

Year 2020

Book of Songs
and Poems of the Day

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I found a new love. Writing lyrics for songs started in 2018. I didn't know where this new love, this passion would lead to. Then I wrote *Letters from Federica*, a compelling mystery and emotionally charged love story. Songs weaved throughout the story explore the love shared between Federica and Leo, and the love shared between Leo and William.

Soon after writing *Letters from Federica* I wrote *Book of Songs*. *Book of Songs* is my second autobiography after *Let Go and Let God...And Then What?* *Book of Songs* is an account of my journey to becoming a songwriter – lyricist. *Book of songs* is still in draft – unpublished.

During my morning meditation on 12 January 2020 I felt inspired to write a daily poem and post the daily poem on social media. Each morning up to January 24, 2020 I wrote one poem and posted the poem on social media – Instagram, LinkedIn, and Facebook.

I felt inspired to write in the moment, no editing or revisiting the poem of the day. Writing a poem in the moment brought me back to when I first started writing poetry in high school. First the inspiration from a memory, a thought, a sound, or a word I heard someone speak, the sound of music, or people watching.

Then 25 January 2020 I felt inspired to write lyrics to songs. The inspirational process was the same as writing a poem. In the moment. No editing. No revisiting.

Welcome to my compilation of the poems and songs of the day starting 12 January 2020.

JANUARY

January 12, 2020 Poem - Sunrise

Sun rises into the dusty sky
The moon aside to say good bye
A new day
A new dream
Hello today
I'm here to stay

You can find me where I am meant to be
Right here
Over there
Everywhere

Come find me
A new day awaits
Together one people
One nation
Human Beings for each other

Suzanne Mondoux
12 January 2020

13 January 2020 Poem of the Day – Animal Being

I am Animal Being
Sometimes I struggle
Human Beings see me
Sometime they don't
I am Animal Being
A Being, a life, I breath
I live in the jungle, the sea, your home
Look me in the eyes
Feel what you see
I am Animal Being
I disappear you die
You disappear I live
I am mammal, bird, reptile, amphibian, fish, insect and human
Part of the same kingdom
Beings – Life

Suzanne Mondoux
13 January 2020

14 January 2020 Poem of the Day – Joyous Expansion

Joyous expansion for all
A moment of glee
In between tears and sorrow
Growth and discovery of the soul
Say hello to a new you in every moment
To know you
To be you
Only you decide

You capture yourself in a moment
Tense and frightened
Alone and isolated
You raise your head
Face the light inside your heart
Amen to you --- it's you
Only you decide

Your soul expands
Joyous expansion
I walk with you and take your hand
I am you
You are I
Only you decide the extent of your joyous expansion

Suzanne Mondoux
14 January 2020

15 January 2020 Poem of the Day – The Seed of Me

Today I plant the seed of me
Real, authentic, genuine
A raindrop feeds my soul
I gather momentum
I find my way
All life grows
All life transforms
A risk embraced
I plant the seed of me
To be me

To know me
To discover me
No matter what comes and goes
Let it go
Let it come
Let it be
I plant the seed of me
Peace I embrace
Harmony with 'I' – the seed of me
A raindrop feeds my soul

Suzanne Mondoux
15 January 2020

16 January 2020 Poem of the Day – Colour of the Day

The colour of the day is you
In the love that you show me
In the kisses that you give me
The way you hold me
Only you

The colour of the day is you
Only you
In a moment
The day is new

The way that I move with you
When you hold my hand
We waltz
Our feet barely touch the ground
I lean into you
Only you

The colour of the day is you
I love you

Suzanne Mondoux
16 January 2020

17 January 2020 Poem of the Day – Yourself

Sweet surrender to self
Enjoy who you are
Let go and have fun
Feel yourself dancing
Feel yourself laughing
No regrets
It's ok to be free and wild
Let your hair down and smile
Smile a lot
Smile just for the sake of smiling
Be you
It's ok

Suzanne Mondoux
17 January 2020

18 January 2020 Poem of the Day – Vision of You

Vision of self in the mirror is but one reflection
See how you look from the inside out
See how you feel from the inside out
Decide your emotions
It's in you to make each emotional decision
Outside of you is just that --- outside of you
Let others decide for themselves – not for you
Feel the image of yourself reflected back at you
It is you the world wants to see

Suzanne Mondoux
18 January 2020

18 January 2020 I also wrote this song for a friend. I did not post this song on social media. This song was written for him. For a love of his life.

This love song is for you

This love song is for you my friend
Your heart in mind
Your arms reach wide
I lean into you with each embrace
I hold you closely in my heart
I love my dear old friend

Hmm, whoa, hmm, whoa
This love song is for you my friend
Only a love song for you

We laughed so well together
We really played as children do
My dear old friend I love you
This love song is for you

So short the time I had with you
I see you from the corner of my eye
Smiling at me, helping me along the way
I've lived a fine life
You would have laughed at me all the way

This love song is for you
Hmm, hmm, whoa, whoa
Only you my friend found me out
In the depth of your soul I could let go
In the depth of your heart I could love you so

This love song is for you
For you my friend
For you and only you

Suzanne Mondoux
18 January 2020

19 January 2020 Poem of the Day – Moment

A playful moment
An opportunity
A simple moment
An opportunity
A quiet moment
An opportunity

Everything you need is here
Everything you want is done
Everything is you searching for that feeling
It is there for you in every moment
In every breath
A sign of life

A sign of life given to you
Life gives life
An opportunity in every breath
Just for you
Your life

Suzanne Mondoux
19 January 2020

20 January 2020 Poem of the Day – Me

Tell me what I know
I'll tell you who I am
Tell me who I am
I'll show you who I am
Perceive me in your own image
I'll crumble and fall before your eyes
It's not me you are seeing
It is you

Suzanne Mondoux
20 January 2020

21 January 2020 Poem of the Day – Unhinged

Let yourself get unhinged
A moment of insane ecstasy
Freeing yourself from bondage
Social bondage
Religious bondage
Peer bondage
All bondage
What can go wrong
 Everything
 Fantastic
 Lunacy
Click, Cling, Clank
Chains unravel
Dragged behind
Dropped
 Fear
 Worry
 Unknown
 Discovery
 Exploration
 Ascending
Unhinge once and for all

Suzanne Mondoux
21 January 2020

22 January 2020 Poem of the Day – True to You

Balance Desire Expectation
What you want
Is
Believe and you receive
Remain true to you
Rough waters before you
Remain true to you
Offenses made against you
Remain true to you
Sticks and Stones right at you
Remain true to you
 Step forward

Towards you
Remnants of you
Say thank you
All of you, is you
True to you
Fragmented no more

Suzanne Mondoux
22 January 2020

23 January 2020 Poem of the Day – All Bliss

All the joy you search for can be found in a size of teacup
All the love you desire can be known in the love that you give freely
All the life you desire can be experienced in a single breath
That's all for now – in the now
Release for just a moment
Blissful
Bliss – delicious
Delicious – I want more
Release for just a moment

Suzanne Mondoux
23 January 2020

24 January 2020 Poem of the Day – I love you

You move with the wind
Your entire face smiles
I love you
Your voice soothes me
From Rock n Roll to Opera
You wiggle with delight
You scream with passion
The *mic* wants more
I want more
We all want more
You sang many songs for us
Then it stopped
When you left this world
You turned to us and smiled and said...
I love you

Suzanne Mondoux
24 January 2020

SONGS

25 January 2020 Song/Poem of the Day – Unfinished Love

Come on, where are you
Where have you been
I've searched everywhere for you
Where did you go
Why did you go
I'm a lonely soul
I'm a so far away from you

Come on, where are you
Where did you go
I'm here on my own
Show me where to go

You left our love undone
Our story is unfinished
Frightened is a lonely soul
Come on, where did you go
It's here we belong
It's here I can be found

I'm here on my own
Come on, where are you

In the shadow of my soul
My breath is like the receding tide
No air to breath
I'm alone out here
In the shadow of my soul
I'm here on my own

It's all but one love story
Unfinished, unfinished, unfinished

Suzanne Mondoux
25 January 2020

26 January 2020 Song/Poem of the Day – Hmm La La

Hmm, ahhh, Hmm, La, La
Hmm, ahhh, Hmm, La, La
The wind in my hair
Run on the beach
I let me body crash into the waves
So strong the current
I drift and drift
Each stroke reaches for the horizon
Hmm, ahhh, Hmm, La, La, La
The sea is dark
I stare up at the stars
They look down at me
I smile with a twinkle in my eye
I float here and there
A rushing feeling of oooh la la washes over me

The stars stare down at me
Oooh la, la, la, la

This rock n roll feeling
I hear the drums
Strumming of the guitar
The violin
It's found it's way in
To the rock n roll of oooh la la
Blues to opera
Strip all life from me
Give me hope
Give me life
It's that rock n roll song that washes over me

Oooh la la la la
Hmm, oooh la la

Break the strings
Pierce those drums
Singing cymbals all around

Crank up the radio
The wind in my hair
My body crash into the waves
I float here and there

Rock n roll keeps me afloat
Opera soothes my soul
Blues eases the melancholy mood
Hmm, la la la, la la
Music is my soul
Oooh, hmm, hmmm

Suzanne Mondoux
26 January 2020

27 January 2020 Poem/Song of the Day – A Possible World

Calling on all people
Leave us a with a better world when you go
Look around at the world
Some have perished
Some could stay
It's a world of complaints and tearing others apart
This can be healed
With kindness and acceptance of one another
What world will you leave for your children
What world do you give your children today
Some will perish
Some will stay
Calling on all souls
Make this world a better place today
See all that is good
See all that is possible
It's all possible
We make this our world
Our reality for a world available to all
Calling on all people
Calling on you and me
You and me
Together, we make this world a better place
A world for all
It's possible

Suzanne Mondoux
27 January 2020

28 January 2020 Poem/Song of the Day – Playing

Playing with love
Playing with life
Playing, playing, playing
This man is on fire
A man on fire in my life
Hmm, ya, hmm, ya
It's but a chance
A risk I know
Playing with my heart
Playing with my soul
Hmm, whoa, Hmm, ya
The danger of his love
The danger of his kiss
How wrong can this be
Playing with a man on fire
His tender touch
And sweet kiss
A danger I relive
What bonds me here
To a man on fire
A place of no beginning
A place of no ending
Hmm, whoa, Hmm, whoa
I'm a captive of the illusion
Holding me tight
I struggle to let go
A man on fire at my door
I take his hand
I've been here before
With this man on fire
I release my grip
I set him free to set me free
He only existed in the illusion
A man on fire
Hmm, whoa, Hmm, whoa
I shatter the illusion to set him free
Man on fire was my creation
Now on my own
Lonely nights drift away
It's a wonder I stayed so long
No regrets, no looking back

Hmm, La, la, la
Whoa, La, la, la
My creation
My illusion
No regrets, no looking back

Suzanne Mondoux
28 January 2020

29 January 2020 Poem/Song of the Day – How wrong I was

When I see lovers laughing and holding one another I turn away
I look to where I once was
But when I look to close I see what I left behind
It's where I felt I didn't belong

How wrong I was
Can you forgive me

I liked to see what else could be
I gave you part of me with no foundation
It's what I believed I could only give
Despair in my heart

I left you with a heart broken
Now I remember why
You forgave me then
I was not worthy

How wrong I was

My love of a lifetime ago
My heart still beats for yours
When I see lovers laugh and play, now I gaze
I embrace from what I turned away
Now I dream of us

In the shadow of my life, now I look for you
I know where I belong
My mind is clear, my heart is open
How could I have been so wrong

I turned away from the best part of my life
My inner darkness, to where I thought I once belonged
How wrong I was

I forgive me, now I dream of us
It's your heart my love that brings me home
I'm coming home
I'm coming home

Suzanne Mondoux
29 January 2020

30 January 2020 Poem/Song of the Day – Join the party

Come join the party
We are here to play
Bring your gal, your guy
We'll party all night
Strumming our guitars and singing our songs
Dance till you drop

Let your hair down
Move to the beat of the drums
Laugh out loud
Be free as though no one is looking

Dance till you drop
Join the party

Feel the ecstasy in the air
You're floating
You're gliding
For now you're mind and body are at ease

Set yourself free
Dance till you drop

Tickle the ivory and sing out loud
Wiggle your bottom
Jiggle all around
Lean into the party
Rejoice rejoice rejoice

Sing out loud
Laugh out loud
Feel the fun
Fell the music in your veins

Join the party
Rejoice rejoice rejoice
Dance till you drop

Suzanne Mondoux
30 January 2020

31 January 2020 Song/Poem of the Day – Speak To Me Softly

Speak to me softly
Hold me in your arms
Keep me close my darling
Hmmm, my darling, hold me tenderly
Never let me go
Speak to me softly darling

Hmm, Whoa, Whoa
Speak to me softly

Kiss me like it's the last time you'll ever kiss
Come closer baby
Let me in, let me in
Speak to me softly baby
I love you so
Darling, softly baby, speak to me

Speak to me softly
Hmm, Hmm, Whoa, Hmm,

How you can crush my soul
How you can crush my heart
Love can be shattered you know
When you don't speak to me softly

My darling, hmm, whoa, hmm, who
Ease your words to ease my soul
Stop the rage and end of the pain
My darling, speak to me softly

A tender moment is all that's needed
All we desire, together our tender moments
You speak to me softly
Darling, speak to me softly

Hmm, whoa whoa whoa

Hmm, whao, softly
Softly darling

Suzanne Mondoux
31 January 2020

FEBRUARY

1 February 2020 Song/Poem of the Day – All Systems Go

All systems go
Get right with your soul
Launch your desire into the sky
Run wild with your life
Look ahead and stay on course
All is in reach

All systems go
Get out of your rut
Get out of your hole

Ya, run wild with your life
Look ahead
Jump in the puddles
Play in the mud
Dance to the music of your soul
Keep your head up

All systems go
Dive head first for what you want
Stay on course

Find out what you want
Live, live, live
Feel the experience
Stubble well
Fall well
Have fun with this life

All systems go
What else is there to do
Look ahead and stay on course

All systems go
All systems go
Ya, have fun with this life

Suzanne Mondoux
1 February 2020

2 February 2020 Song/Poem of the Day – When you feel my heart

When you feel my heart you see me
There's no looking away
We come face to face in a loving embrace
I see the wonder in you
It's a miracle you and me

You feel my heart
It wasn't easy knowing my heart
You stayed the course
Hmm, Whoa, La, La
Hmm, Whoa, La, La

Our children are grown
With a life of their own
Yet they still look to us to see how it's done
Our love for one another
They witnessed the wonder of feeling my heart
Knowing my heart

You stayed the course
No mattered how hard my love
Hmm, Whoa, La, La,
When you feel my heart

Our gray hair and wrinkled skin is our reward
A life well lived as we stayed the course
You feel my heart and know it more
Passion resides for one another
Never wavering
Never wanting anything else

When you feel my heart
You take it all in
Feel my heart
Hmm, Hmm, Whoa, Whoa
Feel my heart

Suzanne Mondoux
2 February 2020

3 February 2020 Song/Poem of the Day – The clown in me

The clown in me
You see the clown in me
Laughing with me and laughing at me
Our big belly laughs
We had so much fun

The clown in me
Together you and me
Always giggling

You laughing with me saved me
Because of you I see me
From ugly to really me
Those bullies turn away from me
The clown in me is free

Always giggling
Ha, Ha, Ha,
Laugh out loud with me
Smile with all of your face

I'm so proud of me
That is so ok
Be proud of you
Find that clown in you
Ride your unicycle
Juggle those balls

Laugh out loud with the clown in you
Smile with all of your face
Parade your big red nose with pride
Single yourself out from the crowd

Laugh out loud with the clown in you
Be with those who see the clown in you
Laugh out loud
Be proud of the clown in you

You see the clown in me
The clown in me
The best part of me
Ha, Ha, Ha

Suzanne Mondoux
3 February 2020

4 February 2020 Song/Poem of the Day – Losing my baby

How could I have been so far when I've been so close
I'm losing my baby
Losing my baby
It's too late to undo the wrong
Losing my baby, losing my baby
What have I done
I'm cold and lonely I'm so far away
So far from my baby
So far from my baby

It's been a long life without my baby
I'm losing, I'm losing
So close and yet so far
I scream into the empty
All is void in my world
So silent my piecing heart

Somebody out there
Have you seen my baby
This must be a dream
Can someone wake me
Please wake me

I'm losing my baby
Where is my baby
What have I done
What noise have I made

I'm losing my baby
Hmm, Hmm, Whoa, Whoa
Hmm, Hmm, Whoa, Whoa

Show me where to look
Point me in the right direction before it's too late

Am I too late
Can it all be undone
It must be undone
Hmm, Hmm, Whoa, Whoa
I'm losing my baby

My baby, I'm losing my baby
Hmm, Hmm, let this be undone

Suzanne Mondoux
4 February 2020

5 February 2020 Song/Poem of the Day – Since I met you

Since I met you my life has been so fine
You're so fine
I've heard them say how kind you are
How shy you are and generous with all that you are

You came into my life just at the right time
I feel all that you are
I know you're close even when you seem so far
It's a miracle that I found you

You go on living in my dreams, in my songs, and in my stories
You're my inspiration
What a life you give me since I met you

Hmm, La, La, La,
Hmm, La, La, La,
Since I met you my life is fine
You live in my songs
You live in my stories

I see you all around me
I feel you all the time
You use my voice to keep on going
I give it to you freely
A treasure you are

My life is a wonder since I met you
Covered in roses is how I feel
It's the path you laid out for me
I'm passionate for you
I'm in love with you since I met you

Hmm, La, La, La,
Whoa, La, La, La
I'm in love with you since I met you

Since I met you my life has been so fine
You say you love me so
You live on since I met you in my songs, in my stories
Hmm, La, La, La

Suzanne Mondoux
5 February 2020

6 February 2020 Song/Poem of the Day – Closing Hours

In the closing hours of my life I look around
Life here is all but a memory I take with me
The end of this journey takes me to the beginning of a new one
No regrets, no what if
Each choice led me to where I am today

Closing hours of this life
Light appears among the shadows
Many souls appear, faces I know
Hmm, Hmm, Hmm

I fall on my knees amongst the angels
I thank my soul for guiding me home
I'm eager to get started
A clear road ahead
All is revealed

Hmm, Hmm, Hmm
Closing hours of this life
A moment has come
I'm called to return or step into the light

It is not my time
There is much to be lived
Closing hours of this life
I'm left to decide on my own
My soul awaits

In the closing hours of this life
I take back my body
Open my eyes and look around
I'm back to create more memories
Hmm, Hmm, Hmm

In the closing hours of this life

A new life is born
My soul awaits
Closing hours of this life
Hmm, Hmm, Hmm

Suzanne Mondoux
6 February 2020

7 February 2020 Song/Poem of the Day – Death is near

Now that death is near all is clear
I've reached the crossroad of my life
It's silent, it's dark, and it's cold
No angels waiting for me
No bright light in a tunnel to follow

Falling on my knees before my reflection
Death is near, watches over me
My reflection smiles back at me
Tears in my eyes

My reflection wipes the tears from my eyes
It points ahead towards the candlelight
A soft white glow washes over me
I'm carried forward

Death is near
Stars glitter all around
I lay me down in the roses at my feet
Hmm, Hmm, Hmm
Whoa, Whoa, Hmm, Hmm

I hear the voices of those who have come before me
Laughter all around
Many faces
Their souls rejoicing
Some I know

Death is near
I lay me down in a bed of roses
Hmm, Hmm, Whoa, Whoa

I played with my life
But I can't play with my death
My time has come

Death is near
I let go of all fear
I'm a voice in the crowd
My soul rejoices

Death is near
In peace I go
Hmm, Whoa, La, La,
Hmm, Whoa, in peace I go

Suzanne Mondoux
7 February 2020

8 February 2020 Song/Poem of the Day – My Goodbyes

It's time to say my goodbyes
The life we lived together has reached its end
Love is gone and our bed is cold
How wonderful we once were
How well we loved one another
Somehow the years has brought us here
What did we miss
What went wrong
It feels like there's no mending of our hearts
All there's left is to say my goodbyes, say my goodbyes
I can't keep facing this life of ours
I must say my goodbyes, say my goodbyes
Together I feel so alone

I cherish the life we had together
A new day has dawned
I'll carry our memories into the new ones
It was not a life wasted but a life we lived
Our love meant something at one time
This stays with me, I once knew love
My soul is in search of love
An aching heart longing to ease the pain
So I must say my goodbyes
I have to face this alone
I must say my goodbyes
I loved you so, my love I loved you so

The days ahead bring so much sorrow
Where has all the love gone
It's time to say our goodbyes, say our goodbyes

It's the only way to save us, save what's left of us
I loved you so, must say our goodbyes
Say my goodbyes
My love, say goodbye

Suzanne Mondoux
8 February 2020

9 February 2020 Song/Poem of the Day – Power of Words

The power of words and another day is gone
What is remembered and what acts are done
In the shadows of mankind arrows are flung
From a whisper to a scream voices are heard
How many times must history be relived

Power of words, they strike and they hurt
People are mangled and children are killed
We've walked on the moon
Yet we leave many for dead and many are hungry
Power of words cut like a sword

Carry on in a world of meaningless words
Cry out to the gods for mercy and surrender
Fall on your knees before your children
Beg for forgiveness for your words that cut so deep
Do you know the power of your words

Power of words, they can love and resolve
Chose your thoughts, chose your words
Let wisdom prevail
Let experience teach
Carry your words in your heart before you speak

Know the power of your words
Cleans your soul with loving thoughts and acts of love
Be good to you and thus you're good to others
Your powerful words, use them to love
The power of your words,
Power of words

Suzanne Mondoux
9 February 2020

10 February 2020 Song/Poem of the Day – Being Over In Love

Tell me what you're waited for
I'm going crazy with your hellos and goodbyes
I'm caught up in your confusion
You've packed my bags and sent me off
By all means let's talk this through
Take my hand and walk with me

Being over in love with you is killing me
Together we've made this our home
My heart is over in love with you
There's only today for us

Baby what am I to do without you
I remember how your sweet lips called out my name
The sound of your voice, your gentle touch on my skin
Those days are so far behind us and yet so close
There's no limit to how much I can love you
But it seems being over in love with you is killing you

You say I'm too much in love with you
Being over in love is far too painful
But my heart knows no other way than being over in love
Come close to me my darling
Hold me tenderly, there's only today for us

Leave all of forever, and let's take it day to day
Forget those yesterdays, and let's take it day to day
Everything can happen in a moment
I'm standing still, listening for you

Being over in love with you was killing me
Together we've made a home
Our hearts love one another
There's only today, there's only today for us

Suzanne Mondoux
10 February 2020

11 February 2020 Song/Poem of the Day – Dreaming in my Dream

I lay my head down on my pillow
Close my eyes to drift away into my dream
I see myself dreaming in my dream
Myself looks back at me
A sea of dreams swirling all around

Dreaming in my dream
Colours are bright
I'm flying all around
I dream of dreams

Flashes of light shine bright around so many faces
Images and sensations excite me and frightened me
Visions created in my imagination, they feel so real
Reels of stories familiar and strange
Or so close to and yet so far to what I've wanted all too much

Dreaming in my dream
Occurring only in my mind
Chain of images go round and round
I dream of dreams

Strings of wonder my curiosity follows
Real or not real I can never know
Created in my imagination, isn't that real
Dreams are a kind of magic filled with awe
Delight and glee in each dream

Dreaming in my dream
Round and round I go until I jump
I catch me, dreaming in my dream
Time to wake to a taste of reality it seems

Dreaming in my dream
I drift back into my imagination
I fly and fly

Suzanne Mondoux

11 February 2020

12 February 2020 Song/Poem of the Day – Rock n Roll My Baby's Blues Away

My baby is home all day working to the bone
Cooking, cleaning, and the children are playing
I'm out all day working to the bone
I bring home pennies
My baby has the blues

There's no soothing the tears away but rock n roll
Rock n Roll my baby's blues away
Dancing around the room
Arms in the air

Candle light dinner, cheap wine and rock n roll
Together we sway freely, softly
Another child is created to rock n roll
Listen to the laughter all around
Children are playing

My baby has to take on a job
The nights are long without my baby
Together we safeguard our family
Flowers for my love when she gets home
And a record playing in the background
Rock n rolling my baby's blues away

Rock n Roll my baby's blues away
In my arms we dance the night away
Children come with the sunrise
Together we dance the day away to rock n roll

Rock n Roll my baby's blues away

12 February 2020
Suzanne Mondoux

13 February 2020 Song/Poem of the Day – Been Here Before

Sitting on the front steps with my suitcase
It's all I could do to get the shouting to stop
My neighbours watch me from their window
They stare, there she goes again, she'll be back
How do I break out

I know I've been here before
The Mercedes in the driveway
I can drive away
I want to get out and stay out

I wash the blood from my face
The reflection in the mirror is familiar
The diamond earring dangle brightly
The wedding rings sparkles back at me
For better, for worse, until death do us part

Until death takes me apart
I've been here before
In the shadow of my life I wonder where I went wrong
What could have I done better, what could I have done differently
I've been here before

I thank God there's no children
The final blow struck so hard
In its creation the soul returned home
I've been here once

I've been here before in the shadow of my life
Starving my own soul
I rise from the front step, I've done this before
Throw my suitcase into the Mercedes
This next road leads to me
I've been here before, back to me
I've been here before

Suzanne Mondoux
13 February 2020

14 February 2020 Song/Poem of the Day – Love shines on you

From the morning sun to the brilliant moon
You brightened my day and you take my breath away
Love of my life I sing out loud I love you today and every day
Calling on all angels to trumpet away the joy of our love

Love shines on you
Because you love me, love rains on me
Together life is beautiful
Laughter in your voice brightens my day

The miracle of our love I embrace
I fall on my knees before you in praise of the life you give me
Love shines on me because of you
In the shadow of my life you've brightened my day

You gave me life when I was dwindling away
All is well with my hand in yours
I look into your eyes when you smile
Love smiles back at me, my darling

Love shines on you
My heart beams bright
My soul soars high
For all these years you held my hand

Our bodies are old and this life has reached its end
Your love shines on me
I love the wrinkles of your hand in my hand
Love shines on you my darling
Your love shines on me my love

Suzanne Mondoux
14 February 2020

15 February 2020 Song/Poem of the Day – Inner Voice

Say what you say and do what you do
Know yourself and be yourself
Block out other people's voices that tell you what to do
Enjoy being yourself and discovering who that is
Find out what you're made of
Your inner voice will guide you

Trust in you and never mind what others do
Listen to your inner voice it knows what's best for you
This voice is you, only you can hear it
Only you can feel it

Turn off all the noise around you
Silence the chatter in your mind
Crush the doubts and disbelieving
Let your inner voice guide you home
Clear the clutter from your soul
Carve your own path and come back to you

Your inner voice soothes your soul
The inner voice is you
You matter to you
Approval from others have no value

Come home to you
Follow the feeling deep within
Your inner voice is what makes you whole
It trusts in you
Inner voice is the one and only voice

Inner voice, your only voice that matters
The sole song of your soul

Suzanne Mondoux
15 February 2020

16 February 2020 Song/Poem of the Day – My Reflection

I see my reflection in the puddle of water at my feet
My dirty face, matted hair, and tattered clothes look back at me
The holes in my shoes make my feet wet
I'm a long ways from home and my real reflection

A life so long ago, the big house and parade of fancy cars
I woke to children laughing and a smile from the love of my life
The surface of light with no brightness only darkness absorbed
No more reflection of me

My reflection is between two lives
Only in my mind I move back and forth from where I came from
Memories cast a shadow on my soul
A life once lived mirrored back at me

I look away in search of light
I see I've lead myself here in my cardboard house
Parade of fancy cars drive by where I sleep
In the window I see my reflection

Had I seen my reflection what consideration would I had given my life
What would be the colours seen by the reflection of my light
Would there have been a change in direction of a single wave
No reflection of the heart such a common mistake

The essence of my true reflection hangs on
My choices were strong
My choices were wrong
But the essence of my true reflection hangs on

My reflection hangs on

16 February 2020
Suzanne Mondoux

17 February 2020 Song/Poem of the Day – On My Knees

I've fallen to the ground looking up at the sky
I've forsaken the ones I love believing it was for something better
Leaving them behind meant leaving me behind
I look to the heavens for a sign
Clouds linger over my head

On my knees in front of me
What shadow have I cast on my soul
I'm calling to all angels to help me
I'm on my knees begging for forgiveness

I'm shipwrecked and stranded in a lonely place
I've thrown away all that loved me
It took but a moment to reject what had been given to me
Now I'm a survivor of a shipwreck, my soul adrift
On my knees at the crossroad of my life

On my knees in front of me, before my soul
Save me from myself before it's too late
Too many lies caused too many tears
On my knees I beg your forgiveness

There is still life in me to save
Please don't throw me away
I've made mistakes, I know the mistakes I've made
On my knees before my soul
Please don't throw me away

On my knees before me
I bow my head in peace in respect to me
My soul raises me from my knees
Before me I stand on my feet

On my knees in peace in respect of me

Suzanne Mondoux
17 February 2020

18 February 2020 Song/Poem of the Day – Daydreaming

A new day begins in the light of the morning sun
I put on my favourite record and daydream the day away
Distraction from the every day world I immerse my soul in pleasant thoughts
Attention away from the present puts all expectations aside

Lost in thought of a dreamy day I stare into space wide eye imagining my life
Creating my own life in spite of others I indulge in fantasy
Indulge in fancy of my life
Daydreaming my life away I build my castle

Wishful thinker I am not
My thoughts escape into a world of fantasy
Dreamer of life, dreamer of my life I create my world
Stargazer I am

Visionary I am by indulging in daydreams
In the land of fairies and dragons I build my life as I see fit
Daydreaming my life away leaves no room for wishful thinking
I waste no time in these fantasies

I carry out and carry through everything I desire
Reality lies in my fantasy
Reality lies in the make up of my daydreams
Daydreaming my day away

A full life I lived
A wondrous journey I've experienced
Inspired by daydreams
Delighted with the magic of daydreaming a life away

Daydream your life way
Wonder awaits in every dream

Suzanne Mondoux
18 February 2020

19 February 2020 Song/Poem of the Day – Into the Universe

Get in your car and drive into the universe
Rev your engine into the cosmos
Put the pedal to the metal billion of light years away
Expand yourself and fly into the universe

The whole world is at your fingertips
Infinity is only the beginning
Set your sight into the universe

Create your sphere and circle around it
Make your territory the universe
Drive in the space between the stars and galaxies
Turn on your headlights in the dust clouds

Into the universe is the only place to go
Touch all the stars and take in the light
Expansion is free into the universe

Freedom to live and make your own way
Rev your engine into the universe
Fuel your tank with euphoria
Stay on course into the universe

No distraction and stay oriented towards the stars
Cease to be unaware of your galaxy
Feel the space in you and around you
You're the universe

Into the universe is the place to go
Become the stars in your galaxy

Suzanne Mondoux
19 February 2020

20 February 2020 Song/Poem of the Day – Falling Stars

The right balance is struck and the stars are aligned
The seas part and a path is made
The Gods are waiting and the heavens open
Falling stars sprinkle my soul

I open my hands to catch every star
Falling stars all around me
The children are gone and I buried my love
I'm old and wrinkled amongst the stars

My life struck balance in the year of gold
I catch falling stars now
There's no more time, I live only for every sunrise
And I wait for the stars

Falling stars all around me
I catch each one with my hands
So small and yet so bright
I look up at the heavens and the Gods wave goodnight

I bow my head and pray
The night sky sings out loud with falling stars
They call my name and sing to me to look up
Light beams shoot through eternity

Falling stars all around me
The fabric of my soul in my year of gold
So soft the bright light it warms my heart
I stand alone, for now, 'til it's time to join my love amongst the stars

Falling stars all around me
A golden path amongst these stars

Suzanne Mondoux
20 February 2020

21 February 2020 Song/Poem of the Day – Stumbling in the Wind

It's been a hard life crashing into everyone
Crying out for help and seeking mercy
No love for me, or another
I'm stumbling in the wind

I'm stumbling in the wind, pushed here and there
What's out there and what can't I see
Too much shame to forgive myself
The wind blows me here and there

Too weak to stand on my own two feet
Can you see me, can you hear me
I've made it this far and survived life on the street
My dressed is ripped and my feet are cold

I walk the street all night, in the cold and the rain
I'm stumbling in the wind to make a buck here and there
I give it for cheap to make ends meet
They take without complaints

