain
Those words cut deep
You've killed my spirit
It must have took a few days to sink in
I just never knew it

The strength of a man is only shown
When you see them at their weakest
I try to raise my confidence
I just can't lift it
When I hit the bottom I thought I couldn't get up
I thought on my past, and I dug it up
I failed all my exams at high school
But, since ive been on fire
Passed everything in my way
Kept going until I was higher
Than anyone's expectations
So, who the fuck are you?

My parents were told I wouldn't make the night
Fuck the odds I'm shining bright
My body is powerful
My spirit is stronger
It will take more than your words to chink my armour

I need time to adjust, but im not gonna quit
I'm stronger than you think
Watch this space
I'll be coming back to rub my success in your face

I'll rejoice, although you put me here
In the dark, dark place to face my fear
After 7 years I was getting complacent
Taking for granted the little steps I was making
But you made me see
I am 23 and hold more potential than you've ever seen
Unintelligent?!
I have my degree
My international Honours for a rugby team
With ideas in my head that would make you sick

You'll regret igniting my motivation

Mr. Holt M.D PRICK

DEATH

Fears, Years and Legacy

MY DEMISE

In the event that I should die
And my heart can't beat anymore
I hope that I died fighting
For a passion, belief or a cause

I have felt the hands of the reaper
And his shadow over my head
He's given me time, but not enough
I feel it's not long until the end

Is my fear a dream, or have I predicted my own death?
Trying to make a difference to the people I have met

I have made my mistakes
I take the blame
I meant no harm
I couldn't be saved
If my heart should go and my maker takes my spark
In the event of my demise
I will lurk into the dark

I WANT TO BE REMEMBERED

I want to be remembered

Long after I'm gone

Long after I can't speak

Long after I'm dead

Long after I leave

Long after I see stars and stop trying to reach

Long after my thoughts and actions meet

Long after showing courage

Long after reaching my peak

Long after being encouraged by the people I meet

Long after being the best I could possibly be

I want to be remembered long after we meet

NEXT STAGE ANXIETY

My angst to pass from this life

To one with no control

I fear the place that's waiting for me

I don't want to lose my soul

TIME

It's our best friend and our worst enemy
It can be our greatest healer but one day it will bury me
Time can take away my looks
Time can take away my life
But there's something deep inside me that I'm keeping till I die
There's a fire in my stomach that will keep me warm at night
I accept the time I have but that doesn't make it right
The closer to my goals
The closer to my grave
I'm motivated by time
I'll achieve each of my aims
But I want to make it clear
I'm in charge of my way
No amount of time will make my focus stray
Every second that I have today is a new opportunity
To make a better life
To forget about the strife and look forward to what life should be
A great experience with a steady progressive curve
That's pointing to the sky, way above the birds
A perfect platform to make mistakes
Where everyone can learn
As crippling as time can be
As much as it can make me hurt
You can't achieve anything when it stops
So set your timer
Plan your goals
Work your way up to the top

FRESH NEW DAY

Twenty five and I'm counting
The days that I've left behind
I'm too young to be thinking thoughts like this
I hope to appreciate my time
The seconds I have left
The moments that I live
The minutes I embrace
I'm hoping tomorrow brings
A fresh new day
I embrace all weather
Wind, sun, snow or rain
I don't strive for perfection
Each day I know I'm alive
If I see my reflection
In the window pane

FORGIVE ME

To those that shared my laughter
Like a sunbeam through the rain
You spurred me on when the sun had gone
Please forgive me
My time came

To those I loved and that loved me back
Like a dog you don't need to train
In the darkest of dark I could hear your bark
Please forgive me
My time came

There are those of you to which I was true
A tree that temptation couldn't shake
A bond of oak that never broke
Please forgive me
My time came

To those that I've deceived
A magician behind his cape
I apologise for my deceitful guise
Please forgive me
My time came

To all I ever hurt
Forcing night onto your day
I'd take it back and keep the black
Please forgive me
My time came

But to all of those I hated
I am a grape that's come of age
Now I'm mature I'm sure I'd of liked you more
Please forgive me
My time came

GRANITE TOUGH

How do I pay you back?
Your unconditional love
Helping me through
The toughest times
Even the times that I've messed up

You are granite rock
Hard and tough
Bringing me to my feet

When my life was in the rough
You placed it in the green

The strength you've shown, immense
An abundant amount of trust
You gave me love
More than enough
Don't let the granite leave me
I don't want it turned to dust

THE MAN AFRAID OF DYING

He was a man of high esteem
That taught himself the lines of dreams
In hope his thoughts would bring him close
To where he wants to be

