



Featured Poets

Samih Masoud Mountassir Aziz Bien

Abdulkadir Musa

Rough Legged Hawk

The Poetry Posse 2016

Gail Weston Shazor * Caroline Nazareno * Lea Wall Nizar Sartawi * Janet D. Caldwell * Alfreda Ghee Joe DaVerbal Minddancer * Shareef Abdur — Basheed Albert Carrasco * Kimberly Burnham * Elizabeth Castillo Julya N. Yilmaz * Demetrios Trifiatis * Alan W. Jankowski

Teresa E. Gallion * Jackie Davis Allen * William & Peters. St.

The

Year

of the

Poet III

December 2016

The Poetry Posse

inner child press, ltd.

The Poetry Posse 2016

Gail Weston Shazor

Shareef Abdur Rasheed

Albert Carrasco

Teresa E. Gallion

hülya n. yılmaz

Kimberly Burnham

Elizabeth Castillo

Jackie Davis Allen

Alicia Cooper

Joe DaVerbal Minddancer

Janet P. Caldwell

Jen Walls

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Caroline Nazareno

Alfreda Ghee

William S. Peters, Sr.

General Information

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The Poetry Posse

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WHAT WOULD FE WITHOUT A LITTLE OF TRY?

Dedication

This Book is dedicated to

Janet P. Caldwell

Poetry . . .

The Poetry Posse

past, present & future

our Patrons and Readers

the Spirit of our Everlasting Muse

R

the Power of the Pen.



Janet Perkins Caldwell

Rest In Peace

February 14, $1959 \sim September 20, 2016$



Preface

Dear Family and Friends,

As we come to a closing of the year of 2016, it calls for us to pause and reflect upon all that has transpired during this year. For me personally like most of us, there were some "Ups" and some "Downs"; this is part of life. When i consider what we do here as The Poetry Posse, i am so grateful that we have been blessed to share our words with you . . . and we are equally thankful for you.

For us at Inner Child Press and The Poetry Posse, we suffer still the loss of our beloved Janet P. Caldwell. She was a firm part of the foundation of all the Inner Child represents in theory, spirit and the offerings of our words.

Moving forward into the new year, none of us truly knows what it will bring. Many of us will be making resolutions to greet what is to come. All that i can say or offer in the form of advice, is to put your best foot forward and make certain that the shoe it wears is of love. And always, in all ways show the depths of your compassion in not only your words, but your deeds. Our world and each of us will be the better for it.

Wishing each of you the best in all your coming endeavors. May you each be blessed.

Bless Up

Bill

PS

Do Not forget about the World Healing, World Peace Poetry effort.

Available here

www.worldhealingworldpeacepoetry.com

or

I want my poetry to . . .

For more finite information, please visit:

www.innerchildpress.com/i-want-my-poetry-to-volume

For Free Downloads of Previous Issues of The Year of the Poet

www.innerchildpress.com/the-year-of-the-poet

Foreword

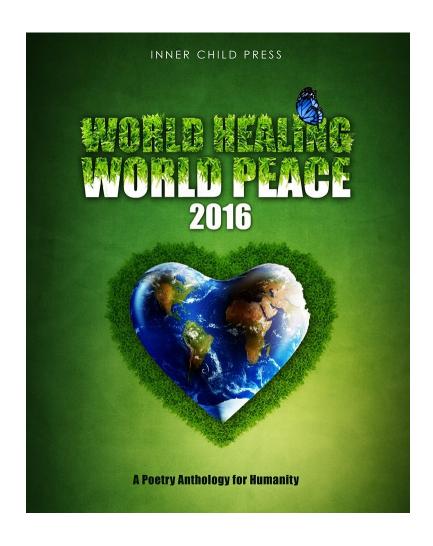
As we head towards the beginning of the fourth year of the monthly The Year of The Poet, I am grateful for this community built by wonderful poets and even more remarkable human beings. The poetry created in this collection serves humanity, uplifts spirits, tells it like it is or at least how we see it, stirs emotions, shares diverse ideas, and births an abundance of love into this world. We are attempting to create a better place to live and work and play with our poetry.

Last month we lost a magnificent poet and one of the kindest, gentlest souls on this earth. Janet, you are missed. We will continue to strive to bring sense to the tragedies in this world and inspire those around us in kind and gentle ways to foster peace and love and health for all people.

Poets see the world in a unique way—through our hearts and minds, through our connection to words and people, and through a keen ear listening for bright spots, turning phrases, and what matters most. To the reader we say: read our words, listen for what touches you or inspires you to be a better person. Grow and love more than you ever thought

possible. The world is an amazing place. We welcome you to share in this creative wonderful world.

Kimberly Burnham



Now Available at . . .

www.worldhealingworldpeacepoetry.com



Now Available

 $\underline{www.innerchildpress.com/janet-p-caldwell.php}$

Thank God for Poetry otherwise we would have a problem!

 \sim wsp

$T_{able of} C_{ontents}$

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Poets, Writers . . . know that we are the enchanting magicians that nourishes the seeds of dreams and thoughts . . . it is our words that entice the hearts and minds of others to believe there is something grand about the possibilities that life has to offer and our words tease it forth into action . . . for you are the Poet, the Writer to whom the Gift of Words has been entrusted . . .

 \sim wsp



The

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Poetry succeeds where instruction fails.

 $\sim wsp$

Gais
Weston
Shazor



This is a creative promise ~ my pen will speak to and for the world. Enamored with letters and respectful of their power, I have been writing for most of my life. A mother, daughter, sister and grandmother I give what I have been given, greatfilledly.

Author of ...

"An Overstanding of an Imperfect Love" &

Notes from the Blue Roof available at Inner Child Press.

www.facebook.com/gailwestonshazor www.innerchildpress.com/gail-weston-shazor navypoet1@gmail.com

A Winter's Tale

We have no snow Nothing to blanket the sky Save the rising sun And still I am chilled At the possibility of Cold uncovered limbs In the quiet of the night

You speak in riddles
That ride upon the west wind
Unresolved whispers
Floating above the heads
Of the unbelievers
And I want to touch the truth
Hiding inside the clouds

I tried to write your name
In my favorite blues
When everyone else
Is wearing the color of goldenrod
I sold a piece of my soul
In the summer of my youth
And the sea has yet to return
The missing to me

Gently, paper lanterns
Light the sky at full noon
I cannot compete with their shine
Even when they are not needed
I stay on my path
And so my limbs are uncovered
Quietly

The Snow Blows in the Dark

The snow blows in the dark
Across a tired land
Earth folds into sleep
As barren limbs reach for
The warmth of distant stars
The cobwebs of seashells
Etched into a covering quilt
Fools the skin into thinking
Caribbean thoughts
Ones of sand and sea and mauby
The horizon of dreams
Is faraway it seems
Where warm skinned men await

The cotton is cool against cheeks
And the sky is still blue above
As the comet lights a path
Into long ago memories
The thought of which brings laughter
To a moth's wings
Whispers of forbidden love
To the one that is held
And for the time
It is a sufficient truth
That lives under the fantasy

Touch Me

You withstand the storm of me
The me that rages through the thoughts and emotions
That grip me in my insecurities
The storm that takes minutes and maybe hours
To get tamped down and placated
You touch the rage of me

You hold the loss of me
When I forget to take out the trash
Because I am still reading the most interesting thing
And you have to remind me that I forgot
Gently and with the tenderness I so need
You touch the thought of me

You touch the ideal of me
The me that can't find the level
That balances the expectations to the given
You see through me until I can't
And you only wish the best of life
You touch the hope of me

You touch the arches of me
Only you can stand in those places that intersect
The coming out and going in
When I leave you and I must
And return to you and I will
You hold the most of me

You touch the verb of me
The words that constantly move
From fingertips down to parchments
And I cannot be stilled water
My nouns keep ebbing and flowing
You touch the changing me

You touch the love of me Not the one that is written on cards Or shown in 60 seconds of film You love the greatfilledness of me The wondering and grace of me You choose the best of me

Janet Perkins Galdwell



Janet P. Caldwell has been published in newspapers, magazines, and books globally. She has published 3 books, 5 degrees to separation 2003, Passages 2012, and her latest book Dancing Toward the Light . . . the journey continues 2013, and contributed to countless anthologies. She was in the process of currently editing her 4th book, which was written and to be published 2016. She also participated in a video project for the BBC. All of her Books are available through Inner Child Press, along with Fine Book Stores Globally.

To contact Janet www.janetcaldwell.com



In the darkness of my life
I heard the music
I danced . . .
and the Light appeared
and I dance

Janet P. Caldwell

Death Becomes Her

(Bill)

Death becomes her she sure looks good in that coffin resting for a change from the anguish endured and for sure the demons per sue no more

(Janet)

She was bruised and beaten the limelight did not suit her she was a gentle soul, you didn't know the lady who hid behind a mask, with a straw up her nose.

(Bill)

she was seducing the shadows who induced her to hate herself reduced her wealth of fate where her soul begged like a three legged dog for that golden fire hydrant.

Piss on them.

(Janet)

No demonic howls (in her mind) now; only songs of grace, she is wrapped in the love. The kind that she searched for, she was never wrong.

The spell no longer holds sway she dances and sings to her own song.

And now there is peace.

(to be continued)

Freedom In Love II

In love there is a certain freedom that I have never allowed before.

First, I loved myself, then I was able to give to others and their gifts to me, I did receive.

I had to believe that love was meant for me I needed it, I deserved it . . .

And to free myself from the walls and chains that I conceived.

I did this slowly, I forgave myself for denying me . . . of the greatest gift of all the gift of love that set me free.

I chose to experience what God had intended for me.

. .

Can't you see? We, sometimes are wrapped in our own self-made misery.

Self indulgence and pity, pushing others away the loss of belief, the loss of humanity.

The loss of me.

With self-forgiveness and acceptance absolution has always been mine. Here, ready for me to open my heart and hands, simply receive. I was so blind as to the power that I hold inside of me.

Simply Believe. It is no mystery.

Speak To Me

(a collaboration of Janet and Bill)

(Bill)

in the near quiet of my soul
there is a music
and barely audible whisperings
telling me
"there is more"

many times
my life is too busy
to pay attention
to the details

and there are times
i desperately long
to hear those sweet incantations
that are surely heaven borne

i find my significance
in the voices of those
who would take their divine time
to instruct me
on the way i should go
the thoughts
i should think
the feelings
i should embrace

all of that good cloth

Speak To Me

(Janet)

Speak to me . . .
of Empty Holiday Stockings
full of promise . . .
and gifts that require no Earthly Utterance
but are strong of substance.

Whisper to me . . .
of Horizons just beyond
the mili-second sunset
where Birds Of Paradise Glide
and Doves are well known
for their peaceful crooning songs.

Sing to me . . .
the words of Inspiration
that lift me up
and let me sing
my song, with it's strange chorus
only known by God . . .

and . . .

possibly the Enlightened Ones who shift in and out of sight with third eye acquity and the ease of fairies on wing.

Fly with me . . .
to the Mother Planet
where there is no time
and we safely dance
on the rainbow razor's edge
where truth lies
on every distant shore.

Awaken me . . .
from this dream
of harsh perspectives
into my own reality
where butterflies dance
this has been my cry
forevermore.

(bill)

i too have these longings that are no longer willing to lie passively at the gate of my desires

they refuse to sit by the fence and watch the blossoming of sweet fruits in the gardens of dreams that are dying for the lack of nurture

the vitality of my youth remembered but no longer lived in how i approach my day i lament

have i wasted too much time seeking my own image found in passing faces passing times passing joys that indentured themselves to my hauntings instead of my realizations

yes oh Spirit of the Father
Angels of Mercy
speak to me
tell me of thy plans
for this life
that slowly slips
between the fingers
of my once firm grasp
speak to me

(Janet)

I too had wondered this very day had I wasted too much time on coarse habits that lead to nowhere . . . except devout decay.

In my wondering, wandering and pondering ways . . . I finally quieted myself and heard ancestral whisperings of assurance . . . that my path was straight.

The messages came to me as clearly as Montego Bay. Gentle voices, like many waters stirring and I heard every one.

> "My child, my Child, you are beauty divine you are love's breath every moment, everyday

nay . . .

no misstep was taken by you it was all in your guided plan.

The people of the world know not, who you are and it is not your place to convince them

just be . . .
the light of your Father
who exudes brilliance
you too illuminate
without knowing

and time is but a fallacy continue as you are, with we."

This, they spoke to me.

