

## Refuse the Anger

by Simran Sahota

Hold my head between my legs,  
Look down only seeing regret.  
Who knows what I am wondering,  
Rather my conscience is having the battle.  
What seems to be just a small matter,  
Arises a major conflict.  
I was the one who was neglecting the pain,  
Which instead turned into anger.  
Being sad is an emotion,  
But anger is seen as bad.  
The words that brought me pain,  
Are the same words that will bring the patience.  
A day will come when I will solve this matter,  
And be able to control my words.  
The sadness may be held for a bit longer,  
Yet the anger must be refused.

## Made In the Shade

by Cactus

Rules must be restrictive  
If nobody broke rules  
Nobody would need them.  
Guidance helps folks get where they  
Want to be  
Shady boughs  
More important is intuition  
To know inside why you are wanting  
Blowing  
In a light breeze  
Sunshine feels  
Like the tree is moving it  
But I know it isn't  
External satisfaction is transitory and fleeting  
The present is always seeking  
Hunger returns  
When chewing stops  
Dust dries  
Water out  
Of your throat  
Being without seeking  
Waiting for a moment to be complete  
Acting in response to the present conditions  
If a fly doesn't want a spider to  
Catch it  
It shouldn't fly in the web.  
Loss is the only certainty.

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## Highs and Lows

by Michone Nettles

In the depths of deep water,  
We swim the tides in and out to sea,  
To see the fish,  
The boats floating up and down  
The swells of life's deep emotions  
Sharks looking for the next bite  
Of anything that comes their way.  
Their way is the way of survival.  
Be watchful of the sharks that "need you"  
For brunch, dinner, midnight snack!  
Love life.

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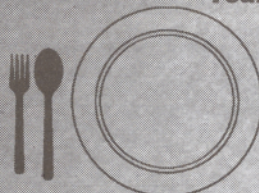
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