Sorrowful Soul SOUL POETRY SERIES BOOK 3

HARMONY KENT

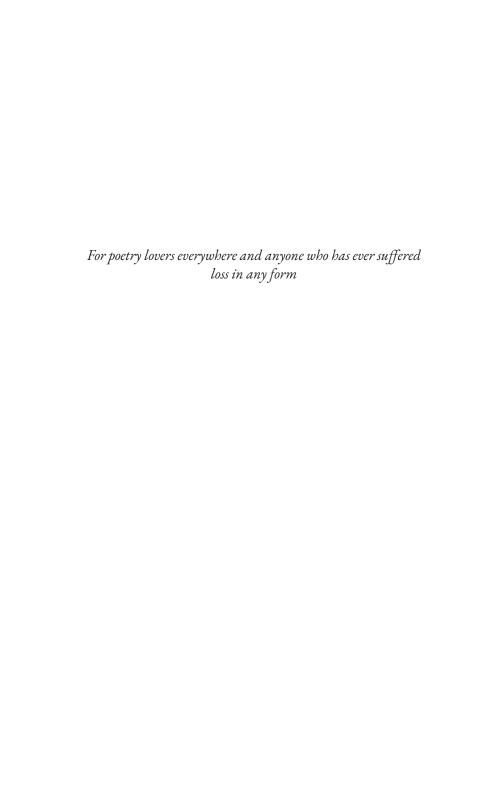


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Foreword

Hello dear reader,

Thank you for picking up a copy of *Sorrowful Soul*. I hope this collection of heartfelt, freestyle poetry provides solace if you're journeying through loss, and that it may provide a handy reference and insight for those helping friends and loved ones through this often lonely process. Or that you simply enjoy each poem for the love of poetic verse which moves the heart and stirs the soul.

The cover of this book depicts a Calla Lilly, which comes in many colours, holds much symbolism, and finds itself called upon for both weddings and funerals and many occasions in between. This beautiful Lilly is well known for crying—where water droplets form on the petals—and this phenomenon inspired my design for the front cover.

Though I've organised these poems into seven sections, which follow established stages of grief, I'd like to note bereavement is non-linear and messy. It's common to move up and circle

around, and progress to the so-called higher steps, only to come crashing down, especially on anniversaries or other meaningful dates. Not even meaningful, as it can be the most insignificant of everyday things that undoes us ... a discarded shoe, an odd sock, or a simple visit to the shop.

Due to the non-linear nature of grief, I have laid out *Sorrowful Soul* in a way which facilitates both reading each poem in order, from beginning to end, and also dipping in and out as you please.

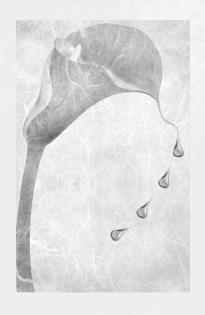
At the back of this book, I offer a list of resources for anyone in need of help or simply someone to listen.

With best wishes,

Harmony



Part 1: Shock & Disbelief





AFTERMATH

After the earthquake subsides

Craters and unexpected bumps

Leave once familiar terrain

Strange and filled with danger

At any moment my feet may stumble

And bring me to my knees

This devastating upheaval

Struck without warning

Made rubble of all I had created

With such love and care

And now I don't know what to do

How to walk or talk or carry on

How did this happen?

It's just not right

I can't believe the evidence of my eyes

In a blink, I'll awake

And we'll stroll once more

Side-by-side and hand-in-hand

Happy and safe and wrapped in love

The earth may buck and roll

But we'll ride the waves together

It's not possible for it to be any other way

My mind isn't built for tragedy or loss

My feet not equipped to traverse

A landscape so treacherous

My heart is still too full of you

It chokes on the dust and debris

That refuses to settle

... like me





The Lie of Night

sweet dreams cruel awakening void of you merely a fleeting memory the cold light of day bares the lie of night of dark and candlelight passion spent our love heaven sent but recalled too soon a gaping hole in my life rent

oh to be fooled by the lie of night and candlelight and the sweetest of love's fever dreams





Void

. Parkina karangan negati nata tahungan pangan negara ang najar na nagang nanat man tahungan nagan tahun

Cold
So cold
Silent
So silent
Lost
So lost
Still
So still
Dead
So dead
So utterly lifeless
Without you





Borrowed Time

From wedding bells

To funeral dirge

From dancing and fun

To tears and disbelief

None could have known

How soon you'd be gone

We miss your smile

And loud, easy laughter

Your compassion

And unassuming friendship

From May to December

You withered away

And by the new year

We burned your bones

Scattered your pale ashes

To the fickle wind

And looking back