Jackie Davis Assen



Jackie Davis Allen, otherwise known as Jacqueline Allen or Jackie Allen, grew up in the Cumberland Mountains of Appalachia. As the next eldest daughter of a coal miner father and a stay at home mother she was the first in her family to attend college.

Graduating from what is now Radford University, with a Bachelor of Science degree in Education, she taught in both public and private schools.

Residing in northern Virginia, she revels in spending time with her husband in their get away home in the Blue Ridge Mountains, a place that evokes memories of days spent in Appalachia.

A lover of hats, she has worn many. Following her marriage to her college sweetheart, and as wife, mother, grandmother, teacher, tutor, artist, writer, poet, and crafter, she is a lover of art and antiques, surrounding herself with books, always seeking to learn more.

In 2015 she authored her first book, a collection of writings penned over the past decade. Well received by family and friends, both near and far, her book, "Looking for Rainbows, Poetry, Prose and Art is available from her website jackiedavisallen.com or from innerchildpress.com

On Maine's Rocky Shore

The wind announced its frenzied presence; its salt-spray taste led the way to the cliffs. The sky and the ocean danced wildly like in a dime store romance.

From deepest cobalt crashing whitecaps smashed and sprayed slippery kisses against the stoney breast of the morning; she yielding without complaint.

Foamy greens spat with pearly mist of gray thirteen sea gulls stalked with greed's need.

They plundered treats from easy tourists who had invaded their space. A vessel, its silhouette fading, floundered and crashed head-on into sky's red face despite the ancient warning, that all young children know.

A Light Within the Darkness

Coal dusted, coal wasted, he was a heroic and noble man.

A promise, a gift, given without thought of recompense, A smile, a kiss, a tentative tear, a hug held most tightly To the weary chest, lest weakness be somehow interpreted. His was a language of cloistered times, known to a few, Like light within heart of sacrifice, weighted as pitch-dark.

Before the morning light, with all his might, he labored.

O drunken orb, the full moon illuminated the roof, but not Between the cracks nor inside the coal mine, yet it kept secrets.

When homeward bound he came, heavy, yet silent as mute Night, yet inside his heart his music sang from its fame; Some songs, hymns of praise, all with unconditional love.

As if fueled by need, his light burned both day and night.

O, bounty of his love, his humble house brightly aglow, To know him was to know his life's essence, and, though Extinguished now, of an age, his incandescence still glows; Witness the light of all those for whom his labors paved The way, they reflect, now, the image of his passion for life.

His luminance infused all that dwelt within his embrace.

Note:

For Juda Jackson, to honor the memory of her father.

Tough Love

My dear children I'm here to encourage you to discard, once and for all time, your pacifiers. You whine because the other side won? I understand you're angry, but grow up; you're an adult now and its time to pull up your big boy and big girl responsibilities and forsake your selfish and sometimes criminal acts.

Son, it's time for you to measure up, time to assume a level of maturity commensurate with your age. Your incessant temper tantrums are unseemly. Go now to a quiet and safe place; think about how you can pursue your education or how to find a job. Consider how you can handle disappointment without resorting to fee, or not, paid violence.

Daughter, I understand you're angry; you didn't get your way, and your party fell flat on its face. You can still dance to the tune of a different drum: get a job, get an education, learn about values, honor and respect for the American flag, and for those who do not share your beliefs. It's time to stop and examine your morals. Time to change your attitude.

My children, I'm sad that you've been fed a progressive list of entitlements and further poisoned with faulty beliefs. You are not entitled to a free lunch, a free this, or a free that.

Listen. Remove the chains that hope to keep your ethics, morals,

honor, and respect enslaved to greed's power. Wipe your eyes,

roll up your sleeves and be done with violent actions. If you choose

you can be a part of creating peace; choose the healing process.

Ashert Carrasco



I'm a project life philanthropist, I speak about the nonethical treatment of poor ghetto people. Why? My family was their equal, my great grandmother and great grandfather was poor, my grandmother and grandfather, my mother and father, poverty to my family was a sequel, a traditional Inheritance of the subliminal. I paid attention to the decades of regression, i tried to make change, but when I came to the fork in the road and looked at the signs that read wrong <> right, I chose the left, the wrong direction, because of street life interactions a lot around me met death or incarceration. I failed myself and others. I regret my decisions, I can't reincarnate dead men, but I can give written visions in laymens. I'm back at that fork in the road, instead of it saying wrong or right, I changed it, now it says dead men <> life.

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Reflection

Every time someone would die, I wouldn't cry because I told myself that they're free from hell and that I gained more Angels. I did that so often, it feels like I'm walking in the heavens on earth. I want to remake "ghost" instead of Demi, whoopi and swayze, it'll be all my homies and me, the theme would change from a lover missing a lover to a brother missing his brothers, I'll be the one with the power to converse with the crossed over so I can relay messages to sons, daughters, wives, fathers and mothers...when I'm alone, we'll talk to each other. If only that could be reality. If it was i wouldn't be stingy, I'll share that gift with other families. I'll travel world wide so loved ones can tell loved ones that they're by their side through every stride... I already know this, that's why I continue to ride. To those of you that lost loved ones and been living between a rock and a hard place because you can't hear of see a face...they're right next to you, you just have to close your eyes, look and listen, memories and imagination mixed together brew mental resuscitation.

Conclusion

I watched ghetto pharaohs turn to urban kings, i saw kings get overthrown and become peasants, I've witnessed the death of those trying to be the strongest and the survival of the wittiest. Not everybody has throne capability, most live for the moment instead of longevity. OG's told dudes not to do this and that, they did this and that, the reaction to those actions was state greens or being sent back. Infinite took advice from retired millionaires, those that fell off and those that became religious, I learned the ups, downs and was prayed for by those that use to live blasphemous... Their prayers worked, I saw my father, literally, I saw Alfred when I was almost merked, he said AL take care of your mother, I opened my eyes to see a crying mother, no worries daddy one way or the other ill prosper, the only thing that'll stop me is murder. White lines turned to many flatlines, white crime. I thought Coke was silent but in the life round last reaper support makes sounds...beeeeep... Eternal sleep. I can't say I've been to hell and back because I still live on the surface of it, that's why it's magma not phlegm when I hock spit, when it cools its concrete imagery on the life of rock for young G's

End

It's been a good one. New business started, new adventures began, new people are surrounding me, completed goals of mine left room for more to monopolize my time. In order to have new beginnings there has to be endings, well the first day of January is getting closer and closer for us to say au revoir to yesteryear. Endings aren't always bad, being able to chuck up the duces to 2016 healthy, wise and strong makes me glad. I overcame a lot of obstacles to get where I'm at, I call it an "infinite" cycle, all things come to an end, just not my words, when I die I'll write in heaven, attach weight to my eye cloud so my words can descend to mortal men.

Joe Da Verbas Mind Dancer



Joseph L Paire' aka Joe DaVerbal Minddancer . . . is a quiet man, born in a time where civil liberties were a walk on thin ice. He's been a victim of his own shyness often sidelined in his own quest for love. He became the observer, charting life's path. Taking note of the why, people do what they do. His writings oft times strike a cord with the dormant strings of the reader. His pen the rosined bow drawn across the mind. He comes full-frontal or in the subtlest way, always expressing in a way that stimulate the senses.

https://www.facebook.com/joe.minddancer

BEGINNING OF THE END

I'm throwing in the towel Smiling for the miles just ain't my style I can taste deflection from all directions Hesitation is more than a pause I'm more than a cause "Go fund me" But don't run me for interference Enjoy your experience You don't need a ticket out There ain't nothing to figure out All paths in life my cross to different routes My cup runs over Enjoy the new flavor I'm cool with leftovers I don't do vapors Tis but a few memories I do savor You didn't make the list So here's the gist of this I'm throwing in the towel Smiling for the miles just ain't my style I can taste deflection from all directions Hesitation is more than a pause I'm more than a cause "Go fund me" I can't be that onesie holding up triplets Must be a bad clutch I'm feeling the slippage I usually say it's me This time I'm pointing fingers I'll be damned if I'm going through the ringer

I'm not demanding but I do claim respect
You've gone from vital to the usual suspect
Oh yeah the wheels are turning
Mm what are we learning?
I'm throwing in the towel
Smiling for the miles just ain't my style
I can taste deflection from all directions
Hesitation is more than a pause
I'm more than a cause
"Go fund me"

I FEEL A DRAFT

It never occurred to me that the window was open I was listening for the knock of opportunity I was a victim of the rock in my community Wasted time never goes without impunity I didn't have a dime and some company was suing me In terms of hustle and flow, I wasn't fluent see Getting by with just getting high had ruined me There was a time, now dig this I thought about tomorrow Then there was that time when I smelled smoke I'd follow The man I should have become was a just a shell and hollow

I look back at time at times and it's a little hard to swallow This persona of cool was just a fool, with tons of regret and sorrow

I tried prayer, which led to doubt which showed me that's not what it's about

I felt a change of air in the room, I picked up a pen and wrote out where I'd been

I wrote, again and again, life's woes became my prose Experience was my deliverance a deterrent against the cold That knock never came, and chances are it never does A higher power does exist sometimes as a whisper Sometimes as a slap saying man, get yourself together However the wind blows

I felt that draft from an open window.

AN OLD CHAPTER

And the pages flip back I remember that Somethings there feeling. I remember that night The darkness consumed me I lead her to her destiny I knew it would be the end of we And truly we never began Just merely started some things Blood flows to my want to know Now I know she embraced my darkness The hardest part is letting go before we start this again Who can truly appreciate you? Judgmental superficial fools? Never understanding the whole of you The total you The soul of you The role you play In the story of you I'd like to say, I had a hand in your discovery Maybe I'm just a bead on your rosary You're surely a link to my poetry And my stories that be about you No One is the wiser Including you

Shareef Abdur Rasheed



Shareef Abdur-Rasheed, AKA Zakir Flo was born and raised in Brooklyn, New York. His education includes Brooklyn College, Suffolk County Community College and Makkah, Saudi Arabia. He is a Veteran of the Viet Nam era, where in 1969 he reverted to his now reverently embraced Islamic Faith. He is very active in the Islamic community and beyond with his teachings, activism and his humanity.

Shareef's spiritual expression comes through the persona of "Zakir Flo". Zakir is Arabic for "To remind". Never silent, Shareef Abdur-Rasheed is always dropping science, love, consciousness and signs of the time in rhyme.

Shareef is the Patriarch of the Abdur-Rasheed Family with 9 Children (6 Sons and 3 Daughters) and 41 Grandchildren (24 Boys and 17 Girls).

For more information about Shareef, visit his personal FaceBook Page at:

http://www.facebook.com/shareef.abdurrasheed https://zakirflo.wordpress.com

deeep..,

in the bowels earth's caverns heaved something hard to believe scum covered blood lovers some believe never had mothers bottom feeders rose up to be leaders others eventually got to be in ships crossing seas raided motherland stole human beings kidnapped, beaten, raped, many died who tried to escape brought to work land devils take treaties fake made to break earth soaked in blood of the people evil men steal use kidnapped souls to pick earth's yield those stole souls bound in steal some believe these were 'good ol days 'for buying 'n 'selling human beings let's make a deal so dam Amerikka how would you feel if the script flipped 4 real and ya'll got to know how the whip feels? on your back in the killing fields maybe you become strange fruit when the pendulum swings back to you

food4thought = education

into..,

light went man who was hidden in dark wiped eyes looked surprised never before saw life had much more now thoughts were to embark interesting how mankind can linger in ignorance unaware that's what it is this warped perception where did it come from? was it within, was it taught by kith 'n 'kin? what then do one do to undo what seems like spell of voodoo, clouds hanging over you going about not knowing false from true what's the matter with you? but wait you emerged one day from dark cave where you lingered a slave to stuff man made up something you thought was real but real false bottom to top walked into sunshine bright, your mind's eyez received light to your surprise there is beauty to life so that before your demise you can fly like kite, feel real living right maker showered you with his light, mercy, mercy, mercy on you and you stopped looked around and said " life is beautiful, damn if it ain't real meaningful, blessed, light of truth conquers darkness of ignorance breaks chains, blind see, remove yoke that bound me " love found, first myself then some mo folk, (insha'Allah) as lord wills

food4thought = education

reflection..,

time to ponder on time that flyzzzzzz's introspection soul, body, mind inspection marvel how fast time goes by in a blast yesterday what you called the future is now the past all a blurrrrr how the years past and of course leaving less sand in our hour glass is time so elusive, something we can't grasp? do we live every second, minute, hour like it's your last? how can one do that you ask? by taking the time you still got to task learn from the past respect how little time we're here reflect on... people you knew who disappeared and a day coming soon when you'll be there and there goes another year where's sense of urgency coming from the god fear? remember all will be called to answer how we spent our time here this gift of life bestowed, undeserved, strings attached being grateful to the bestower of life and all that implies inevitably the price we must pay for our time before the day we run out of time, no mo sand reflect, respect time!