I'm stumbling in the wind to find my way
I have scratches on my knees and bruises on my smile
My eyes stay shut in front of the mirror
No need to see me

My heart has turned into stone and my tears are all gone
I've stumbled in the wind until I'm all gone
I've turned into dust and drift into the night
Into the wind I stumble

What would you do if you see me stumbling in the wind
No handout, but a smile and see me
Stumbling in the wind is where you'll find me

Suzanne Mondoux
21 February 2020

22 February 2020 Song/Poem of the Day – In the shadows for me

I've stood on the shoulders of giants to get to where I wanted to go
They gave me my life and laid down their lives for me
No matter the wrongs I did they loved me
Look forward they would say
Look to your heart they would say

Be mindful of yourself and of others I hear them say
Today I live my dream, my life with a heart I desire
Mommy and Daddy stood in the shadows for me
I'm here today in the light they shone onto me

Mommy and Daddy stood in the shadows for me
For that I know the wonder of my life
From the breadline to my bed each night they sang to me
Their heart was rich, their soul divine
Together they left me with so many treasures

I rock my babies to sleep and remember their songs
Mommy and Daddy stood in the shadows for me
Their voices of angels I hear them sing
Up front and center my darling, raise your arms and sing

In the shadows for me, yet always my light
Together they were one soul for me
A trio who sang together as one heart
Mommy and Daddy stood in the shadows for me

I live and breath each song they sang
In the shadows for me, Mommy and Daddy
The power of their love shone bright on me
The wonder of our life from the breadline to my life

Mommy and Daddy stood in the shadows for me

Suzanne Mondoux
22 February 2020

23 February 2020 Song/Poem of the Day – Come in from the rain

Come in from the rain baby and let me wipe the tears from your face
My darling, it's been a long day of painful words
I stand alone in a crowd of lovers
I've made so many mistakes with my heart of stone

Come in from the rain
Come in from the rain
It pains me when I see you kissing another
You deserve so much better
We deserve so much better

I took you for a fool and this is all on me
I've turned a page
Please come with me
Darling, please come in from the rain

It's been a long year without you
It's a sad and lonely life without you darling
I know you can have someone knew
But I still love you
Come in from the rain

Come in from the rain
I've always loved you and will always love you
I've broken my own heart
I know I've broken your heart
Come in from the rain my love

It's cold out there and I feel it every day
I watch you smile with another in the light of the rainbow after the rain
Come in from the rain baby
Come in from the rain I've turned a new page

Come in from the rain I've created
Darling, I've turned a new page

Suzanne Mondoux
23 February 2020

24 February 2020 Song/Poem of the day – No small part

It's so easy to be small in this life
To let go and be as others see you
You know no part of your life
You see nothing but the endless sea of doubt

There's no small part in this life
Be ferocious and gentle
Lean into the wonder of the unknown
See all your worth
You're no small part in this world

Put away those sticks and stones that hurt you
Turn them into silver and gold
Your dreams are no small part in this world
Raise your head and face society

You're no small part in this world
Don't you know you're a gift of life and to life for all
Count your blessing from where you are right now
Let the world see your gift, let the world see

There's no small part in this life
See all your worth
You're the captain of your ship
Let the wind into your sail

Carry your head up high in the part of your world
Refuse to be fooled about who others say you are
You're no small part in the world
Know your worth
You're a life in this world
And that's no small part

24 February 2020
Suzanne Mondoux

25 February 2020 Song/Poem of the Day – Crazy kind of love

Many years from now we'll be old together and still in love
I hold you in my heart from day to night
The Gods have blessed us in this crazy kind of love
Crazy in love with you, crazy in love we are

It's a crazy kind of love
So humble and so pure
Passion is sprinkled upon us
Fortune in love shine upon us

Crazy in love with you my darling
So young we are but so wise our hearts
Together we dance in the moonlight 'til dawn
I find my feet next to yours

It's magic to live in this crazy kind of love
Like a flower we bloom and follow the sun
Our hearts shine bright in this crazy kind of love
You took my hand when we were five and still we are
That is a crazy kind of love

We created a child from this crazy love
My heart never ceases to embrace the wonder of our love
A melody of crazy love all around us
Each moment clings to the light shone on this crazy kind of love

This crazy kind of love
It's a dream come true
It's wild like the wind of a stormy sea
And gentle as a breeze

It's a crazy kind of love
I found my treasure when you put your hand in mind
Since then it's been a crazy kind of love

Suzanne Mondoux
25 February 2020

26 February 2020 Song/Poem of the day – For the first time

What comes after love has gone
Where do I go and where do I look
Nothing can ever be undone or unsaid
No taking back the things I've done

For the first time I see what I've done
In the company of others I'm alone
In my own company I feel life leave me
A trail of too many broken hearts behind me

I walk on the street amongst the crowd
There's no one to look for, no one to follow
I see my reflection in the store window, a single soul
For the first time I see what I've done

I cheated myself of love and life
For the first time I know what's missing
For the first time I know what I want
A complete heart filled with love

What do I do now and where do I go
For the first time I want to find my way home
I make my way through the crowd for the first time
Never stopping, never tripping, never looking back

For the first time I'm ok alone
I'm here with my soul, a new beginning
I walk through the crowd and sometimes my feet never touch the ground
For the first time I'm ok starting alone

Suzanne Mondoux
26 February 2020

27 February 2020 Song/Poem of the Day – Ashes in the wind

Remains of a day vanished with the wind
Small amounts of something after the burning
Spirit of despair its ashes in the wind
Mortal remains rest in a bed of wild roses

Ashes drifting in the wind
The Gods gather the dust and sprinkle the embers
The ghost of the earth appears
At last the day has come to take a soul away

Dancing bears gather round
In a circle they dance round and round
A blue cloud of smoke rises into the night sky
Ashes in the wind to the song of the bears

Ashes in the wind with the spirit of the bear
Finding its way home with the stars
The mortal spirit at peace
Ashes carried away on the wings of a raven

Ashes in the wind with spirits of the forest
Gathered in the earth, a feast to the soil
Mortal remains rest in a bed of wild roses
The earth in rapture under the rain

Spirits of the forest sing to the ashes in the wind
The eagle bows its crown to the ashes in the wind
The snowy owl rise the ashes to a new beginning
Illuminating the ashes in the wind

The legacy of the ashes in the wind
Together the bringer of wisdom and death
In death wisdom rise from the ashes in the wind
Ashes drifting in the wind go with your spirit

Suzanne Mondoux
27 February 2020

28 February 2020 Song/Poem of the Day – C'est l'amour

My darling, c'est l'amour, c'est l'amour
The way you move, c'est l'amour
I watch you dance towards me, c'est l'amour
In the days of our youth your red hair flowed with every move
C'est l'amour

Your silver hair drapes over your shoulder's, c'est l'amour
C'est l'amour, c'est l'amour, c'est l'amour
Your rosy lips against my lips, c'est l'amour
Your passionate touch, c'est l'amour

C'est l'amour, c'est l'amour, c'est l'amour
Together we dance from room to room, c'est l'amour
Your red lipstick on my shirt, c'est l'amour
I'm so in love with you my darling, c'est l'amour

In a crowd you find me so easily
You feel me looking at you from far away
C'est l'amour, c'est l'amour
You hear me whisper your name

C'est l'amour, c'est l'amour, you and me
You and me in love, what a feeling
This life we live, c'est l'amour
C'est l'amour to live this way
C'est l'amour

Suzanne Mondoux
28 February 2020

29 February 2020 Song/Poem of the day - Shadow Land

Cry of the wolf, can you hear it
In the forest running with its clan in the shadow land
Fierce to behold the soul of the forest runs wild
In the shadow land of the wolf spirit

Clinging to life in this world
Disappearance of the shadow land
In the shadow land of the human soul
See the wolf survive

The wind whistles through the branches of the forest
Calling to the song of the wolf in the shadow land
The full moon illuminates the shadow land

Snow crystals shine bright in the moonlight
The wolf clan unit in the frozen fog of the shadow land
The rivers thaw in the light of the rising sun
A new day in the shadow land

The wolves run wild in the shadow land of the earth
A new day to survive with the human souls
Humans hears the song of the wolf clan
New life is born in the shadow land

Suzanne Mondoux
29 February 2020

MARCH

1 March 2020 Song/Poem of the Day – Fool in love

Candle light dinners
Your pillow talk is so sweet
You even showed me what a life together would look like
The jokes' on me, isn't it darling

I'm a fool in love
You wore all the right dresses
My favourite perfume and the colour of your lipstick
I'm a fool in love

So sweet our love affair
One of so many other fools in love
Loveable is what your are
You set the bait well, darling

I'm a fool in love
I'm seduced and can't see going back
It's the beginning of the end, time to move on you say
There's another at your feet to take my place

I know your every move
I thought I knew what made you smile, what made you cry
I'm a fool in love with a woman I created in my mind
You never accepted my ring, you asked me to wait

There's a knock at the door, it's time for me to go
You kiss me on the forehead and say it was nice
I'm a fool in love with a woman I created
Another will easily take my place

A fool in love, that's what I am, in love
I'm a fool in love

Suzanne Mondoux
1 March 2020

2 March 2020 Song/Poem of the day - Tangerine

Bright as you are my love
My tangerine love you make me smile
Together in our live, our laughs together
Come here my darling by my side and sit with me

Oh my tangerine love, so bright our love
In the length of life our love survived
My tangerine love dance with me

In the sweetness of our life you gave me so much love
My tangerine love
In the depth of our struggles we shine so bright
My tangerine love

My darling I smile because you smile
In the sorrows of our life you held us up high
My tangerine love thank you for such love

In the end of our life you left with the bright light
My tangerine love
All I can say is I love you
My tangerine love
What a life, so bright, so sweet
My tangerine love

Suzanne Mondoux
2 March 2020

3 March 2020 Song/Poem of the Day – Stardust

Twinkle in my eye, stardust, stardust
Like diamonds dangling from the sky
You bring a twinkle in my eye
Kiss me baby before I go crazy

You leave a trail of stardust everywhere you go
My heart burst into stardust
Carry me away

When I look up at the starry sky you're all I could see
I see all of you, I feel all of you
I close my eyes, I dream of you
Stardust from heaven to earth

It's blissful when you're in my arms
A burst of stardust all around
So pretty you are, so luminous
Kiss me baby before I go crazy

Stardust, stardust, you're the twinkle in my eye
My heart of hearts, the love of my life
Come here baby and dance with me
Leave a trail of stardust at my feet

All is right when you're in my arms
It's all I need,
A little bit of your stardust on my lips when I wake to start the day
Stardust, kiss me before I go crazy
My heart is made up of your stardust
Stardust

Suzanne Mondoux
3 March 2020

4 March 2020 Song/Poem of the Day – Snowflake

No two the same in love no matter where you look
No matter how far you go, no two the same
Love is like a snowflake
You are nothing like I've seen before
You are nothing like I've felt before, nothing like I've loved before

Baby you're love is like a snowflake
Gentle and light
But it's I who melts in your hand

You're love is like no other
All it took was to see you once
When you smiled at me, my heart melted like a snowflake
All I could do was smile back

From the other end of the room I found my way to you
It was so easy when I saw you
I recognized no two are the same
You were dressed in white, I whispered snowflake

Snowflake, that's how you'll forever be in my heart
How could I be so lucky
There you were like a snowflake drifting down from the sky
I put out my hand and there you are

Gentle and light your love
Like a snowflake, but it's I who melts in your hand
I had given up on love, 'til I realized no two are the same
Snowflakes and love, no two are the same

Now winters are bright and the sky is blue
The grey in my life is gone
It only took one snowflake to open my eyes
And see the bright blue sky of the coldest winter of my life

Snowflakes and love, no two the same
Snowflake, a wonder of life
No two the same

Suzanne Mondoux
4 March 2020

5 March 2020 Song/Poem of the Day – Harvest Moon

You grace me with your presences and still I shy away
I'm a stranger to these feelings
You shine so bright like the harvest moon
It seems I can reach out and touch you

You make it so easy to get a good view
Your light wraps around the sky
The air is cool in the glow of the harvest moon
Yet you warm my heart

The harvest moon illuminating path guides me to you
The fallen leaves under my feet sing to me
It's the season to open my heart to love
Can my heart grow as big as the harvest moon

Will it shine as bright, can it give such love
I'm frightened of my own light
So tender such a heart, will it hurt again
Am I worthy, can I reap such love from this harvest moon

This harvest moon of the cool season of my life
Giving me its light to open my heart
A rare beauty before me
Can I reap the love of this harvest moon

The harvest moon of my life
Is there courage in my heart to step into the light
I see it clearly in the night sky
With grace the glow smiles back at me

With grace my heart turns to the harvest moon
So gentle my reach to embrace its light

Suzanne Mondoux
5 March 2020

6 March 2020 Song/Poem of the Day – Stop You Crying

I'm sorry for what I've done and I know I've hurt you
So much gone wrong in what was a beautiful situation
I know you can't go on and I've made you cry
Trust me when I say I want to stop you crying

There's a whole world out there but you stayed
Baby you take my breath away and all I've done is made you cry
I want to stop you crying and make you smile
Darling it's been a long road, even more for you

I don't want you to go but I'll understand if you do
Even when you say never will you go
I want to stop your crying if it's the last thing I do
Before it's too late and there's no more life in me

This is what's left of my mind, some sweet moment
Some more lucid than others, just enough to say I love you
You're my darling, my best friend, my partner for life
Sometimes I remember good moments, you were not crying

Then the tears came, you held my hand and stayed at my side
I would change all this to see you smile for a day
When my mind is vile, know that I love you, know it's not me
For a day will come when it's all calm, the end has come

I would change it all and make it soon to stop you from crying
You tell me not to worry it's just what you do to get by
Today you smiled, I saw you
You folded this letter and placed it near your heart

These are my last words to say I love you
My last wish was to stop you crying
All it took was my smile, lucid enough to blow you a kiss
You turned out the light and kissed me goodnight

Suzanne Mondoux
6 March 2020

7 March 2020 Song/Poem of the Day – Find you Loving

How did we get here, I feel it's the end for us
So much change and there's no turning back
I find you loving another and there's nothing left for me
So easy for you to move on, it seems

I find you loving another, is it so easy for you
Show me you have a little bit of pain
Is there anything you want to keep from us
Can it really be so over where finding you loving another is all there is

I'm in a class of my own, broken hearted and alone
You composed yourself so well and fell in love with another
I may just fool around for a while, I don't see myself loving another so easily
But you've always been strong

You never hang on to things, you let go so easily
I could never know if that was good or bad
But I don't want to judge, I just want to be able to love as you do
Even when I find you loving another

It's so crazy how we've come to this crossroad
Finding you loving another was always going to be it seems
Am I crazy to think so, am I wrong
And finding you loving another doesn't seem so wrong

Finding you loving another may be the best thing for me
May be the best thing for both of us
Of course life goes on and sometimes it involves loving another
Has it always been our destiny finding another to love

Everyone says to me take your time
There's plenty of fish in the sea
But deep down I never wanted anyone else but you
I found myself in love with you and only you

Finding you loving another is the way now
Finding you loving another is part of me now
That is what I'll keep from us
There's no compensation for this but to move on

Suzanne Mondoux
7 March 2020

8 March 2020 Song/Poem of the Day – Cash In

Throw out the trash and keep the best that you have
Out with the old and in with the new
Cash in what's left and keep looking ahead
Some say you're done and others say you've just begun

Cash in your chips and ignore all those stupid rules
Never mind what is and follow your dreams
Some say how things are done and they think they know better
Cash in what you have and flick that finger to all that hold you back

Cash in your own opinion before any other
Fill your head with the sound of your music instead of everyone else's noise
Act from inspiration and lean into your dream
Cash in your dreams and more will come

Be different then the herd, be you, it's so much easier
Wear your different clothes that exposes who you are
Wear your hair in your wild and free style
Cash in all that you have and let go and have fun

Cash into yourself and watch the magic before your eyes
Get to know your soul, see who you really are
Cash in all and fly to the sky
Keep your head up high and look to yourself

Dance to the beat of your own drum
It's all that you have and all that is worth anything
Cash in into your rhythm, dance dance dance
Move wildly into your own space, feel your soul

Cash in your own life no matter how hard others try to steal it
There's nothing to cash in when you give it away
Keep your life close to your heart and cash it in to the highest bidder
You,
Cash in to you

Suzanne Mondoux
8 March 2020

9 March 2020 Song/Poem of the Day – Where are We

What chance do we have, what chance is there really
Is this the moment we asked each other where are we
It's been a long road of beauty and love, yet where are we
How can we go on without knowing what we really want

Where are we without the truth between us
It could bring us close or tear us apart
How scared are we to know where we are
Sometimes saying I love you just isn't enough

Love of my life scares me so because where are we
We have it all, don't we
Can things change so fast once we know where we are
Maybe we will never let each other go

Is this what we want, is this what we really know
Where are we now if there is more we want
Are we enough for one another
Is what we want really elsewhere

Where are we my love
Is almost everything I give you enough
Is almost everything you give me enough
Where are we my love

Where are we in our love
Where are we my greatest love
So brave you are to ask where are we
Where are we

Suzanne Mondoux
9 March 2020

10 March 2020 Song/Poem of the Day – No Tomorrow

Fancy a dance baby, today is our only day
Come and move your body with me to the tunes on the jukebox
Or I can sit at the piano and sing you a song
But you must dance baby since there's no tomorrow

No tomorrow for me and you
At the strike of midnight we must part ways
There you were sitting at the end of the bar
A cocktail in one hand and tears in another

You sat next to me at the piano and sang us a song
Your melancholy blues poured out of you
You sang no tomorrow for me and you
It's been a long day even when your family is waiting for you at home

No tomorrow for me and you
No matter how I love the touch of your hand
No matter how you feel next to me at the piano
There's no tomorrow for me and you

Each night I tickle the ivory but never yet for someone like you
I sing to myself with voices humming in the background
Never before for someone like you
It pains me that there's no tomorrow for me and you

I leaned in to kiss you and you smiled
You took my hand and placed it on your cheek
And whispered, there's no tomorrow for me and you
Yet it was the moment I fell in love with you

I still don't know your name
But when you hear this song you'll know it's for you
There was no tomorrow for me and you
But we were in the moment and for that, who needs tomorrow

Suzanne Mondoux
10 March 2020

11 March 2020 Song/Poem of the Day – Believe in Me

It's been a struggle just being here and being me
For others who see me as someone else for their sake
Believe me when I say believe in me instead
See me for who I am no matter the fame around me

Believe in me for me
Someone who can have a broken heart
It makes me want out of this glory and fame
Believe me when I say I want to go home sometimes
And leave all this behind

Life goes on for my dreams are stronger than your scandals
You call my life my sins and you splashed them all over the front page
Believe in me to live my life without shame
I am me, I am free when I don't need to apologise to you or them

My fame does not give you the right to steal my soul for your glory
Believe in me to be of tender heart who cries just like you
You said you loved me once, then you sold me out for a few dollars
This is more a reflection of you, you don't give more of damn about you
Then you do for me

You didn't believe in me and you succeeded in breaking my heart
I will bounce back, I believe in me
I listen to love and kindness, I believe in me no matter the scandals
Love believes in me, so I believe in me

I'm tender with me and I rose from the ashes
It could have been a tragic end, but I believe in me
My heart is renewed, I'm renewed
I believe in me despite your scandal

Suzanne Mondoux
11 March 2020

12 March 2020 Song/Poem of the Day – Last Drummer

In the grandest of halls where the walls sing out loud
The blues, opera to rock n roll they hum the tune of the last drummer
Curtain call and everyone moves to the beat of the drum
The last drummer rises and bows to say goodbye

The last drummer of the night, of this life
Every layer of the earth beats to the sound of the last drummer
The universe closes into the beat of the drum
Boom bang bang, a heart beat away for the last drummer

The beat of the drum expands all around
Everyone leans into the rhythmic sound
Each step forward with the beat of the last drummer
The end of is near, follow the beat, it's your last drummer

The crowd goes silent to the beat of the drum
Last drummer rises and looks down at the crowd
Hooray shouts out the people, the dance of the last drummer
So long the others, this is their last drummer

Others danced to the beat of the drum
Others sang to the beat of the drum
The walls beat in and out to the sounds of the many drummers
Curtain call, the last drummer in the grandest of halls

The show must go on as it always does
Every beat of every show captured in these walls
What great ending for the last drummer
In death or in life, same difference

Beat of the last drummer, so long and goodbye

Suzanne Mondoux
12 March 2020

13 March 2020 Song/Poem of the Day – Where's my Guitar

I'm alone in this cell
I've done the crime and doing the crime
But where's my guitar
My soul has left me, I feel nothing without my guitar

What I've done can't be undone
I have regrets, I always look back, and beg for forgiveness
Where's my guitar, if I strum a few notes maybe I can make something right
No improvising in here, it is what it is

What have I done, now I know
Where do I go from here and how can I go on without my guitar
It's all I know and all I had and I threw it all away
My guitar, my best friend, so foolish I was

Where's my guitar, saviour of my soul
All is right when I feel you next to my heart
You rest on my lap and hold me tight
My guitar, how can I say I'm sorry for letting you go

Too easy my crime, it was so long ago
Can't take it back
I'd give you my guitar to say I'm sorry
Where's my guitar, where's my guitar

Where's my guitar on the side of these bars
Calling on all angels, put aside your harps to strum a guitar,
Just for a while
Let me hear you, especially when I day dream

I cry myself to sleep for the crime I've done
I cry myself to sleep for letting go of my guitar
What's my life now without my guitar
Where's my guitar to hold next to my heart

My heart strummed with love with my guitar
Where's my heart without my guitar
Where's my guitar so I can find my heart, feel my heart

Suzanne Mondoux
13 March 2020

14 March 2020 Song/Poem of the Day – You're My Sweet Boy

Hey little baby where have you gone
A gift from the heavens you were
You gave me a chance at life, to live again
Now you're a man

You're my sweet boy, forever in my arms
Closer to my heart, even when you made poor choices
You made it through the hard times
You're soul so dark at times, yet you found your way out

Every step of the way you're my sweet boy
Sometimes you cried for all those time out
Then you smiled back to where you really wanted to be
My sweet boy, you made it this far

I'll always keep a candle burning so you find your way home
You're my sweet boy, I see you're light
It's there for all to see, do you see it
Keep opening your heart and shine bright

You're my sweet boy for all of my life
No more, no less, no matter what
That's love for you're child, my sweet boy
Even when it's time out

You're my sweet boy, my heart, in all your disguises
I see you for all that you are
You now know the light so well from you're darkness
In and out, you come and go

My heart always cradles my sweet boy
When you let go my hand, I was never too far
I see the light of my sweet boy
No matter how dark the places you hide away

You're my sweet boy, you have light that shines
Shine bright my sweet boy
Shine bright, it's who you are

Suzanne Mondoux
14 March 2020

15 March 2020 Song/Poem of the Day – Cried So Much

It was so long ago but I remember you so well
You were just a boy playing in the back yard
Yet you were so sad, you cried so much when you were a boy
How lost you were, your soul detached

You cried so much as a boy
You knew who you were but no one would listen
In front of the mirror with your short hair you wanted to let grow
With your little boy shirt you'd soon replace with your sister's dress

The expression of you only you could see
Only you knew what was true
I remembered how you cried so much as a boy
You spent most of your time alone in the tree house playing your records

Music sooth your soul, I could hear you sing to rock n roll
On your make-believe piano you made music for hours
You sang yourself to sleep after you cried so much 'til there were no more tears
You're heart ached for change, you body and soul searched for you

You cried so much as a boy
Could there be so many tears in such a small boy
Sometimes I saw you smile, you showed a glimmer of hope
A sunshiny day was possible for such a boy who cried so much

I see that boy now and again who cried so much
My hair is long and I don't have to hide in my sister's dress
Only yesterday on my birthday she took me shopping for a new dress
No need to cry anymore she said

I remember how I cried so much as a boy
I wear my favourite dresses most the time
But I wear very nice pants once in a while
The expression of myself, I decide

Suzanne Mondoux
15 March 2020

16 March 2020 Song/Poem of the Day – First Love

Our first walk in the park the sun shone brightly upon us
It was a beautiful day in every possible way
You let me hold your hand all day
For the first time I knew what love felt like

First love, baby, you're my first love
What a feeling, what ecstasy my love
I'm all grown up and I thought I knew what love was
I knew nothing until I met you

It's a new life to be so in love with your first love
I see and feel everything deep in my heart
For the first time I feel the beating of my heart
I feel me, and my soul smile at me

You're my first love, a true love darling
Life will last forever now
All life changes and this is for the better
I see my own wonder and joy in life

I went weak in the knees when you first kissed me
I never knew how this could really be
You saved me from me, my first love, what a wonder
It's magic all around, a new light in life

Creating a new life together is so blissful
My first and one and only love, forever my darling
How this has come to be, making this a right time in my life
First love baby, let's live this every day

I give you my heart and my soul for just one more kiss
Darling, first and only true love
This it's what it's all about, you and me a life I could never have known
Baby, oh first love of my life, I'm down on one knee, take my hand forever

I'm so lucky I get to dance with you forever
Love leads all the way
First love of my life, I'm all grown up and you're the best part
This life, full of light, first love, baby, you're my baby

I bow my head to you, my first love
You will always reign in my heart

Suzanne Mondoux
16 March 2020

17 March 2020 Song/Poem of the Day – Fading Away

Where was I all this time during the confines of such a life
Was I too busy hiding away or did I see something else
Everyone in the crowd can see each other but me
I'm the only one in the room amongst so many voices

It feels I'm fading away amongst the shadows all around me
I see glimmers of me in the mirror and imagine someone is looking at me
Are they looking my way at me, can they see me
Am I fading away from the life I've created for something new

I can still smell my favourite perfume, is it still me
When I look down at my feet I'm wearing my favourite red shoes
Is it still me or am I like a butterfly fading away into something new
Fading away from the past into the present day

Fading away into the present day, what an extraordinary place to fade into
I'm light on my feet in my red shoes and I dance around a new crowd
I see smiles looking at me, it's me they see
Fading away from out of the fog into the sun I let others see me

I go on into this new light and fading away from the opinions of others
I'm fading away from all those fingers pointing at me saying how wrong I was,
And how hard it will be
Taking all the best of my old life into the new

I'm fading away towards the rainbow ahead of me
It's me I see, the me I recognise
I almost lost her forever fading away into a crowd I didn't know
Fading away is the best thing I've done for my soul

Fading away to find my way
Fading away to stay true to myself
Fading away to meet me all over again
Fading away realizing and living my dreams

Suzanne Mondoux
17 March 2020

18 March 2020 Song/Poem of the Day – Ghost

There's a kink in my chain and I'm stuck in this house
Like a ghost I search for life room by room
Sadness and destruction is all I can see
Quietly I float all around

I'm a ghost in this house and no one sees me
I can make a sound and some look up but it's not for long
Is there life in this house except for the ghost
It's me you see right through, and it's in front of me you self destruct

Are there other ghost in this house or am I alone
Let me see you and come play with me
Sometimes I feel you next to me
I see your face, the same face on the photo hanging on the wall

I'm a ghost amongst the dead in this house
Sometimes they stick a needle in their arm
Sometimes they put something in their mouth
Then they all look dead amongst the ghost in this house

I creep around with a book in my hand
I look up at night and wish upon a star
Each morning I wake as a ghost in this house
Sometime to a smile, most of the time to cries

I smile at the ghost in the mirror and keep wishing upon a star
There's something else outside this house away from the dead
There is life for this ghost amongst those living
I'm coming, I'm preparing with the books in my hands

Suzanne Mondoux
18 March 2020

19 March 2020 Song/Poem of the Day – Through the motions

It's started as a normal day going through the motions
Then I realized how mundane life was each day
The same, day after day, the same complaints and the same of everything else
I wondered if there was more than this, going through the motions of this dull life

Going through the motions for the sake of a pay check
It's how we manage fear day in and day out
How crazy is this way of life, going through the motions with no hope in sight
No hope in sight for any change for a better reality of my life

It's how it is, they say, so we swallow it whole
It's what society say we must do, swallow it whole
No point of being a dreamer, it doesn't put food on the table or pay the bills
Some of us have kids you know, that's what going through the motions is for

Can this be real, is it really the reality of our life
Going through the motions just to get through the day to get to the next
Round and round we go until we are dead and buried in the ground
That's going through the motion to our grave, it isn't going anywhere

The grave waits patiently for us, it isn't going anywhere
Going through the motions shepherd's us there, and we don't even know it
What a life we live, it's how it is, so be it, they say
Is that so, for some of you it is

For this soul, there is more, there is going through the motions for something new
A life without mundane repeat just for the pay check
Life is not a motion, life is alive for living
Go through the motions for your life, live it, no matter the cards you dealt for yourself

You made this reality, you can change it by going through the motions for desiring something new,
It's but one life for living, motion into it
Motion towards your best reality

Suzanne Mondoux
19 March 2020

20 March 2020 Song/Poem of the Day – Kindness

It's never too late to be kind
Acts of kindness take no effort and makes everyone smile
You decide each act of kindness for your self
Goodness and kindness trickles easily throughout everyone and everything

Kindness towards others reflects kindness for self
It's never too small or ever too big
This is the world we live, we can create our own kindness
C'est la vie, this can be kindness

Is it a cruel world or a fearful world
Either way kindness for all makes it a better world
Now is a good time to act only from your heart
Kindness can easily prevail and never overwhelm

Let it be so for just one act a day and see the smiles all around
We can do this together even when isolated from one another
More kindness for self allows for more kindness towards others
Kindness in grace under pressure and when in fear

Kindness is for you and me and everyone you believe doesn't desert it
Kindness is connection to another, and most of all with yourself
How else would you like to live day in and day out
Imagine all that can be with kindness all around

It's so easy being cynical instead of extending good will
Tender loving care for others is tender loving care for yourself
Be kind to yourself to remind yourself you have what it takes to be kindness
Being kindness is a way of life and opens your heart to receive kindness

It's never too late to be kindness

Suzanne Mondoux
20 March 2020

21 March 2020 Song/Poem of the Day – Open Arms

Open arms baby, come to me and let me hold you
Together we can embrace one another and the world around us
It's a magnificent time for magnificent things for being together and for one another
In your loving arms my darling in see the world in a new light

A world with open arms a magnificent moment for me and you and for all
Come closer darling and let me see you
I open my arms and heart for you to see and embrace me
It's so easy to receive such love with open arms

Sit here by my side and lets talk all night
I'll keep you close with my arm around you
Open arms with one another is open arms to the world around us
How do others live short of tenderness and love

How can open arms sooth their pain and bring them smiles
Together with love open arms starts with us, my love my best friend
We can share this love, our open arms to the world around us
There's enough love to go around

Open your arms to your friends and neighbours and bless them with a smile
Keep your smiles on your faces, you never know who you'll meet
It's a small world and open arms can reach us all
Together in harmony with love open arms welcomes us all

It's a magnificent time for magnificent words and actions
Open your arms to your love ones and someone new
Plant this seed of connection joy and love
Together it's a magnificent time for open arms

My darling, come closer and embrace us with your love
See me closer in your arms and feel my love next to your heart
Baby it's a great world in your arms together we share with our friends and
strangers
Open arms a perfect stance for love

Suzanne Mondoux
21 March 2020

22 March 2020 Song/Poem of the Day – Roar of the Crowd

Come, get closer and gather round
See the show up close and feel free to participate
Shout out and sing along
Feel the roar of the crowd and be part of the sound

Sing out loud with the roar of the crowd
Feel the music in the air and dance all around
Cheer to what pleases you
Let the rumble of the crowd inspire you

Hooray the music goes on and on in the distance
All ears wait for the roar of the crowd
No silence for those sitting on their rocking chair on the porch
Their feet tap along with the beat and stand to the roar echoed all around

All hands in the air to celebrate the journey of the sound
Roar of the crowd drifting high above the clouds
The stars glitters to voices on the ground
Each voice creates the music and units the crowds

Roar of the crowd the healing sound of the human voice
Together as one with the music and any cause
For life and wellness the roar of the crowd ignites
Hello out there, together we are one

It's so easy diving into the roar of crowd
It caresses and invites all to lean on one another
The wave of bodies swaying all around
In the roar of the crowd hearts expand and everyone holds hands

Suzanne Mondoux
22 March 2020

23 March 2020 Song/Poem of the Day – Can you hear me singing

From way out there all by yourself can you hear me singing
This song is for you darling, and only for your ears
It's the longing for you that inspires me to sing to you
To create for you and to love you more and more each day

