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Aurora Borealis
By Sarah McMahill

A rhythm of silver blue light
dances in the night sky
making waves
of indescribable joy and solitude.

O glorious light!
Shine upon this earth
with your harmonious ribbons
easing pain and suffering
bringing laughter and life unto your children.

A hot-red fire streaks across the sky
as the silver blue dissipates into nothing-ness.
The starry sky ripples like water
and the fire turns to ashes
as it trickles down like rain.

A sudden flash of white fills the sky in its entirety
and soon
the stars peer down at me again.

Softly and gently
you came
and with a bang
you parted
leaving a legacy
 a story
on our hearts.

1 Oct 2010

Sarah McMahonill

Autumn

Dance of dying leaves
Flames licking the tips of trees
Fiery spirals from the breath of nature
Then delicately falls to the earth, for sure
Blanketing the moist, dark soil
As they are aware of their mortal coil
And with that knowledge, they become immortal
Knowing that from their death
Transforms into the earth's living breath.

Sightless and Soundless

-- Sarah McMahill

Wandering eyes

Gaze endlessly beyond the sea
Beyond the land
Beyond the Universe
Beyond our souls
And into the infinite deep space.

High peaks

Reach beyond my imagination
Seeping into the mid-day mist.

Birds crying

Church bells ringing

Sounds of people walking

Sweeping

Thinking

Listening

Praying

For a miracle to happen.

The eyes pierce the soul

Ordering

Pleading

For our people to be set free.

Begging forgiveness

The mighty spirit

Flies upon me

Kissing my neck

With swift

gentle

pecks.

Sea of blazing fire

Among hot wax

Underneath my ice cold hands.

Lions await an unseen presence

Guarding

Protecting

Our sightless eyes

And soundless screams.

Woman

The moon looks into the mirror
And sees the vanity
Of her children
Primping and masking their natural beauty with makeup
She sends blood
To remind them
Of who they are meant to be.

Empty Prayers
By Sarah McMahill

“Remember Cain and Abel”
 said the wolf in the cradle
and as sheep cries in the tree,
 monkey sings love songs to the bee
rabbit dances jigs
 on uprooted figs
dolphin walks on land
 And turtle plays in the band
bird slithers loudly
 As deer turns cowardly
and the children of Cain
 call for angels
 and miracles
 in deep,
 powerful
 prayers
 longing for answers
 and all
 they receive:

 lions crying softly in the ocean
 elephants laughing maniacally
 snows turn to styrofoam
 rains turn to tears
 homes divided
 churches are burning
 faith is fake
 and dreams, reality
 and the earth
 turns
 to
 blood.

Flying Free

Sarah McMahill

Verily, I tell the truth that is within my heart:
neither painfully wrought words
nor incestuous deeds will torment me any longer.
The light that is within me glows ever brightly
overshadowing the darkest shadows within my soul,
expanding to the ends of this world
and beyond all imagination.
I have broken my chains
and am flying
Ever Higher
Ever Higher
Ever Higher!
And within myself
I find peace and strength.

From Heart To Hands

On unfailing wings
we fly on many paths
sharing
and giving
our colours
in healing touch.

Sarah McMahon

'No' Meditation/'Yes' Meditation
Sarah McMahill

no YES

tears Eyes
crystals Sparkling
falling Dancing
pale FrOm Blushing
FaCe

no YES

rage Joy
burning Bubbling
ThRoUgH
My BoDy
crushing Loving
My HeArT

no YES

dripping NoSe Snorting
sad Funny
mucus Laughs

no YES

depression Love
racks Envelops
My BoDy
lowest Highest
of low Of high
taker Giver
Of SpIrIt

no YES

Transformation

-Sarah McMahon
31 January 2009

Right here
Right now
In this day
My past will slip away
And let me live
Right here
Right now
In this changed body.

The addiction that once was
Has transformed into butterflies
In the sky. Let them fly,
 High in the sky!

Right here
Right now
In this day
From this old body
They will fly away
Leaving behind a new self.

The colors have opened my eyes
Of those butterflies
Right here
Right now
In this day
In this new body
In this new life.

Unwinding

by Sarah McMahon

Flying free
wanna be
in eternity
in the space
where I was born
safe
within the walls
of my mother
shielded from the hatred
of the world.

Release.