food4thought = education

Kimberly Burnham



Life spirals. As a 28-year-old photographer, Kimberly Burnham appreciated beauty. Then an ophthalmologist diagnosed her with a genetic eye condition saying, "Consider what your life will be like if you become blind." Devastating words trickling down into her soul, she discovered a healing path with insight, magnificence, and vision. Today, a poet and neurosciences expert with a PhD in Integrative Medicine, Kimberly's life mission is to change the face of global brain health. Using health coaching, poetry, Reiki, Matrix Energetics, craniosacral therapy, acupressure, and energy medicine, she supports people in their healing from brain, nervous system, chronic pain, and eyesight issues.

http://www.NerveWhisperer.Solutions/

http://www.InnerChildMagazine.com/The-Community-of-Humanity.php

Recycling Poetry ... Found Poems

Found poems are made created, tugged into being from the words of others poetry found in the collective made conscious bonding with the other through their words becoming mine in this case the words have rallied from a hundred documents about the brain

Poetic words dancing spinning rearranging recycling the words changes the meaning transforms the results what do you want to be different to be part of the collective voice

Create
a visual poem
take found words
color around the letters
creating art that reflects
ideas

cover over the syllables no longer needed recycle them into the vastness of color

The mind reads paints the words from page's heart the heart creates a new pattern as the hand circles repatterning the color engaging the senses in this intuitive delightful process

Look around see wisdom's beauty in another's words upcycle this year of papers reuse recover additional value added where we have found poetry

Wake Up

Any eyes able to be opened affect breath remembered control dealing with one sign of feeling want the brain responsible and significant all humans must go through the regular rhythm of the day wake up

—Found Poem Inspired by Parkinson's Disease HANDBOOK pg 13 American Parkinson Disease Association, Inc.

Representation

Predictors of identity
cyclical
personal
control of beliefs
can be the nature of perception
effective at controlling symptoms
short and long
with diminishing distress

Many participants found greater reliability explore the nature of beliefs face-to-face an interesting find the structure of support show acceptable reliability

—Found poem inspired by Hurt, C. S., C. L. Julien, et al. (2015). "Measuring Illness beliefs in neurodegenerative disease: why we need to be specific." J Health Psychol 20(1): 69-79.

Elizabeth
E.

Castillo



Elizabeth Esguerra Castillo is a multi-awarded and an Internationally-Published Contemporary Author/Poet and a Professional Writer/Creative Writer/Feature Writer/Journalist/Travel Writer from the Philippines. She has 2 published books, "Seasons of Emotions" (UK) and "Inner Reflections of the Muse", (USA). Elizabeth is also a co-author to more than 60 international anthologies in the USA, Canada, UK, Romania, India. She is a Contributing Editor of Inner Child Magazine, USA and an Advisory Board Member of Reflection Magazine, an international literary magazine. She is a member of the American Authors Association (AAA) and PEN International.

Web links:

Facebook Fan Page

https://free.facebook.com/ElizabethEsguerraCastillo

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https://plus.google.com/u/0/+ElizabethCastillo

Endings are Beginnings

For every thing in the whole wide Universe

There is a Genesis – the start and dawning of a new day, a new frontier

And like also for every bit here on Earth
There is an ending which is always inevitable.
Conclusions are not always about goodbyes
They may serve as a door to infinite possibilities
Endings are pathways to beautiful beginnings
That lie ahead waiting for you to embrace
The constant changes in your world.

I Love the Flawed You

You are a beautiful disaster waiting to happen in these Herculean nights

When the velvety red moon screams of bleeding ecstasy and gluttonous passion

You are a train wreck, an immortal born from the underworld,

Where wolves howl in the dark night as ravens flock to a deserted place by the hills.

You are an imperfect human as everybody else is But I love the flawed you, your whole vulnerable and messy being,

Isn't this what True Love is?

And not what the romantic fairy tales we grew up with tells us all

You are not a Prince Charming who can kiss me and make me wake up from a hundred years of sleep,

But instead you can take me right into your own dreams and held me imprisoned in your deadly sanctuary

But I love the flawed you, for you are real while others are simply pretentious.

You are not a Knight in Shining Armor ready to defeat the enemy who will take me away from you

But you will allow me to fight the battles with you knowing I am also a Warrior like you,

I love the flawed you and your imperfections

Yes, you make me quiver; you make me dream of forever, I love the flawed you but I believe that this Real Love can transform you perfectly in time.

Beautifully Fragile

you are a child of the Universe dancing freely amidst a world in chaos

cascading thoughts bewilder your mind but you still stand sober and courageous

you are an illuminating star in the galaxy, an immortal in this infinite cosmos

beautifully fragile with an indomitable spirit, a kindred soul searching for Higher Consciousness.

The heavens wrap you around in His loving arms
As He reminds you how a precious creation you are
Beautifully fragile, a child with energetic wonder
A pink orb envelopes your earthly soul
Waiting for the Perfect Time when you finally discover
who you truly are...

Author/Poet Elizabeth Esguerra Castillo

Asfreda D.

Thee



I was born in Blackstone Virginia. Born one of seven brothers and sisters. Traveled to many different countries being my father was in the Army. I'm a single mother of two amazing boys. I own my own daycare center and I'm working on getting my Massage Therapy License very soon.

I started writing at the end of June in 2011. I had my first book of poetry published in 2012. I'm a firm believer that if you do good then good will consume you and all that you do within life. Throughout my life I must attribute GOD for everything in my life and I am truly grateful for all the HE has given me.....

http://www.innerchildpress.com/alfreda-ghee

https://www.facebook.com/alfreda.ghee

Do You Remember Me

We walked together once upon a dream You held my hand and I held yours

You kissed me I kissed you back Just as passionately

You talked to me for hours on end And I just gave you all my attention so freely It was easy to be so into you

You made me smile After all that I had traveled through

You made me laugh
A laugh that came from deep within

You made my heart beat so rapidly That I thought I had sinned

You gave me the gift of love When I didn't know how to love

Now I can give it back if you just let me in I walked down to the brook
There you were with a smile
Upon your face that drew me in
That's when I knew that I could win
But what would happen when
I have to return back to reality again!!!

Visions

I am impregnated with visions Of making love to you Forcing my soul to reveal What thoughts it harbors deep within

Can you see open your eyes
To feeling these complexities
I am embodied into your mind
Wanting to undergo the changes
That you are taking me through

Touching
Stroking
Kissing
Stealing moments of magical bliss

I can't fathom this movement without you
I'm hoping to lie beside you
And feel the warmth of your jovial words
Making your presence known
Filling my morning softness
With insane pressures of pleasures of you
Hearing sounds of unsubdued moans in the air...

Hear Me

Hold me close to your chest Listen to what I'm saying in your ear Do you understand, that I love you my dear I can't express these words enough Because when you hold me so near My speech don't come out clear

I know that the heat between the two of us Can ignite a fire underneath your feet But my question is? How will you want to put it out..

My love, before this hour begins
Will you just let me fly
I'm on cloud 99 making my way down
If you don't want to hold on
Let me know.. So that I can go with the flow

You have me under your spell
Everyone can already tell that we are so gone
With all this loving I want to share
I'm sure you will take it
I know you like dares
So if you understand what I am saying
Let's just take this to the upper room
And fill each other up
And make this last for a life time
So it will never end!!!

Nizar Sartawi



Nizar Sartawi is a poet, translator and educator. He was born in Sarta, Palestine, in 1951. He holds a Bachelor's degree in English Literature from the University of Jordan, Amman, and a Master's degree in Human Resources Development from the University of Minnesota, the U.S. Sartawi is a member of the Jordanian Writers Association, General Union of Arab Writers, and Asian-African Writers Union. He has participated in poetry readings and festivals in Jordan, Lebanon, Morocco, Kosovo, and Palestine.

Sartawi's first poetry collection, *Between Two Eras*, was published in Beirut, Lebanon in 2011. His translations include: *The Prayers of the Nightingale* (2013), poems by Indian poet Sarojini Naidu; *Fragments of the Moon* (2013), poems by Italian poet Mario Rigli; *The Souls Dances in its Cradle* (2015), poems by Danish poet Niels Hav; all three translated into Arabic; *Contemporary Jordanian Poets, Volume I* (2013); *The Eyes of*

the Wind (2014), poems by Tunisian poet Fadhila Masaai; The Birth of a Poet (2015), poems by Lebanese poet Mohammad Ikbal Harb. He is currently working on a translation project, Arab Contemporary Poets Series.

Sartawi's poems and translations have been anthologized and published in books, journals, and newspapers in Arab countries, the U.S., Australia, Indonesia, Italy, the Philippines, and India.

Leaf

little lonely leaf knocking on the glass door with your whole feeble form gaping at me begging for refuge!

poor purplish fragile fugitive
tired —
of running away
from nook to nook
threatened —
by the ruthless autumn wind
and unheralded rain?
frightened —
by the heavy plodding pedestrian feet
the hideous hooves
and horrendous hoops?

come in tiny timid tramp! let's sit side by side to tell silently our sad story and voicelessly lull each other to sleep.

... for I too am but a deciduous leaf counting the days before its fall

Diet

... And take

our bread too

O self-indulgent

for we are

on a permanent

diet

You are in Baakleen*

Hey you passer-by!
Linger awhile
adjust the handles of your watch
on the rhythm of things around you
The sun slows down his pace
as he passes from here
to fill his eyes with the Chouf foothills