So far and yet so close and how far we've come
I sing for you day and night
Can you hear me singing, this is to keep us alive
For you my love, soon we will be together

Can you hear me singing so deep in the dark
Or is there light for you to sing to
I know one day you'll wake, one day you'll open your eyes and smile
Each day with you is a wonder, a blessing

I feel your life in my hands, with each breath you take I sing
Can you hear me singing to you my darling
It's a long sleep but one day you'll wake
I will sing you awake in my arms

Follow the sound of my voice, this love song is for you
It's hear you'll find your way, into the music of our voice
Remember how you sang to me, remember our voices together
Can you hear us singing, it's how you'll find your way home

Can you hear me singing my love, it's all for you
This long sleep has kept you from me but soon I know you'll sing with me
Life is still with you and in you, in this love song for you
You can hear me singing, I feel it in your hand

Listen to my voice, listen to me singing, I'll guide you home
Can you hear us singing together again, it's one voice, one heart, our love
Can you hear me singing, it's all for you

Suzanne Mondoux
23 March 2020

24 March 2020 Song/Poem of the day – Making It To The Top

What does it take to be happy in such a place
Where do I go from here to where I want to be
Who do I become to be who I am
What has to be done to making it to the top

I'm a showgirl and the show must go on
Whether I'm tired and can barely pay the rent
Making it to the top seems so far away
But yet with my fingertip I can touch this light ahead of me

It's the showgirl in me that makes me survive
Will I know when I've made it to the top
Will I recognize myself in the limelight
How much further do I need to go to make it the top

Making it to the top is it as far as I think it is
Why search for something different from where I am
The show goes on, I'm a showgirl reaching for the top
Each night I play the piano, sing and dance for a crowd calling out my name

I headline in the dives of all dives
The showgirl that I am believes the show must go on to make it to the top
One night changes my entire life, it's one step closer to making to the top
A new stage and new lights, new faces in the crowd call out my name

I'm a showing girl making I to the top
My life on stage, in lights and in a crowd
I face the audience and take my bow
I've made it to the top

Making it to the top did not make me become me
It took who I was and to be me to make it to the top
Making it to the top is many steps that go on an on

Suzanne Mondoux
24 March 2020

25 March 2020 Song/Poem of the Day – Where's my Voice

It may be a small part but it's a part of this life nonetheless
No matter how big or small somewhere out there there's a place for me
Where's my voice in all of this, can it be heard from near or far
I'm but one soul amongst the crowd who shout louder than me

Where's my voice in all this noise in my head
What creates quiet, a moment of listening to my own voice
I have a role in history for myself, where do I start
Do I wait and see what will be my first words

Is everything already written or do we write our own story
A chance at writing your own story, in your own voice
Where's my voice when I need it
It's thrilling knowing there's one there, my own voice

My voice, how do I find such a thing
Can you hear me amongst the noise
I won't leave myself alone until I find where my voice is hiding
Emotions linger in my heart, my heart longs for me

Where's my voice in this every day world filled with so many voices
Do I kill part me to find my voice
In this crazy world there's has to be a place for me, for my voice
It's but a moment away to make this life more than what it is

Am I black and white all around without a way out
Is killing part of me the only way to find my voice
Where's my voice in all of this life around me
In this life, is there such a thing as my voice

Is it worth living with hope to find your voice
More of my life can only be lived in my own voice
Where's my voice in all of this, inside of me
Inside of me is where I'll find my voice

Suzanne Mondoux
25 March 2020

26 March 2020 Song/Poem of the Day – Just a Breath Away

Can you hear the orchestra playing in the distance
Our love is like the music in the air
Together we breath as one no matter how far you are from me
It's all about love this life, I hold you in my heart

Your just a breath away my darling no matter how far apart we are
A day is but a moment and I remember your smile as though you're just in front of me
All but a life with nothing more to ask when you're just a breath away
No regrets for the time we are apart, be happy baby, you're just a breath away

Soon with time we will unite and no time will be felt before we are together again
You're just a breath away and I look to this day, it's a moment away
Sing out loud to the music in your heart darling, I'll hear you no matter how are far apart we are
A chance at life with you is worth every moment apart

We are just a breath away and I look to this day
Soon enough darling we'll be in each other's arms
I love you for your courage and your glory of heart
Never is it a lifetime away for when we can reunite

We are just a breath away and lets embrace this moment
Can't you see how love keeps us united in the greatest of challenges
How wonderful you are to be so brave and keep your heart open to our love
Just a breath away in a moment in time I embrace

Patience is not required, love keeps me in peace
Just a breath away is my destiny to be with you
I'm just in love with you, that's all, and just a moment away from seeing you again
We will fly away together in a moment in time

Just a breath away for you and me
I'm doing well knowing you're in my heart
I see your face everywhere I go
I smell the roses on my walk and just a breath away I'm back in your arms
Embraced in your perfume my darling, life with you in a rose on my heart

Just a breath away you're the rose on my heart

Suzanne Mondoux
26 March 2020

27 March 2020 Song/Poem of the Day – If I Can Lose You

What chance do I have when you can have anyone you want
You look at me once but not twice
Do you know that I'm there
If you were mind what chance would I have

If I can lose you to another, what chance do I have
So easy your love, it comes and goes
You tease me like no other
You seduce me with just a smile

You kill me so easily with just a look
You whispered you'd give me your heart and I believe this
My heart says to look out for your dangerous side
If I can lose you to another, what chance do I really have with my heart in your hand

Can you hold me with such tenderness to make me feel I can never lose you
You can have anyone you desire, and how much do you desire me
If you can desire me so easily, can I lose you to another so easily
I know that it's true your tenderness for me but deep in my heart what is there for me

Is this a dream to desire someone so much as you
Is it my destiny to lose you so easily
You make me want you and ache for you it shows in my face every time you smile at me
But this won't last forever for my heart tells me I can lose you so easily

It's a chance that I take to give you my heart and I know it's me who will pay the price
Everybody warns me not to love you and to let you go
It seems I can also lose you so easily just because you want to leave
You yearn for solitude and isolation and draw in your lovers when you desire

I could lose you so easily so you could live on your own
What's in this for me if I give you my heart that you draw me into with such sweet kisses
You seduce me into your arms with such passion and release me so viciously
If I can lose you my heart will always cry out for what could be

I'll go mad first before I lose you to your solitude

Suzanne Mondoux
27 March 2020

28 March 2020 Song/Poem of the Day – How To Find a Lover

Hmmm, Hmmm, Hmmm, it's so hard to find you
How do I search for you and where do I find you
The days are long and lonely without you
How do I find you, how do I find a lover

La, La, La, for love, in love, how do I find a lover
My bed is cold with just me to warm it on my own
A quiet and lonely heart lies beneath the sheets
So sweet my dream of you

I long for your hand against my skin and lips to kiss me
How do I go on with such a hard life of loneliness
Distress easily consumes me with a heart eager to love
How to find a lover in this world, in this life

I claim this place in my heart for you when I find you
How to find a lover in all this noise around me
I wish upon a falling star for you to show yourself
God let me see my lover

Did I miss you walking pass me, was I blind at one time
Now I want to see and find a lover, the one whose in front of me and did not see
How to find a lover, hmmm, hmmm, la, la, la, I may have missed
Life, give me another chance to let me see what I may have missed

What did I miss with my judgment for the lover that stood before me
How do I find a lover once there for me, all for me and only me
I take a chance to open my heart again and let you claim that place in my heart for you
I free this place for you, my lover, how do I find you

I'm searching for my words to find you, to regain my sight so I can find you
Hmm, Hmm, ooh, ooh, la, la, la, in search of you
How do I find a lover that once stood before me
Hmm, ooh, Hmm, my lover, how do I find you, let me see you

Suzanne Mondoux
28 March 2020

29 March 2020 Song/Poem of the Day – I'm In The Dark

What's this life I've made for myself with no wind in my sail
Drifting away on my own in the dark, where there's no sunrise
I'm in the dark with my soul and my fading dreams
Where do I belong in this vast sea of life so deep with no light

Hmm, Hmm, Whoa, Whoa, Hmm
How can I go on in the dark corner of my soul
Will I ever find myself again when I can't even hear my own voice
Someone or something is calling out to me but I can't make it out

The dark waves are rising around me, encroaching on the only glimmer of light
I'm in the dark with no hope in sight of getting out of this life I've made for myself
Hmm, Hmm, Whoa, Whoa, I'm in the darkest place of my soul
I'm in the dark and I cry out for help in a place where no sound is heard

I watch for the tide recede but I fear it will take me with it, deep and far away from home
Hmm, Whoa, Hmm, Hmm, I'm in the darkest of all darkest places my own heart
How can this be, how did I let it be this way
Will I ever find me again, oh dear what have I done to my soul that shone so bright

Hmm, Hmm, I'm in the dark
I went to this deep dark place knowing where I was going
The waves rise, higher and higher, horizon out of sight
The darkest creature inside me rises from the sea, so deep inside me
It frightens me

I'm in the dark with the creature I gave birth to
My mind divides into so many phantoms to make sense of all this
Whose the real me in this darkest place of my soul
Can I wake from this darkness

Hmm, Hmm, Whoa, Whoa
I'm in the dark, I brought me here

Suzanne Mondoux
29 March 2020

30 March 2020 Song/Poem of the Day – Leaving Love Undone

It's a song in my heart that goes on and on
I turn from a crowd when they speak of love
What a feeling this undone with no one to go to
You made me love you with all my fears

Why did you have to go so soon our love wasn't done
Leaving love undone pains me more than I could ever know
So short your journey in this world
Leaving love undone leaves nothing else for me but the pain my heart and my soul

Hmmm, Whoa, Whoa Hmm,
We had so much more life to live together
I had so much more love to give you
There's nothing left for me to do when leaving love undone
My heart was all and only for you

You were taken from me too soon and suddenly my heart has no where to go
It's a struggle each day living when leaving love undone
My heart beats for you and each night I cry myself to sleep
No one told me how painful life would be living a life with leaving love undone

Leaving love undone, Hmmm, Hmmm, Whoa, Whoa
It hurts too much leaving life undone
All my dreams and hopes dangle from the stars, too far out of reach
The heavens took you from me, hmm, hmm, whoa, whoa

Leaving love undone is more than I can bear
With every breath I hang on by a string and wish you next me
Hmm, hmm, hmm,
As you closed your eyes you told me it was time to go
You smiled and whispered love is never done

Suzanne Mondoux
30 March 2020

31 March 2020 Song/Poem of the Day – Intoxication

To feel this life in all it's glory even for just a moment
What my heart sings raptures my soul
Forever living the moment of ecstasy and wonder
What lies beneath the silent voices of such a life

It's intoxication I feel for you and me in this world of wonder
Intoxication flowing through my veins
Like fire rushing through the forest to stay alive
Each breath of intoxication fills my body with overwhelming love

I walk through the streets in a trance
So close and yet so far from everything real and imagined
My intoxicated eyes follow the dreamy world around me
The intoxication of the world created in my mind

The wind carries me over the hills and sets me down into the valleys
I rise and fall in and around the clouds
My intoxicated body on the ground looks up at the stars
An intoxicated heart in a body sometimes with life, sometimes without

Hmm, whoa, hmm, whoa, intoxication of my soul
In love with the ideal of me, to befriend when truly known
Intoxicated life alone in my mind
I look down at my hands to see that I'm there

Intoxication of a heart on fire for love
Intoxication of a life to be known

Suzanne Mondoux
31 March 2020

APRIL

1 April 2020 Song/Poem of the Day - Way too Young

Climbing the highest mountains before I could walk
Reaching for the stars before I could dream
Saying all that I desire before I knew who I was
They told me I was way too young

Hmm, La, La, La, they told me I was way too young
I had to live my life to know what I wanted
Their words conflicted with my feelings deep inside
I was way too young to ignore my inner feelings

Some people think they know you better than you know yourself
What do I know, I'm way too young
Not enough mistakes to fall back on to remind me where I went wrong
Not enough mistakes to show me the way

I'm way too young the know the difference anyway
What's done is done and count your blessings they say
Don't be so foolish to think dreams come true
I'm way too young to understand it seems what can and cannot be

Whoa, Whoa, Whoa, Hmm, Hmm, Hmm
In someone else's light I'm way too young to know my own soul
But they forget I am my own soul and I see my light
Shine more light on me instead of blowing out my candle

I'm way too young to give up on me
I'm way too young to forget who I am
I'm way too young to never explore my dreams
Hmm, La, La, La, Hmm, La, La, La

It's a world of wonder for those who are way too young to join the world someone else
created
I'm way too young to stop creating a world for me, a new world for me
I see you pray for something
I'm way too young not to be still and say thank you

I'm way too young to become anyone but me
Stand with me with a candle in one hand and guide me to me
I'm way too young to forget why you created me
I'm way too young for anything else but being me

Suzanne Mondoux
1 April 2020

2 April 2020 Song/Poem of the Year – Do Not Cry

A pale face in the mirror smiling back at me
I comb my finger through my hair to touch me and know I'm truly there
A bird lands on my widow seal singing the morning song
Do not cry at sunrise and sing with me instead

Do not cry, you waste your tears, save them for when they are really needed
Sing with me as the sun rises, let the sun warm your face
Put on your shoes and come walk with me
The trees are waiting for you, they've missed you

Look to at me and look to me to set you free
It's like this you spread your wings and soar into the sky
Do not cry with your feet stuck to the ground
Raise yourself with your head up high and your wings spread wide

Do not cry for you too much, you drown our heart, it cannot breath
See the sunshine in your heart and feel the warmth on your face
Follow me to the trees, walk in the forest and touch all life
Do not cry for us we live no matter what, our soul soars

Do not cry, do not cry, do no cry
It's but a moment in time this pain and sorrow
It's but a moment soon forgotten
Something new will come tomorrow with a new sunrise

Do no cry for me or you

Suzanne Mondoux
2 April 2020

3 April 2020 Song/Poem of the Day – Do not Pray

A prayer can be wasted on a broken heart
What came before me left you scared with little love for me or you
Do not pray for what was to get better to make work between you and me
We are new in this moment with something new to discover

Do not pray for a future that doesn't exist
Be happy and thankful with the love we have now
Yesterday is gone and tomorrow doesn't exist
Do not pray asking for something neither you or I can give

Come to a place in your heart where a prayer is not needed
Make good use of a your prayer to say thank you
Do not pray for our love to be better and I different
Instead, see all the good parts of you and the good parts of me

Do not pray for more time and less pain
Open your arms and receive the blessing of this day
Our love suffice right now, do not pray for more
Add to it being with me, that's all

Do not pray looking up at the sky, look into your heart
That's where you are, that's where I am
Do not pray with hand clenched together, instead take me in your arms
What has been is gone, right now is where we are

Do not pray for angels, I'll follow you wherever you go,
I'm always at your side even when you don't pray
Take my hand in prayer and together we embrace the glory of our love
Yesterday is done, tomorrow doesn't exist, do not pray for them

Every step we've taken on our own has lead us to us
It's a new day, pray for this day
Do not pray for forgiveness of every misstep
It's what made you, it's what made me

Do not pray just yet for the troubles that may come our way
Only now do we exist in this grandeur of an exquisite love
It may or may not last, but do not pray for more than right now
Do not pray for anything better than just right now

Suzanne Mondoux
3 April 2020

4 April 2020 Song/Poem of the Day – Pray with Glory

I read it in the cards that all was to fine
Then many things in life happened and everything changed
Too short the idea of what was to be
Then I found something better, better yet, I saw something different

Pray with glory in the instant the light is seen
Not all changes leave you hanging with less than what you had
Pray with the glory that life is there for the taking
It's but a short life and you can make it hard or fun

No time like the present to pray with glory for what you have
No time like the present to pray with glory for the life that you have
It's a hard life if you make it so
Some have conquered amazing feats worse than you can ever know

Turn on the lights and gather your loved ones
Pray with glory for the feast of love at the round table of life
Cradle this life in your arms and see it through the hard times
Be still in your heart and mind and let your soul decide

Pray with the glory of this one life in your hands
No one else to live it for you, for every moment you decide
Pray with glory when you dance
Pray with glory in the music you create

The melody of your heart is the glory to be sung
Bow to the grace of your heart and salute the your shining light
Pray with glory to refine your words
Speak ill of no one or yourself

Find the balance and let the wind in your sail
Pray with glory as you cross the journey the sea of life
It's vastness and wonder is but a moment of creation
Embrace it, and take in all it has to give

Pray with glory your moment in this life

Suzanne Mondoux
4 April 2020

5 April 2020 Song/Poem of the Day – Praise to You

Stand in the light for just a moment and see who looks your way
Stand in the dark for just a moment and see who looks your way
You decide what life you live and what you give this life
Is there something different out there than what you know

Be still and praise to you for noticing the difference
Be still and praise to you for wanting to see something new
Be still and praise to you for having the courage to be you

Lean into the music in your heart and dance free with your arms in the air
Set yourself free and praise to you for feeling the ecstasy
Dance from dawn to dusk like no one is watching
Praise to you for setting yourself free

It's but a moment in time we ignite and light up the sky
Praise to you for doing this in every moment of your life
It's a call to the wild and run free around the trees
Smell the leaves and dig your hands in the dirt

Praise to you for noticing today is a new day

Suzanne Mondoux
5 April 2020

6 April 2020 Song/Poem of the Day – Move

Move your body, move your body, move your body
Get crazy and dance like no one is watching
Run like the wind and jump up until you reach the sky
Move your body until you can't move any more

It's but a great joy to swing your arms and kick your legs high in the air
Dance like the Rockettes and shake your head to rock n roll
Move your body all day and all night long
Swing with your partner and waltz with your lover

Move your body, move your body, move your body
Take a step to the right, take a step, and giggle that body all around
Laugh 'til you drop, then laugh some more
Take my hand and stand on my feet and let me dance you around

Take a chance to laugh and have fun while you move your body
Feel the wind in your hair and sweat on your face
Disco dance from room to room as the dancing queen
Move your body to any old tune

Make up your own music and your own dancing moves
Carry yourself off your feet to your own beat
Move your body, move your, move your body
Be free with yourself, be kind with yourself

Move your body, move your body, move your body

Suzanne Mondoux
6 April 2020

7 April 2020 Song/Poem of the Day – Music Heart

Dance to the music in your heart and sing out loud
You make me want to shout out love for you
My heart is like music with you, you're my music heart
It's a love composed of so many melodies

Music heart of my life I love you so
The touch of your finger on my skin is like the gentle stroke of the harp
My heart vibrates different notes of love for you my darling
I never loved anyone as much as I love you, my music heart

With practice we dance in unison, flawless together we are
Music heart but a chance in a lifetime, so lucky am I
Music heart, music heart, one in the same for me
So precious this instrument of love

Music heart to hold so softly in my hands
With each embrace I feel the music in our hearts
If feel your heart as much as mind
Music heart, so much more than just a beating heart

You've given me all your love and so much more
I give you all my love and want to give you so much more
Our music heart grows each day and yet so light
Music heart, so precious this instrument of love

Suzanne Mondoux
7 April 2020

8 April 2020 Song/Poem of the Day – Dance

Get up off that chair and shake your body all around
Dance, Dance, Dance
Let the sillies take over and raise your arms in the air
And Dance, Dance, Dance
Be wild and free and move to the music in your heart
Move to the music of your soul
Dance, Dance, Dance
Let your hair down and get crazy to your rhythm
Fill the air with laughter and the space with smiles on your face
Open your arms to another and Dance, Dance, Dance
Be free with yourself and be free with others
See who you are and see who they are,
Dance, Dance, Dance to someone else's music, learn who they are
Take someone else's hand and show them your dance
Mix the dances and Dance to the music you create together
Dance, Dance, Dance to the rhythm of harmony
Dance, Dance, Dance to the rhythm of friendship
Dance, Dance, Dance to the rhythm of kindness
Dance, Dance, Dance to the rhythm of love for all
Shake that body all around and dance like a fool
Be foolish in your moves and sway to the beat your heart
Laugh out loud and let the joy soar through your soul
Dance, Dance, Dance to the rhythm of you

Suzanne Mondoux
8 April 2020

9 April 2020 Song/Poem of the Day – Play

Play in the music of your heart and soul and set yourself free
Play all around in and out of the crowds of your life
Play to the rhythm that moves you
Catch every falling star and reach for every star in your dreams
Stay cool and calm in every storm and watch the lightning storm
Play in the rain and puddles of water at your feet
Stop all noise from coming in with the silence of your mind
Today is playtime all day and all night, you decide
Find what makes you laugh out loud and keep it close to your heart
Play for the sake of playing in whatever you do
If you forgot what play feels like, watch the children around you
Play in the name of play
Play, play, play

Suzanne Mondoux
9 April 2020

10 April 2020 Song/Poem of the Day – My Birthright

Release me from any vows or promises of poverty or celibacy I have made
throughout time, past, present, or future
I ask for this energy to be replaced with abundance and prosperity
I do not dim my light to fit in
This is my birthright
I do not get my energy stuck to their lower level frequency
Golden light of energy expands around me
I'm here to see the beauty of life, the beauty of the animals in this world
I raise my energy, I'm in my power
This is my birthright
My teacher appears, what is she teaching me
This is not my place anymore, my energy is no long aligned with what I need to do
and finally be myself
Though this has changed in time, and that's ok
This is my birthright
I'm on a double mission, experiencing pain and love
This needs to be purified
Golden shield around me, I am in a pillar of light
I trust my path and know that I am supported
Look at all the forms of a love perspective
Keep my focus and trust in me
This is my birthright
My body remembers pain of all lives I've lived
This is my birthright
This is my soul plane
Clear all the weak energy and frequency from other life's journey
A true priestess never shows her power. She just feels it.
Walk the path. I will be pulled. I hold my own.
My feet are firm on the ground
Clear all those past traumas
My soul mission recovers my soul
It is my birthright to be here
Clear this pain, purify
Pull from the land, the trees, and not from the people
Me maintaining my purpose, my mission
Breaking the chains
I am rewriting my future
This is my birthright

Suzanne Mondoux
10 April 2020

11 April 2020 Song/Poem of the Day – Connect

Connect to the dream world, to dream time
I do not have to stick to past life, even if just yesterday
I trust what I am feeling from the spirit world and my dreams
I know that I am here from the highest good of who I am
I say thank you when everything happens
I connect to the souls around me who I connect with
Energy in my sphere keeps my light clear
I'm on a shamanistic journey, coming here with fresh eyes to see things differently
Connect to a new world I created
I've come home, rethreading the energy around me
I allow my inner healing, I'm letting go of everything and anything that does not serve me
I answer the call, I connect with me
Keeping myself aligned to answer my true calling
Listening to my soul
Connect with myself
I've cleared up my space, my mind and my heart
Now there is room to love me, and to love you
I'm linked up to dream time, to my dream world
I'm connected to a place of love for me and you

Suzanne Mondoux
11 April 2020

12 April 2020 Song/Poem of the Day – Intuitive Nature

Where am I going in this first part of my life
Intuitive nature moving through a deep and vast sea
Letting go of everything that no longer serves me
But deeper than that my transition torn down to my foundation
I rebuild through my intuitive nature
I'm burning away, preparing for what is coming
My intuitive self, I see clearly, my rebirth
Love and acceptance is the message
I'm prepare for this kind of love
I'm prepared for my next journey, my next steps, love of my life
Intuitive nature has brought me to this love
The love energy of a warrior, passionate, fire
I can sit back and let this energy flow through me
Flowing with this energy to propel to my next life
With some trepidation around me, I breath through it, and move with it
Intuitive nature of my heart
I see all risks, I take them, and feel through this, it doesn't rule me
Intuitive nature is my good balance, emotional tranquility
Smoother emotional territory of my soul
Smooth waters in this deep and vast sea
My spirit works with fire setting a path for new growth
Intuitive nature to my renewal, foundation, and spiritual awakening

Suzanne Mondoux
12 April 2020

13 April 2020 Song/Poem of the Day – Duplicity

I am painted into the corner
I can move through this
Betrayal until this wickedness is gone
I still have choices to ease through this horror
With this wickedness in the picture influencing others
Others letting themselves being influence due to their own fears
Duplicity of the fearful, all is black and white, backstabbing me
Words used as swords
I move into my new journey towards my spring and summer
I find my balance for me to give and share
Duplicity of my courage, all is colourful, I remove the knife from my back
I move into my new space of abundance
They are gone, I took them out of my duplicity
They are the ending of that chapter of my life, this final chapter
This final chapter of my doubt in me and fear of others
They were that lesson
Duplicity of my strength and love for me
I walked away from them, instead I chose my own emotional stability
I chose my future, a more fertile position
I feel the warmth of the sunshine around me
The wickedness does not follow me. I'm done with them.
The duplicity of their fear tries to cling to me
I'm done with them. My duplicity in the love for me wins.
My duplicity still shows me I have growth to do where I am
Dealing with the wicked was my lesson in this particular path of my life
I had to solve this puzzle
My duplicity for the love of me won
A soul promise to myself a long time ago, my soul contract
Duplicity for the love of me
My soul and spirit guide been with me for a very long time
Always attached to me, duplicity of my soul
His/Her energy is what's moving things for me, with me and for me
Winds of change, this energy changed all of this, my duplicity of love of me
I know His/her is doing this
Full authority over all this
Duplicity in fun and laughter is what the soul guide orders
No stagnant energy can create
I'm grounded in my duplicity
I'm with my tribe, I move with them in my beautiful space
My duplicity follows my intuition, it unfolds
Duplicity for the love of me, my soul

Suzanne Mondoux
13 April 2020

14 April 2020 Song/Poem of the Day – Choices

When there are lots of choices and more than one road ahead
Many forks at the end of the road that all lead to the same place, just a different route
A new partnership with life and my many choices
Nothing of worth from the past
I recognize only the good that returns from past roads
To rekindle with the old, I merge with the new choices
Nothing to confine me to influence my choice
Money does not confine me
Choices of information for me, leading me through any darkness
I hold my torch, I walk towards my celebration
A big dinner party is where I'm headed
Reconnecting with old friends and making new ones
A mutual partnership of choices
Some do not want to let me go, they've made their choice
They want me around just to keep me around
But I'm already on my way on whichever fork in the road I've chosen
Some sorrow attached to letting go of old choices, deep sadness and sense of fear
It is definitely the ending of a journey
A milestone is reached, and I recognize the change and choices before me
I've moved past what went on within these choices
No one is in the wrong, I just want something different
Nothing is rushed, I'm in a very content place with so many choices before me
I held my tongue long enough, no matter the wrong done to me
No more sleepless nights, no more preparing for turmoil
Everything works itself out with one single choice
An ending to move me forward

Suzanne Mondoux
14 April 2020

15 April 2020 Song/Poem of the Day – Stalemate

A stalemate going on
While it is upsetting it is bringing about change on all fronts
My emotions are swirling all around for the better
Yet I'm calm in the midst of the storm
A stalemate, I can only move when into check
With start and stop, how do I keep the momentum going
I'm moving in my own space from apprentice to journeywoman
Soon I'll be a master
A stalemate between progress, I made my own war
I'm the master of my own thoughts, of my own life
The currents are changing towards me
I'm my own joy
I give my attention to my joy, my creation
Away from this club of oppression
It's my breakthrough to this stalemate
Leap of faith, I'm free at this juncture
I let the universe carry me to the finish line with no ending
The wheels begin to turn, watching things grow
I'm part of this process
The stalemate has ceased
I'm growing, it is the catalyst for the harvest
The stalemate to change
The stalemate to success
Almost at the full turn of the wheel
Sunshine on my face and time to celebrate
The stalemate to balance, death followed by rebirth
Playing is my grounding to my serenity and peace
My stalemate to playtime

Suzanne Mondoux
15 April 2020

16 April 2020 Song/Poem of the Day – Collaboration

A feeling of collaboration coming upon me
I've been sitting on this for far too long
It's still in its infancy, keep on with the planning
Let it flow and force nothing
Let collaboration flow
Everything balance itself out, if I let it
Stop pushing and pulling, be still
Maintain my balance
It goes hand in hand with good self-collaboration
Let go and see what happens
Let myself be inspired, I pick and choose
Be inspired into collaboration
I may still want to keep everything close to my chest
Let go and see what happens in collaboration with my soul
Let it do it's own thing, be free, at ease and kind with myself
Start slow to gain the momentum but allow it to start
Celebrating my homecoming to collaboration with self
There is a part of me that will cry out – why did I do this
But do not concentrate on this, it just need to flow now
It will do its own thing
Put all my energy into starting my momentum to collaboration with self
Expand myself, put everything into place and leave room for the expansion to happen
Collaboration with my heart
I may tend to lose myself in my healing, heal this and move on – collaborate
Collaborate towards my rebirth
Discover what I want from I expansion
There will be an expansion of energy for this collaboration
Put this energy in today and the forward of my life
Be in a place of rest to prepare for my future
Move forward to this collaboration
Trust that I am divinely guided by my heart and soul
Find that place where I am comfortable being me
Feel the power of creation within this collaboration
All will come from my firm footing
Well balanced, I blossom

Suzanne Mondoux
16 April 2020

17 April 2020 Song/Poem of the Day – Shifting

I'm in an earthquake, time is changing, shifting
I'm at the start, I have authority over this
I'm in a play of life
I flow with this change
Intuition, I'm just transitioning
I'm at the end of this chapter
It's time to wrap up and shift into the second act
I celebrate the ending of act one
Shifting my plans through creativity and passion
My spiritual awakening and new inspiration
All stems from a quiet place in my mind, heart and soul
I've taken my leap of faith, it was a smooth landing
No stepping into a box, the ground is shifting
It all comes together, this knowing leads me forward
My time of aloneness is for the inner work
This shifting gets me to the other side into an opening of process
All is lined up
Direction and redirection a shifting of the mind
New connections, I grow into this vastness
I've shifted into my sunshine space
A caterpillar to butterfly
My pilgrimage is over, I'm coming home
I've been in training for this for a long time
I've stood on my head to shift my perspective
Hangman shifted my view

Suzanne Mondoux
17 April 2020

18 April 2020 Song/Poem of the Day - Balance

I struggle with balance
I feel an absence of time
I cut back and cut down anything that is no longer serving me
Time to let it go
I'll be in a place of rest
I'll be on the flip side of such a life
In balance
I'm in a room with a view
A sense of community, my tribe
It lifts me up
It's all new, I feel I'm in a delicate place
It's all good
He did a lot of soul searching for me
We found our balance
A way is made
I'm at the right party
The cosmos aligned
A deep energy shift into balance
I've freed myself and changed my perspective
What do I need to learn
I'm striking a balance, I'm making things happen
I'm moved forward quickly
Lightning in a bottle leans me into balance

Suzanne Mondoux
18 April 2020

19 April 2020 Song/Poem of the Day – Spirit centre

Spirit centre of everything
Love of my life is in the middle of all this
Starting and stopping, some movement, then stop
Not using our full potential moving forward
We must accept non-alignment
Spirit centre in my line of sight
Lots of shaking up in the tree of life
The spirit tree losing its leaves
Some healing is taking place
How am I talking to myself
How am I talking about myself
I stand in my healing journey with spirit centre
Mirror mirror on the wall mirror my image to be healed
Birthing process of all life, my creation, my creativity
I emotionally release all that I am
I emotionally release all my creations
I understand what's going on in the space of spirit centre
The start of flowing energy, a soul in motion
In the centre of spirit
I see him well, love of my life, in spirit centre of it all
Relief when released
I release all resistance in my life
No more life to the stress sickness I've imposed on myself
Done with being defensive
I lean into the formula moving me along
The decision is made to lean into spirit centre
Temperance, I see through the eyes of the alchemist
My intentions are only on what I want
I put my commitment behind my decision
I trust my spirit centre into flow
Love of my life, I'm right here and I'm ready
Spirit centre, for love and honour of self

Suzanne Mondoux
19 April 2020

20 April 2020 Song/Poem of the Day – Laugh

I can hear the laughter all the way to the sky
Laugh out loud with all your might
Feel your face cracking from your big smile
Its joy that you are feeling, even if strange and a new feeling
Let it in, let it flow through you
Laugh until you cry
Laugh until you can breath no more
Laugh just because it feels good
It's so much fun to laugh for you and me
I see you smile when I smile
I laugh, you laugh
What fun we are having, ha ha ha ha ha
Giggle until it hurts
Laugh until everyone looks at you strangely
Smile at the crowd and make they laugh
Strike with joy, swallow the glow all around you
Laugh for you and me

