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On the Inside: A Small Collection of Poems

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LAUREN MOSS

On the Inside

A Small Collection of Poems

A Mask or a Window

The mask came off
And a window opened.
The threads of tattered white plastic
Breathing life to a story of
A woman awakened
By the buzzing absence of yesterday's traffic.

The mask came off
And a window opened.
Life had morphed into a fish
Slipping out of
Her fingers, evidenced
By waiting work and a scarper wish.

The mask came off
And a window opened.
Fresh foundation smeared the inside
With a picture of sweaty summers. Don't cough!
Wrap it up in a lipstick stained
Mask, and smile through your eyes.

The mask came off
And a window opened.
Tears flooded from the folds,

Welled up under the blue doorstep.
Courage finally flowed past the broken
Bolts in stalwart bones.

The mask came off
And a window opened
And a blanket flew
Through to shine off
The rust and awaken
The smiling soul anew.

The mask came off
And a window opened.
Balm and ease rose
With the extension of
An arm, a hug, and a gentle hand
That only an angel knows.

The mask came off
And a window opened.
Years gone by and by and by
And the sunshine dropped
Finally into motion
Bearing the consequences of try after try after try.

The mask came off
And a window opened.
Hope burning behind wrinkly
Eye corners and soft
Worn fabric formed
By hard days and thinking so quickly.

The mask came off
And a world reopened.
She found a light in
Those who felt on top
Of hope, riding it without stolen
Wishes, ready to begin.

The mask came off
And the truth was revealed.
The window existed always.
Because if the eyes are open and you are conscious,
The world is yours, completely unconcealed.
There are always windows and doorways.

Though the mask comes off
To unveil a grin, a glow, or a grimace
A glimmer, or a glower.
The window to the good stuff
Lies above the mask.
She's been there.
Do you know her?

Daydreams

Dancing is experiencing a dream in reality.

Imagine stepping into a world

in which your mind

and your body connect with each other,

and with the sweeping notes of an all-encompassing melody,

carry you away to a bright place

where problems dissipate,

and joy swallows sorrow.

Imagine enjoying the childlike pleasure of moving your body freely,
following each whim without pretense or apprehension.

Imagine sensing your muscles move

as they excitedly exhaust themselves

through the impromptu exhibition of your emotions.

Imagine a smile creeping up from your happy heart

and fanning across your face to fill your whole body with light.

Your entire being is experiencing a daydream in reality.

Now imagine you are pulled

out of the dream with the curt conclusion of the music.

You want to crawl back into the melody,

pull the notes back over your head,

and live in the dance forever.

Instead,

you move on with a slight smile on your lips.

You approach the new and alluring day

with the possibility of

many

more

delightful daydreams ahead of you.