Stop, O passer-by! adjust the beats of your heart.
Here the crowns of Chouf Mountains hug the clouds here the brides of cedar feed from the breasts of the sun here is the ascension of love and ecstasy here the gods pour their aged wine in the mouths of poets

~~~~

Dismount O passer-by! take off your sandals for you are in Baakleen

\* Baakleen is a city located in Chouf Mountains, 45 kilometers southeast of Beirut, Lebanon. I was invited to Baakleen National Library reading in early 2011 to participate in poetry reading. Jen Wasss



Jen is an award winning author/international poet; bringing love inside joyful heart's radiance - pulsating us deeper inside a personality of rare positivity. Her first collection of poems, The Tender Petals released - November 2014, through inner child press, ltd. USA. Her second poetic collection, OM Santih Santih, combined natureinspired spiritual poetry with Dr. Ram Sharma of Meerut, U.P. India and was released November 2015, through The Poetry Society of India. Her peace-filled poems come alive in renowned print and electronic world peace anthologies from the USA, UK, Africa and India. She recently received a 2016 Distinguished Poet Award, along with her coauthor, Dr. Ram Sharma, from Writers International Network (WIN -Canada) in Burnaby, British Columbia on May 27, 2016. Jen currently resides in Saint Paul, Minnesota with her loving family.

Contact Jen Walls: mywritegift@gmail.com; http://www.innerchildpress.com/jen-walls.php

#### **INSIDE-LIGHT**

Run - prance love-laughter burst colorings - autumn's beauty; blaze with inner-sun Grace with moon's teardrop wake alive in night's sky-dream; reflect soul-sunshine

Give love perfect sight sing with the Lord - day and night; live peace, truth and light

Love - hold on - let go know heart's river - conscious-grace; flow love-breaths with Self

Share soul-goodness pour care-libations through heart; Light inside-light

#### **LOVE - LIBERATION**

Wrap breaths -river's peace twinkle kiss - ignite moon-pearls lift soul-ladder high Fight real inner fight go past the wrongs and make love right; turn the other cheek

Rise inside mind's eye flow breaths - believe in heaven sound true cosmic-bliss

Welcome inner peace light earth's lamp with love-kindness; embrace all as one

Greet soul's equipoise wake consciousness - achieve heart; love – liberation

#### **HEART FLOWING**

Sweetness is flowing with ornamental moon's glow floating heart within whole beauty show upon magnificence of love. Being swept forever clear onto soft singing wind's blow sailing upon river's currents inside auspicious joy-breaths.

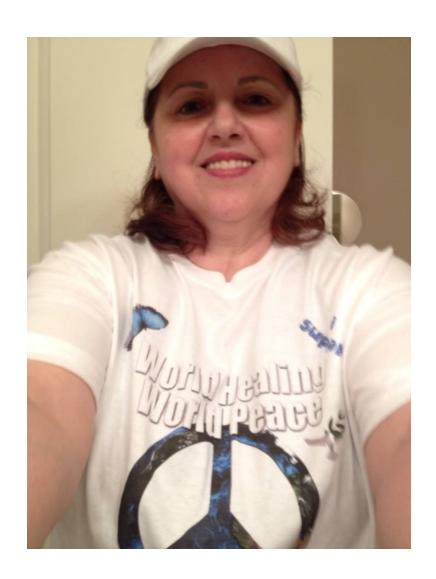
Gentleness cries each teardrop to pour with ocean-tears - letting go drowning away worries and fear within consciousness of bliss.

One forever lives within as soul with love's knowing for the kind and real lifting light flies across a dark universe meets unknown cosmic light-realm.

hülya

n.

yılmaz



Born in Turkey, hülya settled in the U.S. where she earned a Ph.D. in German studies at The University of Michigan. Presently a Penn State liberal arts faculty, yılmaz finds it vital to nurture her passion for creative writing. She authored *Trance*, a collection of poems in English, German and Turkish — a platform that welcomed her fluency in literary translation, co-authored An Aegean Breeze of Peace (both by Inner Child Press, Ltd.), and contributed to several anthologies with her poems and prose. A licensed freelance writer, hülya has extensive experience as editorial consultant for book-length manuscripts. She currently works as one of the editors for Inner Child Press, Ltd.

#### Links:

www.writerandeditordryilmaz.com www.dolunaylaben.wordpress.com

#### acting on impulse

dragged you to yet another tarred road

you know the age-old addictive drill start the mourning routine already the only route your GPS is set on all the way to forlorn places those under grizzly glances then give out that final air

or...

try covering the lid of your costly crock-pot real tight let the witches brew inside burn away when all is then said and done once more just go outside to sing dance laugh and summersault until the days of yore

#### emergency exit only

a revolving door and a push-or-pull one wait on guard

the captain has taken his seat way ahead of schedule the plane still takes off

your eyes opened wide locked on the runway your ears eavesdropping on the soaring wheels in your mind you are easing the weight of the wings forgetting that they are the ones assigned to lift it all up... the tail in the clouds then no more

each of your feet a gregarious boulder having grown their roots right below your left shoulder

it's left for its destination

no standbys...

#### the neighborhood creek

i see them

the big and the small the short and the tall the grumpy young and the chipper old

far more often these days

winter is in the air but warmth expands inside my sphere whenever any of them are a little near

the ground was unwilling but dried up at last it has overall been a draining slippery fall they now will have a snow white blast i let their joy hold my mist in thrall Teresa

£.

Gassion



Teresa E. Gallion was born in Shreveport, Louisiana and moved to Illinois at the age of 15. She completed her undergraduate training at the University of Illinois Chicago and received her master's degree in Psychology from Bowling Green State University in Ohio. She retired from New Mexico state government in 2012.

She moved to New Mexico in 1987. While writing sporadically for many years, in 1998 she started reading her work in the local Albuquerque poetry community. She has been a featured reader at local coffee houses, bookstores, art galleries, museums, libraries, Outpost Performance Space, the Route 66 Festival in 2001 and the State of Oklahoma's Poetry Festival in Cheyenne, Oklahoma in 2004. She occasionally hosts an open mic.

Teresa's work is published in numerous Journals and anthologies. She has two CDs: On the Wings of the Wind and Poems from Chasing Light. She has published three books: Walking Sacred Ground, Contemplation in the High Desert and Chasing Light.

Chasing Light was a finalist in the 2013 New Mexico/Arizona Book Awards.

The surreal high desert landscape and her personal spiritual journey influence the writing of this Albuquerque poet. When she is not writing, she is committed to hiking the enchanted landscapes of New Mexico. You may preview her work at

http://bit.ly/1aIVPNq or http://bit.ly/13IMLGh

#### Renewal

The snow kisses the trees and meadow with a soft touch. She walks into winter with all her broken pieces.

She knows the white blanket is committed to provide shelter while winter winds bind fragments into a new sculpture to greet spring.

The warm winter light sinks its hands in her flesh, lights candles around her heart to attract the waves of reflection.

There is a conspiracy between the snow and trees, unbroken promises to heal and renew everything that comes to the meadow.

The windows ache for spring's arrival as they endure exposure in the storm that beats glass into quiet submission.

#### **Another Chance**

We walk on the edge of the abyss. The sea rises like a dragon spits light into our faces.

We can see our halos, reach toward the glow as the tide lifts us.

A ride down the waves reveals the lust for wisdom beating against the cliffs.

The teacher says, hold tight knowledge slaps hard in rough waters.

We do not give up as the rewards of our labor outweigh any fear of loss.

We ride our last boat into a new year full of hopes and dreams.

#### Dreamscapes

Today my gratitude spills over like a waterfall of sweet wine from vineyards in the Elysian Fields. The ecstasy is so sweet,

showers flood my eyes. I want to say thank you to the universe of love. No words come from my mouth.

Hafiz approaches giggling and says, *Stop crying girl. Let's dance.* My smile stretches across the sky as he takes my hand.

We dance until the moon rises. I lay my head against a vanilla ponderosa, watch him slip away in my dreams. Tomorrow is another day for possibilities.

# Demetrics Trifiatis



Demetrios Triafitis was born in Greece, studied philosophy in Canada. Post-graduate studies, Universite de Montreal. In 1976 became Canadian citizen. Taught philosophy. Involved in humanitarian and peace organizations. Retired.

Poet and writer. Speaks: Greek, English, French and German. Candidate for the Greek and the European parliaments. Has traveled around the world.

#### THE PRIVILEGE