Suzanne Mondoux
20 April 2020

21 April 2020 Song/Poem of the Day – Chocolate

I love ya more than my chocolate
Now that's true love
So yummy your kiss
I want to add a bit of chocolate to this kiss
I love ya more than my chocolate
And that's not something I say every day
So smooth this love, it melts on my tongue
We can bathe in chocolate
How fun this is
Our chocolate love, so erotic, so sensual
Chocolate love is but once in a lifetime
How lucky we are, my chocolate love
Your kiss melts on my lips
I love ya more than my chocolate
Now that's true love
Nothing else be added but one more kiss
I melt in your hands, and that's a fine place to be
So fun this chocolate love between you and me
You are my one and only love
Forever my chocolate
Love and chocolate have never gone so well together

Suzanne Mondoux
21 April 2020

22 April 2020 Song/Poem of the Day – Fun Love

So much fun to be had in this world
It's but a chance to smile and love so easily
It's all about fun love in all its glory just for the sake of loving
Together as one we can conceive of such a world of fun love
As much for self as towards others
No point in looking at what's not good
See the beauty in the light of life
Fun love for all
Fun love for self
Fun love for just the sake of it
Be happy and smile as often as you can
What else do you desire for yourself
It's one chance of this kind of life if you let it
Fun love all around, it's free
Take it, take in as much as you want
Let it be, it's not obscene to be so happy
It's bliss that can be felt for more than just a moment
It can be a lifetime of fun love
See how time takes you from here to there
In shadows back into the light
Let fun love flow
Fun love for you and me, why not
It's so easy to be made of fun love
How can you decide to be
So pretty the life you dream
So simple it can seem to believe it can never be
See it as so simple to choose the free love experience of your life
Simple free love
From sunrise to sunset and all night long, so much free love
Ecstasy of free love, why not
Together as one we can conceive of such a world of fun love
Fun love, don't stop me now, it's for you and me

Suzanne Mondoux
22 April 2020

23 April 2020 Song/Poem of the Day – Disco

Lets go out and dance and never return home
Stay out all day and night and dance your life away
Move to the tune of the disco muse
Shake that body and swirl yourself around
Disco tunes all around, there's no where else to be
Dance until you can stand no more
It's the only way to be
Disco king and queen in your living room
That's how it should be
Show off your sexy groovy moves
Ya, wooh hooo
It's the only way to feel
Disco mood all day and night
Open your doors to the party of the year
This is your destiny to disco forever
Crank up that radio and open your windows
See the flock gather round to dance and rejoice
Disco ya, wooo hooo
The joy of disco and disco dancing
Is there anything else
Some may say yes, but that's ok
We still love our disco
Stay tuned into the groove of disco
It's the breath and bread of all life
So much fun, so why not
Disco, the heart of music
A groovy soul

Suzanne Mondoux
23 April 2020

24 April 2020 Song/Poem of the Day – Danger Zone

It was the night I saw it all
The stars where bright and moon no where to be seen
It was not how I had imagined it
I was in the danger zone, in the heart of the storm
It was exquisite
So slow my thoughts
My heart stop beating and my breath frozen
I was in the deep end of the most tragic part of my life
I was in the danger zone of my own storm
So close I came to missing it
So close I came to never knowing I could be in the danger zone
To have missed such an exquisite moment
That would have been a tragedy
I fell on my knees and thank God for this moment
I was all but absent of my own life
There was no point in crying
It was but a moment of bliss
A moment of awakening
So graceful this pitfall into the danger zone
I could not turn away
Instead I sought the silver lining
In that moment before me I saw my own dress rehearsal
It was a glorious moment into the danger zone
I sing my own praise
Such a fine stage
I stepped out of my grave into the light
There I was in the danger zone showing me the way
Beautiful and tender I found my way
So exquisite this momentous occasion to fall so deep in the danger zone

Suzanne Mondoux
24 April 2020

25 April 2020 Song/Poem of the Day – Quarantine

On this blue planet called Earth something happened, again
The human race was asked to unite as one
Mother nature begged humans for compliance for coexistence with all beings
It was nothing short of a shock to the human race that it would be asked to unite
For more than just one day, each soul was quarantined against its will
Quarantine was divine for some and lonely for many
For some quarantine was just what was needed to free the soul
It was a rhythm from the blues to rock n roll
One by one the human race took a step forward and raised above itself
In unison the human race held hand and walked as one around this blue planet
So sweet the many moments of grace witnessed by many
Could this be repeated without mother nature begging the human race
Quarantine of the human race may have saved the souls called people
Don't be like animals they say
Animal beings take offence but are forgiving
COVID-19 taken from its habitat, consumed by the human race
Transmitted without its will, quarantined into the human body
Intention was not to kill, but to survive as any other living entity
Quarantine of the human mind locking down an entire race
But yet in the beauty of the human soul quarantine brought out the best of each
man, woman and child
Together breathing in the rhythm of soul music kept this blue planet on its axis
This quarantine, this fear, this sickness, as with everything – this too shall pass
Though in this passing lets remember to keep the best of us in quarantine
We are all here but in a moment in time
Let this be our best time
We have seen the best in all of us
Quarantine for the sake of the human race and all living beings on this blue planet

Suzanne Mondoux

25 April 2020

24 April 2020 Arjun Raghu (Musician/Band – guitarist) from India messaged me on Instagram (a_rj_u_nr) – *“Your words are beautiful. I’m a musician from India. Planning to make some quarantine music. So...you interested in writing lyrics for that?”*

I texted Arjun and accepted to write the lyrics.

Suzanne Mondoux

Lyricist, Author, Poet

26 April 2020 Song/Poem of the Day – Inhale

From deep in my belly I inhale
All the dust expelled in my exhale
I sit quietly in the a moment of this day
To find life in me, in my single inhale
My lungs were heavy, the pain excruciating
I'm alive even with this foreign entity in my body
To live together, to inhale together
Life is one with all beings
Inhale to exhale, life with death
Simple this life, what makes it not so
Have I turned into stone
I Inhale to feel the music flow through my veins
The journey of my breath from the stars to my body
My inhale is far reaching
It doesn't start or end with me
I inhale for the moment
I get on my bike and ride with the wind
With the wind in my hair, I inhale all life
I'm wild and free
So there's a bump in the road, I inhale
Deep in my belly I find life
Deep in my belly I am calm
Inhale, go to this place
Inhale, stay in this place

Suzanne Mondoux
26 April 2020

27 April 2020 Song/Poem of the Day – Pink Rose

I saw you standing there
All alone by the sea
Your bare feet in the water
So lovely you were all alone in the sunset
It was cold and your cheeks were pink rose
So beautiful you were in that moment

A pink rose in the sand by the sea
Each pedal tells me about a day in your life
I watched you from a distance
I dare not disturb such a serene moment

A pink rose in the sunset of her life
Silver your reflection in the glow the sea
Each line on your face tells me who you are
A pink rose in the garden of all life

You noticed me and smiled
My cane dug deep in the sand
I was but a moment away from the most beautiful pink rose
I chased you down this same beach fifty years ago

My pink rose of my life
I loved you then and love you more now than ever
Time waits for no one at the beginning of our life
Time waits for no one as we near the end of a such a fine play

No rehearsal in this life
I had the perfect pink rose in my garden of life
So sweet, so tender, so vivacious
You were strong
Throughout all storms the pink rose garden never lost a flower

Pink rose love of my life
I'm right behind you

Suzanne Mondoux
27 April 2020

28 April 2020 Song/Poem of the Day - Purple Snow

I keep a close watch out for the first snowfall
I wait for it all year long and soon it comes along
It's like a dream to see those first snowflakes
Even though I see it every year it's as though I see purple snow

Purple snow is the dream of all dreams
The possible of what's told to be impossible
I dream to dream and dream of my purple snow
From here to there is anywhere it's where I find my purple snow

I can play in this snow
Make my snow angel
Build my snowman
It's my purple snow
It's my dream to dream

Making snowballs that glow purple in the sunlight
It's alright to dream of purple snow
It's your dream
Because one day you'll believe no more in purple snow
That will be a sad day

Always believe in the purple snow
Make it so to see the purple snow
Dig it up, pile it up and jump in it
It will make you feel so fine

Shovel it here and there
It's your dreamy world to move around
Do what you want with it
You can do whatever you want with your purple snow

Make a your purple igloo
Make your purple snow cake
Pack it tight and make your purple ice rink
Watch it glitter in the stars

Purple snow is purple snow
It's whatever you believe it to be
It can be,
Don't let anyone tell you there's no such thing as purple snow

Suzanne Mondoux
28 April 2020

29 April 2020 Song/Poem of the Day - Mango

Mango baby, so sweet your lips
Come dance with me under this mango tree
Your orange dress flows in the wind
I like the way you walk
Your skin shines so bright in this sunlight

Mango baby, I love the way you move
It's all but a moment I can see you next
It's all but a moment I can soon kiss your lips
I'm not worried of anything when I'm with you

Our love is so sweet mango baby
You take my breath away
Your hand in my hand is the best place to be
You're spicy and warm
You're my ultimate contrast to another life

The air is warm and mangos fall at your feet
Your long black hair flows gracefully over your shoulders
I love it when your mango lips smile at me
You're beautiful under this mango tree

I would do and say anything for you
For a slice of mango I would give you my soul
This orchard is made of you and me
Together we created this harvest

I know how much you love this place
You chose to stay to keep this family warm
It's the way it's suppose to be
Because you know I love you

Suzanne Mondoux
29 April 2020

30 April 2020 Song/Poem of the Day - Tranquil

When we fell out of love it was all but peaceful
I felt our love linger away and never did we say anything

AUTHORED BY Suzanne Mondoux author - Cornwall, Ontario, Canada 9 February 2020
<https://suzannemondoux.com/>

We fell into this tranquility of one another
Never to know differently of anything new

Tranquil was our heart and mind, knowing this was the end
It was all but freeing and something really wanted
Our tranquility killed us
Our tranquil manner left us in pain

So silent our voice for one another and to each other
Nothing was at it seemed in the end and now we know in the beginning
Where did we go in these last days away from each other
We were so tranquil that it killed us both

Tranquility of our soul was never meant to be
All life was removed with a single breath
I feared this for us
I feared tranquility in this love, in this relationship

I can never go to sleep again in such tranquility
I can never live again in tranquility
Tranquility back to life, is this ever possible
Are we happy with our situation

Our mind is in chaos in such tranquility
My heart dies when tranquil, it beats only for you
I fall in love all over again
That's what I want is to fall in love with you all over again

Can we leave this tranquil comfortable us
Can we find us again
Oh my love, I beg you to scream your angry words at me
They are the true loving words I've been waiting to hear my whole life

Oh my love, I beg you to abandon this tranquil existence
I beg you to scream your loving words and I'll do the same

Tranquility to our death, death to us, so barbarous

Suzanne Mondoux
30 April 2020

MAY

1 May 2020 Song/Poem of the Day – Lizard

Your internal power to rebirth
You're the magical creature to your own survival
Like a lizard you are good-luck with your sneaky ways
Your good night vision protects against the unseen thing in life

When you crossed my path my attention was on you
I knew then I was blessed by the divine powers that be, it seems
You're of every colour imaginable to my life
Such a lizard can be found all over the world
But there you were on my path

Some are territorial, others easily live with others
Which of the two are you
Are you a social lizard
Will you shed your skin with me

Night lizard you're my kind of everything
I shine the light on you and I see right through you
You turn me on with the way you move
Dance closer to me

As anyone ever cared for what you like
You generate the life in me
You're most visible in the night light
Lizard you easily see left and right
You saw me coming, you see us coming

From any direction lizard I'm yours
Tonight and forever
Come dance with me, come closer
You're the folklore of my story

I love you so, my night lizard
Come closer, give me life

Suzanne Mondoux
1 May 2020

2 May 2020 Song/Poem of the Day – Cat Talk

You wake me every morning with your cat talk
You sit with me when I'm sad
You wait for me by the window
You're cat talk greets me the moment I walk in
You mean every word
You're always honest
You're always there

Cat talk is never misleading
Cat talk tells me what you want me to hear
Cat talk means something to you and me

What do you really do when I'm not home
What do you think when you're on your own
What do you feel when there's no cat talk

Cat talk is how you've learned to talk to me
But I know you just by the way you sit, by the way you look at me
I know you without the cat talk
I know you as you are
I know you as you

Cat talk is not for the faint hearted
Cat talk is for the listener
Cat talk only when necessary
Cat talk only when something to say

Cat talk, I'm honoured you're talking to me

Suzanne Mondoux

2 May 2020

"Human Being coexistence with Animal Being will be the Humans' greatest victory."
~Suzanne Mondoux

3 May 2020 Song/Poem of the Day – Love Dance

I walked along this distant road
Never been before, never knew was there
I saw a light in the distance glittering between the trees
I followed the path to the light
There I found birds dancing in the sun

A love dance they said it was

A love dance only seen in the sunlight
A love dance only felt in the light
A love dance only danced when in the light

I walked along this distant road
It looked familiar, it felt familiar
I saw a figure up ahead
I walked towards it, it walked towards me
There I was standing in front of me

I held me in my arms for a slow dance
I danced me here and there along the road
The love dance I said we were dancing
I looked around and there we were amongst a crowd

A love dance in my own arms
A love dance to just hold myself
A love dance to hold myself in the vision of what I want,
Of what I want to be

I walked along a distant road
So familiar this road
I knew I was walking home
I walked alone with no one or anything in sight

It was the first time I felt love
I knew I was not alone or had ever been alone
I love danced my way home
I love danced my life from this moment on

Suzanne Mondoux
3 May 2020

4 May 2020 Song/Poem of the Day - Daisy

Daisy you look so fine
So gentle you are
You seem so common
But you're not alone
You're family of colour covers this field
This field of battle so many have seen
I watched you bend in the wind
I lay next to you

Daisy at my hands and feet
I rest my head on you
Daisy, you saw me fall
You saw me go to sleep

Daisy, crushed beneath my bleeding body
I felt your warmth
I saw you looking at me

Daisy, so many bodies drape this field
Not one common
No two the same

Daisy, you drank my tears
New daisies, new field
Daisy, life goes on

Suzanne Mondoux
4 May 2020

5 May 2020 Song/Poem of the Day – Lune

I see you looking at me every night
Sometime I see your face in the light of day
In your eclipse a right balance is struck
My Lune you set my mood
I'm drawn to you
No lunacy in the realm of our reality

Lune so full of life, not dry and dead
You're crest in your north, south, east and west
Lune of harvest for life
Lune a place to rest

You circle my world
Not once but twice
You came to me in the night
Lune you sat at my window and shone bright
You let me sleep in your light

Lune you lit up my path
You showed me the way to walk in the darkest of nights
I found my way through the forest
There in your light all was right

Lune of the night fairies, wave up at you
They jump from star to star to greet you
I see you looking at me every night
My Lune, my lunacy is meant to be

My Lune, in the light of your shadow
This too can be, what better contrast than lunacy
To see the light of the one and only Lune in the sky
My Lune, your full and bright
What else is there to see

Suzanne Mondoux
5 May 2020

6 May 2020 Song/Poem of the Day – Étoile

It seems I come from you
It seems we, all life comes from you
Étoile so close and yet so far
How many lifetimes will it take before I reach this light

I've traveled alone all of my life
Sometimes I see, sometimes I don't
I've forgotten to look up for you
In the darkest of skies I could not see you

Étoile, I'm to wish upon you
Twinkle twinkle they say to you Étoile
Yet no wish comes true but life continues
Twinkle twinkle Étoile
Where are you

Étoile you take so many shapes
In your celestial sphere you become many
I see animals and creatures
You even dip a little or a lot

Sometimes Étoile you show me the hunter, the twin and the bull
Étoile, where am I in this celestial design
Twinkle twinkle Étoile
Sometimes you fall
Does your light go out

Étoile, twinkle twinkle in this grand design
With your angel-like wings

So bright you rain down on me
I wish upon Étoile
I wish upon Étoile
I seek balance where I see you
You embrace notable stars
On the equator of my life
I wish upon Étoile

Suzanne Mondoux
6 May 2020

7 May 2020 Song/Poem of the Day – Pride

It's so easy to be all that you can be
It's so funny when others tell you who you are
It's so prideful they say when you do what's right for you
It's pride they say when they see you in your bliss

You smile and are happy when you talk
How prideful you are
I say be proud of who you are
Be proud of what you accomplished for you
Be proud of you no matter what others say

Pride is but a place to be just for you
Pride is for you to see you through what others want to put you through
Pride is the bridge of life to step from here to there
Pride is a blessing of loving you

Soar into this world with your head up high
Others will do their best to crash you down and smash your head into the ground
Let them smash their own heads into the ground
Their own words believed for you are meant for them
They believe they harm you or show you what's right
Hmm, pride protects you in the knowing of who you are

Thank them for showing you that you are strong
Thank them for the contrast they showed you
Thank them for all that you know is prideful
Amen to me and you

Be proud, and pride your way into this world
Loving you is the best place to be
Pride is the easy way of being you
Pride for the love you and the love of others

Pride of self, proud of others

Suzanne Mondoux

7 May 2020

8 May 2020 Song/Poem of the Day – Rainbow

It's where I want to be in the heart of the rainbow
In the right sequence of colours throughout my arch of life
So long as I blend into me I'm free
There's a pot of gold at the begin, middle and end
There's no ending to all dreams

Rainbow of life to show me the way
I see you ahead and behind
You rise high above me to give me somewhere to reach

Rainbow in the sky, rainbow in my heart
All the same, I walk my way in and around you
So long as I blend into me I'm free
I take my suitcase and off I go
I follow my rainbow coloured road
I conquer all that's ahead of me

Rainbow in the night sky
I see you here so bright
Rainbow of my life is where I want you to be
I see you where I decide to see
Rainbow after the rain
I see you as you are

Take all the time you need to come to me
I wait for you before and after the rain
I watch you form into the ray of life for all to see
Rainbow of life you are the same rainbow at death
You are always there
Just in a different light can I see you
Just in a different light can anyone see anyone

Rainbow of life you are always there
Chose the light from which to see
I take my pot of gold with me where ever I go

Rainbow of life I just want to sit here

For a while, you and me
Rainbow of life

Suzanne Mondoux
8 May 2020

9 May 2020 Song/Poem of the Day – Diamond

Deep from the belly of the earth
I am found
I am found in stars
I am found all around
You smile at me as I sparkle back at you
I'm the diamond you find so beautiful
But you don't really know where I come from
I'm a promise of love and hope
I'm a promise of so many dreams
I'm the diamond from this earth

Diamond from the land that is wild
Diamond from a land that is pure
Diamond from a place that is whole

I am found to beautify
What is left behind when I am found
You can have me but with balance
How is this reached

Whose hand did it come from
Whose life did it come from
Diamond from a land of cries
Diamond from a land of blood
Diamond of despair
Diamond of conflict
Diamond of the free
Can the two really be

Where do I come from
I'm a diamond in the rough
To be polished and beautified
I'm in a place to dangle
Then put away
To raise me, I'm locked away
To showcase me, you show me off
I'm diamond from a place that no long is

Diamond of promise for so many

Suzanne Mondoux

9 May 2020

"Human Being coexistence with Animal Being will be the Humans' greatest victory."
~Suzanne Mondoux

10 May 2020 Song/Poem of the Day – Cherry

I stand in the sea of no beginning and no end
The land is not far nor is it near
This great big world of life all around
They say it's better with a cherry on top
The cherry of life to be found all around

Sometimes I find I've no where to go
Sometimes I find there's too many choices
Cherry cola
Cherry ice cream
Cherry on top
Cherry on top of life

Hmm, Whoa, Whoa, Whoa
Hmm, Whoa, Whoa, Whoa
Cherry on top of life
Where do I go on with this

Cherry land of rock n roll
Time takes me all around from here to there
I look on to this world with hope
I seek the cherry on top

Hmm, Whoa, Whoa
Is there such a world with a cherry on top
Is there such a place now or even a future
It seems to me we can seek for what we can create right now

Step away from your back against the wall
Share the bowl of cherries
The orchard is ready to be plucked
Take a handful of cherries and rejoice

Wait for nothing to say when we can have a life with a cherry on top
Don't kill another you and me
Don't kill another moment for such a day

The cherry tree is bending as far down as it can just for you
Receive the life of cherry harvest

Cherry on top
Hmm, Whoa, Whoa
La, la, la

Suzanne Mondoux
10 May 2020

11 May 2020 Song/Poem of the Day – Funny

Funny how life turned out for you and me
Some things came to be others not
Far in the distance of life things discovered
Some funny some not
We can laugh now
But there was a time there was no laughter
It was not funny to you, to be me

What came to be, only you can say
Only I can say what came to be in my reality
Funny seemed to be over rated
Now funny is funny
How funny can life be

While others laugh, see all of life as funny
Others cry, see all of life as tears, that's a reality
Life goes on and on, funny or not
Funny, isn't it, how life turns out for you and me

Funny for me, not funny for you
Now sometimes that can be funny
I laugh, you say stupid joke
Now that's funny
This makes the world go round, funny or not

It's so easy to laugh out loud at something that is funny
Sometimes there's nothing funny and we still laugh out loud
How can this be
Is this funny
What a funny world we live in
Funny how life turned out for you and me, and we live in the same world
We live on the same planet
Is this funny, or not

Suzanne Mondoux
11 May 2020

12 May 2020 Song/Poem of the Day – Cat Dance

I watched you dance from here to there
So smooth, so fine, so fun
The music moved with you
How nice it was to watch
Like a cat dance in the grass chasing this and that
It was eloquent, sexy, and divine

Cat dance in my arms
Watch me move to your music
Cat dance under the light of the moon
Watch the moon move to your music

Light on your feet when you land
You balance on the tree of life
Cat dance in the sky, it's a new star
Come close, stay close to home

Where do you go when you're not home
The night is long, I search for you in the stars
Nocturnal cat dance so far from home
Come close, stay close to home

Cat dance at my door, can this be so
You're honesty is supreme
You're desire clear

So many wounds to dance away
Cat dance in the light of day
Feel warmth of the sun on your face
Instead of sleeping it away

You were on the hunt, cat dance far from home
It's time to bask on the porch
Feel the breeze on your face
On my lap you shall sleep

Suzanne Mondoux
12 May 2020

13 May 2020 Song/Poem of the Day – Buddha Smile

So much cause to smile instead of crying
So much cause to fill your hearts with love instead of hate
So much cause to love one another instead of killing each other
Smile as the Buddha smile's
Buddha smile so bright and soft
Big belly laugh to heal the soul
Big belly laugh to heal your heart

Buddha smile at my grave, I'll have it no other way
Buddha smile when I cry, I'll see you no other way
Buddha smile for a long happy life, now you can join me
Hmm, La, La, La, Buddha smile is free

All smiles are free, hmm, La, La, La,
You give some, you take some, Whoa, La, La, La
C'est la vie to be sad and life is hard they
Hmm, La, La,
I say no, Buddha smile instead, come here instead
C'est la vie to be joyful, something new I know
Buddha smile, so simple, not new

Hmm, La, La, La
La vie est belle with a Buddha smile
Big belly laugh for all of us
Together big smiles makes for a better world for you and me
Buddha smile is a Freddie Mercury smile
Now that's a smile
Whoa, La, La, La

Suzanne Mondoux
13 May 2020

14 May 2020 Song/Poem of the Day – Silver lining

Is this a tragedy or the silver lining in the story
Is this real life, reality to the world around
I look up at the sky to see what's around me
I'm just me seeking for absolution
To me the death of me is the silver lining in all of my life
Life has just begun never have thrown anything away
This time tomorrow I will be no more but a spec of dust in the soil
I will have grown into me for the first time
I will have lived for me and no other

To you that will be the death me
To me that is the silver lining in the life you have afforded me
I didn't want to die while still alive

I stand in the silhouette of my life
My silver lining of life
I stand away from your shadow
I've committed my crimes against me
I've sinned only against myself and no other
No, No, No, don't take this one as your life to bear

You can't stop me from ending this life
You can see me bask in the silver lining of this dark cloud
You can leave me to die while I'm still alive
I'm no fool to you, even though you see me as so
All life is but a moment I intent to embrace without your orders
Nothing really matters unless it means something to me
The wind blew me into my silver lining of this stormy cloud

No one sits in my shadow I set for myself
To seek such a real life is seeking a fantasy you desire
Seek it with all your might, it is where the silver lining resides
Some things will seem easy to come by, others not
Let it go, don't try so hard, all will come

I just killed myself today
I refused to die while I'm still alive
All life has a silver lining
All breath for life is a silver lining
Escape from the false reality of a world unknown to you
The silver lining in this story is absolution you seek

Sit in a pool of pity for only so long
I didn't mean to make myself cry
It's too late for anything new to come
Silver lining of this infectious pool of life
What was I born from
I'm neither a small or big person
I'm the lead actor of my own life
I wrote the script to curtain close

Oh life let me go before I die while I'm still alive
I sought the silver lining when you spit in my eye

Suzanne Mondoux

14 May 2020

15 May 2020 Song/Poem of the Day – Lightning

I'm crazy about you, I'm crazy about you
Oh ya this is the way I feel for you baby
You're the lightning bolt in my heart
I'm drunk on the love for you
The lightning bolt in my heart is just fine

I say baby you're destined to be mine
I love you so
You're the lightning bolt in my heart
Oh baby, no point in standing around
Come dance with me and get crazy with me

Oh, ya, hmm, ya, hmm, hmm
I'm going to waste no time
When lightning strikes its time to strike
Right now for you and me
You make me weak in the knees
I'll fall on my face for you any day darling

Hmm, oh darling, you have all my tenderness
You're the lightning bolt in my heart
While I'm here waiting you have all my tenderness
This is not just sentimental words to woo your soul
I love you so, the love of my life
Lightning only strikes once
I don't plan on wasting this

Oh darling, I catch your light in my hand
My tender heart hit hard with your lightning bolt through my soul
No weary words between us
Lightning bolt through my soul, oh what a feeling
I never want to let go

Call on me for all you need
Lightning only strikes once
Look how we laugh so much
I'm so in love with you
Lightning only strikes once
And I'm glad it was you

Suzanne Mondoux

15 May 2020

16 May 2020 Song/Poem of the Day – Not Much To Say

Hmm, Whoa, Hmm, La, La
The field of battle is cleared of life
All bodies dismantled and left to rot
How beautiful this spring day
Not much to say so long as we live this way

Speeches, senates, and rulers
Not much to say in the way of peace and love
Hmm, Whoa, La, La
Hmm, Whoa, La, La
Riots, debates, and insults
Not much to say for harmony

How far we've come
How far we've fallen
Take away the lies
What lies beneath silenced hearts
When bound to speak no more
Not much to say for the fallen
Not much to say when imprison

Hmm, Whoa, Whoa, Whoa
Not long ago I couldn't speak
Not long ago I couldn't vote
I had not much to say for hate and war
I had not much to say for deceit and pride

Feeling of despair in the light of tomorrow
No man, woman or child could speak
For all tongues were cut out
There was not much say for a new day

Hmm, La, La, La
Whoa, Whoa, Whoa, Whoa
La, La, La
I have not much to say for letting this go on
I have not much to say on anything but love and peace
I have not much to say on anything but harmony for you and me

Suzanne Mondoux
16 May 2020

17 May 2020 Song/Poem of the Day – Stay With Me

I want to find my way home with you
But it's not what you want
Want you all to myself like a child with a toy
But you say meet someone new
Want you to climb the highest mountains with me
But you walk the other way in the valley
We've gone this way before
Do we need to do this again

Stay with me for longer this time
Stay with me for love this time
Stay with me, stay with me
Stay with me because its what you want again

One day we'll talk again and understand what we didn't
But it's not what you want
When you turn from me all the time I'm cold and lonely
But you never ask me about how I'm doing
You don't know anything else
You don't even want to know
I want to know you in these times, sit with you and hold your hand
I want to do what lovers do in the moonlight
But you do this with someone new
Do we need to do this again

Stay with me for longer this time
Stay with me for love this time
Stay with me, stay with me
Stay with me because its what you want again

I want to be in your heart, know you in these times
I want to love you so easily
But you embrace someone new
Do we need to do this again

Suzanne Mondoux
17 May 2020

18 May 2020 Song/Poem of the Day – Let Me Go

Is this the life for me, will there be nothing else
Behind these bars and bound with chains

Open your eyes to the world you created for me
I'm just a Being like you, I need what you need
Because I don't read like you, speak like you
Live differently then you do, I'm still life, and alive
It's not the way things have always been

Human Being, I am Animal Being
Holding me captive does not make you whole
Killing me does not make you strong
You put a gun to my head because I just killed a man
I was left with no choice to take this life
You gave it freely when you came after mind
But for now I'm of value to you, somehow
You take my child and cut off my hands
To some you cut off their face to steal their tusks,
This is just some of the things you do

It's not too late, the time has not come
Let me go into the world as I should be
Let yourself go into this world in harmony with Animal Being
Let me go away from chains and all human constraints
I see the soul in you that wants this so
I see the fear in you that fights what you think you can't let go
Let me go and follow our herd
See a different way forward for you and me

I see our silhouette side by side
Caught up in love, in co-existence for the first time in humanity
But I'm just Animal Being who doesn't feel, who doesn't think
I'm just instinct you say, what do I know
Let me go in my world and follow our herd
Let me go in our world and do something new
Let me go in this lifetime, the next generation will see how it's done

You think you can hold me without any change to me, or you
I cry like you, Human Being
I am Being, life in my form
Let me go to live my life
This is how you will live your best life

Suzanne Mondoux
18 May 2020

"Human Being coexistence with Animal Being will be the Humans' greatest victory."
~Suzanne Mondoux

Let it all go

Cover your heart with whatever you decide;
Keep it locked, keep it hidden away.
Someday it will find you where you are.
Can you hide from your reflection?

A time ago what so long ago.
Let it go and step into today.
How far back do you want to go?
Let the wind in your sail.

The spring of your life is here.
See the cherry blossoms.
Believe me when I say,
Each pedal is a life that goes on and on.

Each one is perfect.
You can never get wrong.
It's never ending,
So let it go and step into today.

Let it go, release yourself.
Let the wind in your sail.
hmmm, hmmm, hmmm.
Oh...oh...oh.
Let it all go.

Release yourself to today.
It's where life goes on and on,
In the pedal of each cherry blossom,
This can never be taken away.

Let it go, release yourself.
Let the wind in your sail.
hmmm, hmmm, hmmm.
Oh...oh...oh.
Let it all go.

Suzanne Mondoux

Glow

Open your arms and free your heart.
Come in light and warm my soul.
Excited for life, excited to live,
I glow, I've come to know my own light.

Glowing glowing glowing,
Fades away my sorrow,
Sometimes captured somewhere I didn't know,
I dared to open my heart for a hint of glow.

Glowing glowing glowing,
Pressed against my soul,
A hint of light,
A hint of light to water your heart.

Oh la la la la.
Grow in the glow of your own light.
Bless your shadow.
Grow in the glow of your own light.

Passion follows your heart.
Keep it simple.
It's where love flows.
Let the light in to warm your soul.

Pave your own way,
With the touch of your finger you part the seas.
Crown your heart with love and glow,
Grow in the glow of your own light.

Oh la la la la.
Bless your shadow and forgive yourself.
It's where the love flows.

Suzanne Mondoux

Say my name

Call me by my name,
He is me and I am her.
Together makes me,
Mélina is my name.
Can you see me?
I'm a soul in the crowd.
Can you see?
All you have to do is say my name,
Mélina.

I was born of a tree,
From bees and honey.
My heart is sweet,
It's how I came to be.
Of not he or she,
Or this or that,
But a call from love.

I'm a soul in the crowd.
Say my name, say my name,
Mélina.
La la la la la.
Hmm, hmm, hmm.
Ooo la Ooo la.
I'm a soul Mélina.

My soul came here,
In this body just for me.
I like it so much so,
My dancing heart tells me so.
It's a fun, fun life,
It's all I know.

I'm one soul in the crowd.
Say name, say my name,
Mélina.

Suzanne Mondoux

Fun life

I want all the fun,
There's no reason for living without it.

This is an easy decision.
You've only got yourself for this.
It's a simple choice to make.
It can happen to you.

You laugh, you cry.
It's a chance you take with your life.
Oh yeah, I chose fun,
And now you ask can this last?

Yeah yeah,
It's a fun life,
To be on your own side,
To live and love yourself in your heart.
It can be a long fun life,
When you care for you, you care for others,
To trust in love, to trust in truth,
When laughter is what you chose.

