Helen Daly
Her Journey

And she gingerly walked upon her new solid ground,
And basked in the light that had directed her down.
She stood straight, head held high as she continued her path;
And never looked behind to the ruins of wrath.
Her heart was relieved and her breath it was deep;
The journey gave healing to her parts, once weak.
In essence the good was an amazing new way,
To release all the bad and embrace a new day.
It wasn't all easy this new direction she chose
She fought and she cried, and for a while, refused to go.
But the writing had been on the wall, you see
That her path needed change for her to just "be"
And even still her dreams were about staying in in the past,
But she knew this new path would bring her peace, at last.
And with a grateful heart, she continued her pace;
It was amazingly smooth with newfound loving grace.
And her heart it was grateful for what she kept from the start...
Her children, family and friends, her pets and her good heart.
For no one or nothing could steal the light from her soul,
And when they tried she protected her given grace like gold.
No one said it would be easy and with every step she found,
New reasons to be grateful, new light to keep around.
So she took all the bad and hid it from light
And kept all the good, very close, and in sight
And the day did come when she no longer cried
Tears turned to numbness, her naïveté had died
And she knew of her monster and all of his deeds
His castle of sadness all withered, in weeds
And what healed her was forgiveness a new light to shine
And her new life was light, and she liked it just fine.