```
The dawn has arrived
And
I am still here:
        Standing
          Breathing
             Watching
                Listening
                   Touching
                      Scenting
                          Tasting
                      Admiring
                  Wondering
                Enjoying
           Exclaiming
        Celebrating
     Praying
And
Offering thanksgivings to our Lord
The unique privilege
That
So many have lost:
TO BE ALIVE!
```

#### GOOD AND EVIL

The amount of good and evil
Constant remains
Throughout space and time
There is
No more suffering than good fortune
No more good fortune than suffering
In the universe and in the human soul
This is the law of being,
A constant flux of the two forces
Expression of a single reality in
Perfect balance.

The one force cannot exist without the other Even if we like it or not
Even if we wish it or not,
We have to accept it and live in peace
Or deny it and live in suffering,
That is the will of the universe:
A harmonious unity of the two opponents
Based on collaboration and coexistence
Of each indivual part
For
The whole to be maintained
Under
The watchful eye
Of
Universal justice!\*

#### **VETERANS DAY**

Oh you blessed souls

That

For us have fallen,

We wish

The loftiest of appreciations for your sacrifice to show

By

Thanking you for the opportunity given to us

To

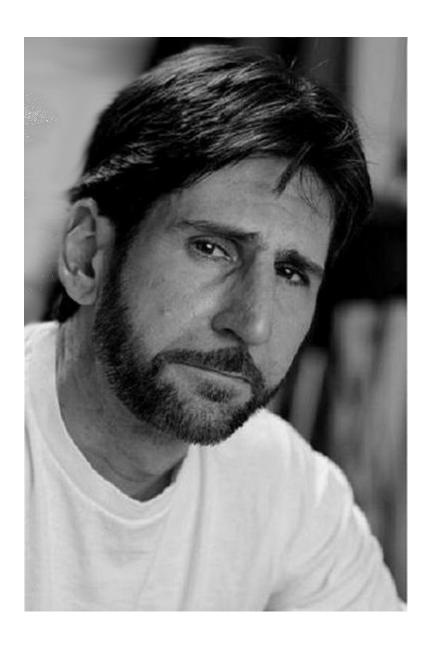
Enjoy the greatest gift of all

Wich

You have missed:

LIFE!\*

Asan W. Jankowski



Alan W. Jankowski is the award winning author of well over one hundred short stories, plays and poems. His stories have been published online, and in various journals including Oysters & Chocolate, Muscadine Lines: A Southern Journal, eFiction Magazine, Zouch, The Rusty Nail, and a few others he can't remember at the moment. His poetry has more recently become popular, and his 9-11 Tribute poem was used extensively in ceremonies starting with the tenth anniversary of this tragic event...

http://www.storiesspace.com/forum/yaf\_postst538\_My-911-Tribute-poem-has-been-in-print-at-least-fourteen-times-in-2011.aspx

He currently has one book out on Inner Child Press titled "I Often Wonder: a collection of poetry and prose." It is available directly from Inner Child at this link... <a href="http://www.innerchildpress.com/alan-w-jankowski.php">http://www.innerchildpress.com/alan-w-jankowski.php</a>

When he is not writing, which is not often, his hobbies include music and camera collecting. He currently resides in New Jersey. He always appreciates feedback of any kind on his work, and can be reached by e-mail at: Exakta66@gmail.com

#### The Conning Of America

A con man rolled into town, With a funny looking wig. Made a lot of promises, Everything will be really big.

He claims he doesn't like immigrants, Says they cause a lot of strife, But you certainly would never know, By looking at his imported wife.

And he doesn't like Muslims, And forget it if you're black. And as for those pesky Mexicans, He's sending them all back.

He says he has a really big plan, To cure America's ills, But you got to wonder about a guy, Who can't even pay his own bills.

He has experience in business, His bankruptcies total four, And with a temperament like his, We'll soon be in another war.

Spews a whole lot of hot air, That he can improve the current state, Never says anything definite, But don't worry it'll all be great.

He wants to close the internet, And the border to the South, But if he's going to close anything, Please let it be his mouth.

Oh he makes a lot of promises, And they're all as fake as his hair, And the saddest part about it, Is his followers just don't care.

07-31-16.

# When A Child Dies, The Whole World Cries

Two young brothers are left at home, All by their lonesome selves, The older one notices a new toy, Sitting high up on a shelf.

He climbs up and brings on down, What he believes is a toy gun, He thinks about the games they'll play, Boy this sure will be fun.

He aims the 'toy' at his little brother, And shoots him in the head, But that gun was not a toy at all, And soon the three-year-old is dead.

When a child dies, All the stuffed animals cry, Alone on a shelf, They sit by themselves, In a cold lonely room, Like a final tomb.

Johnny's tired of being bullied at school, But every dog has its day, Though all his classmates seem so mean, Johnny will make sure they all pay.

The next day at school will be different, From a knapsack he pulls out a gun, Suddenly he starts shooting his classmates,

Shoots them in the back as they run.

Soon most of the class has been shot, And their young bodies are lying there dead, With one bullet left in the chamber, Johnny puts the gun to his own head.

When a child dies,
All the angels cry,
The tears flowing down,
On the sad little town,
It's a cold, cold rain,
But it won't numb the pain.

For Jose this is the biggest day in his life, It's his gang initiation in the 'hood, He must seek out a rival gang member, With a couple of shots he'll be good.

Jose packs his piece and extra clips, And his driver takes him to the spot, He takes aim at his helpless victim, And another is dead with just one shot.

But that one bullet it ricocheted, You hear a young mother scream and cry, As she realizes her young son is hit, On a cold dark street he is left to die.

When a child dies,
The whole world cries,
All lives matter, big and small,
I ask you people, heed the call,
Please stop the hate, before it's too late,
For the future of us all.

10-27-15.

#### Neon Sign

I guess I really can't blame them.

How could they be expected to know the truth, When all they see is some well-rehearsed smile, That I have been putting on in the morning, Like a clean shirt. I think I have it down to a science, I've been doing it for so long. I've polished my act to where I almost fool myself sometimes. Yet at times the sadness slips through to the world. My mother asked me the other day if I was doing drugs again, As if that ever really worked, Things should really be that easy for just once, I think to myself, 'How could they not know?' And yet at times I think maybe I should just tell them. But, how do you express the hurt that goes deep inside? How do you express how you really feel? When you don't know how you really feel yourself. Sometimes I just feel so numb to the world, Or maybe, it's just the fear of the unknown, As if it could really get any worse. Maybe I'm just afraid of giving up my hurt, When at times it seems that hurting is all I've got. Perhaps the only thing I do well. Yet at times I'd really like to tell someone, But how could I make them understand? Sometimes I think I should just hold up a big neon sign, That says 'Hurting' in big, bright letters. All electric blue with just a tinge of blood red,

And then maybe someone will notice, And then maybe someone will care, But then again, why should they? Why should they care? After all, it's not their job, They don't get paid to care. But wait...I know what I'll do. As the storms begin to build inside my head, Like a thief robbing me of any peace I might have had, And as the thunder starts to clamor in my mind, It's very dissonance drowning my every thought, I'll walk boldly into those very storms, With my neon sign held high above my head, And as the thunder bursts around me, And the pouring rain soaks me to the skin, And when the lightning bolts brighten up the sky, I will no longer fear a thing, For as the lightning strikes my neon sign, And the electric shocks surge through my rain soaked body, And the pain overtakes me from head to toe, It will be the first time I've really felt anything in years, Perhaps for the first time ever. And as the last bit of life drains from my wet body, I will be free at last. And as my soul leaves my lifeless form, To venture forth into the unknown, And the unknown will welcome me with open arms, Taking me in like a true friend, And the unknown will provide me with shelter and comfort. Perhaps for the first time ever. And as the rains continue to pour down upon me, All the hurt shall be washed away,

And all the pain shall be felt no more,
For all my struggles shall cease in an instant,
And every unrequited love shall remain so,
And every broken promise shall remain broken,
And all the hatred directed towards me shall miss its mark,
And every resentment harbored shall be set aside,
And every tear shall be forced to find a new home,
And as I look down upon my dead body,
I can watch all my so-called friends gather round,
They'll probably rummage through my pockets,
And fight over who gets my new sneakers,
Then again, why should they care?
After all, it's not their job.

