

# *Sorrowful Soul*

SOUL POETRY SERIES BOOK 3

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*For poetry lovers everywhere and anyone who has ever suffered  
loss in any form*



## *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

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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

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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

\*The font is called "Gothic" and is a serif font. It is a classic font that is often used in formal documents and books.

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





## Borrowed Time

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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