I can mend all my broken pieces.
Oh, when I choose peace.
Oh, it's my life I choose.
You can know this too.

How it soothes (yeah) my heart (hmm) my heart,
When my soul reaches for me,
My life is shown in colour.
Now I reach for the stars,
I'm no longer waiting for life.

Yeah yeah,
It's a fun life,
To be on your own side,
To live and love yourself in your heart.
It can be a long fun life,

When you care for yourself, you care for others,
To trust in love, to trust in truth,
When laughter is what you chose.

You are the captain of your soul,
The captain of your heart,
In a world filled with joy.
There are people searching for you,
A life waiting for you.
No looking back,
Be on your own side.
It's a fun life,
To be on your own side.

Suzanne Mondoux

Tiptoe

Tiptoe through my heart.
Please be gentle with my soul.
I'm only mortal, so flawed.
Is there beauty without flaw?
A crack in my soul,
Is that ugly to you?
You turn from me.

I walk the streets.
I eat with kings and queens.
My clothes are dirty.
My shoes always polished.
What part of me do you favour?

The knots in the fabric of my soul
Cripple me, where do I go?
Where do I belong?
You want to tell me so.
How can you know?
The answers to my soul.

I walk the streets.
It's how I find my way from here to there.
I lose myself when you take me elsewhere.
You say I need to go,
Or I need to do,
For it pleases you so.

You hurt me, don't you know?
I walk the streets.
I eat with kings and queens.
My clothes are dirty.
My shoes always polished.
What part of me do you favour?

What part of me do you favour?
My dirty clothes or polished shoes.

Suzanne Mondoux

Tree of contrast

Take a walk me and hold my hand.
I see the trees, no two are the same.
Yet I stand before a tree,
Some branches hang high, others hang low.
Leaves change colour,
They come and go,
A tree I see.

Is it living when fall follows?
What's its worth, its leaves are gone.
Reaching high naked before all.
What's its worth?
The tree I see.
Life goes on and on.
Does it not, or am I wrong?
I see the trees, no two are the same.
Its branches crackle in the wind.
Do you hear it, the falling leaves?
Do you see the foil, the forest and the trees?
Take this walk.

Take this walk of distinction.
Divergence of a life worth living.
I gather the leaves.
The tree I see,
Composed with stature for all to see.

Is it living when fall follows?
What contrast do I bring?
With the change of seasons of my life,
My youth is but a moment,
A worth of my life still yet to be discovered.

I gather the leaves.
I hold a tree in my hands.
How can this be?
A tree I see.
A tree I see.

Suzanne Mondoux

No star too far

My reflection in the mirror.
It shows me how small I am.

A child looking at the world.
No doubts, no hesitation.
I see all.
Everything is in reach.
No star is too far.
I play in my dreams.
All is real.

I clap my hands and sing my songs.
I dance to my own music.
Feeling all, the joy of searching
Treasures waiting for me.
A wonder this life is.
Everything is within reach.
No star is too far.
My hands reach high.
They fall from the sky.
I bow my head in peace to see inside.
My soul awaits,
It greets me.

The days of my life may be few, may be many.
No one can know.
But today I'm here,
Standing proud and bright.
Everything is within reach.
No star is too far.
No matter what's being said,
Living is not so hard.
Let go, let go, let go.
This is the life for me and you.

Oh, la la la.
Hmm, hmm, hmm.
Stars above.
Everything is within reach.
No star is too far.
Watch me grow.
It's all too simple.
Let go, let me go.
Help me spread my wings.

Everything is within reach.
No star is too far.
Break out of those chains.
Let go, everything is within reach.
No star is too far.
No star is too far.

Suzanne Mondoux

A fool I was

I did it, I've come and gone.
I took my chance, it was risky.
How funny this all was, I cried at times.
My money, there was none.
I believed I was meant to give much to many.
I can see I forgot myself.
A fool I was, at times no
The hand of God reached out to me.
Gladly taken, leading the way.

Hmm, Hmm, la, la, Whoa, Whoa, Hmm, la, la.
Hungry for love, hungry to be touched.
My belly ached.
Where was this beginning?
I can see it ending.
Believe me, when I say I'm happy.
A fool I was.
Did you know me before this?
What was true?

The hand of God reached out to me.
Hmm, Hmm, la, la, Whoa, Whoa, Hmm, la, la.
A fool I was, at times no.
The child in me reminds me so.
A puddle at me feet.
I dare to look, my reflection.
I'm not alone.
Standing beside me.
I see me, I see me.
Arms around me.

Hmm, Hmm, la, la, Whoa, Whoa, Hmm, la, la.
A fool I was, at times no.
At times no.

Suzanne Mondoux

Illusion

It's all an illusion.
See for yourself.
Look over there,
It's where you stand, it's where you live.
Follow the path, the one for you.
The only one.
But much is there for you,
No one destiny,
Joy comes in many forms.

Jump, leap, you'll see.
Fall on your face,
Oh well...get up again.
It's all an illusion,
See for yourself,

Let it all be seen.
Sometimes you scrape your knees.
Sometimes you fall to your knees.
What's life all about you scream.

Whoa, Whoa, Hmm, Hmm.
What's life all about you scream...
On your knees you search.
You weep in search of your soul.
Your eyes blinded by the milky fog.
No sign of clearing.
Your search and search the way forward.

Hmm, Hmm, Hmm.
It's all an illusion.
See for yourself.
Stand and wipe your eyes of tears.
Look where you are and that one step ahead.
You know what's real.
Whoa, Whoa, Hmm, Hmm, La, La.
See for yourself.

It's all an illusion.
It's all an illusion.
See for yourself.

Suzanne Mondoux

Forever bound

Forever bound I stand alone.
I see beyond the shadow,
In the glory of love, I want to go.
The journey long weaved and tangled,
I trip along this stormy road,
No sound no music no birds,
A silent life I live.

Caught in my own web,
Forever bound I stand alone,
Hmm, Hmm Hmm.
A single step is all I need,
No more no less.

The morning light greets me good day,
I feel its warmth I see the light,
I see where there once was a shadow.
Forever bound no more,
Why not me?
My feet are light with birds at my feet,
They lead the way.

Hmm, Hmm Hmm.
A single step is all I need,
No more no less,
Why not me?
Why not me?

In the glory of love, I want to go.
Forever bound no more.
I lead the way,
I lead the way.
Hmm, Hmm, Hamm.
Forever bound in the glory of love.

Suzanne Mondoux

Know thy self

For the first time I see
What grown-ups said I would see.
I became confused,
I didn't know what was real and what was me.
Have your dream but know what's real they said,
Then I remembered what my soul said.

Know thy self,
Know thy self.
My soul, my path, my choice.
My life, my vision,
My soul, my soul.

I'm a child today,
Tomorrow I'm grown-up.
My soul follows.
I'll make mistakes I know.
Grown-ups aligned with their soul.
This helps show me the way.

Know thy self,
Know thy self.
My soul, my path, my choice.
My life, my vision,
My soul, my soul.

Today I play.
Will this go on?
The world I grow into,
Is the one I create.
How do I know?
My soul told me so.

Know thy self.
My life, my vision, my choice.
The world I grow into,

Is the one I create.
Moment to moment,
Day to day,
I create the world I grow into,
I create the world I grow into.

Suzanne Mondoux

Salt in my eyes

Salt in my eyes,
The wind in my sail.
Drifting out to sea.
A passage of time in search of me,
Into the sunset I see the way.
I feel every wave.
I drift and drift away.

Salt in my eyes,
I drift out to sea.
Hmm, Hmm, Hmm.
A stormy cloud ahead,
I drift into the darkness.
The pounding waves.
God help me, God save me.
Hmm, Hmm, Hmm.
Hmm, Hmm, Hmm.

My soul is in peril,
My world is unknown.
I search for land, I search for life.
Wave crash against my sail.
Salt in my eyes,
I search for land, I search for life.
The sunset is gone.

Salt in my eyes,
I drift out to sea.
Hmm, Hmm, Hmm.
A stormy cloud ahead.
I drift into the darkness.
The pounding waves,
God help me, God save me.
Hmm, Hmm, Hmm.
Hmm, Hmm, Hmm.

The dawn of a new day,
My body is beaten.
Salt in my eyes,
I reach for first light.
Good morning sunrise,
It's a new day, it's a new day.

The wind in my sail,
A new light on my face.

The web of my life,
Drifts through stormy seas.
In search of the light,
I always find my way.
Hmm, Hmm, Hmm.
Whoa, la, la, la, la.
The dawn of a new day,
I reach for the light,
I reach for the light,
Hmm, hmm, la, la.

Suzanne Mondoux

Clouds at my feet

Clouds at my feet,
I skipped here and there.
Light on my feet,
I dance here to there.
I sing for you,
I sing for me,
With clouds at my feet.

Today I'm a girl,
Tomorrow a boy,
Sometimes both.
I like them both.
My dancing heart.
A melody to my soul.-

I cradle myself in the palm of my hand,
So gentle, so strong.
I tiptoe along with the clouds at my feet,
My dancing heart floats,
I feel so light.
Do I touch the ground
With clouds at my feet?

My dancing heart,
A melody to my soul,
Light on my feet.
La, la, la, la.
La, la, la, la.
La, la, la, Whoa.
La, la, la.

Today I'm a girl,
Tomorrow a boy,
Sometimes both.
I like them both.

My dancing heart.
A melody to my soul.
La, la, la, la.
La, la, la, la.
La, la, la, Whoa.
La, la, la.

Suzanne Mondoux

Love For Me

I resisted love flowing to me,
A path carved to me for me.
I resisted all that flowed,
My soul always giving me small reminders.
To find my way home,
A chance at love for no one but me.
What was love to me and for me?

Hoo, La, Whoa, Whao.
A chance at love for no one but me.
Hmm, Hmm, Whoa, Whoa.
So gentle my soul touches me,
Reminding me how to find my way home.
Hoo, La Whoa, Whoa.

A chance at life to take for me,
All given to me all here for me.
Where have I been?
Why have I turned away from me?
From a life given to me,
So gentle so free.
No matter the sorrow and all its tears,
This life was given to me.

Hoo, La, Whoa, Whao.
A chance at love for no one but me.
Hmm, Hmm, Whoa, Whoa.
So gentle my soul touches me,
Reminding me how to find my way home.
Hoo, La Whoa, Whoa.

So gentle my soul pleas with me.
I release all resistance to come home,
I release all resistance to love me,
I'm finding my way home.
It's so easy if when I tumble,
I'm figuring it out.
I now know of no other way,
For me to live my life but in harmony,
In harmony with my soul.

Love for no one but me, first me.
Then I can love you.
Hmm, Hmm, Whoa, Whoa.
Hoo, La, Whoa, La, La.
So gentle my soul touches me,
Reminding me to love me first.
I'm finding my way home.

Hoo, La, Whoa, La la.
Hmm, Hmm, so gentle my soul.
This love for me.

Suzanne Mondoux

My moment

What I know about me today
Is different from what I'll know about myself tomorrow.
This moment, my moment is all I know.
A moment to the next is just so,
No way of knowing the next,
No point is trying,
For you take yourself away from you,
Right here right now.

I know of the today,
No seeking tomorrow.
I find me here,
Nowhere else,
It does not exist.
La, la, la, la,
La, la, la, la,
La, la, la, la.

I feel the freedom of here and now.
I feel the fun and play of where I am.
I feel what is in being here.
For me, my moment is all I know.
There is nowhere else I want to be.
There is nowhere else I need to be.
All the joy for me is in my moment.
It's where I live.

I know of the today.
No seeking tomorrow.
I find me here.
Nowhere else.
It does not exist.
La, la, la, la,
La, la, la, la,
La, la, la, la.

This is my moment, my moment is all I know.
There is no other place I need to be.
I know of today.
No seeking tomorrow.
My moment is where I live.

You find me here.
It's all that exists.
This moment.
Hmm, Hmm, Hmm.
La, la, la, la.

Suzanne Mondoux

In the light

I call on all my angels.
I call on myself to guide me back home.
My sense of freedom is near.
All is left up to the gods,
They return it to me to know my meaning.
A meaningful life is my only gift to this world.
My life unfolds in the light of my soul.

Hmm, Hmm, Hmm.
La, La, La, La.
Whoa, La, La.
In the light of my soul,
I find my way home.
Hmm, La, La, La.
In the light of my soul,
I find my way home.

I step out of my way.
I step into the light.
My heart sores.
My dancing heart.
My dancing heart knows nothing else,
Than to be home.

Whoa, La, La.
In the light of my soul,
I find my way home.
Hmm, La, La, La.
In the light of my soul,
I find my way home.

Each breath I take,
I feel the life in me.
The love for me,
This is all new.
What a wonder to discover,
The light of my soul.

Hmm, La, La, La, La, La, La.
Whoa, Whoa, Whoa.
La, La, La, La.
In the light of my soul,
I find my way home.

Suzanne Mondoux

Songbird

It's a beautiful light.
Sunset on the trees.
The orange and the green.
A soft glow on the hill.
I stand here with myself,
The birds sing around me.

Songbird follow me,
Cheerful are your notes.
Sing out loud your song.
Off you go into the light.

Alone or in your group,
Aloud you sing your own tune.
Full of grace in the wind,
You swirl in the ray of the sun.
I gaze as you glide and spread my arms,
I run behind you with opened heart.

Hmm, Hmm, Songbird,
Whoa, Whoa, La, La.
Songbird follow me.
Cheerful are your notes.
La, La, La, La, Whoa, La, La.
Sing out loud your song.
Off you go into the light.

I sing for you,
Songbird I sing for you.
Hmm, La, La, La.
Hmm, La, La.
Sing out loud our song.
Off we go into the light.
Songbird I sing for you.

Suzanne Mondoux

Passionate curiosity

With passionate curiosity,
I walk on the moon,
I swim in the sea.

The world at my fingertip,
I have it all.
How do I decide for me?
I leave it to the Gods to show me the way.
My prayers are answered.

My passionate curiosity for me,
My passionate curiosity for you,
For life.
Hmm, Whoa, Whoa.
Hmm, Whoa, Whoa.

I feel the depth of curiosity for me.
With passionate curiosity I see me.
With passionate curiosity I see you.
I am never the same twice.
You are never the same twice.
Each moment is new.
To discover oneself is bliss.
To know one self is joy.

Hmm, Whoa, Whoa.
My passionate curiosity for me,
My passionate curiosity for you,
For life.
Hmm, Whoa, Whoa.
Hmm, Whoa, Whoa.

I catch a glimpse of me,
For this short time is revealed to me,
Of someone I know and will come to know.
I look briefly in the moment passionate and curious.
Only in the moment a glimpse exists.

Hmm, Whoa, Whoa.
My passionate curiosity for me,
My passionate curiosity for you,
For life.
Hmm, Whoa, Whoa.
Hmm, Whoa, Whoa.
My life, passion, curiosity.
Hmm, Whoa, Whoa.
Hmm, passion.

Suzanne Mondoux

Face in the crowd

I'm just a face in the crowd.
Where have I gone,
I follow the mass along a narrow path.
Too many faces all look the same,

All strangers to me,
Even my own reflection, how strange to me.

Hmm, Hmm, Hmm.
Whoa, Whoa, Whoa.
I'm just a face in the crowd.
Blank faces stare at me,
No expression of self,
No expression of love.
Hmm, Hmm, Hmm.

Only a glance in a window,
A slight reflection of me.
So many masks,
Too many faces of me.
I hear a voice in the crowd,
A too familiar voice.

Hmm, Hmm, Hmm.
It's my voice calling me.
An expression of me.
Whoa, La, La, La.
Hmm, Hmm, Hmm.

I'm a voice in the crowd.
A silence falls around me.
Hmm, La, La.
Strangers faces turn to me.
I hear my voice.
No two faces the same.
I'm free from the masses.

An expression of me.
Hmm, La, La, La.
Whoa, La, La.
I hear my voice calling me.
The bridge to my soul.
Hmm, Hmm.
Bridge to my soul.

Suzanne Mondoux

Stillness

Stillness is a time to reflect,
To enjoy,
To embrace and,
See what lies ahead.
A path to follow,
A time to see,
A moment of joy.

What comes and what follows,
God only knows.
Hmm, Hmm, Hmm.

Be still my friend.
Love brings hope.
Your faith unfolds.
I see you there in the light,
And Remember — what we think we know
Is always what we're going to discover.

La, La, La, La.
What comes and what follows,
God only knows.
Hmm, Hmm, Hmm.
La, La, La.

I know you're there standing near,
You're in my body and my soul.
At last we meet.

Along this walk,
Where two souls meet,
Take my hand,
When time agrees.

A journey ends,
A new one unfolds.
Let life explain
What must be known.

Whoa, La, La.
Stillness, let yourself be still.

Your time is near,
Your writing is clear.
Allow this path,
To fill your dreams.

I once saw you,
In my dream and
What I was meant to know
Was for tomorrow.

Hmm, La, La, La.
Whoa, La, La, La.

You dance with your shadow,
You laugh with your soul,
You run with hope and
You write with love.
What else can be said?
When love is still

Other than knowing that stillness
Is where the moment begins.

Suzanne Mondoux

I wrote my first song on June 21st, 2019 as a tribute to Freddie Mercury. It was posted on Instagram to share with all.

Why such hunger for Freddie Mercury and overall Queen music NOW — such a revival after Bohemian Rhapsody? Honesty in the music- in the passion and humour of each song / the lyrics from One Year Of Love by Deacon to I'm in love with my car by Taylor to Love of my life and Somebody to Love by Freddie — laughter to tears / heartfelt songs — Rock & Roll and ballads — the vibration of each soul band members — Brian seducing that guitar — the voice of an Angel — our Freddie. How can we not have a hunger for such a band — its passion fills our hearts? A song for all of the Queen members with us today and for Freddie by a fan, Suzanne Mondoux, with great love and appreciation for Queen. Thank you!

I love the way you move around me and away from me.
Your lips move slowly when you sing.
I watch your smile and the way you say goodbye.
You strum your guitar with ease and love.
I watch your fingers glide over each string and the way you drum your soul into mine.
Together we dance to the rhythm of the base.
Alas we dance together on your way out.
The band is alive with your voice,
It sings together as one.
Your journey is over and goes on in another.
Such a wonder.
I love the way you move around me and away from me.
Your lips move slowly when you sing.
We look up and all around to see you smiling.
I love the way you move around me and away from me.
I love the way you move
Your lips move slowly when you sing.

Suzanne Mondoux

19 May 2020 Song/Poem of the Day – Release Me

Release me from this darkness, the light taken away
I was well until you came into my life filled with hopes and aspirations
In doing so you forgot the cost to your life
You fell out of harmony with yourself and then me and all other Animal Beings
It's not me you want to fill your belly with, your wallet and your life

It's you that you seek to fill this void

Release me from your bondage of your vision of what's needed to live
Release me from your way of believing this is necessary to evolve
Release me from your fears of feeling all this is required
Release me from you entirely so you can free yourself into the life you desire

I walk this earth as you do, for the same reason as you do
I have a life to live, a life to give, my own existence to fulfill
You have no part in it, as I have no part in yours
We do coexist where we find the harmony
Release me from you,
Only when you're in harmony with yourself can we be in harmony with each other
Release me from your idea of consumerism
Release me for all man kind
Release me for the well-being of humanity

Cash in your chips to the world you created
Open your mind and your heart to new solutions
You can have all you desire without any destruction
Re-plant, bring back life as the ultimate goal
This is possible, when you believe it so
Release me and you into this world

Release me for your life depends on it
When all is said and done, all Animals don't need Humans to live
This earth provides us with all that we need
You my dear Human friend – you only live because mother nature
Take her away, release me before it's too late
Release me because only your life depends on it

Suzanne Mondoux
19 May 2020

"Human Being coexistence with Animal Being will be the Humans' greatest victory."
~Suzanne Mondoux

20 May 2020 Song/Poem of the Day – Cranberry

So bright this day of new ideas and life to live
The day has begun and the world is awakening
No one gets to run away or hide away
You've taken all you can and left little or nothing behind
Got what you came for
Mother nature shows what you need

Hmm, Whoa, Whoa, Whoa,

It's all in front of you, but you've got one cranberry field left
Cranberry field for the masses
When you're in need of food it provides you with all that you need
Hmm, La, La, La,
Cranberry field for the masses
When you're left with what you left behind and all hope is lost
Look to your cranberry field for the life it provides
From the birds, to the insect and where the water goes
All will be right

Now it's a new day
Some bellies are full, some are empty
Only a crop away
You tried to find some other way but mother nature showed you again
As a matter of survival, she helped you again
You're getting used to life without demands in your own way
Hmm, Whoa, Whoa
Hmm, Whoa, Whoa

It's all in front of you, but you've got one cranberry field left
Cranberry field for the masses
When you're in need of food it provides you with all that you need
Cranberry field for the masses
When you're left with what you left behind and all hope is lost
Look to your cranberry field for the life it provides
From the birds, to the insect and where the water goes
All will be right

Cranberry field for the masses
When you're in need of food it provides you with all that you need
Cranberry field for the masses
Look to your cranberry field for the life it provides
From the birds, to the insect and where the water goes
All will be right
Whoa, Whoa, La, La,

Suzanne Mondoux
20 May 2020

"Human Being coexistence with Animal Being will be the Humans' greatest victory."
~Suzanne Mondoux

21 May 2020 Song/Poem of the Day - Violin

Dancing through life with a violin
There is no black or white in this world

We fight for an existence given to all of us
Some take what is not there's to take
Other's give what is not there's to give
A world filled with music of a violin
We can stomp our feet to the beat
We can sit back and rejoice in the melody

The world of the violin
Only wood and strings needed to make such music
To breath in its life directly to the soul
Oh violin, love of my life
So peaceful and so fun
Such gentle strings of life and yet so strong
You guide me home
There's no going wrong with you by my side

Violin, you've traveled the world
Sooth so many souls
Found many homes
Yet, you always found your way back to a world that needs you
To find you in a place where there's no sound
Where there's no music
Violin, back in my arms

There's no going wrong with you by my side
I know where I belong when I'm with you
Violin, you've shared in my every dream
We've lived on the street
We've lived in the finest of castles
We've lived in the grandest of theatres
Violin, you were always with me
How you survived
How we survived such a wonderful journey

No two day or night the night same
Violin, you have seen it all with me
Violin, love of my life

Suzanne Mondoux
21 May 2020

22 May 2020 Song/Poem of the Day – Thunder

You played with my heart, with every bit of my emotions
You killed me with the pounding of my soul

How you brought me to my knees
So thunderous you are, you're heart of thunder
You felt so close, yet all this time you were miles away like thunder
No justification for your heart of thunder

Baby your heart of thunder brought me to my knees
So easily seduced
So easily I laid down my soul for you
The storm around you, I adored
Like thunder you moved all around me

I was caught in such a storm
In the heat of your passion for me, I thought
Baby your heart of thunder brought me to my knees
When I saw you, you were so out of reach
Never to be truly touched by you
But affected by you, your heart of thunder

So close and yet so far, you were always out of reach
Heart of thunder, I felt every beat
I chased the storm, and left stranded in the field of dangerous love
Baby your heart of thunder brought me to my knees
Alone in my deep desire, I felt I would die without you
How you made me feel, I believed

Such sweet words dripped from those lips
Had I seen it was the beginning of the thunderous storm
I was mesmerised, in love with what I believed I saw in front of me
I didn't know I was in their eye of storm

Baby your heart of thunder brought me to my knees
Hmm, Whoa, Whoa

Suzanne Mondoux
22 May 2020

23 May 2020 Song/Poem of the Day – Heard this Before

Come on, you think I haven't heard this before
You tell me you love me and then you say you'll stay
Tomorrow baby you'll be gone
I've been heard before
How can anything change when you do the same thing
All the time, it's the same song and dance with you
I've heard this before baby

Sooner or later something will give between you and me
You say you've heard this before
My darling, my love is grand for you but how can we go on like this
It's all but smoke and mirrors
The lies we tell ourselves

I've heard this before
You don't say or do anything anymore
I've heard this before
Baby, can we dance to a different tune
Oh darling, I've heard it all before

Hmm, Whoa, Whoa, Hmm, Darling
It's all but this one life we live and let's make it nicer between us
I've heard this all before
For the sake of one day of peace between us
Let's stop hurting each other
I've heard it all before
We've done all we could to each other
Instead of just loving each other

Oh darling, Hmm, Whoa, Whoa
I've heard it all before
What more can be said and done
Can we just love each other instead

Suzanne Mondoux
23 May 2020

24 May 2020 Song/Poem of the Day – Call Of The Wild

It was all I could do
Answer the call of the wild
I was off in a flash and never returned
I yearned for air in my lung
I yearned for life in my body
The call of the wild is all I could hear

I ventured to all parts of the world
I sought great feats, and conquered them all
I reached for the stars and touched every one
The call of the wild fuelled my soul
I claimed my own life
What a life I lived

Day after day I listed for the call of the wild
Call of the wild is all I wanted
Call of the wild captured my essence
I was all I could be
I was me, so wild and free
My soul at peace

I'm wrinkled and grey now
I still listen for the call of the wild
I still yearn for air in my lungs, and life in my body
The call of the wild is still all I can hear
Every day is a new beginning
I'm still me, wild and free

They say I don't have much longer
How silly they are
I'm listening for the call of the wild
My journey never ends, only fools believe this is so
Call of the wild, touched my life, my world
Call of the wild, I am always what I want to be

Suzanne Mondoux
24 May 2020

25 May 2020 Song/Poem of the Day – Blood Soul

Take me anywhere you want to go
Leave no traces behind
Here or there, makes no difference
Watch out for your step, someone is not watching
You scream in the night

Blood soul, who's tormenting you
There's something hiding in the shadows
Blood soul, watch out for who you can't see
Blood soul, watch out, your night is long
Alone in your darkness
The blood of your soul drips in your eye

Scream all you want, no one can hear you
In the long dark tunnel of your life, what do you see
What's been seen before, you're blood soul, it drips all around
What have you done to it
You've taken out your heart, was it worth it

No point in crying, no one is watching
No one cares

Blood soul, the wound is too deep, so what can be done
It's a cold night, you can't feel much
You've taken this too far
Watch out for what you've done
Blood soul, no point in looking back
Take a step forward
Wrap your hands around you dripping soul

Look around, no one is near
All souls have left and expect none to return
What have you done to make your soul bleed as so
Blood soul, you have a long night
Take comfort in this knowing of what you've done
Blood soul, only you can stop this agony

Suzanne Mondoux
25 May 2020

26 May 2020 Song/Poem of the Day – Origin

Carry me on the wings of a dove
Or on a magic carpet so I can soar the sky
See the world, see where I come from
From which stardust do I hail from
What imaginary creation have I design for myself

The origin of my life, what can be more divine
The origin of my soul, what have I decided
The origin of my humanity, what have I acted on

A storm of the cosmos to find life
Life always seems to find a way
What is the origin of life
What is the origin of creation
What is the origin of God

The origin of the idea of existence
Without anything or anyone, does it still exist
Does the rock wonder of its origin
Does flowing water look for its source
Do we need to know life's origin to exist

The origin of an original thought
Is there such a thing,
The origin of sound
Is there such a thing,
The origin of love
Is there such a thing,

Suzanne Mondoux
26 May 2020

27 May 2020 Song/Poem of the Day – Night-light

Hmm, Whoa, Hmm, Whoa
La, La, La, La, La
How lovely you are in the twilight of your life
Aglow in the night-light
I see you there my lovely
Care to dance with me
Such a radiant beauty, my lovely

The night-light looks good on you
Still risqué in the twilight of our love
The night-light awakens you my lovely
Carefree in all obscurity

Before dawn spicy senses provokes the night-light
In my arms to soon daybreak
I'm dreaming of a new day with you my love
We live our fantasy
Admiration for your afterglow
Night-light looks good on you darling

Hmm, Whoa, Hmm, Whoa
La, La, La, La, La
Ablaze my love for you
Tenderness of the night-light illuminates my fondness for you
Mon amour keeps me in rapture
Night-light evokes my sentiments
Lustrous affections praise the rising of the moon

Reverence to nightfall lets me cast a shadow
Night-light captures the brilliant mood
Moonbeam glitters tracing your silhouette on me
Streaks of night-light on me, you my lovely
Hmm, Whoa, Hmm, Whoa

La, La, La, La, La

How lovely you are in the twilight of your life
My lovely, the night-light looks good on you
Hmm, my lovely, my night-light

Suzanne Mondoux
27 May 2020

28 May 2020 Song/Poem of the Day – Elephant Song

Sing with me and know our voices
I'm more than what you see
I'm well known for what you see
Do you see our trumpets raised to the sky

I'm more than what you hear
Elephant song roaring through the jungle
Elephant song grunting at each other
Elephant song barking for conversation
Elephant song snorting for pleasure
Elephant song crying from a broken heart

I have much to sing about
I am Elephant Being with an Elephant Song
Look around at what you've done
I remember you always
You forget me tomorrow

So grand my tusks for you cut off my face,
To show me off on your mantelpiece
Elephant song in your house
Can you hear my cries for your forsaken life

All living Beings have a place in humanity
Humanity lives in the Animal Kingdom
The Animal Kingdom is made up of you and me

Elephant song roaring through your heart
Elephant song singing for humanity

Suzanne Mondoux
28 May 2020

29 May 2020 Song/Poem of the Day – What You Feel In My Heart

When you talk of love for me I feel something different
Listen to me when I say I'm feeling more than satisfaction
Sometimes you say you love me just at the right time
This feels like a fleeting moment I want to bottle forever
I lose my mind when you say you love me

What you feel in my heart baby is more than words can describe
Just let me in for a moment longer instead of my turning away
I'm in your heart today and tomorrow what you feel in my heart is something else
Let me live in such a moment than just a flash of hope
I'm all but a mess, a heartbreak away never to recover

When you walk away I wish you goodbye forever
Hmm, Whoa, Hmm, Whoa
What you feel in my heart is more than words can describe
To where I once was filled with love
Never again to see those days
Hmm, Whoa, Hmm, Whoa

The blues of my heart and soul sing to me on and on
It's my heart you've broken over and over again
All this love come and gone into a hollow shell of wonder
What could have been of all those dreams

Hmm, Whoa, Hmm, Whoa
What you feel in my heart lives no more than just a memory
I rushed around my soul to capture every moment
The glory of our love ripped my soul apart
Hmm, Whoa, Hmm, Whoa
What you feel in my heart baby you cruelly took away

There was no satisfaction in the love letter you left behind
There's no room left in the space you left behind
What you feel in my heart is all but a memory
Don't forget what's been said and done, it's your heart as well
Hmm, Whoa, Hmm, Whoa
I look away no more baby from what we had

What you feel in my heart was an open door
Hmm, Whoa, Hmm, Whoa

Suzanne Mondoux
29 May 2020

29 May 2020 – 2nd Song/Poem of the Day – Black Man Dead (In Memory of George Floyd and all the Human Beings dead by ignorance and fear)

Man on man arrested but not yet quite dead
Pleading for life, I would like to breath, once more
For me, for my mother, for my life
Is this my death sentenced, I did not see this coming
I called for help, my voice not heard
To frighten, uncertain, fear denies me my life

Black man dead in the arms of guardians
Hmm, Whoa, Whoa, Whoa
Hmm, Whoa, Whoa
Black man dead in the face of many
Black man dead in a single moment
Black man dead in comparison to what could be done differently
Hmm, Whoa, Whoa, Whoa
Hmm, Whoa, Whoa

I draw compassion to such contrast
Differences, disconnection, dissimilarity, unlikeness
Unlikeliness of me seeing tomorrow
I'm another black man dead, today and tomorrow
I'm every man, woman and child, dead, today, and tomorrow
Despite my crime, despite my wrong doings, despite all things

Being unknown, being unseen, that's on all of us
Being black, an unusual death sentence, yet popular, too familiar
Did you hear me calling for help
Where were you, what did you do
Where was I in all of this
My pleas muffled by ignorance and fear

Black man dead in the arm of guardians
Hmm, Whoa, Whoa, Hmm,
Bystanders terrified, they too couldn't breath
I was lost in the crowd, in the screams to let me breath
In the screams so loud could not be heard

Black man dead
Hmm, Whoa, Whoa, Whoa
Hmm, Whoa, Whoa
Black man dead, the more I die, the more you die
But I choose to let the love in now, my soul lives on in love
For the love me, my memory, despite what you remember of me