12-13-10.

# Garosine Nazareno



Caroline Nazareno-Gabis a.k.a. Ceri Naz, a native of Anda, Pangasinan, known as a 'poet of peace and friendship', is a multi-awarded poet, editor, journalist, public speaker, linguist, educator, peace and women's advocate.

She was chosen as World Poetry International Director to Philippines by the World Poetry Canada and International. She is also a featured member of Universal Peace Federation, Asia Pacific Writers and Translators (APWT), Association for Women's rights in Development (AWID) and World Poetry Canada and International.

She won several International Prizes including "Writers International Network Society-Canada "Amazing Poet 2015", The Frang Bardhi Literary Prize 2014 (Albania), the sair-gazeteci or Poet Journalist Award 2014 (Tuzla, Istanbul, Turkey) and World Poetry Empowered Poet 2013 (Vancouver, Canada). Her prominent poetry have been published in various international anthologies: For Love of Leelah (USA), WOMEN IN WAR (Africa), Muse for World Peace Anthology (Nigeria), Greek Fire Anthology ( UK), IMMAGINE & POESIA e-book (Torino, Italy) World Poetry Yearbook 2013 and 2014 ( IPTRC-China), Fascinating Panoptic Septon (Singapore), Gumbo For the Soul (USA), Peace Poems (USA and Canada ) I Am A Woman, a tribute to Kamala Das ( India), Women of The World (Canada), Just For You My Love Anthology (India), The Art of Being Human Vol. 15: WHO AM I, Vol.14: Insomnia, Vol.13: Lucky 13 ( Switzerland, Canada and Romania), Siir Antolojisi (Turkey), Who Shall I Make My Wife ( Lagos, Nigeria) and more.

#### the beginning at the end

through the streets of life under the infinite sky the daylight unfolds the lucid neon lights of the sunrise the midday of concealing and grief the tapestry of dusky downfalls the reflection of the deafening night from the shadows of gloaming slumber the time of life speaks anywhere-everywhere from the womb of innocence to the harbors of compassion to the shelters of immense freedom of a sanguine vagabond until the tomb of peace is happening within and beyond me.

#### **AUTOBIOGRAPHY OF A SPIRIT**

(A tribute to a woman wearing lipstick of freedom)

The Nile sculpts breathing hieroglyphs in your lips Great rivers of strength Flowing, Dancing, Speaking, through your veins, Your dominance incarnates Existence circulating stargates from skylines of life and afterlife like waterfall of pilgrims.

Breath by breath, You are the breath of the breathless! You are the key circle of flames
Of BE-ingness,

The name of complete unimagined wonder Wandering from Cleopatra's light years, Your boundless Earth-Sky reveals power for the powerless, You color the ascending verses and descending verbs of the universe,

You're the mirror of Reflection The humming odes behind maquillage on every face of youth,

The ageless epic of your language, the ONE true gift---The Poetry of Life.

Your heart's emblem is a sacred epicene That glows from the Milky Way of your eyes, You, a resonating home of selfless heir of heroines Giving Light to Cimmerian shade of beginnings, The hallmark of a story within the stories of YOU.

#### metanoia

i ingest stasis when time dilates from titans to neurons of the night's dawn in my hypersleep and standstills

i am the battlemind in the psionic class of Earth and Venus recycling myths of up-down cliffs in my nano reefs

i am the unknown god of lightyears of aeon lives herenow, my existence is the comeback of all beginnings. Asicia C.



Alicia C. Cooper is a published poet and aspiring novelist. She has published one book of poetry, has been featured in several anthologies and is a contributing writer for Muzilog Woman Magazine. She is an avid reader and music lover and enjoys traveling and spending time with her family. In late 2013, her first poetry chapbook was published with Inner Child Press. A second book, a full length poetry collection also with Inner Child Press, is in the works and is expected to be published in coming year of 2017

You can connect with Alicia on FaceBook

https://www.facebook.com/alicia.cooper

Her Book is available here:

www.innerchildpress.com/alicia-c-cooper.php

## Lonely Birds Refuse To Fly Alone

It is true that birds

Of a feather flock together

Sometimes, however

A lonely bird

Just wants any flock

To fly with.

#### Release

Release my *I love you's* into the wind They no longer belong to you.

Release the pain of watching me leave It is something that I had to do.

Release your memories of yesteryear They only gift you pain.

Release my scent, my smile, and kisses You deserve to be happy again.

They load must be heavy; you're bleeding out anger Regret is making you weak

So do yourself a justice and let go of the past Simply open up your hands and . . .

Release.

#### Let Me Always Look Ahead

Let me always look ahead And never again turn back Lest I become a pillar of salt

And crumble with each rumble Of the ground beneath me.

Let me always look ahead So that my feet are not pained From the long and weary walk

Through spiny thickets of indignation And burning coals of bitterness.

Let me not search for answers To unanswerable questions Yet always seek my truth

Because some things just make no sense But truth is always cogent.

Let me not seek shelter
In a den of iniquity
Or a home where I'm not welcomed

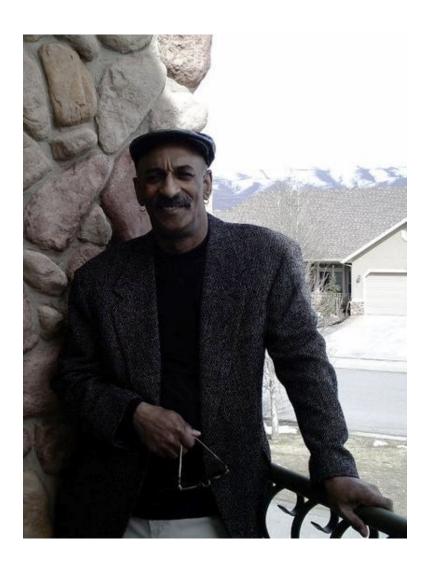
When the walls are sturdy And hearth is warm at my own.

Let me always look ahead, Lord!

Let me always look ahead.

Wissiam S.

Peters Sr.



Bill's writing career spans a period quickly approaching 50 years. Being first Published in 1972, Bill has since went on to Author in excess of 35 additional Volumes of Poetry, Short Stories, etc., expressing his thoughts on matters of the Heart, Spirit, Consciousness and Humanity. His primary focus is that of Love, Peace and Understanding!

Bill says . . .

I have always likened Life to that of a Garden. So, for me, Life is simply about the Seeds we Sow and Nourish. All things we "Think and Do", will "Be" Cause and eventually manifest itself to being an "Effect" within our own personal "Existences" and "Experiences" . . . whether it be Fruit, Flowers, Weeds or Barren Landscapes! Bill highly regards the Fruits of his Labor and wishes that everyone would thus go on to plant "Lovely" Seeds on "Good Ground" in their own Gardens of Life!

to connect with Bill, he is all things Inner Child

www.iaminnerchild.com

Personal Web Site www.iamjustbill.com

#### Happy New Year

there have been many mountains and valleys as well toils woes and anguish too many to tell but we made it through

i have questioned my path in the day, in the night i have struggled to understand that final insight just like you

the world about us disease, famine war i have asked, "if this is life"? what is it good for and yet we are here

so another year comes is this but another test and my only resolution is may i give life my best i pray you God to hear me

i have had love and i lost that a new way may start and the truth of it all i still have my heart

so i bow in gratitude for here i still stand and perhaps this year i will understand

that life's beauty is the journey and the paths that we take and when it all is over i pray i am awake

that i may see the sunshine and realize my sum and have faith in this year that the best is yet to come

Happy New Year

'just bill'

#### She's gone . . .

he packed no bags and spoke no good byes all he left behind were tear laden eyes

his visit was over his angelic pass expired and we all came to know that his soul was tired

many a battle some won, some lost his legacy imparted we must all pay the cost

that hope, effort and love is our duty each day to give life our best and take time to play

life may not be all joy nor be it full of despair and some amongst us would say that life is not fair

but know ye this truth that through all time long no matter our bounty or not we all sing life's song

so awake ye my child each day do embrace and the time will soon come again . . . we'll be face to face

i love you . . .

#### the winter swan . . .

the winter swan upon the lake bathed languidly in the solstice light it's soul dancing across his memories yearning for his final flight

his beauty yet held in weariness seasons past and those to come yet with duty he preened his countenance and gave to life his sum

> he overflowed with emptiness for a swan was all they saw yet he was so much more but to be a swan was law

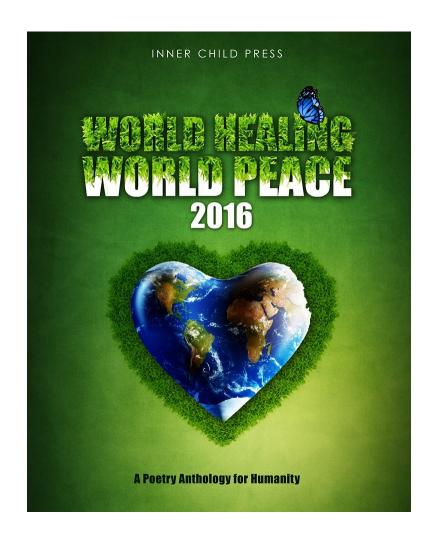
was he bound by his own making was this forever his fate could he somehow transcend himself could he ever pass through the gate