The hand of cards
They were fixed
He was aware but no one else knows
He felt the fear before the spirits showed
The boy felt that he was tricked

Trying to fight the demons
They were ready for the face-off
He couldn't handle them with reason
He started taping both of his gloves on
Getting ready for the midnight bout
Nervous as the devil nods to start the round

Battling as his dreams fall down
He's searching for a refuge
His fear has taken over
The ambush devoid him of a prelude
Sweating and beaten in the mid day sun
He's back to where his dreams begun

ETERNAL ME

I don't believe in god or a deity
But I'd like to believe there is something
Beyond this life
It can't just be the end of me
To what seems an eternity of nothing
A simplified theory
One which I would like to keep
Equal and exact opposites
Momentary nothingness
In exchange for an eternity of me

LEAVE A LEGACY

When you're taking hits
Trying to get to your goal
Not knowing if you'll ever reach the gold
Pushing the barriers the world has set
Stumbling and crumbling
But never letting obstacles slow you down
Climbing to the peak of the highest ground

Taking the falls
Dodging the rocks
Knowing that the view of success
Looks so much better at the top
When your dreams seem faded
When doubt pounds down
When all your hope is jaded
When your knees have hit the ground
It's at that moment when your inner drive sounds
"Fight one last round"

Get out the dirt
Fight for your worth
If you want to make changes
You need to roll up your shirt
Take off your tie, get on your feet
Have some pride
It's the things that you do in everyday life
Because being your best
That's the best thing in life
Take pride in yourself
Shine for the world to see
Life is not about surviving
It's about leaving a legacy

BATTLE OF THE MIND

The light I shine
This persona of mine
It's a guise of complication
Keeping sweet my inner peace
In an attempt to avoiding mass humiliation
It's apparent to me that my internal chi
Is controlled by two conflicting masters
One that's seen as an emotional being
The other is an extroverted actor

Like bullet proof glass
I can take the clash of the cynics and the nasty
But the real me
The emotional being
Has to be protected

No one sees my withdrawn pleas
Struggling with a lack of belief and addiction
Spotlighting my abilities
Putting them under question

Like a plane in a storm
Swaying side to side
As the pilot tries to regain control
I hope I balance and find inner peace
Before I have to go

LEAVING CHECKLIST

What are you leaving the world?

For what attributes are you known?

Would how people describe you

Encapsulate your soul?

Have you made an impact

On the people that you know?

Have your actions assisted the rate of someone's growth?

JUST SAY IT

No taking back

The things we didn't say

We suddenly remember

All the good they've done

Wishing them to stay

The days they disappear

Like snowflakes in the rain

The hope to grow

As a better soul

Now we know

They've gone away

IM SORRY

You saw something within me
A puzzle providing clues
Uncompleted, I was defeated
I tried so hard

I'm sorry to disappoint you

You gave me opportunities
A magic lamp times two
I knew I could, but never rubbed
I tried so hard

I'm sorry to disappoint you

You raised me from my lowest
A wounded bird that finally flew
It's a while now until I reach the clouds
I tried so hard

I'm sorry to disappoint you

You believed in me until the end
I just never knew
I hope by now, I've made you proud
I tried so hard

I'm sorry if I disappointed you

ONE WISH

A heavy heart
That wouldn't start
It brought me to my knees
As I look down and faced the crowd
Then reached out desperately
She held onto the impossible
Something some would call a dream
The chance to see her stars grow up
A wish so simple yet often overseen

THE DEVILS ASSISTANT

You found your way into my mind
So devious and threatening
Ransoming my concept of space and time
You breaching my thoughts seem never ending

I try to understand
I'm dumbfounded for an answer
I try to foil your evil plan
But you're as equally persistent

I accept I am a mortal man
And that my light will fade to grey
If the dark of night still respects the sun
It won't interrupt today

I am a haunted host
That you chose to scare
You're a mental ghost
Lacking debonair

Your approach is underhand
Whilst running your fingers through my hair
You see that I can't cope
But you lack the will to care

I don't recall what happened next
I managed to keep you at a distance
Having thoughts of life not death
I overpowered your submission

I see the end in the beginning
When I look toward my loved ones

But like a clown that can't stop grinning
I know exactly who the jokes on

The images that once plagued me
The one's that paralyzed me into tears
They are now the ones that save me
Like a birds first flight fears

I once believed you hated me
Taunting me from within
Steady and serene
I now try to take it on the chin

I know you try to upset me
Showing me visions of death and loss
I thank you for your sensory imagery
But I think your humors lost

You may be upset that I don't see the end
Your plan was destined for disaster
A mental state that you cannot bend
You are the servant, I am the master