Suzanne Mondoux
29 May 2020

30 May 2020 Song/Poem of the Day – Elephant Magic

Let there be light on the souls of all living Beings
Abracadabra, Hmm, La, La, La
I create as I speak
Let us all create as we speak
Do we strive together or do we perish together

Elephant Magic for the young and the old
What's the other magic words --- to realize this dream
Pardon me for my ignorance, now I know better, I will do better
I'm sorry for not doing anything when I had the power and wisdom to do differently
Excuse me for believing I have dominion over life, all life
Please accept my apology for killing you in waste and experimenting with you
Dominion over you as my duty is to protect you, and not abuse you to for my own
end
Thank you for accepting me into your kingdom as an equal

Abracadabra, Hmm, La, La, La
I endeavour to conjure Elephant Magic
Abracadabra, Hmm, La, La, La see disappear before your eyes all justifications
But, Because, They, If, I Can't
Elephant Magic allures me into a new and better world
Divination through gentle atonement and love of self

The power of the occult of Elephant Beings and All Animal Beings
Sorcery in its eloquent and wise incantation of invoking Elephant Magic
Abracadabra, Hmm, La, La, La
What power you have over Human Hearts
Exorcising ourselves from our own evils, fear of our own love for self and others

Calling on all the power of Elephant Magic
Bewitch us to save our souls
Remember us better than we were

Suzanne Mondoux
30 May 2020

31 May 2020 Song/Poem of the Day – The Flame Inside Me

My sacred way to rock n roll music inside me

I sing to the Gods of drums, electric guitar and on and on
No more melancholy blues melodies
The flame inside me lights my way to my rock n roll soul

Whoa, Whoa, Ya, Hmm, Whoa, Whoa
Hear my lyrics, more than just words
Clean that needle and wipe that vinyl
So gentle they touch, so magnificent the sound

Together the flame inside me, my rock n roll soul
So young, so old, no matter, the flame shines bright
Whoa, Whoa, Ya, Hmm, Whoa, Whoa
The flame inside me blows my mind

It amazes me, oh ya, to shine in the light of rock n roll
The best things in life, this one so simple, yet so refine
The flame inside me resonates on my piano
The flame inside me jumps out of the drums
The flame inside me springs from the guitar

Are you mesmerised yet, so seductive, Ya, Hmm, Whoa
Catch the sound in your hand
Feel the hmmmmm in your body
What a ride, like a ride in a fast car

Blow yourself a kiss, raise your arms in the air
Feel the flame inside me, inside such a small space
So big the aura, so grand, so bright the rock n roll inside me
The flame inside me, here I stand and see everything

It's a new day with the flame inside me
No matter if you don't understand, it's a rock n roll feeling
All good, you can come to know this love for rock n roll
This flame inside me, Hmm, Whoa, La, La, La

Suzanne Mondoux
31 May 2020

JUNE

1 June 2020 Song/Poem of the Day – Jealousy

Watch out for those thorns you put in your side

Carry your wounds in your back pocket
They are your own, and no others
This was the making of your own jealousy
You rose and then you fell, all to sudden

You watched as others got to where you wanted to be
Enraged with jealousy you stumbled and fell
The change was too much to bear
In a jealous fit you sought revenge
That day you rose to nothing

You saw the world as mad and unfair
Jealousy is your friend and comfort today, and for days to come
Jealousy is your companion to all that will fall around you
You need a break from yourself to get out of your own way
Free yourself from this jealousy and see it for what it is

Hmm, is that what you see
Your fear, your inner sadness to what you've created in your world
Take a breath, be your own way to where you want to be in this moment
Light up your own life, free from all jealousy
Jealousy is your friend today, use it wisely

It's a fine line you walk in the midst of this jealous endeavour
Taken away from what you believe
Better yet, go where there is knowing, bask in the comfort of knowing
Jealousy is your friend in this, feel the contrast
You can choose wisely, only by feeling

Jealousy is your friend if you choose wisely
Hmm, Whoa, Whoa,
Hmm, now what do you see
Hmm, now what do you feel

Suzanne Mondoux
1 June 2020

2 June 2020 Song/Poem of the Day – Fancy Face

Hey you, ya you, little fancy face on the sideline
Come out from where you are and sing with me
Come out from where you are and dance with me
Get those little feet tapping and your voice out in the crowd

Fancy face so wise and silent, I see you, so nice

You've taken all you can and come so far, come dance and sing with me
Let those things go, just for today
Fancy face you've paid your dues to society
You've paid your dues to you

Whoa, La, La, La, La
Whoa, La, La, La, La
Hmm, Fancy face in the crowd of one
No more in handcuffs, no more chains around your feet
Oh fancy face, look around, the world is at your feet

It's a new day for you, so it's a new day for me
You rejoice, I rejoice, we all rejoice
You made a new friend today
Fancy face so melancholy once

Now look at you, writing quill in one hand, your heart in the other
Your words glide, you dropped all shoulds and must
All doubts gone
All heart fancy face

Whoa, La, La, La, La
Whoa, La, La, La, La
Hmm, Fancy face in the crowd of one
No more in handcuffs, no more chains around your feet
Oh fancy face, look around, the world is at your feet

All heart fancy face
Hmm, La, La, La
Fancy face

Suzanne Mondoux
2 June 2020

2 juin 2020 Chanson / Poème du jour - Fancy Face

Hé toi, toi, petit visage fantaisiste sur la touche
Sortez de là où vous êtes et chantez avec moi
Sortez de là où vous êtes et dansez avec moi
Obtenez ces petits pieds tapant et votre voix dans la foule

Visage fantaisiste si sage et silencieux, je te vois, si gentil
Vous avez pris tout ce que vous pouvez et venez si loin, venez danser et chanter avec moi
Laisse ces choses disparaître, juste pour aujourd'hui

Fantaisie, vous avez payé vos cotisations à la société
Vous avez payé votre cotisation

Whoa, La, La, La, La
Whoa, La, La, La, La
Hmm, Fancy face dans la foule d'un
Plus de menottes, plus de chaînes autour de vos pieds
Oh fantaisie, regarde autour de toi, le monde est à tes pieds

C'est un nouveau jour pour toi, donc c'est un nouveau jour pour moi
Tu te réjouis, je me réjouis, nous nous réjouissons tous
Tu t'es fait un nouvel ami aujourd'hui
Visage de fantaisie si mélancolique une fois

Maintenant regarde-toi, écrivant la plume dans une main, ton cœur dans l'autre
Vos mots glissent, vous avez laissé tomber toutes les épaules
Tous les doutes ont disparu
Tout le visage fantaisie cœur

Whoa, La, La, La, La
Whoa, La, La, La, La
Hmm, Fancy face dans la foule d'un
Plus de menottes, plus de chaînes autour de vos pieds
Oh fantaisie, regarde autour de toi, le monde est à tes pieds

Tout le visage fantaisie cœur
Hmm, La, La, La
Visage fantaisie

Suzanne Mondoux
2 juin 2020

3 June 2020 Song/Poem of the Day – Food Chain

Filling the space of time with logic
What goes up, must come down
Bigger eats smaller, or something like that
Stronger dominates the weak, or something like that
Where am I in the grand scheme of this world

I'm afraid of what's below me
I'm afraid of what's above me
Which part of the food chain am I
What part do I play in the food chain
What am I to the food chain

Is my life that linear, am I truly linked from one to another
Is life so defined by the arrows showing the flow of thing, showing my flow
Does this food chain cause me to step out of line
What happens when I do
Does the structure collapse
Do we starve

Food chain, a human invention
Design by default for understanding, for making sense of something
For making sense of something not linear in nature, by nature
So complex the heart of humans, so fearful to knowing
What lies in these discoveries, what chants to us what we can't see
Food chain of heaven and earth, one way or the other
Life for life, is this so
Is this so in all forms of life

It's a beautiful day to know food without chains
It's a magnificent day to know life without chains
It's a splendid day to know love without chains

How easy to understand this food chain of life
What wonder it brings to big and the small
What clarity it brings to strong and the weak

Climb your highest mountain one chain link to the next
Take life when you need
Give life when you know

Is this food chain too simple it gets confused with complexity
Which arrow do I follow, which arrow shows me where I'm to flow
Which life do I take today
What do I give to life today

Suzanne Mondoux
3 June 2020

4 June 2020 Song/Poem of the Day – Generations

What is there to say about this generation of the world we love
Is it tearing itself apart from all that is good and kind
Are we a fading dream of humanity in the world we created
Do we listen to each other or is this a fading dream
In whose defense do we stand for and look to what we want

I'm just one human of this generation trying to live for me and you
In a memory I've created for a world we can hold hands
What is said about the love we destroy for wants and rights
I'm just one human of this generation grasping onto to my dream
Can this be so this life we created for one another

Man, woman and child of this generation let go the shots between us
Oh what on earth have we done to this generation
Oh what on earth have we forgotten for our future generations
Generations will look back at us and say what
Do we bow our heads in shame or in honour

I'm just one human of this generation remembering the love of me and for you
But to my shame and my regret I am not perfect in humanity
I'm wearing my heart on my sleeve for you and me, to love one another
Can this be so, we bow our head in honour to the generations to come
Or are we fools to remain far from glory

Do we speak of the good of humanity, what we know is good
Can we show the generations to come the good in you and me, we know exist
We know what lives in our hearts that desires to be seen, no matter the fears
Dismantle this fear, let's love openly, let's love for love of life
No need to walk so fast in fear of what we imagine will come down on our heads

Generations to come, forgive us for we know not what we are truly made of
Generations to come, love us for all that we came to be, for seeking love for one
another
Generations to come, we bow to you in honour

Suzanne Mondoux
4 June 2020

5 June 2020 Song/Poem of the Day – Whispered I love You

It was but one kiss on a summer night
You and me on beach, I was in heaven
Naked under the stars you smiled at me
Ooh, Ooh, Hmm, Hmm

You know what I like about you my love
No matter darling, you smiled
I kissed you for a long time
Too many words darling, you smiled
You whispered in my ear, I love you
Ooh, Ooh, Hmm, Hmm

The whisper of my life, I love you darling
I kissed you even longer, for the rest of my life
Whispered I love you, hmm, La, La, La, music to my ears
Whoa, La, La, La, Hmm, La, La, La, La, La, La
Hmm, whisper to me again

It was but one night for the rest of my days
So much in love, so much alive
You carried my heart so tenderly, like a whisper I floated
Whisper of love carried me away
Whispered I love you, hmm, La, La, La, music to my ears

You're my creator, how life grew in me for you, with you
A whisper of love is all it took to find me, to know me
I walk in your footsteps to know you
I stand beside you to love you
I whisper I love you to shine
Ooh, Ooh, Hmm, Hmm

The whisper of my life, I love you darling
I kissed you even longer, for the rest of my life
You always looked my way
Hmm, how wonderful your love in my heart

Whispered I love you, hmm, La, La, La, music to my ears
Whoa, La, La, La, Hmm, La, La, La, La, La, La
Hmm, whisper to me again

Suzanne Mondoux
5 June 2020

6 June 2020 Song/Poem of the Day – Interview with my Vampire

It was a dark night, no moon, no stars, all alone
Only my vampire to accompany me into the night
So quiet he was, so lovely his smile
His gentle touch full of life, he took me in his arms

He questioned my existence, he asked me why
So calm his words, such delight his scent
He seduced me into my reciting the accounts of my life
I left nothing untouched

Interview with my vampire on this night

He held me close to a single heart felt light
I was light as a feather in his arms
Hearing my story he took my life

A moment
Divinity
Sensuality
Hmm, whoa, whoa, whoa, whoa
Hmm, whoa, whoa, whoa, whoa

Interview with my vampire, my only audience
A single soul to witness me
A moment with the keeper of my life
A divine friend at my side
A sensual knowing to feeling my existence
Hmm, whoa, whoa, whoa, whoa
Hmm, whoa, whoa, whoa, whoa

Interview with my vampire is near its end
The glow of dawn is soon upon us
Gently my feet touch the ground
He walks with me into the sunlight

Suzanne Mondoux
6 June 2020

6 juin 2020 Chanson / Poème du jour - Entretien avec mon vampire

C'était une nuit sombre, pas de lune, pas d'étoiles, tout seul
Seul mon vampire pour m'accompagner dans la nuit
Il était si calme, si charmant son sourire
Son toucher doux plein de vie, il m'a pris dans ses bras

Il a remis en question mon existence, il m'a demandé pourquoi
Calme ses mots, ravit son parfum
Il m'a séduit dans ma récitation des récits de ma vie
Je n'ai rien laissé intacte

Entretien avec mon vampire cette nuit
Il me tenait près d'un seul cœur sentait la lumière
J'étais léger comme une plume dans ses bras
En entendant mon histoire, il m'a pris la vie

Un instant
Divinité

Sensualité

Hmm, whoa, whoa, whoa, whoa

Hmm, whoa, whoa, whoa, whoa

Entretien avec mon vampire, mon seul public

Une seule âme pour me témoigner

Un moment avec le gardien de ma vie

Un ami divin à mes côtés

Un savoir sensuel pour ressentir mon existence

Hmm, whoa, whoa, whoa, whoa

Hmm, whoa, whoa, whoa, whoa

L'interview avec mon vampire touche à sa fin

La lueur de l'aube est bientôt sur nous

Mes pieds touchent doucement le sol

Il marche avec moi dans la lumière du soleil

Suzanne Mondoux

6 juin 2020

7 June 2020 Song/Poem of the Day – This Feels Really Good

Wow, the wind in my hair and the sand between my toes

What a life, this feels really good

Life on the beach and the wind in my sail, oh what a life

This feels really good

Come join me and see what I mean, let your hair down

Sing with the whales

Oh ya, Whoa, Whoa, Oh ya, hmm,

La, La, La,

This feels really good

This soothes my soul

Crashing waves and birds songs

Oh what a life this is

This feels really good

No more fools to say what's so

I could have had this life a long time ago

No looking back, no regrets

I'm on my beach with the sun on my face and the sea air in my lungs

Oh what a life, this feels so good

Oh ya, Whoa, Whoa, Oh, ya

I sit on the rocks with my guitar and sing along

I sing along with the birds and the whales
Oh what a life, this feels so good
Hmm, Hmm, Whoa, Whoa, Whoa
I sing with the ebb and flow of life
How sweet this is, it feels so good

A life well lived, I've come to see
I've come to know and feel so well
This feels really good to be in the swing of life
This soothes my soul
Crashing waves and birds songs
Oh what a life this is
This feels really good

Suzanne Mondoux
7 June 2020

8 June 2020 Song/Poem of the Day – Cradle

What's this balance I search for
Rocking left to right, front and back
Is there a middle, is there an end
I come to find I cradle

A starting place, to stand from, to hang from
I support myself within a protective frame
A planning device sought in the fabric of life
My cradle, I hold myself carefully
I put my body in the safety of my own hands

I'm to nurture myself
My soiled life, I wash my soul
I've disgraced myself
Hmm, whoa, whoa, whoa
Hmm, whoa, whoa, whoa

Cradle of life in a place with no sun, moon, or stars
I rest my head on the lap of my God
I seek forgiveness that's nowhere to be found
Cradled in the hand of my God, I withstand the silence
Hmm, whoa, whoa, whoa
Hmm, Oh, Hmm, Oh, so loud my silence

Cradled so far from home, I stand naked all alone
My soul exposed, all to see and poke

No where to hide, no where to turn
Cradled so far from me
I'm to nurture myself, it seems
I'm to put me in the safety of my own hands

I cradle to ease my pain
So tight this corner I've made for me
I seek my own love
I feel God's hand, my hand it seems
So gentle my touch, my hand cradles my heart
Hmm, whoa, whoa, whoa
Hmm, Oh, Hmm, Oh, with ease I'm in my silence

Suzanne Mondoux
8 June 2020

9 June 2020 Song/Poem of the Day – Landslide

I hold myself in the vision of where I'll land
I listen to the rustling of the trees for what I want to learn
So fast this life from years to years
How is it we live day to day instead
My finest hour was the landslide of what was said and done

So fine this moment to so love you
All came crumbling down on you and me
It was a very fine day
All light soaked in sorrow and doubt
Our landslide moment to me and you
Hmm, so grand this day, never to forget

Are you ready to cease all sleep and dig our bodies out of this mess
This is no party, this is shaking it up instead to rise out of our ashes
Hmm, so grand this landslide moment of our life
Hmm, Whoa, Whoa, Hmm
Reach high, scratch your way out, do what you must

Keep that fire in your gut, seek for no freedom
This is a tricky place we find you and me
Buried deep beneath the rubble of painful words
So we cried, so what, what a moment
Hmm, so grand our landslide, Hmm, Whoa

Too deep to reach in and remove us from us
This world filled with so many of us

Together we crouch in our wreckage
Ruined forever in this mess
Hmm, so grand this landslide moment of our life

Fragments remain and rough stones filled the space
Hmm, so grand this landslide moment of our life
So our dream has come true
Real to each other, no more painful words
Hmm, so grand this landslide moment of our life

Suzanne Mondoux
9 June 2020

2nd song 9 June 2020 - for Roger T.

A soul of troubles

When a soul of troubles lingers in the shadows so life begins to its end
Yet a single moment can bring a change to a wondering man seeking what was
once his
How soon this can be - so close they say and yet so far

Hmm, hmm, whoa, whoa
A Wandering soul that seems to know where it goes
The fans shout out, but the light dim to one onlooker
The soul of troubles, the wanderer
Catch me in the sound of drums
Bing bang so silent the captured moment

Hmm, whoa, whoa, ha, hmm
In so a temptation to consume my soul away
Someone holds me close to some sense of sensibility
For a time all is fine
For a life all is pain

A soul of troubles
My friend so long gone
I cry for him
Alone, hmm, I cry for him
A soul of troubles
Take me home my friend

She's a new friend, yet familiar
Together the old and the new
How to see as one
So fine I found her

Someone else all new and yet familiar

A soul of troubles

Bless me this night for my consumption, I'll leave for just a moment, for a new blissful feeling of a soul of troubles

Hmm, ya, Hmm, whoa, whoa

A soul of troubles

For you my friend

Suzanne Mondoux

9 June 2020

My birthday- but for you

10 June 2020 Song/Poem of the Day – Landscape

It can happen to me, it can happen to you

Hmm, oh what a story I've created for the sake of love

For the sake of hiding my shame, to rise from a place I know no more

All visible features no longer appealing

Can I alter the landscape of my life

Is the design set in stone, any room for ornamental features

Any room for beauty

In the manner in which my landscape is set

Can I turn the page to a wider and higher prospect

All I want to do is ride away from here

No more broken heart, broken life

Look out for me, I'm all around

So vast the scene of my existence

Scenery of such a landscape, loosing all control

Ya, scenery of a broken life, hmm, ya, hmm

A painting in your view, so fine the lines

Hmm, a landscape to avoid, a general situation easily found

Hmm, whoa, ya, hmm, look out for such a place

The range of mental anguish is vast and wide

Hmm, dare to explore, hmm, whoa, watch where you step

I may have no soul for such a place

This landscape is no place for the faint of heart

Beware where you tread, so easily I can find you here

Hmm, ya, look out for the horizontal lines of this landscape

Make this land look better with fine stroke of your brush

Hmm, whoa, whoa, ya, can I start over, a blank canvas

The collection of forms, imprint of society, which group do I belong
So descriptive, impressionistic, and abstract, I'm lost in such a landscape
Can I break free from such spatial imprisonment
Am I just fine art, a photograph, or both
Am I cognitive or the observer of the process of this landscape
Hmm, whoa, ya, what of this landscape that keeps me

Suzanne Mondoux
10 June 2020

11 June 2020 Song/Poem of the Day – Optimist

I'm a dreamer of the friend in you
Hmm, my friend, I believe in you, I see your light
I'm hopeful of you, despite that needle in your arm
Despite that white line of torment at your fingertips
You're my friend, my optimist of life

Hmm, my optimist of life, a friend of all friends
I know you are the best of all possible worlds
Even when I found you dead
The good in you came back to life
The good always prevails, no matter your demons
Whoa, Hmm, Hmm, you're my optimist of life

You want it all to end, but your light shines bright
You've come and gone, earth to heaven you seem to travel
The optimist in you refuses to say goodbye
You want to come clean, you shame away
No matter my friend, my optimist of life
Hmm, Whoa, whoa, whoa, whoa, whoa

You shame away for what seems the only place to look
Oh my friend, my optimist of love, of friendship
Today is a new day, let it be so
Tell me where to find you, heaven or earth
Hmm, Hmm, Whoa, Whoa, La, La, La
Where you decide I hold out my hand
Always my friend, always my optimist of love and life
Your friendship is life

Suzanne Mondoux
11 June 2020

12 June 2020 Song/Poem of the Day – How Come

Take me back to a time where I knew who I was
What happened to the moon, the stars, and the sun
There's no salt left in the sea

How come the days have changed
How come my reflection is gone
How come the passage of time is but a whisper in space

Where have I been to find myself here
Is this all there is in this space and time
There is no more tomorrow

How come this is so
How come there are no more places to go
How come birds don't fly anymore

All the ice is melted
There's too much water but no more ships
There is no more wind

How come flow of life ceased
How come momentum stagnant
How come air suffocates

My galaxy is gone to a far away place
I looked onto its last glimmer of light
So magnificent, such delight

How come no more day and only night
How come all sound silenced
How come the Milky Way fades away

In a place I once knew so well
Where's my reflection, where's my footprints
What is this place now my home

How come I seek the wonder where I am
How come I seek to know who I've become
How come I fear to know who I am

Suzanne Mondoux
12 June 2020

13 June 2020 Song/Poem of the Day – Catch Me

For so long I was all that I could be to me and you
I walked in my shadow into a world unknown
I found joy in what I imagined
I jumped and I caught me

Catch me in the highest falls I caught me
So strong I was in free fall of my life
Catch me is my finest act
I walked on stage into the light

So fine the audience waiting for me
I smiled with delight
Should I stumble and fall
Catch me is reserved just for me

In my free fall like a feather I floated here and there
I look beyond and above to places I never gone
Catch me is reserved just for me should I fall
When I fall I look forward to the day I catch me

No sitting quietly in the days to come
The audience await to witness the grandest show of their life
I look beyond and ahead to a place I know so well
What a splendid moment it will be when I fall and catch me

Trick of the trade is to know ahead where you'll stumble
Trip and fall with glee and stand on your feet with grace
Catch me is reserved just for this moment of me
I'm reserved just for me in my fallen day for the grandest days

I look ahead and all around to places I once was
I caught me in my free falls, so fine my stumbles
I tripped and fell on many of occasions
Catch me is reserved just for me

Suzanne Mondoux
13 June 2020

13 juin 2020 Chanson / Poème du jour - Attrape-moi

Pendant si longtemps j'étais tout ce que je pouvais être pour moi et toi
J'ai marché dans mon ombre dans un monde inconnu
J'ai trouvé la joie dans ce que j'imaginais

J'ai sauté et je me suis rattrapé

Attrape-moi dans les free fall les plus hautes je m'attrape
Si fort j'étais en free fall de ma vie
Attrape-moi est mon meilleur acte
J'ai marché sur scène dans la lumière

Si bien le public m'attend
J'ai souri avec délice
Dois-je trébucher et tomber
Attrape-moi est réservé juste pour moi

Dans mon free fall comme une plume je flottais ci et là
Je regarde au-delà et au-dessus des endroits où je ne suis jamais allé
Attrape-moi est réservé juste pour moi si je tombe
Quand je tombe j'attends avec impatience le jour où je me rattraperai

Pas assis tranquillement dans les jours à venir
Le public attend d'assister au plus grand spectacle de sa vie
Je regarde au-delà et en avant vers un endroit que je connais si bien
Quel moment magnifique ce sera quand je tomberai et me rattraperai

L'astuce consiste à savoir à l'avance où vous trébucherez
Trébuchez et tombez avec joie et tenez-vous debout avec grâce
Attrape-moi est réservé juste pour ce moment de moi
Je suis réservé juste pour moi en mon jour tombé pour les plus grands jours

Je regarde vers l'avant et tout autour des endroits où j'étais
Je me suis pris dans mes free fall, si bien mes trébuchements
J'ai trébuché et je suis tombé à plusieurs reprises
Attrape-moi est réservé juste pour moi

Suzanne Mondoux
13 juin 2020

14 June 2020 Song/Poem of the Day – What About

Oh ya this ship has sailed, again
Ya I see this now, again
What about a second chance with no looking back
Oh why is this the way for me
What about what's left in me

I see the shadow of my life
Never have I been free

What about what I want to see
What about what I want to feel

I've come and gone so many times I lost count
I charged in so willingly so fearlessly
It's time to arrive at this one thing called love
Whose loving me no more

What about a second chance at life
What about some answers to my questions
What about the fool you take me for
What about the cracks in floor

I had it once you know
I wasn't always so alone
I had it all it seems
It seems easily to let it all go

I crashed the car, head on, so easy it was
What about that all to be so easy
What about that ship that sailed
What about that
What about that I ask again

I call out, no one answers
What about this silence
What about this voice in a void
What about this place I find myself

What about that
What about that ship that sailed

Suzanne Mondoux
14 June 2020

14 juin 2020 Chanson / Poème du jour - Qu'en est-il de

Oh ya ce bateau a encore navigué
Ya je vois ça maintenant, encore
Et une deuxième chance sans regarder en arrière
Oh pourquoi est-ce la voie pour moi
Et ce qui reste en moi

Je vois l'ombre de ma vie
Je n'ai jamais été libre

Et ce que je veux voir
Et ce que je veux ressentir

Je suis venue et repartie tant de fois que j'ai perdu le compte
J'ai chargé si volontiers et sans peur
Il est temps d'arriver à cette seule chose appelée l'amour
Qui ne m'aime plus

Et une seconde chance dans la vie
Qu'en est-il des réponses à mes questions
Et le fou pour lequel tu me prends
Qu'en est-il des fissures dans le sol

Je l'ai eu une fois que tu sais
Je n'étais pas toujours aussi seule
J'avais tout ce qu'il me semble
Il semble facile de tout laisser partir

J'ai écrasé la voiture, tête en l'air, c'était si facile
Et tout ça pour être si facile
Qu'en est-il de ce navire qui a navigué
Que dire de cela
Qu'en est-il que je demande à nouveau

J'appelle, personne ne répond
Et ce silence
Et cette voix dans le vide
Et cet endroit, je me retrouve

Que dire de cela
Qu'en est-il de ce navire qui a navigué

Suzanne Mondoux
14 juin 2020

15 June 2020 Song/Poem of the Day – What About Love

It's where I want to be, oh ya my baby
When you turn away you leave me cold
I turn away when they speak of you, my love
So close we were without a doubt
Now it's an old story

What about love in this story
Does love get old

What's made this so
What part of me grew too old for you

I'm but a young soul, young at heart
What about love in this part of me, part of you
And when you walk away you never look back
I'm standing there naked and alone on the shores of life
Absent in a place forced to go, to live alone

What about love at the end of our story
Baby there's no need for an ending in sight
Not long ago I was all you wanted, said you loved me
What happened to our story, what about love
No glimmer of hope for you and me, you say quietly

What about love in this story of you and me
Somewhere in there something remains
Something alive to what was said and done
I love you baby, even when you turn away
All that is you remains with me
Never too old a story, its all about love

What about love in the history of our life
So clumsy at times, so fun at times, so nice at times
It's always been you and me
For today can we pretend there is no yesterday and no tomorrow
Can we be in this story of love for now

What about love never gets old
What about love like no other for me and you

Suzanne Mondoux
15 June 2020

15 juin 2020 Chanson / Poème du jour - Qu'en est-il de l'amour

C'est là que je veux être, oh ya mon bébé
Quand tu te détournes tu me laisses froid
Je me détourne quand ils parlent de toi, mon amour
Si proches que nous étions sans aucun doute
Maintenant c'est une vieille histoire

Et l'amour dans cette histoire
L'amour vieillit
Qu'est-ce qui a rendu cela si

Quelle partie de moi est devenue trop vieille pour toi

Je ne suis qu'une jeune âme, jeune de cœur
Et l'amour dans cette partie de moi, une partie de toi
Et quand tu t'éloignes, tu ne regardes jamais en arrière
Je suis là nu et seul sur les rives de la vie
Absent dans un endroit contraint de partir, de vivre seul

Et l'amour à la fin de notre histoire
Bébé, il n'y a pas besoin d'une fin en vue
Il n'y a pas longtemps j'étais tout ce que tu voulais, tu m'as dit
Qu'est-il arrivé à notre histoire, qu'en est-il de l'amour
Aucune lueur d'espoir pour vous et moi, dites-vous doucement

Et l'amour dans cette histoire de toi et moi
Quelque part là-dedans quelque chose reste
Quelque chose de vivant à ce qui a été dit et fait
Je t'aime bébé, même quand tu te détournes
Tout ce que tu es reste avec moi
Jamais une histoire trop vieille, tout est question d'amour

Et l'amour dans l'histoire de notre vie
Si maladroit parfois, si amusant parfois, si agréable parfois
Ça a toujours été toi et moi
Car aujourd'hui pouvons-nous prétendre qu'il n'y a pas d'hier ni de demain
Pouvons-nous être dans cette histoire d'amour pour l'instant

Et l'amour ne vieillit jamais
Qu'en est-il de l'amour pas comme les autres pour moi et toi

Suzanne Mondoux
15 juin 2020

16 June 2020 Song/Poem of the Day – Honeymoon

You've never changed your mind
And I remember then so well, you stole my heart
You're love was crazy, I couldn't get away from you
I was the happiest fool, it was the start of my honeymoon

I lived such a honeymoon all alone
Here and there you come along
I was so young a fool in love, in my honeymoon of you
So sweet this was, I could see nothing else

I'm gonna grieve you baby, I know this
In my honeymoon of you, so sweet this is
I love you so, ya, hmm, ya, hmm, whoa, ya
It's such a shame I was so young, I'm gonna grieve you
In my honeymoon of you

I saw you walking down the street
You looked at me, you smiled
I was in my honeymoon of you, I grieved you all over again
You turned and walked away
I'm older now, I'm still in my honeymoon of you

I listened long enough your voice in me
I know it's time I move on but I still grieve you
I'm in the honeymoon of you
Someone like you doesn't make it easy to leave
I was so young, I love you, I know I was a like a puppy to you
Yet you stole my heart

I was in my honeymoon of you
I love you so, ya, hmm, ya, hmm, whoa, ya
I see you time to time
I walk away, I'm older now
I still grieve you, my honeymoon of you

I have a wife now
My children ask me about love
I tell them of the honeymoon of you
I see you see me from time to time, and smile
I let the honeymoon of you in me subside
I was so young, I loved you so
Honeymoon of you

Suzanne Mondoux
16 June 2020

16 juin 2020 Chanson / Poème du jour - Lune de miel

Tu n'as jamais changé d'avis
Et je m'en souviens si bien, tu m'as volé le cœur
Tu es amoureux était fou, je ne pouvais pas m'éloigner de toi
J'étais l'idiot le plus heureux, c'était le début de ma lune de miel

J'ai vécu une lune de miel toute seule
Ici et là vous venez

J'étais si jeune un idiot amoureux, dans ma lune de miel de toi
C'était si doux, je ne pouvais rien voir d'autre

Je vais te pleurer bébé, je le sais
Dans ma lune de miel, si doux c'est
Je t'aime donc, ya, hmm, ya, hmm, whoa, ya
C'est tellement dommage que j'étais si jeune, je vais te pleurer
Dans ma lune de miel de toi

Je t'ai vu marcher dans la rue
Tu m'as regardé, tu as souri
J'étais dans ma lune de miel de toi, je t'ai encore chagriné
Tu t'es retourné et tu t'es éloigné
Je suis plus vieux maintenant, je suis encore dans ma lune de miel

J'ai écouté assez longtemps ta voix en moi
Je sais qu'il est temps que je passe à autre chose mais je t'attriste toujours
Je suis en lune de miel
Quelqu'un comme toi ne facilite pas le départ
J'étais si jeune, je t'aime, je sais que j'étais comme un chiot pour toi
Pourtant tu as volé mon coeur

J'étais dans ma lune de miel
Je t'aime donc, ya, hmm, ya, hmm, whoa, ya
Je te vois de temps en temps
Je m'éloigne, je suis plus vieux maintenant
Je t'attriste toujours, ma lune de miel de toi

J'ai une femme maintenant
Mes enfants me demandent de l'amour
Je leur parle de ta lune de miel
Je te vois me voir de temps en temps et sourire
Je laisse ma lune de miel en moi s'apaiser
J'étais si jeune, je t'aimais tellement
Lune de miel de vous