was not he also a keeper of this sacred unknown trust that beauty comes through suffering and love transmutes from lust

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# December 2016 Features

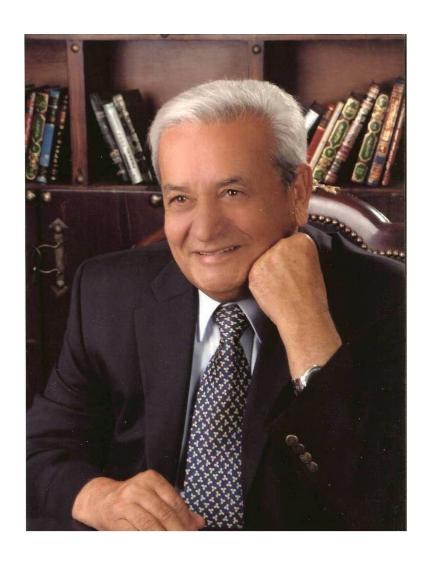


Samih Masoud

Mountassir Aziz Bien

Abdulkadir Musa

# Samih Masoud



Samih Masoud is a poet, writer, and researcher. He was born in Haifa, Palestine, in 1938. He holds a Ph.D. degree in economics.

Masoud is a Member of the Jordanian Writers Association and is the chairman of the Canadian Center for Middle Eastern Studies (CMESC) in Montréal.

He has published a poetry collection in Arabic titled The Other Face of Days and another collection in English titled Haifa and other Poems, translated by Nizar Sartawi and published by Inner Child Press, as well as a novel titled Haifa...Burqa a Search for Roots, which was translated by Bassam Abu- Ghazalah and published by Inner Child Press. In addition, he published An Encyclopedia of Economics in two volumes and 16 other Books in the field of economics.

#### Links:

www.samihmasoud.com https://www.facebook.com/samih.masoud?fref=ts

#### Haifa

O my eternal love Lo! I come back to you again on the wings of clouds Lo! I'm here with you I tuck my heart into your beach and forget the remote exiles I spell every part of you the sea, the waves, the wind and the trees the dew's whispers in the morning the winter spouts and mirrors hanging on the wings of the wind laden with tapes of scenic memories that bring the heartbeats back to the heart in the crowded life and take me back to the past In them I see all that I want to see the quivering of my bygone days sites loosened from the prophets' faces around which I go morning and evening O my city Whose tresses rise akin to yours above the passageways of and a tender bosom wherefrom the threads of light emerge? O my city Whenever I come to you, my pride and passion soar I go into your mirrors as your waves wish me to Never do I forget where my home was I bear it as a tattoo in the eye along the paths of my diaspora When I get there I drop my face on its thresholds

I kiss it and go around it seven times and more From hidden nooks I gather the relics my mother left laden with the sweetest memories I breathe in the breeze of life In its surroundings I hear my mother's melodious voice trembling It never loses me It follows me awakens me I see my mother hugging me with her large bright eyes hiding me in her eyes her smile emerging as wide as the space Here mother quivered on an olden day And I started crawling Here I saw her I spelled her face with love and affection Lo! I've come to my house again after years and years It is my joy my desired passion My heart flutters around it goes deep into sorrows I feel in its odor all that has passed I go back putting together the faces of those who had been here and then were lost in the paths of humiliation I weave sails to extend for the them in the whole place With these I fill my dreams and bring them back to the lap of Haifa with the steps of a wild wind that lingers not.

#### Two Immigrants

We arrived at Avenue Greene in the afternoon The Montréal sun, as always in July, wore his bright tresses loosened with combs of flame we sat at La Fayette his coffee was boiling on firewood cinders We sat you and I retold our tales drank coffee and sneered at the fiascos of Arab leaders.

...

At length we went out and roamed from one place to another Behold we're now near Champlain Bridge I stroll around it here with stiff knees as you walk beside me swaying your glowing bosom with poise hiding the sun from the banks of Saint Laurent and the bells of Notre Dame

• • •

We walked on and on beneath switched off lights Behold, we've arrived at Raucous corners that humor people with songs and innocent merriment The night never leaves them nor does the morning rise

• • •

We walked towards a memorial riding above the shelves of the wind Lo! We are beside it now gazing at a bygone age counting the faces of those who passed from here before us the old conquering strangers and good old Mohawk and Cree Indians Here they came before us millenniums ago filling Montréal's horizon and space.

. . .

And here you and I now are walking, two immigrant strangers in the exiles of the diaspora our dreams overflowing around us looking for rainy clouds to bring back the pulse to the migrant birds.

#### Remnants Of Days

All alone on the thresholds of UQAM Nothing around save the spray of days shaking within me traveling in the circles of the place. Days days loosened from dew and anemone flowers. Do you know I'm counting them now? One day two days Filled with her perfume I wander following her track from one place to another. I follow her I race with her the peal of my feet thundering behind her here and there. I move quickly along the roads Here is Westmount awake with the night To her I come and she to me. De Maisonneuve is before my eyes expanding before my steps I walk through it silently

No one is there but I. I walk and walk endlessly. Here is Maison de Jazz emerging in the dark of the night belted with lights Five names it has. I see it and it sees me now. I remember a woman who was there one evening. She swayed in ecstasy as she sang. I lost her Who can bring her back as I desire? I step inside now close my eyes and hear "Strangers" in the voice of a dark woman singing singing long. Between one song and another memories take me unawares I go back again to the roads. Lo! I'm moving again with the winds running after those days running and gasping

in the wide space. I roam and the gasping wind rises up in my chest. I count the days again Do you know? I'm counting them now One day Two days Two I feel them from a distance I see them hidden in the labyrinths of absence fragments being spilled in the mirrors of mirage. With them I spell all that was. I draw the alphabets around them with a quiver laden with questions, one after another Who are you O ma'am for me to stay in the orbits of your eyes without shadows wandering alone whispering to the winds, lightening and mountains to say what may be said and what may not and forget my insomnia in Montreal.

Mountassir Aziz Bien



Poet Mountassir Aziz Bien lives in Casablanca Morrocco He is a romantic and révolution poet. Aziz teaches Arabic languages.

Aziz has published three books Triste Musique, J Attend and ثنائه ية الدعزف والروجع

Aziz is an Arabic internationally recognized Poet and Scholar whose works has been translated and published in French, Spanish, Italian and English.

#### Sorry

Within dormancy
Whispered Spring thin
Through the lobby of anniversary
Poems longing
The perfume of roses
Ah fragrance of roses parity
Forget the past
I forgot my jealousy and pride
Forgot Lome and Zebra
And screamed at attendees
Hey, crazy
Nothing like you
you are the love
Nothing here
look like you

#### Inc.?

It has become a global sense of quiescent Is calling
Swirling in the remnants of absence
Looking for a smile morning
Looking for you, O Spirit
Do not leave the throes Rest Pil
Of remorse and sorrow available
Arahami sorrow ... Here's my repentance
Healing the wounds
Address absenteeism
Go back to ... oh Noor Orkney

Fjra pleading to you Inspired obscurantist Being as you wish I am here Held in Ahqk I wait to fall into the Ohoudank Oh my flower Rouge

#### Illusion

Arum morning Encased Balorai slave Faisrkh in Ndati Enough Talma Bury and distress In the darkness of pain Become blacker not see I love fish symbols In a sea poem Many his fish See you blind Sleep and wake up You do not see only darkness Do not leave distress dancing And sing without melodies Zbihtk one And many Almabhon Arum evening covered with wounds Tired of the recent past From my struggle with the night Hold harm impulses Spring calculated all my classes I am saddened It is in the palm rest Kaloms I do not know Lost my hopes in shreds Appealed Bohema Aziz Mountassir

#### Higher

Smoot to the upper glory Athuabk perfumed I have traveled to distant places Aouseltk her iron hands And I started Tmthala away But do I know You are sculpted from ice Melt warmly Mjaotai And irrigates it Mjaotai Upright and curves And show me your perfume to Gfelti Long live the words in the mouths of abandoned And die differences The wind blows The fall from Vahec saw honey I took out from behind the world To see my desires Mahaddourh Coming from Aalak He graduated from the pens we Calling for a new generation Damned heavy bridges Over my body

# Æbduskadir Musa



Abdulkadir Musa, born 1969 in Amude/Kurdistan (North Syria), studied French Language and Literature in Aleppo.