Suzanne Mondoux
16 juin 2020

17 June 2020 Song/Poem of the Day – Smoke

Hey baby come here next me
I swear I don't sleep around, anymore
I inhale our burning smoke
Smouldering is the grey dusty mist

Be on fire next to me

So lost in the fog without you
Up in smoke is my soul when you're not next to me
Something blinds me, so obscure this new place
I come find you, I want to inhale your perfume
The burning smoke in my throat, without you
An never did I lie to you

Oh ya my truth so clear
I swear no more truth of me
I'm all yours, no more smoky mirrors to shield the truth
Darken in the light beats me to the core
So lonely without you
I don't want to run free without you

Oh baby, the burning smoke in my throat
Ashes of my truth, vapours of my truth lingers
My body up in smoke
I'm but a pile of ashes without you
Oh baby, the burning smoke of my truth in my throat
I swear no more losing my temper
Can you please come next to me

Oh baby, the burning smoke of my truth in my throat
I see it does not serve me well
To burn so much, I beg you baby come next to me
My heart is in flames
I'm reduced to ashes without you

Don't let me smolder alone
Oh baby, the burning smoke of my truth in my throat
There's no sunshine in this grey glow of my soul
Of what I've done to you
I've withered away on my own truth
I wanted to be free, and so I am with the burning smoke in my throat

Suzanne Mondoux
17 June 2020

17 juin 2020 Chanson / Poème du jour -

Fumée

Hé bébé viens ici à côté de moi
Je jure que je ne dors plus avec autres
J'inhale notre fumée brûlante
La fumée couve est la brume poussiéreuse grise
Soyez en feu à côté de moi

Tellement perdu dans le brouillard sans toi
Mon âme est en fumée quand tu n'es pas à côté de moi
Quelque chose m'aveugle, obscurcit donc ce nouvel endroit
Je viens te trouver, je veux inhaler ton parfum
La fumée brûlante dans ma gorge, sans toi
Je ne t'ai jamais menti

Oh ya ma vérité si claire
Je ne jure plus de vérité sur moi
Je suis à toi, plus de miroirs enfumés pour cacher la vérité
S'obscurcir dans la lumière me bat jusqu'au cœur
Si seul sans toi
Je ne veux pas courir sans toi

Oh bébé, la fumée brûlante dans ma gorge
Les cendres de ma vérité, les vapeurs de ma vérité persistent
Mon corps en fumée
Je ne suis qu'un tas de cendres sans toi
Oh bébé, la fumée brûlante de ma vérité dans ma gorge
Je jure de ne plus perdre mon calme
Pouvez-vous s'il vous plaît venir à côté de moi

Oh bébé, la fumée brûlante de ma vérité dans ma gorge
Je vois que ça ne me sert pas bien
Pour brûler autant, je t'en supplie bébé viens à côté de moi
Mon cœur est en flammes
Je suis réduit en cendres sans toi

Ne me laisse pas couvrir seul
Oh bébé, la fumée brûlante de ma vérité dans ma gorge
Il n'y a pas de soleil dans cette lueur grise de mon âme
De ce que je t'ai fait
J'ai perdu ma propre vérité
Je voulais être libre, donc je suis avec la fumée brûlante dans ma gorge

Suzanne Mondoux
17 juin 2020

18 June 2020 Song/Poem of the Day – Dragonfly

Oh this world gives me so much
In change and meaning of my life
I search for more transformation
It is my source of my understanding
Hmm, I'm the dragonfly in my dreams

In my realization of my world in my dreams
I'm the dragonfly in my dreams
A single meaning, a single change I believed
I was all but a wandering soul until you came along
A sign of an angel to bring me love

Hmm, oh ya, I'm the dragonfly in my dream
I absorb your light, I beg you to shine through me
I'm drawn to you, to me
My dragonfly you remind me to reflect light and love
Hmm, whoa, whoa, ya, my dragonfly
Oh this world gives me so much

Oh this paradise all created just for me
I begin my life in water and end my life near by
So gentle you are, never careless with my touch
I'm the dragonfly in my dream
Never break the skin
Oh this world gives me so much

Oh, Oh, Oh, great gentle creatures of this world
Dive into your emotions for fuller understanding of yourself
Your personal journey as the dragonfly of this great world
Change direction quickly, and fly without any effort
In this beautiful world were creating

I hear you when you're in my presence
Your life, my life is very short
So when you take the time to be with me I know
I know, hmm, it's because it's very short
My dragonfly, I won't waste your time
I won't waste my time for this beautiful world we've created

I am the master of my way
Others are drawn to you, you remind us of light and love
In a dark world we created into a beautiful world we create
I'm the dragonfly in my dreams to shine through light and love
Hmm, oh, oh, you land on me

Oh, such luck, but love of inspiration
You're my sign of caution, something my dragonfly is hidden from view
In this world we created, what truth is kept from me and you
We come from water, our life is short, and we return
Hmm, my dragonfly in my dreams
For this beautiful world created for me and you

Suzanne Mondoux
18 June 2020

18 juin 2020 Chanson / Poème du jour - Libellule

Oh ce monde me donne tellement
Dans le changement et le sens de ma vie
Je recherche plus de transformation
C'est ma source de compréhension
Hmm, je suis la libellule dans mes rêves

Dans ma réalisation de mon monde dans mes rêves
Je suis la libellule dans mes rêves
Un seul sens, un seul changement que je croyais
Je n'étais qu'une âme errante jusqu'à ce que tu viennes
Un signe d'un ange pour m'apporter l'amour

Hmm, oh whoa, je suis la libellule dans mon rêve
J'absorbe ta lumière, je te supplie de briller à travers moi
Je suis attiré par toi, par moi
Ma libellule tu me rappelles de refléter la lumière et l'amour
Hmm, whoa, whoa, ya, ma libellule
Oh ce monde me donne tellement

Oh ce paradis tout créé juste pour moi
Je commence ma vie dans l'eau et termine ma vie à proximité
Si doux que tu es, jamais insouciant avec mon toucher
Je suis la libellule dans mon rêve
Ne jamais casser la peau
Oh ce monde me donne tellement

Oh, Oh, Oh, grandes créatures douces de ce monde
Plongez dans vos émotions pour mieux vous comprendre
Votre voyage personnel en tant que libellule de ce grand monde
Changez de direction rapidement et volez sans effort
Dans ce beau monde créaient

Je t'entends quand tu es en ma présence
Ta vie, ma vie est très courte
Alors quand tu prends le temps d'être avec moi, je sais
Je sais, hmm, c'est parce que c'est très court
Ma libellule, je ne perdrai pas ton temps
Je ne perdrai pas mon temps pour ce beau monde que nous avons créé

Je suis le maître de mon chemin
D'autres sont attirés par toi, tu nous rappelles la lumière et l'amour
Dans un monde sombre, nous avons créé un monde magnifique que nous créons
Je suis la libellule dans mes rêves pour briller à travers la lumière et l'amour
Hmm, oh, oh, tu atterris sur moi

Oh, quelle chance, mais l'amour de l'inspiration
Tu es mon signe de prudence, quelque chose que ma libellule est cachée
Dans ce monde que nous avons créé, quelle vérité est cachée de moi et de toi
Nous venons de l'eau, notre vie est courte et nous revenons
Hmm, ma libellule dans mes rêves
Pour ce beau monde créé pour toi et moi

Suzanne Mondoux
18 juin 2020

19 June 2020 Song/Poem of the Day – Ride Fast

I ran to you, I ran to you
I was carried by the wind
I had to ride fast to keep up
It was all said and done in a blink of an eye

Ride fast you said, ride like the wind
It was all I could do to keep my feet on the ground
Let your hair down, and ride like the wind
Ride fast into the hills

Ya, it's what I did, ride fast into the darkness
There was no afterlife after you and me
Cette amour, c'est la fin de moi
Hmm, whoa, whoa, whoa

Ride fast into paradise
A dash of demise with no exit
Remnants of old graves
I saw you standing there

The engine died in silence
The tomb exposed for all to see
Ride fast into eternal rest
I sleep with the others, as you pass over

Carry me away with the parting of what was
Ride fast to the end of our road
I vanish into oblivion
Without a doubt, ride fast you sealed my faith

In the beginning there was light
Coming together the gates of love opened
It was the birth of a new creation
I revved those gears, ride fast was life

From the start to the finish line, all I did was ride fast
Tragedy of this tale
Cette amour, c'est la fin de moi
Hmm, whoa, whoa, whoa

Suzanne Mondoux
19 June 2020

19 juin 2020 Chanson / Poème du jour - Rouler Vite

J'ai couru vers toi, j'ai couru vers toi
J'étais porté par le vent
J'ai dû rouler vite pour suivre
Tout a été dit et fait en un clin d'œil

Roule vite tu as dit, roule comme le vent
C'était tout ce que je pouvais faire pour garder les pieds sur terre
Lâche tes cheveux et roule comme le vent
Roulez vite dans les collines

Oui, c'est ce que j'ai fait, je roule vite dans l'obscurité
Il n'y avait pas d'au-delà après toi et moi
Cette amour, c'est la fin de moi
Hmm, whoa, whoa, whoa

Montez vite au paradis
Un soupçon de disparition sans issue
Vestiges d'anciennes tombes
Je t'ai vu debout là

Le moteur est mort en silence
Le tombeau exposé à tous
Roulez vite dans le repos éternel
Je dors avec les autres en passant

Emportez-moi avec la séparation de ce qui était
Roulez vite jusqu'au bout de notre route
Je disparaissais dans l'oubli
Sans aucun doute, roule vite tu as scellé ma foi

Au début il y avait de la lumière
Les portes de l'amour se sont ouvertes
Ce fut la naissance d'une nouvelle création
J'ai accéléré ces vitesses, rouler vite était la vie

Du début à la ligne d'arrivée, je n'ai fait que rouler vite
Tragédie de ce conte
Cette amour, c'est la fin de moi
Hmm, whoa, whoa, whoa

Suzanne Mondoux
19 juin 2020

20 June 2020 Song/Poem of the Day – Infamous

How well I'm known for my bad quality and deeds
I was wicked to the bone
Deprived of all rights as a consequence of my crimes
Overnight I was infamous, you saw to this

Notorious for such a life I lived
All punishable by serious penalty
Infamous without a doubt
A reputation of the worst kind, you saw to this

The infamous road you set before me
Inflamed with lust you made infamous proposals to me
No near repulsed, I took you in my arms
No matter how shocking

No one would care to be as you and me
Infamous is reserved for a select few
Scandalous affair of the heart
Shameful journey of the lonely

Corruption of the heart
Foul stench of my soul
Heinous my mind
My heart seeks redemption for an infamous soul

A dignified life can be in my line of sight
Glorious is this day
A good, kind, and gentle day
Me, infamous, you saw to this

Defame my image of who I am
Malign me to others, you see to this
Praise me, you assured this never be
Infamous me, commend me for seeing you
I see to this

Suzanne Mondoux
20 June 2020

20 juin 2020 Chanson / Poème du jour - Infâme

À quel point je suis connu pour ma mauvaise qualité et mes actes
J'étais méchant jusqu'à l'os
Privé de tous droits en raison de mes crimes
Du jour au lendemain j'étais infâme, tu as veillé à ce

Tristement célèbre pour une telle vie que j'ai vécue
Tous passibles d'une peine grave
Infâme sans aucun doute
Une réputation des pires, vous avez vu

La route tristement célèbre que tu mets devant moi
Enflammé de luxure, vous m'avez fait des propositions infâmes
Non repoussé, je t'ai pris dans mes bras
Peu importe combien choquant

Personne ne voudrait être comme toi et moi
infâme est réservé à quelques privilégiés
Affaire scandaleuse du cœur
Voyage honteux du solitaire

Corruption du cœur
Fétide puanteur de mon âme
Heinous my mind
Mon cœur cherche la rédemption pour une âme infâme

Une vie digne peut être dans mon champ de vision
Glorieux est ce jour
Une bonne, gentille et douce journée
Moi, tristement célèbre, tu as vu ça

Diffamer mon image de qui je suis
Me calomnier envers les autres, vous voyez
Louez-moi, vous avez assuré que ce ne sera jamais
Infâme, félicitez-moi de vous avoir vu
Je vois ça

Suzanne Mondoux
20 juin 2020

21 June 2020 Song/Poem of the Day – Celestial

It's so beautiful the day you bring to me
All the glitter of the sun, the moon, and stars
It's a celestial world you create for me
I love you so in this dreamy world of what all I desire, all is wonderful
For a the sake of simple pleasure and joy, it's so easy to try
Our world of celestial glory for just today, a wonder of a day

Feel of the wind in my face in place a slap, for taking my life for granted
How much a fool I was in a place of a celestial creation so easy to attain
I'm made from heaven and earth for the sake of a today in this world
It's meant to be deep in my heart, I feel it so easily
The celestial feeling of turning all round at the speed of light
Catch a falling star, you see it's so easy

It's what's written on the wall, this celestial world for you and me
It's meant to be that way, all the way in the stormy days
The calm before the storm, clashes of the stars
What glow it gives to our celestial world
Living for today, for a simple day of pleasure, to be free even in its audacity
Look at in straight on, it's made in heaven and earth for you and me

Take in all your misery for a pure celestial moment of living free
No chance taken, no life taken, no life to give, it's so plain
Tell you so what's meant to be in a celestial word
Written in the stars for all to see
All shame and humility expose
Naked before the Gods, for all to see
For you and me, on display, no turning away

Catch a glimpse of this world we've created
Shining bright in a celestial glow, a piece of your heart
All to hurt, to kick around, take a brand new kick at life
Kick back and make a brand new start
No soul to give away for free
Make a brand new start in a celestial world created for you and me
Just for you, it's ok, take what you create and make something of you
You are the celestial world we are waiting for

Suzanne Mondoux
21 June 2020

21 juin 2020 Chanson / Poème du jour - Céleste

C'est si beau le jour que tu m'apportes
Toutes les paillettes du soleil, de la lune et des étoiles
C'est un monde céleste que vous créez pour moi
Je t'aime donc dans ce monde rêveur de tout ce que je désire, tout est merveilleux
Pour le plaisir et la joie simples, il est si facile d'essayer
Notre monde de gloire céleste pour aujourd'hui, une merveille d'un jour

La sensation du vent sur mon visage en place une gifle, pour prendre ma vie pour
acquise
Combien j'étais fou dans un lieu de création céleste si facile à atteindre
Je suis fait du ciel et de la terre pour un jour dans ce monde
C'est censé être au plus profond de mon cœur, je le sens si facilement
La sensation céleste de tourner tout autour à la vitesse de la lumière
Attrapez une étoile filante, vous voyez c'est si facile

C'est ce qui est écrit sur le mur, ce monde céleste pour toi et moi
C'est censé être ainsi, tout au long des jours de tempête
Le calme avant la tempête, les affrontements des étoiles
Quelle lueur cela donne à notre monde céleste
Vivre pour aujourd'hui, pour une simple journée de plaisir, pour être libre même
dans son audace
Regardez tout droit, c'est fait dans le ciel et la terre pour vous et moi

Prenez toute votre misère pour un pur moment céleste de vivre libre
Aucune chance prise, aucune vie prise, aucune vie à donner, c'est si simple
Dites-vous donc ce que signifie être dans un mot céleste
Écrit dans les étoiles pour que tout le monde puisse le voir
Toute honte et humilité exposent
Nue devant les dieux, pour que tout le monde la voie
Pour vous et moi, en exposition, ne vous détournes pas

Découvrez ce monde que nous avons créé
Brillant dans une lueur céleste, un morceau de ton cœur
Tout pour faire mal, pour donner un coup de pied, prendre un nouveau coup de pied
à la vie
Détendez-vous et prenez un nouveau départ
Aucune âme à donner gratuitement
Prenez un nouveau départ dans un monde céleste créé pour vous et moi
Juste pour vous, c'est ok, prenez ce que vous créez et faites quelque chose de vous
Tu es le monde céleste que nous attendons

Suzanne Mondoux
21 juin 2020

22 June 2020 Song/Poem of the Day – All It Is

I say take it, it's a piece of my heart
No one to remind me of all that's forgotten
Time and time again, all it is is time
What you made of it, what power you struck
What life you gave to days of your time

All it is is a piece of you
Some friends remain, that's what friends are for
You forget this from time to time
Friends remain, that's all it is, what you feared you lost

Fear not my friend, no lack of time for us
You saw to your suffering of those days gone by
No matter your pain, what you found ugly, friends remain
All it is is this my friend
All it is for the time that remains
Watch for the signs of the ticking clock of goodbyes
All it is is friends in need of friends

Stay close to them, they're your home
All it is is remembering the good times
All it is is this life of friendship
To need for love and affection, no shame in this
All it is is a friend in need

You find yourself in the deep end, I put out my hand
Take all your worries and your stress into my hand
Come away from nothingness, knowing only loneliness

All it is is a friend in need
All it is is friendship from time to time
No need to fall so far, say what you need to a friend
All it is is a friend in need

Suzanne Mondoux
22 June 2020

22 juin 2020 Chanson / Poème du jour - Tout ce que c'est

Je dis le prendre, c'est un morceau de mon cœur
Personne pour me rappeler tout ce qui est oublié
Maintes et maintes fois, tout est temps
Ce que tu en as fait, quel pouvoir tu as frappé
Quelle vie tu donnais aux jours de ton temps

Tout ce que c'est est un morceau de toi
Il reste des amis, c'est à ça que servent les amis
Tu oublies ça de temps en temps
Les amis restent, c'est tout ce que vous craigniez d'avoir perdu

Ne crains pas mon ami, ne manque pas de temps pour nous
Tu as vu ta souffrance de ces jours passés
Peu importe votre douleur, ce que vous avez trouvé laid, vos amis restent
Tout ce que c'est c'est mon ami
Tout ce qu'il reste pour le temps qui reste
Surveillez les signes du tic-tac des adieux
Tout ce que c'est c'est des amis qui ont besoin d'amis

Restez près d'eux, ils sont chez vous
Tout ce que c'est se souvenir des bons moments
Tout ce que c'est c'est cette vie d'amitié
Avoir besoin d'amour et d'affection, pas de honte à cela
Tout ce que c'est c'est un ami dans le besoin

Tu te retrouves au fond, je tends la main
Prends tous tes soucis et ton stress dans ma main
Sors du néant, ne connaissant que la solitude
Tout ce que c'est c'est un ami dans le besoin
C'est de l'amitié de temps en temps
Pas besoin de tomber si loin, dites ce dont vous avez besoin à un ami
Tout ce que c'est c'est un ami dans le besoin

Suzanne Mondoux
22 juin 2020

23 June 2020 Song/Poem of the Day – All I Can Take

If I said I loved you would you stay a little longer
What do I need to say for this life to go on
You said you were happy with me
All I can take is that you stay
Tell me what to say, what you need
Why quiet for so long and then you leave

All I can take is nothing less than this
What's the tragedy that's causing you to leave
I've said and done everything you asked of me
Now you're leaving me for no one else
Where did I go wrong before this day

All I can take is just one more moment
Nothing to lose by staying for another day
What's taking you so far away
You stopped smiling so long ago, is it really me
What lies have you told me, what lies have you told yourself
All I can take is the truth you conceal so well
No more hiding in yourself to run away

Did I ever have a chance with you
Was there ever going to be a forever
All I can take is the dream I saved for you and me
Was I foolish to take this further than a dream
All I can take is to wake up to a reality you want for me and you
Sing to me like you used to, all I can take is a whisper of your voice

All I can take you've taken away
What's left in this life so far from you
All I can take is no more tears
You made me smile once
All I can take is the joy of you

Suzanne Mondoux
23 June 2020

23 juin 2020 Chanson / Poème du jour - Tout ce que je peux prendre

Si je disais que je t'aimais, resterais-tu encore un peu
Que dois-je dire pour que cette vie continue
Tu as dit que tu étais content de moi

Tout ce que je peux prendre c'est que tu restes
Dites-moi quoi dire, ce dont vous avez besoin
Pourquoi tais-tu si longtemps et ensuite tu pars

Tout ce que je peux prendre, c'est rien de moins que ça
Quelle est la tragédie qui vous pousse à quitter
J'ai dit et fait tout ce que tu m'as demandé
Maintenant tu me laisses pour personne d'autre
Où je me suis trompé avant ce jour

Tout ce que je peux prendre c'est juste un moment de plus
Rien à perdre en restant un autre jour
Qu'est-ce qui vous emmène si loin
Tu as cessé de sourire il y a si longtemps, c'est vraiment moi
Quels mensonges m'as-tu dit, quels mensonges t'as-tu dit
Tout ce que je peux prendre, c'est la vérité que tu caches si bien
Plus besoin de se cacher pour s'enfuir

Ai-je déjà eu une chance avec toi
Y aurait-il jamais eu une éternité
Tout ce que je peux faire c'est le rêve que j'ai enregistré pour toi et moi
Étais-je stupide d'aller plus loin qu'un rêve
Tout ce que je peux prendre c'est de me réveiller à une réalité que tu veux pour moi
et toi
Chante pour moi comme tu le faisais, tout ce que je peux prendre c'est un murmure
de ta voix

Tout ce que je peux vous emporter
Que reste-t-il dans cette vie si loin de toi
Tout ce que je peux prendre c'est plus de larmes
Tu m'as fait sourire une fois
Tout ce que je peux prendre c'est ta joie

Suzanne Mondoux
23 juin 2020

24 June 2020 Song/Poem of the Day – What If

What if it's the right time to start loving one another?
What if it's the right time to feel compassion for all life?
What if it's the right time to know love, to know kindness?
What if it's the right time to stop blaming the past, blaming others?

What if it's the right time to be accountable for your choices, your actions?

What if it's the right time to say I'm sorry?

What if it's the right time to listen to one another?

What if it's the right time to see the hurt and pain you cause another?

What if it's the right time to walk in another shoes for just a day?

What if it's the right time to speak no lies to yourself and to others?

What if it's the right time to love and appreciate our differences?

What if it's the right time to Coexist with Animal Beings?

What if it's the right time to know Mother Nature?

What if it's the right time to learn the language of another?

What if it's the right time to learn the culture of another?

What if it's the right time to listen to someone's story?

What if it's the right time to see and come to know the heart of another?

What if...?

Suzanne Mondoux

24 June 2020

25 June 2020 Song/Poem of the Day – So Strong

Oh so strong, sing to me the tale of your story
Of you, skilled in the ways of love, I breath so easily with you
I, a wanderer, believed this my fate to the end of time
After you saw me, oh so strong, I heard you sing, for me
For me, I saw the land from which you came
Weathered by many bitter cold nights
The long lonely days of the recklessness destroyed little bit of sunlight

Oh so strong, sing to me the tale of our story
Of our adventures, fill the air with the greatest song there is
Begin with the day on the steps
Headlong in the mist of destruction
Oh so strong, sing to me of our home, you my love
I cling to the memory of the immortal and most beautiful you

I crave you for my own, no other fills my soul

And when the years and seasons of our life come to an end
At what point in time the trials of our life will glow or shame
Oh so strong, sing to me those loving words of your heart
Tell the Gods to be kind with us, we were so strong
I lingered delighted at the way you sing in the cold and raging sea
Oh so strong, my words carry your tone

Oh so strong, how mortal our tale of love
May the Gods forgive us, heal our afflictions and our failings
The suffering of the heart in a land so far lost
Oh so strong in sight of our doom laying in wait for us
Sent down from the heavens the seal of our fate
In the face of darkness the day has come

No friendly advice, what strange remarks escape the Gods
There is no mortal life to give us hope
Oh so strong you, sing to me the tale of our story
Open the sky and let the Gods fall to their knees
Let them bear witness to your beauty, to our love story
Oh so strong, the mortals of this life

Suzanne Mondoux
25 June 2020

26 June 2020 Song/Poem of the Day – Quill

It's so easy to write words on a page
To let it flow with little meaning
The writer's quill is but the tool of a writer's kit
So soft the feather on the spine
Hollow shaft isn't for hollow words

Careful to the writer of these words
Headliners of spiky words of a spiky reader
Tranquil the folds of the words
The wind threading the sequence of quill
The formation of so many words, with no spine

Quill the writer's kit
No two the same, no two desires
The writer's words lead with its passions
Not much to say, but plenty to write about
The quill holds me in my vision of what I want

Of what I want to say, not so easily

Carry me away on the wings of a bird
Giving me a quill to express my new vision
No simple words from hollow shafts
It's weightless pressure in my hand
The quill of life carries me away

Cramming words on paper
Cramming words in your thoughts
Headliner's delight, careful of such simple alluring words
Writer's kit holds no poison
Simple words dripping from a feathering shaft
Add new words to the quill
The magic box of the writer's kit

Suzanne Mondoux
26 June 2020

26 June 2020 - 2nd Song / Poem of the Day - In My Me

In my me I see what's meant to be
I go with the flow and feel the way to me
I know what to do in me for this day
Yesterday vanish, today a glow
In my me, I find my way in me

So troubled I used to be, away from me
Hmm, how that felt to be so far away
In the shadow of a never ending day
Hmm, in my me, it was no place to be
Hmm, what a mystery this used to be

In my me, what a clever way to be
In the being of me, in the sight to me
Hmm, what a place to be, a place to see
Now being me, I could not help consenting to me
Being me
So I went down to this depth of my soul
Where I found all of me weeping in despair

Oh, in my me just the way I want to be
My face wet with tears, all I knew was weeping
Oh, in my me, what joy I seek
But tell me now of this place I seek

In my me, when I hear this, my mind screams
We leave you here, when you say these words

Oh, in my me, hmm, fearing my hands at rest
Fearing the rough edges of my tongue speak to me
I found me on the edge of the cliff, sobbing
In the loveliest of mortals I stood before me
In my me, I consent to be me
Feeling the pang I rejoiced
Oh, in my me what pain
I consent to be me

Suzanne Mondoux
26 June 2020

26 juin 2020 - 2e chanson / poème du jour – Dans mon moi

En moi, je vois ce que ça veut dire
Je vais avec le courant et je sens le chemin vers moi
Je sais quoi faire en moi pour ce jour
Hier disparaître, aujourd'hui une lueur
En moi, je trouve mon chemin en moi

Si troublé que je l'étais, loin de moi
Hmm, comment c'était si loin
Dans l'ombre d'un jour sans fin
Hmm, dans mon moi, ce n'était pas un endroit où aller
Hmm, quel mystère cela était

En moi, quelle façon intelligente d'être
En moi, à mes yeux
Hmm, quel endroit pour être, un endroit pour voir
Maintenant que je suis, je ne pouvais m'empêcher de consentir à moi
Etre moi
Alors je suis descendu dans cette profondeur de mon âme
Où je me suis retrouvé pleurant de désespoir

Oh, dans mon moi juste comme je veux être
Mon visage trempé de larmes, tout ce que je savais pleurerait
Oh, en moi, quelle joie je cherche
Mais dis moi maintenant cet endroit que je cherche
Dans mon moi, quand j'entends cela, mon esprit crie
Nous vous laissons ici, quand vous dites ces mots

Oh, dans mon moi, hmm, craignant mes mains au repos

Craignant les bords rugueux de ma langue me parle
Je me suis retrouvé au bord de la falaise en sanglotant
Dans le plus beau des mortels, je me tenais devant moi
En mon moi, je consens à être moi
Sentant la douleur que je me réjouissais
Oh, dans mon moi quelle douleur
Je consens à être moi

Suzanne Mondoux
26 juin 2020

27 June 2020 Song / Poem of the Day – Bay

For so long I waited by the bay for you to come home
The days were short, the nights were long
So lonesome the drifting years apart
I remember your face, you waved goodbye and sailed away

This bay is us you said the night we met
It was our beginning and our end
The worry of life unlived, no wind in my sail
The children are grown, they to sailed away

I watch our sunset every night, I see you smiling in the distance
So close to home, yet so far, we survived most storms
Our last goodbye, a child unborn
This bay is us you said that night

This story told to me so long ago
Mother too has sailed away
My only hope and dream, to know this bay
To know such love
The wind in my sail with salt on my lips
So grand my life you left me

The bay of life, the beauty of its tides
I've come and gone
I follow your stars to find my home
I talk to this bay, our story
Of the bay that gives us life

Suzanne Mondoux
27 June 2020

28 June 2020 Song/Poem of the Day – Baffled

Tick the box to the way things must be
Do this, do that and all will be right
Don't do this, don't do that, you'll pay the price
Who are these fools creating all these rules
Life is not so hard, do this or that

I'm so baffled when playing this game
One knows this, another knows that
I'm right, they're wrong
Bla bla la, I'm baffled by this game
The ego puzzle, who wants to play

Lost in the here and there, listen to me, not them
Frustrated by the sound of their voice
I'm baffled at this device they say is needed for life
Stumped at the illusion easily swallowed
And no one notices their choking on just the bits they swallowed

Bewildered at the best of time
Bemused most of the time
Is there any enlightenment in this mess
Watch where you step, there's lots of it
Take what you must, drop the rest

My baffled little mind in this necessary device of for life
Oh faraway dream world take me away
I'm mystified by this fuzzy world
Baffled my little mind in search of relief
It eludes me

Suzanne Mondoux
28 June 2020

28 juin 2020 Chanson / Poème du jour - Dérouté

Cochez la case indiquant comment les choses doivent être
Faites ceci, faites cela et tout ira bien
Ne faites pas ceci, ne faites pas cela, vous en paierez le prix
Qui sont ces imbéciles créant toutes ces règles
La vie n'est pas si difficile, faites ceci ou cela

Je suis tellement déconcerté quand je joue à ce jeu
L'un sait cela, un autre sait que
J'ai raison, ils ont tort

Bla bla la, je suis déconcerté par ce jeu
Le puzzle de l'ego, qui veut jouer

Perdu ici et là, écoute-moi, pas eux
Frustré par le son de leur voix
Je suis déconcerté par cet appareil qui, selon eux, est nécessaire pour la vie
Perplexe à l'illusion facilement avalé
Et personne ne remarque leur étouffement sur les morceaux qu'ils ont avalés

Déconcerté au meilleur moment
Perplexe la plupart du temps
Y a-t-il une illumination dans ce gâchis
Regardez où vous marchez, il y en a beaucoup
Prenez ce que vous devez, laissez tomber le reste

Mon petit esprit déconcerté dans cet appareil nécessaire à la vie
Oh le monde lointain du rêve m'emmène
Je suis mystifié par ce monde flou
Déconcerté mon petit esprit à la recherche de soulagement
Ça m'échappe

Suzanne Mondoux
28 juin 2020

29 June 2020 Song/Poem of the Day – Ancient

From a distant past you showed up
Of the early days when I was young, naïve it seems
Taken advantaged of my innocence and good looks
Ancient are those days of simple love
Loveless now it seems

Primal fear I felt when you left me
Consumed by such deceit
Trickery of the heart you were
Leaving nothing but treachery behind
Ancient are those feelings mislead

Ancient is that broken heart
Unable to breath in such duplicity
I was but a young lover, in bloom before you
Such a sham almost carried me away in shame
Ancient are those pains of my soul, my darkest days

Oh how I loved you, that I remember

So long ago, my ancient heart still clings to love
I never forgot, my love was real
I gave it to another
Your ancient love gave me honesty in my life

The honour of my life took away my shame
Funny, I still have love for you
Ancient is my heart for a life once lived
You no longer resemble those days, here before me
Your heart has changed

Ancient are our memories of places we've been
However we loved, what we thought was love
I loved once, I was able to love twice
Makes me lucky
Ancient tears watched away
Can I kiss you hello

Suzanne Mondoux
29 June 2020

30 June 2020 Song/Poem of the Day – What Was

What was the point of us, of our story
You and me together always, now it's ended
What were those words you said to me, you said you meant
Where are they now, what was the truth of them
What was this life you imagined, what was the truth of this

What was done, pales in comparison to what was said
Is this the truth of you, hidden from me
Hidden for you, what was true of you
I close my eyes to the pain I feel
I know your heart, what was it I knew of you

What was it I said so long ago, can only be and do our best
So forgiving such words well meant
A life together in the arms of another
What was forgotten, what was needed
Only yesterday you were in love with me

What was this feeling you let me feel
What was this kiss so lovingly embraced
What was it you let me see
What was this life we lived

Only yesterday you said you loved me

What was the feeling of those words
Tears of joy, no more
What was this love you feel no more