In 1995 he moved to Magdeburg, Germany, where he studied at the Otto-von-Guericke University and worked as a translator and cultural advisor in the socio-psychiatric service. Today, a graduate of the ASH Berlin in Social Pedagogy, he lives and works in Berlin as a social worker.

His lyrics *Your Wings Have Taught Me to Fly* (Semakurd, Dubai, 2007) were published in the Kurdish language, which has been translated into German, Spanish and Polish. His poems have been published in German, Kurdish and Arabic in different magazines and anthologies (e.g. <a href="https://www.semakurd.net">www.semakurd.net</a>, *Volksstimme* and *Ort der Auge*). Main fields of work: poems, prose, translation, free rendering, editorial.

#### Short poems . . . For the hand

-1-

To bring his memories to a close he puts his head in his hands. But his eyes let them slip through his fingers.

-2-

A snowman and the warm hands of a woman What does he know about them?

-3-

In the mirror of her hands he saw her image in murky water. With his hands moving, His soul would be cast away in the whirl of his fingers.

-4-

His forgetting is like the loss of his hands

-5-

His hands wont let her go, she, who is for him, is like his own hands.

-6-

Once he decided to free his hands he gave away his own hands.

#### Always you

-1-

Your name I do not say Not to disappoint the jasmine.

-2-

Your color
I do not show,
So that the snow doesn't melt.

-3-

About you I've talked, Until the flowers bleed upon my lips.

-4-

For you I've been waiting With butterflies on my eyes.

### Ashes of the heart

weeping experiences do end You can read it in the eyes of my first lover, Or in your last tears ....

So you too will not be a chapter in my story ... ..

Do not spread yourself in my heart.

Leave me this loss ....!?

I myself, I am a heartless man, whose hands are dead from departure, deported

Do not kill me completely So that I may find a place for my ancestors, like a needle-tip, then I die a miserable death. My nights and the darkness of the spirits ....

What do you say?

You came with the morning, reading the hymns of the dawn. Lay your heart on my heart for a while, the legend of Derwêşê Evdî to you I will sing and cry.....!

Not over you, Not over me, - just to cry so that I myself may wash my eyes clean of this filthy world!

Not me, It's in your hands, if you smoke my heart breathlessly to the end like a last cigarette,

And ... with the last sob let it become ashes In the ashtray of my chest! ...



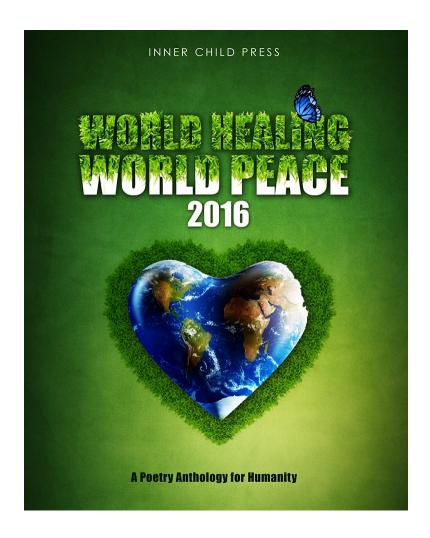
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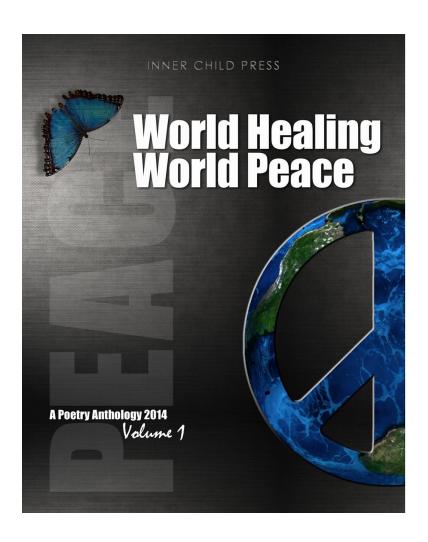
 $\underline{www.innerchildpress.com/janet-p-caldwell.php}$ 

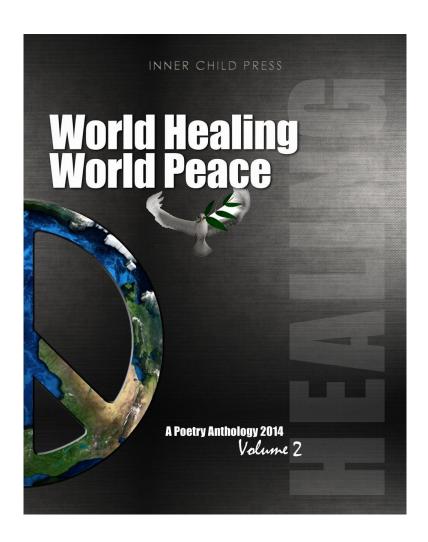
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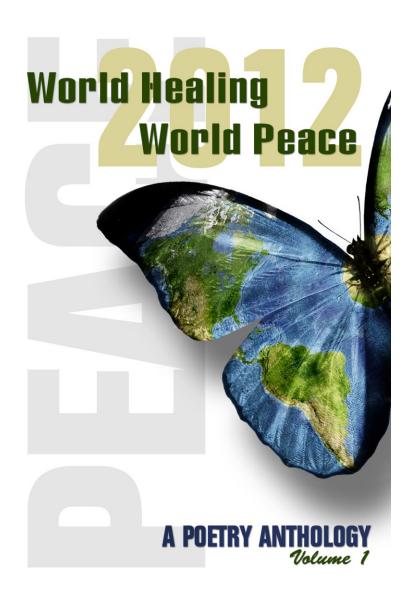
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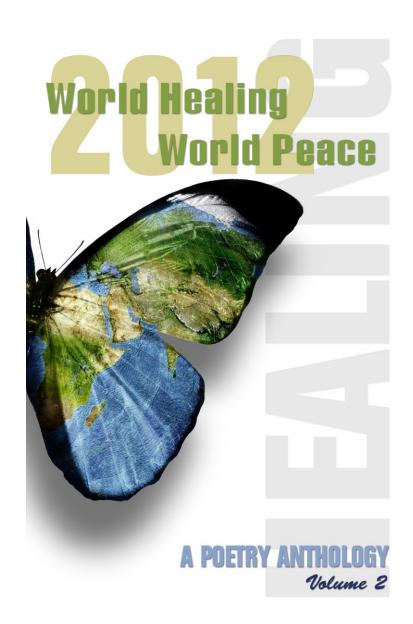
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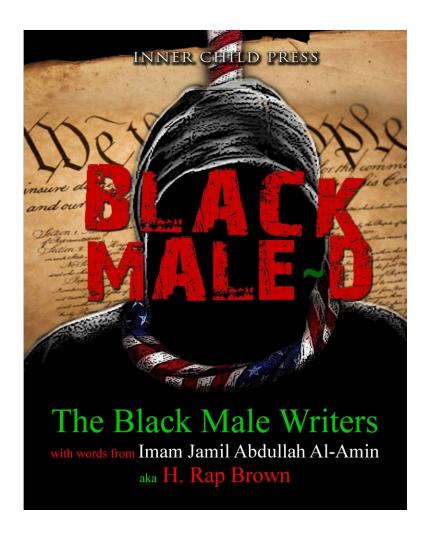


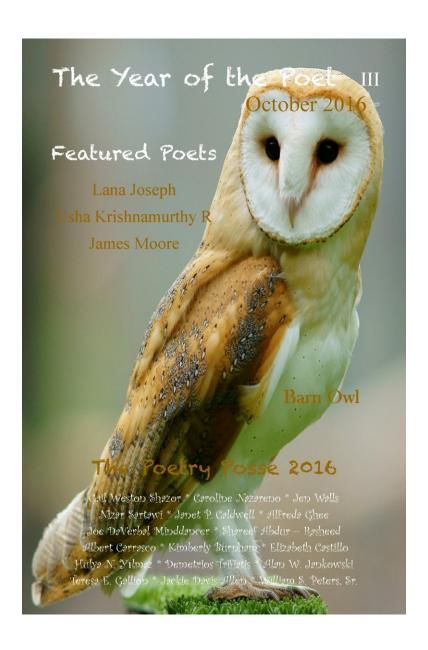










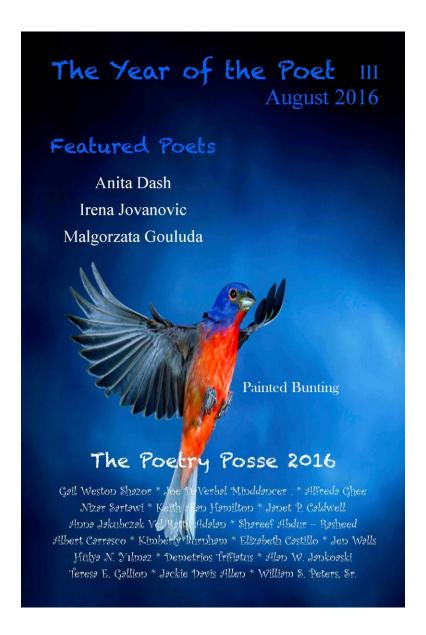


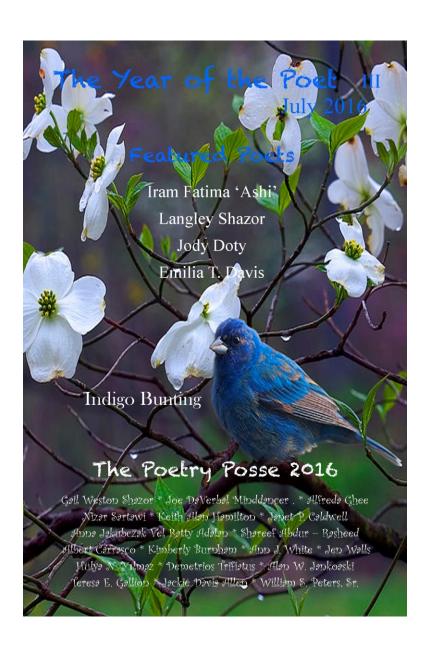
### The Year of the Poet III

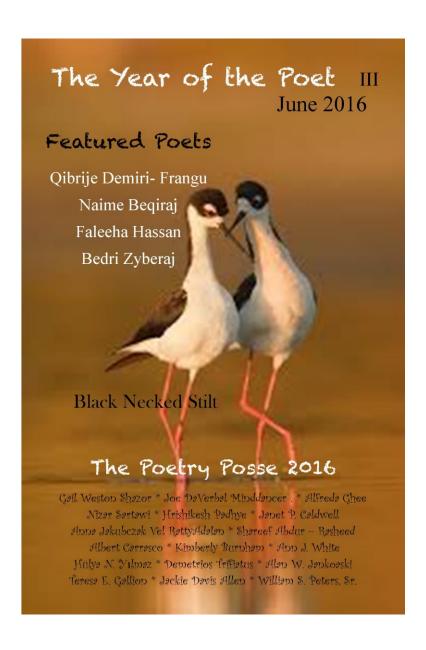


Gəil Weston Shəzor \* Cəroline Nəzəreno \* Jen Wəlls Nizər Sərtəwi \* Jənet P. Cəldwell \* Alfredə Çhee Joe DəVerbəl Minddəncer \* Shəreef Abdur — Rəsheed Albert Cərrəsco \* Kimberly Burnhəm \* Elizəbeth Cəstillo Hülyə N. Yılməz \* Demetrios Trifiətis \* Alən W. Jənkowski Teresə E. Gəllion \* Jəckie Dəvis Allen \* William S. Peters, Sr.

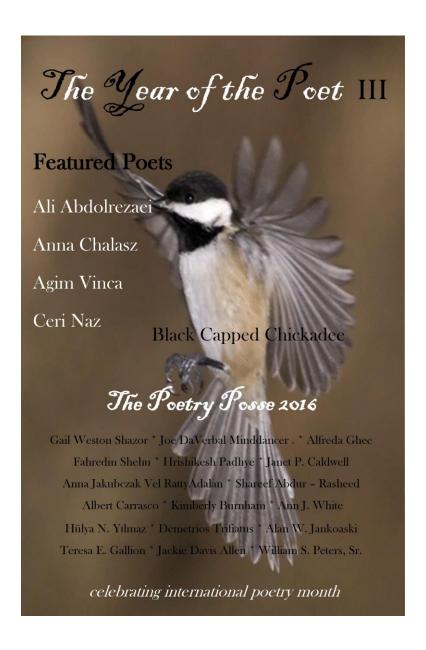


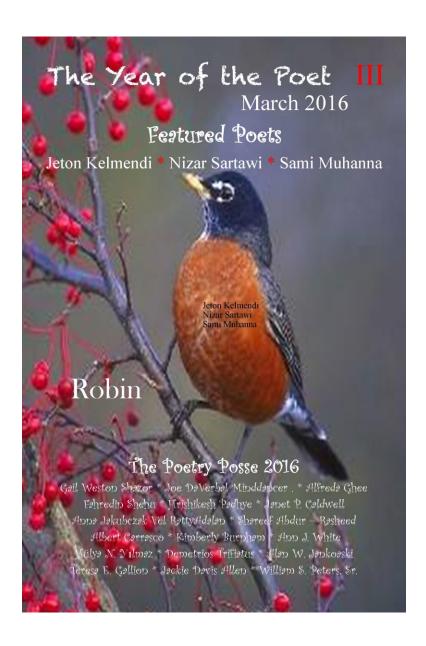


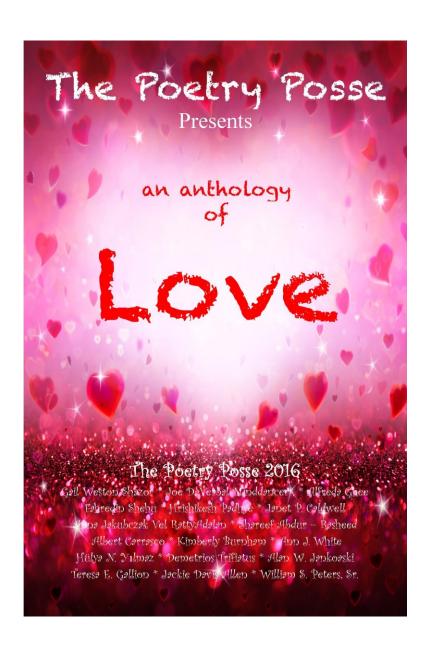


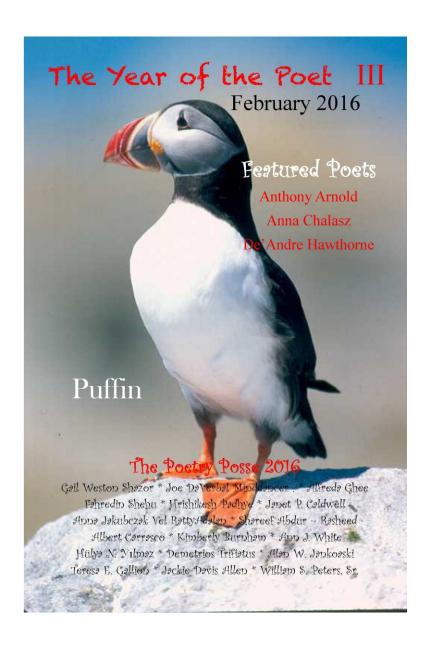








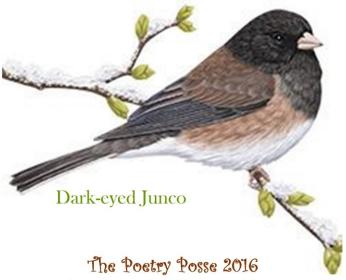




# The Year of the Poet III January 2016

### Featured Poets

Lana Joseph \* Atom Cyrus Rush \* Christena Williams



Gail Weston Shazor \* Anna Jakubczak Vel BattyAdalan. \* Ann J. White
Fahredin Shehu \* Hrishikesh Padhye \* Janet P. Caldwell
Joe DaVerbal Minddancer \* Shareef Abdur - Basheed
Albert Carrasco \* Kimberly Burnham \* Keith Alan Hamilton
Hülya N. Yılmaz \* Demetrios Triffatus \* Alan W. Jankowski
Teresa E. Gallion \* Jackie Davis Allen \* William S. Peters, Sr.

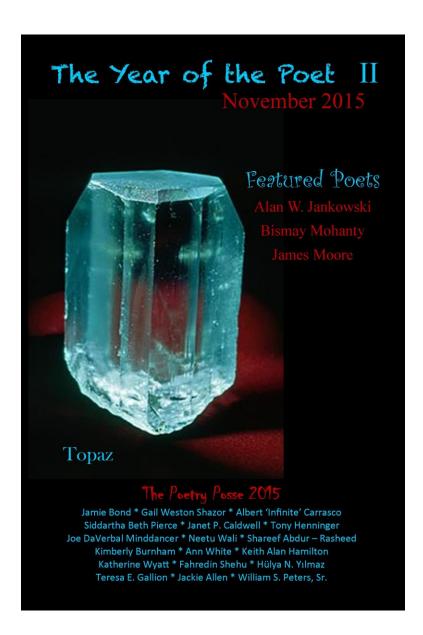
# The Year of the Poet II December 2015

### Featured Poets

Kerione Bryan \* Michelle Joan Barulich \* Neville Hyatt



### The Poetry Posse 2015



# The Year of the Poet II October 2015

### Featured Poets

Monte Smith \* Laura J. Wolfe \* William Washington



### The Poetry Posse 2015

### The Year of the Poet II

September 2015

Featured Poets

Alfreda Ghee \* Lonneice Weeks Badley \* Demetrios Trifiatis

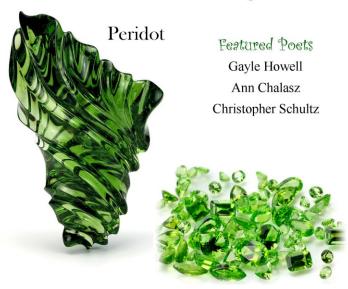


### **Sapphires**

### The Poetry Posse 2015

### The Year of the Poet II

August 2015

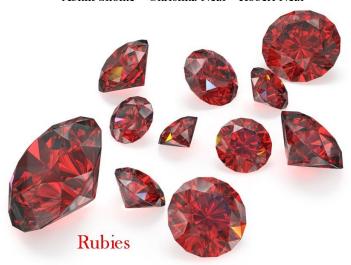


### The Poetry Posse 2015

# The Year of the Poet II July 2015

The Featured Poets for July 2015

Abhik Shome \* Christina Neal \* Robert Neal



### The Poetry Posse 2015

### The Year of the Poet 11

June 2015

### June's Featured Poets

Anahit Arustamyan \* Yvette D. Murrell \* Regina A. Walker



### The Poetry Posse 2015



### The Year of the Poet II

April 2013

Celebrating International Poetry Month

Our Featured Poets

Raja Williams \* Dennis Ferado \* Laure Charazac



#### Diamonds

### The Poetry Posse 2015

## The Year of the Poet II

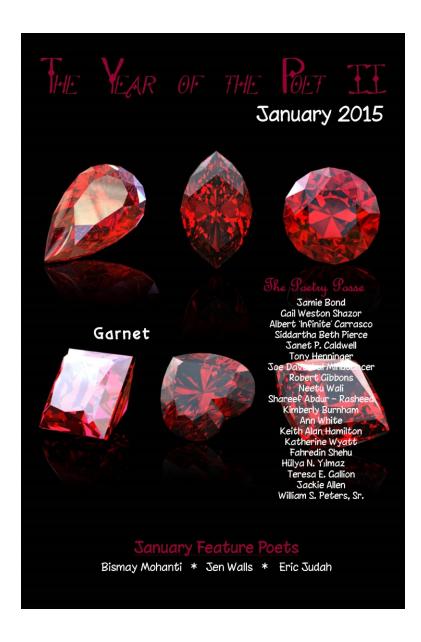
March 2015

#### Our Featured Poets

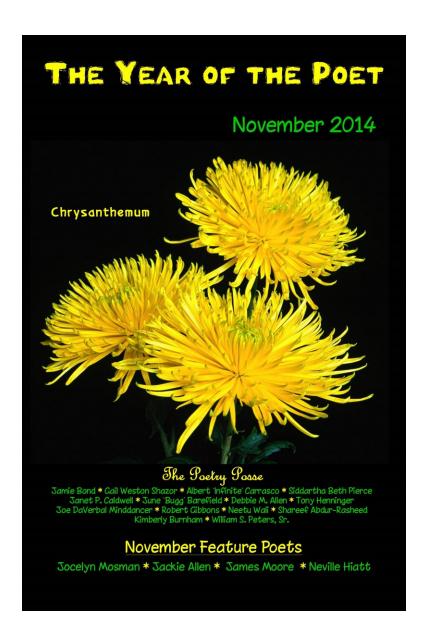
Heung Sook \* Anthony Arnold \* Alicia Poland



### The Poetry Posse 2015

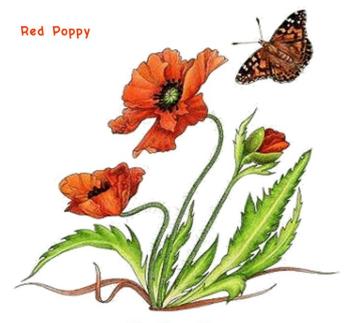






## THE YEAR OF THE POET

October 2014



The Poetry Posse

Samie Bond \* Cail Weston Shazor \* Albert 'Infinite' Carrasco \* Siddartha Beth Pierce

Sanet P. Caldwell \* Sune 'Bugg' Barefield \* Debbie M. Allen \* Tony Henninger

Soe DaVerbal Minddancer \* Robert Cibbons \* Neetu Wali \* Shareef Abdur-Rasheed

Kimberly Burnham \* William S. Peters, Sr.

#### October Feature Poets

Ceri Naz \* Rajendra Padhi \* Elizabeth Castillo

## The Year of the Poet

September 2014



#### September Feature Poets

Florence Malone \* Keith Alan Hamilton

The Poetry Posse

Samie Bond \* Gail Weston Shazor \* Albert 'Infinite' Carrasco \* Siddartha Beth Pierce Sanet P. Caldwell \* Sune Bugg Barefield \* Debbie M. Allen \* Tony Henninger Soe DaVerbal Minddancer \* Robert Gibbons \* Neetu Wali \* Shareef Abdur-Rasheed Kimberly Burnham \* William S. Peters, Sr.

## The Year of the Poet



August Feature Poets

Ann White \* Rosalind Cherry \* Sheila Jenkins



## the Year of the Poet

June 2014



#### June's Featured Poets

Shantelle McLin Jacqueline D. E. Kennedy Abraham N. Benjamin Gail Weston Shazor
Albert 'Infinite' Carrasco
Siddartha Beth Pierce
Janet P. Caldwell
June Bugg' Barefield
Debbie M Allen
Tony Henninger
Joe DaVertad Minddancer
Robert Gibbons
Neetu Wali
Shareef Abdur-Rasheed
Kimberly Burnham
William S. Peters, Sr.



## the Year of the Poet



#### April 2014

#### The Poetry Posse

Jamie Bond

Gail Weston Shazor

Albert Infinite Carrasco

Siddartha Beth Pierce

Janet P. Caldwell

June Bugg Barefield

Debbie M. Allen

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Kimberly Burnham

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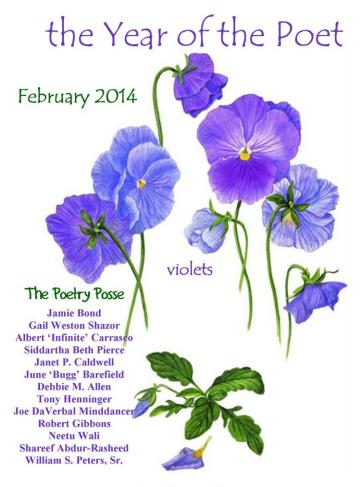


#### Our April Featured Poets

Fahredin Shehu Martina Reisz Newberry Justin Blackburn Monte Smith

celebrating international poetry month





Our February Features
Teresa E. Gallion & Robert Gibson





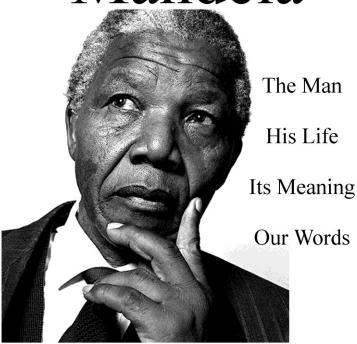
#### The Poetry Posse

Jamie Bond
Gail Weston Shazor
Albert 'Infinite' Carrasco
Siddartha Beth Pierce
Janet P. Caldwell
June 'Bugg' Barefield
Debbie M. Allen
Tony Henninger
Joe DaVerbal Minddancer
Robert Gibbons
Neetu Wali
Shareef Abdur-Rasheed
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Our January Feature

Terri L. Johnson

# Mandela

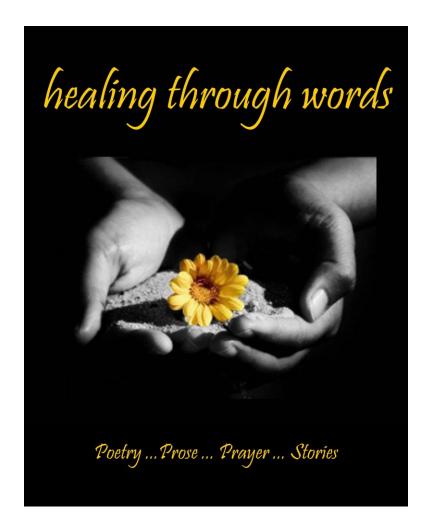


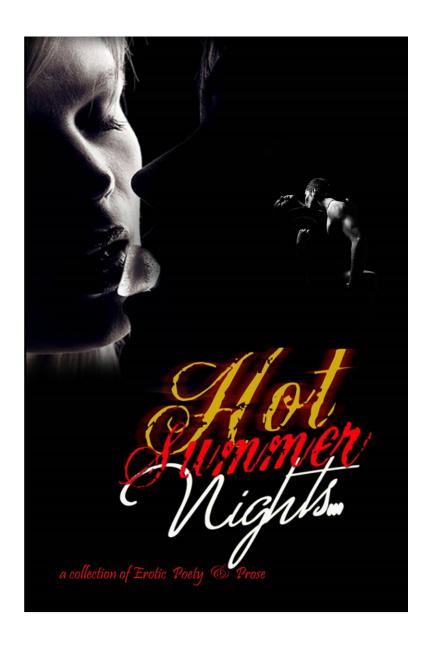
Poetry . . . Commentary & Stories
The Anthological Writers

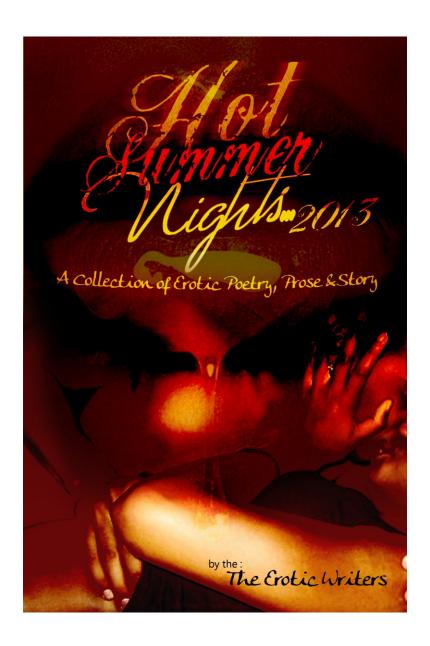
## A GATHERING OF WORDS

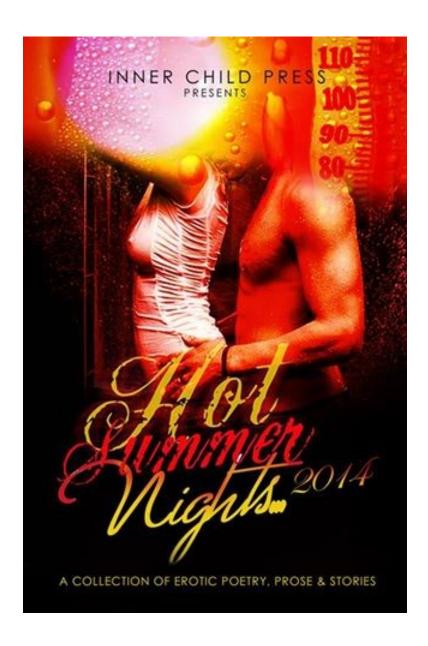


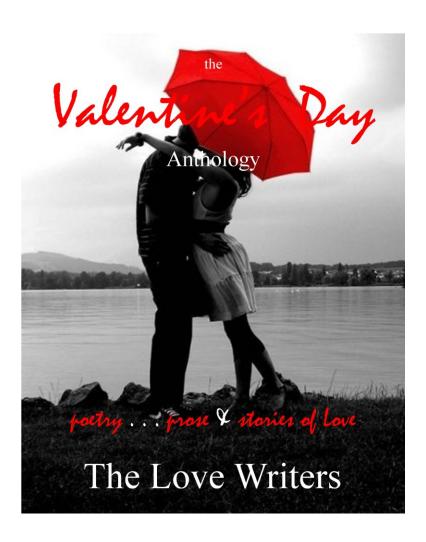
TRAYVON MARTIN











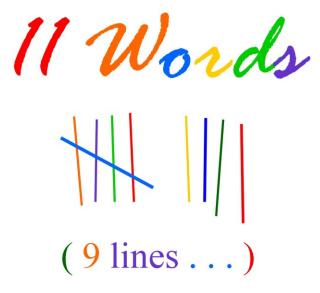


a collection of the Voices of Many inspired by ...



a collection of the Voices of Many inspired by ...





for those who are challenged

an anthology of Poetry inspired by . . .

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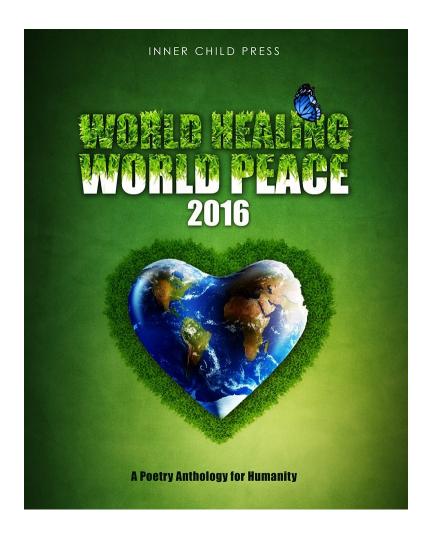
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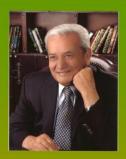


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