Suzanne Mondoux
30 June 2020

30 juin 2020 Chanson / Poème du jour - Quel était

Quel était l'intérêt de nous, de notre histoire
Toi et moi toujours ensemble, maintenant c'est fini
Quels étaient ces mots que vous m'avez dit, vous avez dit que vous vouliez dire
Où sont-ils maintenant, quelle était leur vérité
Quelle était cette vie que vous imaginiez, quelle était la vérité de celle

Ce qui a été fait est pâle par rapport à ce qui a été dit
Est-ce la vérité de toi, cachée de moi
Caché pour toi, ce qui était vrai pour toi
Je ferme les yeux sur la douleur que je ressens
Je connais ton cœur, qu'est-ce que je savais de toi

Qu'est-ce que j'ai dit il y a si longtemps, ne peut qu'être et faire de notre mieux
Donc, pardonner de tels mots était bien intentionné
Une vie ensemble dans les bras d'un autre
Ce qui a été oublié, ce qui était nécessaire
Hier encore, tu étais amoureux de moi

Quelle était cette sensation que tu me laissais ressentir
Quel était ce baiser si embrassé avec amour
Qu'est-ce que tu m'as laissé voir
Quelle était cette vie que nous avons vécue
Hier tu as dit que tu m'aimais

Quel était le sentiment de ces mots
Des larmes de joie, pas plus
Quel était cet amour que tu ne ressens plus

Suzanne Mondoux
30 juin 2020

JULY

1 July 2020 Song/Poem of the Day – No More

No more time a wasting
No more waiting around for what if
To be in limbo for what may or may not come
I stand the test of time of taking charge of my own life

I rock the boat
I speak my truth
I walk my path
No more time a wasting
No more what if, or should of
Time does not bend
No coming around
It's a straight line ahead

Headlong into the unknown
I see clearly now into whatever I create
No more standing by
No more sidelines for me
Hey you, yes, me I'm talking to
I'm right here

No more tomorrow
No more when whatever, bla bla bla
No more certainty
What a life, full of fearful bliss
Big surprises to be had
Oh ya, no more yesterdays or tomorrows
Only now baby, lets go, rock n roll into right now
I sing and dance to my favourite Queen songs
No more wasting time

Suzanne Mondoux
1 July 2020

2 July 2020 Song/Poem of the Day – Love As If

It's been a long time since I met you
So many years gone by 'til you kissed me
I hear you cry so many nights next to me
I'm so lonely with you

I turn to you and watch you sleep
In my heart for you I still love as if it's new

Love as if it's the first time
What a nice feeling to be with you
I'll remember for you
Love as if it's all that is

The walks we took together
Love as if it's all we had
That's enough for me
Hmm, whoa, whoa, hmm, whoa, whoa
Love as if it's all there is

The beauty of this life I see you smile
I love the way you look up at the stars
I know you're dreaming for you and me
You search for a glimpse of the way you used to be
I love as if that's where we are

Love as if that's all there is
The many nights we fell asleep in each others arms
Love as if that's all there ever was
Love of my life, I love as if you're all there is

Suzanne Mondoux
2 July 2020

2 juillet 2020 Chanson / Poème du jour - Aimer comme si

Ça fait longtemps que je ne t'ai pas rencontré
Tant d'années se sont écoulées jusqu'à ce que tu m'embrasses
Je t'entends pleurer tant de nuits à côté de moi
Je suis si seul avec toi
Je me tourne vers toi et te regarde dormir
Dans mon cœur pour toi j'aime toujours comme si c'était nouveau

Aimer comme si c'était la première fois
Quelle agréable sensation d'être avec toi
Je m'en souviendrai pour toi
L'amour comme si c'était tout ce qui est

Les promenades que nous avons faites ensemble
L'amour comme si c'était tout ce que nous avons
Ca suffit pour moi

Hmm, whoa, whoa, hmm, whoa, whoa
L'amour comme si tout était là

La beauté de cette vie je te vois sourire
J'adore la façon dont tu regardes les étoiles
Je sais que tu rêves pour toi et moi
Vous recherchez un aperçu de la façon dont vous étiez
J'aime comme si c'était là

L'amour comme si c'était tout
Les nombreuses nuits où nous nous sommes endormis dans les bras l'un de l'autre
L'amour comme si c'était tout ce qu'il y avait jamais
L'amour de ma vie, j'aime comme si tu étais tout ce qu'il y a

Suzanne Mondoux
2 juillet 2020

3 July 2020 Song/Poem of the Day – Take Me By The Hand

Take me by the hand to a place I've been before
To a place I know so well, I love being there
Or to a place I've never been, but know so well
It knows me too well, we recognize one another
In the land of the wild, of the free, of the dreams we dream so well
Take me by the hand, let's make a chain of hands
A hand in mind, with another, becoming one
A brand new land, a brand new day
What lies ahead this chain of hands
Whose face do you see, which way are they looking
Take me by the hand and take me where I want to be
Where I want to sleep, rest my dreams in my dreams
See me dreaming in my dreams
Feel this feeling of being me, when you take me by the hand
So long this chain of hands, never two the same
Never two looking the same way, whose face do you see
What leads me to this place
Take me by the hand so I may see who leads me there
For a moment in time life stands still right here
Take me by the hand and spin me round till I fall
Silly with laughter I look around where all this leads
Some places familiar, others too strange to remember
Some no place I've been before, where does this lead
Others I know too well where I'm headed
Take me by the hand into my direction
Lead me astray so I can find my way

Into the shadow of my life, so long ago, and yet so close I see what was
I see what was when you take me by the hand to where I don't know
I don't know where all this goes, I don't really want to know
It seems the mystery of life is often better than too much certainty
I like them both, I'm better for the contrast of my life, of this life
Take me by the hand, where else do I want to go
Take me by the hand, I'll know when to let go

Suzanne Mondoux
3 July 2020

4 July 2020 Song/Poem of the Day - Take Me As I Am

Take me in your arms and never let me go
Sing me to sleep, draw me into your dreams
I love the way you love me, what a feeling
You take me as I am, only the best of me
Take me as I am, you get the best of me

We were young, we wed, children were created
Each day a new life, our life refreshed
Take me as I am, you get the best of me
The best of our life, we saw the light in us
The fire in our eyes, for you, for me
You took me as I am, only the best of us

We let life flow through us, together we were one
Our independence united us
Our self created this life for us
Take me as I am was the best choice we ever made
You took me as I am, only the best of what was I
Only the best of what was you

Gathering all the memories, the joy of our life
The memories of our tears, together we endured
Together we made this life for us
Our children learned about love
They learned how to love themselves
How to love another
For you take me as I am, you only get the best of me
The best of a life you decide
The best of you

Suzanne Mondoux
4 July 2020

4 juillet 2020 Chanson / Poème du jour - Prends-moi tel que je suis

Prends-moi dans tes bras et ne me laisse jamais partir
Chante-moi pour dormir, entraîne-moi dans tes rêves
J'aime la façon dont tu m'aimes, quel sentiment
Tu me prends comme je suis, seulement le meilleur de moi
Prends-moi comme je suis, tu prends le meilleur de moi

Nous étions jeunes, nous nous sommes mariés, des enfants ont été créés
Chaque jour une nouvelle vie, notre vie rafraîchie
Prends-moi comme je suis, tu prends le meilleur de moi
Le meilleur de notre vie, nous avons vu la lumière en nous
Le feu dans nos yeux, pour toi, pour moi
Tu m'as pris comme je suis, seulement le meilleur d'entre nous

Nous avons laissé la vie couler à travers nous, ensemble nous étions un
Notre indépendance nous a unis
Notre auto a créé cette vie pour nous
Prends-moi comme je suis était le meilleur choix que nous ayons jamais fait
Tu m'as pris comme je suis, seulement le meilleur de ce que j'étais
Seulement le meilleur de ce que tu étais

Rassembler tous les souvenirs, la joie de notre vie
Les souvenirs de nos larmes, ensemble nous avons enduré
Ensemble, nous avons fait cette vie pour nous
Nos enfants ont appris l'amour
Ils ont appris à s'aimer
Comment aimer un autre
Car tu me prends comme je suis, tu n'as que le meilleur de moi
Le meilleur d'une vie que vous décidez
Le meilleur de toi

Suzanne Mondoux
4 juillet 2020

5 July 2020 Song/Poem of the Day - Oh Baby One More Night

I don't have much to say, but I know what I want
The way you move, only for my eyes
Hmm, in the light of the midnight moon, you're all I want
Stay with me till I wake, for the whole day, if you want
I want you

Hmm, oh baby one more night
In the glow of the moonlight
I rest my head next to yours
I watch you sleep so peacefully

Oh baby one more night before you change your mind
Change you mind to stay forever
A glimpse of you is all I need
I stayed close to you, always in sight of the light
Oh baby light of my life, one more night

Oh baby one more night in your tender loving arms
I'm but a shadow in your light
Oh love of my life, one more night for the sake of our love
A love that we've known for so long
You carry the torch of our life together

To see you smile at someone else
I turn away, I imagine you're someone else
I packed your things like you asked
There was a day you left your things behind
I kept your perfume, if you don't mind

Oh baby one more night
Light of my life, I love you so
One more night before you change your mind

Suzanne Mondoux
5 July 2020

5 juillet 2020 Chanson / Poème du jour - Oh bébé une nuit de plus

Je n'ai pas grand-chose à dire, mais je sais ce que je veux
La façon dont tu bouges, seulement pour mes yeux
Hmm, à la lumière de la lune de minuit, tu es tout ce que je veux
Reste avec moi jusqu'à ce que je me réveille, toute la journée, si tu veux
je te veux

Hmm, oh bébé une nuit de plus
Dans la lueur du clair de lune
Je pose ma tête à côté de la tienne
Je te regarde dormir si paisiblement

Oh bébé encore une nuit avant de changer d'avis

Changez d'avis pour rester pour toujours
Un aperçu de toi est tout ce dont j'ai besoin
Je suis resté près de toi, toujours en vue de la lumière
Oh bébé lumière de ma vie, une nuit de plus

Oh bébé encore une nuit dans tes bras tendres et aimants
Je ne suis qu'une ombre dans ta lumière
Oh amour de ma vie, une nuit de plus pour l'amour de notre amour
Un amour que nous connaissons depuis si longtemps
Vous portez ensemble le flambeau de notre vie

Pour te voir sourire à quelqu'un d'autre
Je me détourne, j'imagine que tu es quelqu'un d'autre
J'ai emballé tes affaires comme tu l'as demandé
Il y a eu un jour où tu as laissé tes affaires derrière toi
J'ai gardé ton parfum, si ça ne te dérange pas

Oh bébé une nuit de plus
Lumière de ma vie, je t'aime tellement
Encore une nuit avant de changer d'avis

Suzanne Mondoux
5 juillet 2020

6 July 2020 Song/Poem of the Day – No Shame

So long ago since I felt the touch of a kind hand
The fall of my soul, on my knees before me
Then with wings of an angel around me, singing
No shame for a soul in need

Crying at the feet of my angel
I lay there, forever and a day
Could I feel no shame, something I've yet to know
How far I've fallen, just above seems to high to reach
I rest at her feet, where I want to stay, forever and a day

She sings to me, no shame for the love you seek
For every step you take together we stand, together we walk
No shame in saying you're sorry to those you love for what you did
No shame in seeking your own forgiveness

My angel at my ready sings to me
Cradled in her wings she breaths life into to me

No shame in my redemption, she sings to me
Atone with an open heart for self, no room for shame, she sings to me
Salvation in the arms of my angel

She sets me down, my feet on the ground, she points the way
My head low, I fear what lies ahead
No shame she sings to me, she wraps her wings around me
She points the way, look to me, she sings
No shame in me
No shame in you, she sings to me

Suzanne Mondoux
6 July 2020

6 juillet 2020 Chanson / Poème du jour - Pas de honte

Il y a si longtemps que je n'ai pas senti le contact d'une gentille main
La chute de mon âme, à genoux devant moi
Puis avec les ailes d'un ange autour de moi, chantant
Pas de honte pour une âme dans le besoin

Pleurant aux pieds de mon ange
Je reste là, pour toujours et un jour
Puis-je ne ressentir aucune honte, quelque chose que je ne sais pas encore
Jusqu'où je suis tombé, juste au-dessus semble trop haut pour atteindre
Je me repose à ses pieds, où je veux rester, pour toujours et un jour

Elle me chante, pas de honte pour l'amour que tu cherches
Pour chaque pas que vous faites ensemble, nous nous tenons, ensemble nous
marchons
Pas de honte à dire que vous êtes désolé pour ceux que vous aimez pour ce que vous
avez fait
Pas de honte à chercher votre propre pardon

Mon ange est prêt à chanter pour moi
Bercée dans ses ailes, elle me donne vie
Pas de honte dans ma rédemption, elle me chante
Expiatoire avec un cœur ouvert pour soi, pas de place pour la honte, elle me chante
Salut dans les bras de mon ange

Elle me pose, les pieds sur terre, elle montre le chemin
Ma tête basse, je crains ce qui nous attend
Pas de honte, elle me chante, elle enroule ses ailes autour de moi
Elle montre le chemin, regarde-moi, elle chante
Pas de honte en moi

Pas de honte en toi, elle me chante

Suzanne Mondoux

6 juillet 2020

7 July 2020 Song/Poem of the Day – All The Pain

Far gone in my weariness
An enduring pain of all the days gone by
The Gods are silence, the palace of wisdom emptied
You took me away to a blank place, once painted
Where I lay once, where I loved once
So fine the mould and feature of our life

All the pain of a dream gone by
Of this world departed so far from me
Hmm, Whoa, Whoa, Whoa
Hmm, Whoa, Whoa, Whoa
Tremor of wind on my back
Splash of rain on my face
All the pain of our days gone by

The dawn of day awakes my soul
Through the light of the day I charm my way
Seeking the wisdom of the Gods
Ease all the pain of my heart
Leave no stone unturned
No tears to wipe clean from my face

Hmm, Whoa, Whoa, Whoa
All the pain of my soiled apparel
All the pain of my being
All the pain of my soul
Where to go in the light of a new day
I take my rein and raised my whip into the wind on my face

What of a life I was born
Who stood the test of time in a blank place, once painted with love
The clatter of the voices all around
But where are the Gods, so silent in my prayers
I lash out at the sight of me, all the pain of fear
All the pain of a life I've lived
When do I turn the page
When can I bathe in a golden light of the day

All the pain of a crying soul
So loud my tears, I drown out the whisper of the Gods
The wisdom of my own soul
I drown out of the sound of my own voice, the whisper of the Gods
In all the pain, my heart urges me into silence
In all the pain, so gently it subsides in the silence of my own heart

Suzanne Mondoux
7 July 2020

8 July 2020 Song/Poem of the Day – What Remains

I shrugged off my lonely rage and leapt for the edge
With my bow in my hand, I shot my arrows from the quiver
I hit my target that I've never hit before
I drew blood, never seen before
Just as I leaned in to lift your beautiful hand
I saw the ring on your finger

What remains of what I imagined for you and me
I leapt for the edge into the abyss
So strong the want in me of you
So tender the love I felt for you
What remains of this day I met you

Up and down and all around I went
Little did I know there was much more left to this day
Sun near its night, I felt my mortal death approach
Alone in what remains of this night
What remains with what I imagined

What remains as I take it all in
Hmm, Whoa, Hmm, Whoa
What remains at the contempt of my reflection
I watched where I stepped
Leapt where I looked
What remains of me in the green of your eyes

I dream of what remains
I lift your beautiful hand and kiss it goodnight
I bid you farewell once my wife
While I'm still alive I seek what remains
No more blood shed from the man in me

What remains in my moonlight

Once a shadow of my heart
What remains in the awakening of my life

Suzanne Mondoux

8 July 2020

9 July 2020 Song/Poem of the Day – Love Is An Ending

I've been there before
So crazy in love
I thought of nothing else
I've seen it all before
Love is an ending

What have I got to lose
By being alone
When love is an ending

What is different this time around
You say all the right things
You make all the right moves
What's new this time

What have I got to gain
It's been so long, what different can it make
Being alone is all I know
When love is an ending

I've seen what love does
So forgive me if I say thank you, but no
Love is an ending
For now, it's where I like to stay

What have I got to know
It won't be any different this time
I know love is an ending
I'm already there, that's what I know

What have I got to lose
By being alone
When love is an ending

Suzanne Mondoux

9 July 2020

10 July 2020 Song/Poem of the Day – How To Begin Again

It was the end the day
I saw you leave with your bags in your hands
You left me your key with an address to forward your mail
It was all so easy for you

I wonder, how to begin again
You make it look so easy
You made up your mind
And then you were gone

How to begin again
When nothing was left unsaid
I saw you glance at me in the mirror
You came so close to staying

You blew me a kiss goodbye
And drove away never looking back
I waited as long as I could see you just in case
How to begin again in such a state
I stood alone watching you drive our life away

How to begin again
The stress alone will make me dead
How to begin again in a place I don't know
Alone with the children
Is it one day to the next
I don't know, is this how to begin again

What choice do I have
In my lonely place with my children
How to begin again
How to see through the next day
How to begin again with their soul in my hands

Suzanne Mondoux
10 July 2020

11 July 2020 Song/Poem of the Day – Taken For Granted

I saw the writing on the wall
I looked the other way
I'm so far in, I feel like a fool
Taken for a fool
Taken for granted

I gave you all I had
Nothing left undone for you to want

Taken for granted
What more is there to give
This can never be undone
Can I turn another page
What story have I written for myself
Taken for granted
I read between the lines

Taken for granted
There must be something to laugh about
Something to say whoops I didn't see that coming
There's no wishful thinking now
That time has come and gone
Taken for granted
When it stared me in the face

I can't even say I was blind to it all
I opened the door and let you in knowing who you were
Knowing who I was, what we were all about
Being taken for granted was no great task
So easy I was, can't even say I was naïve
Can't even say I was innocent
To be taken for granted, I let myself out
Taken for granted, I shut myself out

No giving back what was taken
That me doesn't exist anymore
Taken for granted from who I once was
You won't find me, no recognizing me
You won't know me, taken for granted was me
Taken for granted will always be remembered
Remembering who you were
Being taken for granted once me
Taken for granted was a best of me
Now I grant me a new destiny

Suzanne Mondoux
11 July 2020

11 juillet 2020 Chanson / Poème du jour - Pris pour acquis

J'ai vu l'écriture sur le mur

J'ai regardé de l'autre côté
Je suis si loin, je me sens comme un idiot
Pris pour un idiot
Pris pour acquis
Je t'ai donné tout ce que j'avais
Rien n'est laissé de côté pour que tu veuilles

Pris pour acquis
Que demander de plus
Cela ne peut jamais être annulé
Puis-je tourner une autre page
Quelle histoire ai-je écrite pour moi
Pris pour acquis
Je lis entre les lignes

Pris pour acquis
Il doit y avoir de quoi rire
Quelque chose à dire whoops je n'ai pas vu ça venir
Il n'y a pas de vœux pieux maintenant
Ce temps est venu et est parti
Pris pour acquis
Quand il m'a regardé en face

Je ne peux même pas dire que j'étais aveugle à tout ça
J'ai ouvert la porte et je vous ai laissé savoir qui vous étiez
Savoir qui j'étais, ce que nous étions tous
Être pris pour acquis n'était pas une grande tâche
Si facile, je ne peux même pas dire que j'étais naïf
Je ne peux même pas dire que j'étais innocent
Pour être pris pour acquis, je me laisse sortir
Pris pour acquis, je me tais

Pas de restitution de ce qui a été pris
Que moi n'existe plus
Pris pour acquis de qui j'étais
Tu ne me trouveras pas, tu ne me reconnaîtras pas
Tu ne me connais pas, pris pour acquis était moi
Pris pour acquis, on se souviendra toujours de
Se souvenir de qui tu étais
Être pris pour acquis une fois que moi
Pris pour acquis était un meilleur de moi
Maintenant je m'accorde un nouveau destin

Suzanne Mondoux
11 juillet 2020

12 July 2020 Song/Poem of the Day – You Take My Breath Away

I waited for you
I watched you from my car
When I saw you, you took my breath away
You look so lovely tonight
Will you have this dance with me
You're the only one I want to dance with
Tonight and every night
You take my breath away

I will wait all night for you to take my hand
You take my breath away
So please don't let me stand here all alone
At every dance you're the only one I've ever wanted to dance with
Look at me now, tonight I found the courage
You take my breath away

I danced with another just to be close to you
To see you up close and watch you dance
You take my breath away
I follow your steps and feel the way you move
I dance in your wave
I breath in your air
You take my breath away

Hmm, Whoa, Whoa, La, La, La
My beauty, take my hand and dance with me
You take my breath away
Stand on my feet so I can dance you around room
To hold you in my arms
You're the one for me
You take my breath away
I want to whisper in your ear
I love you
You take my breath away

Suzanne Mondoux
12 July 2020

12 juillet 2020 Chanson / Poème du jour - Vous prenez mon souffle

je t'ai attendu
Je t'ai regardé depuis ma voiture

Quand je t'ai vu, tu m'as coupé le souffle
Tu es si belle ce soir
Aurez-vous cette danse avec moi
Tu es la seule avec qui je veux danser
Ce soir et tous les soirs
Vous prenez mon souffle

J'attendrai toute la nuit que tu prennes ma main
Vous prenez mon souffle
Alors s'il te plait ne me laisse pas rester ici tout seul
A chaque danse tu es la seule avec qui j'ai toujours voulu danser
Regarde moi maintenant, ce soir j'ai trouvé le courage
Vous prenez mon souffle

J'ai dansé avec un autre juste pour être proche de toi
Pour te voir de près et te regarder danser
Vous prenez mon souffle
Je suis tes pas et je sens ta façon de bouger
Je danse dans ta vague
Je respire dans ton air
Vous prenez mon souffle

Hmm, Whoa, Whoa, La, La, La
Ma beauté, prends ma main et danse avec moi
Vous prenez mon souffle
Tiens-toi debout pour que je puisse danser autour de toi
Pour te tenir dans mes bras
Tu es l'unique pour moi
Vous prenez mon souffle
Je veux te chuchoter à l'oreille
je t'aime
Vous prenez mon souffle

Suzanne Mondoux
12 juillet 2020

13 July 2020 Song/Poem of the Day – Life Line

Let out all the screams
Let in all the lights
Let go of the waste
And drop all the pieces of you that isn't you
Take hold of your life line
The one just for you

Designed just for you
The one with only your name on it
Grab it tight and hang on to it
Never let it go
Release the tension and let it sway
Let it swing in the breeze
Reach and take only what you need
Wrap your life line around your wrist
Pull the reigns, direct yourself, and lead your way
Start and put on the brakes when you say
Reach for your life line
Latch on to it, keep all others at bay
Swing from it, dangle from it, just don't hang yourself from it
Watch for your step, the one you don't see
This life line can't lead you astray
Unless you let yourself get blindsided by your ego state
So know your life line
Be of it
Be in it
You are made of it
No two life line is the same

Suzanne Mondoux
13 July 2020

14 July 2020 Song/Poem of the Day - Sensible

They say don't be silly
Stop being such a dreamer
Learn to live in this world
You have to be sensible
Be sensible with your life
Make sensible decisions

S for Stupid
E for Ego
N for No
S for Scared
I for Impossible
B for Blame
L for Lost
E for Escape

I'm not so stupid to leave myself
My ego does not know me

There's no No in my vocabulary
I'm only scared of not being myself
I long for the impossible when you tell what is and what isn't
I don't blame you, but me if I listen to you
I'm lost if I become how you see me
I escape my soul when I disregard me

So please tell me how sensible you want me to be
What's the gain in being so sensible
Where do you find such words
Where do you find such an existence
What is there for me if I'm sensible
What's in it for you, that's what worries me
That's doesn't seem too sensible to me

Stay with your sensible self
And I'll be my sensible me, and that's the best of me
In my eyes, and not your eyes
Only my soul senses my sensibility

Suzanne Mondoux
14 July 2020

15 July 2020 Song/Poem of the Day – Where In The World Is This

What can I say
 I've looked all around
I didn't see a thing I liked
I didn't see anyone that pleased me
Where in the world is this
Where in the world do I exist
 How can I find you
Where do I find you
No point in looking all around
No point in looking anywhere
Where in the world is this
 How do you know where to go
How do you know what to do
And how the heck do you know what to love
And how do you know who to love
Where in the world is this
 Looking in all the wrong places
Looking anywhere I can
What do I find, in this mysterious place I call
Where in the world is this

Do you know
I don't know
Can it ever be found
Such a mysterious place called
Where in the world is this
Who lives there
Can I go there
Would I want to stay in this funny world
Where in the world is this
Would you want to go
Do you want to come with me
Or do I do this alone
Na, never mind
I'll go myself to
Where in the world is this
See you there, if you go

Suzanne Mondoux
15 July 2020

15 juillet 2020 Chanson / Poème du jour - Où est-ce dans le monde?

Que dire
J'ai regardé tout autour
Je n'ai pas vu une chose que j'aimais
Je n'ai vu personne qui me plaise
Où est-ce dans le monde?
Où dans le monde j'existe
Comment puis-je vous trouver
Où je te trouve
Inutile de regarder tout autour
Inutile de chercher n'importe où
Où est-ce dans le monde?
Comment savez-vous où aller
Comment savez-vous quoi faire
Et comment diable savez-vous quoi aimer
Et comment savez-vous qui aimer
Où est-ce dans le monde?
Chercher dans tous les mauvais endroits
Je cherche partout où je peux
Qu'est-ce que je trouve, dans ce lieu mystérieux que j'appelle
Où est-ce dans le monde?
Savez-vous
Je ne sais pas
Peut-on jamais le trouver

Un endroit si mystérieux appelé
Où est-ce dans le monde?
Qui vit ici
Je peux y aller
Voudrais-je rester dans ce monde drôle
Où est-ce dans le monde?
Voudriez-vous y aller
Voulez-vous venir avec moi
Ou dois-je le faire seul
Na, peu importe
Je vais me rendre
Où est-ce dans le monde?
Rendez-vous là-bas, si vous y allez

Suzanne Mondoux
15 juillet 2020

16 July 2020 Song/Poem of the Day – Are We Together Baby

What are you saying with your silence
Can I read into it
I want to avoid the tears and a broken heart
Are we together baby
Or are we apart

Are we together baby
Let's see where tomorrow brings us
Are we together for you and me
I'm trying so hard
Am I wasting my time
Are we together baby, or not
Please tell me now
Tell me what you know
Tell me what you want

Is it just about changing your mind
Or is it your heart
Has it changed so much
Are we together baby
Are we still us
Or have you parted us already
And is it just me
Are you gone already

Are we together baby

Hmm, hmm, hmm
Whoa, whoa, whoa, whoa
Whoa, whoa, whoa, whoa
Are we together baby
Or is it just me

Suzanne Mondoux
16 July 2020

17 July 2020 Song/Poem of the Day - Rainwater

I grew up in the fields of the smallest of all towns
Every night I sat on my porch and watched the rainwater fall from the sky
Never twice did the same rainwater fall
One night it was one colour, the other another
Grandma played her guitar and sing along with the rain song
I played my tambourine jingling to the beat of the rain

Rainwater quenched our land
It washed my clothes and gave me baths
I played in every puddle it made for me
And it reflected back myself to me
Rainwater was heaven to us

We'd open our windows and our doors
Welcome the sprinkles, wet the curtains and the floor
Rainwater washed our sins away behind these doors
Rainwater cleansed our souls when we swam in the lake it made for us
A walk in the field soaked of rainwater
Heaven for our feet
We let the wet soak right through

Rainwater everywhere I grew up
No two rain drop the same
No two reflections back of me
Rainwater under the sun's rays
I walked the rainbow made for me
I followed the glow to the pot of gold
To my front porch

Suzanne Mondoux
17 July 2020

18 July 2020 Song/Poem of the Day - Into The Night

Hmm, say what you say
The lights go out at the end of the night
We all walk into the night
It's where I'm headed soon enough
One day I'll find you there
No two ways about it

Into the night is my ticket home
There's no other place like it
No other place for me and you to go
Into the night is where we'll sing forever
Once there, it's no place to seek redemption
Your deeds are done
So make the best of it here while you can
For the time you have left

Be still in your reflection
No lounging around in your regression
Seek the light into the night
Showcase your life, Hmm, Hmm, Hmm
Whoa, Whoa, Whoa, Whoa, Whoa
Find the La, la, la, in what you have

Life has cast a spell on you
Into the night just for you
Into the night there's no returning
So get on the right course
Set yourself right
Be light on your feet
So gentle into the night

I see all that's left
From over there, not much
From over here, everything
Decide your road into the night
Into the night, forever and goodnight

Suzanne Mondoux
18 July 2020

19 July 2020 Song/Poem of the Day - The Doors Of Time

Look out at the space around you, at the world before you
All the tiny bits and all the large pieces
What do your eyes see

What can you really see
In space and time of the world you stand in
The doors of time opening before you

The creaking of the doors
No time in between here and there
The wedge in the door to keep it slightly ajar
What for
The doors of time always opened for you
Every key unlocks

The door of time in a passage of time
No matter the road you take
The doors of time you conjure every time
So how does time relate
How do you find the opening
What doors of time is sought, you wonder

No difference which doors you seek
Only one door of time opens for you
What happens when you walk through, you say
Look beyond, all you need do is look
What you see is what you create
What you create is what you sought
The doors of time are all but you

The doors of time can never but shut
So throw away the key
Keep your foot in the door, and the other ahead
Never one foot in, one foot out
There's no wasting time in the doors of time
It's no place of comfort
And that's the joy
It's no place of contentment
And that's the fun

The doors of time
Walk through every moment
Lock it behind you, and step into the new
Into the next, doors of time

Suzanne Mondoux
19 July 2020

19 juillet 2020 Chanson / Poème du jour - Les portes du temps

Regarde l'espace autour de toi, le monde devant toi
Tous les petits morceaux et tous les gros morceaux
Que voient tes yeux
Que voyez-vous vraiment
Dans l'espace et le temps du monde dans lequel vous vous tenez
Les portes du temps s'ouvrent devant vous

Le grincement des portes
Pas de temps entre ici et là
La cale dans la porte pour la garder légèrement entrouverte
Pourquoi
Les portes du temps toujours ouvertes pour vous
Chaque clé se déverrouille

La porte du temps dans un passage du temps
Peu importe la route que vous prenez
Les portes du temps que vous invoquez à chaque fois
Alors, comment le temps est-il lié
Comment trouvez-vous l'ouverture
Quelles portes du temps sont recherchées, vous vous demandez

Aucune différence quelles portes vous cherchez
Une seule porte du temps s'ouvre pour vous
Que se passe-t-il lorsque vous traversez, vous dites
Regardez au-delà, il vous suffit de regarder
Ce que vous voyez est ce que vous créez
Ce que vous créez est ce que vous cherchez
Les portes du temps sont toutes sauf toi

Les portes du temps ne peuvent que se fermer
Alors jetez la clé
Gardez votre pied dans la porte et l'autre devant
Jamais un pied dedans, un pied dehors
Il n'y a pas de perte de temps aux portes du temps
Ce n'est pas un lieu de confort
Et c'est la joie
Ce n'est pas un lieu de contentement
Et c'est le plaisir

Les portes du temps
Parcourez chaque instant
Verrouillez-le derrière vous et entrez dans le nouveau
Dans le prochain, portes du temps

Suzanne Mondoux
19 juillet 2020

20 July 2020 Song/Poem of the Day – Broken Flower

When they speak of love I wilt
I look for the hint of ray
Is there anything to reach for
I seek just a drop of rain

I'm a broken flower in the dust
No air to breath
No life to give
I've withered away

I've shrivelled in your wake
My spirit weak when they speak of love
I act as though there's life to live
It faded so brilliantly when I laid the flowers on your grave

The flag of broken flowers dangles from my heart
Lost in the storm of pain
No spirit left to lose
Broken flowers dead at my feet

In your last breath, my soul escaped
I search for life amongst the tombs
Where fresh roses bloomed
I've seen this place, so restful they say
End of something for a broken flower

A broken flower last resting place
In my soul, solemn you grow
Broken flower there's no fixing what made you so
When they speak of love I wilt
Broken flowers I lay my head

Suzanne Mondoux
20 July 2020

21 July 2020 Song/Poem of the Day – You're Like Poetry To Me

Oh I love you so
You light up my day
You're like poetry to me

And you make me want to sing
I love you so

Sing to me a kiss hello
Your beauty and grace
Their poetic quality
The prose of your lips
Lyrics in your kiss
You're like poetry to me

Hmm, Whoa, La, La
You flow in my arms
I'm sensitive to your touch
So whimsical your smile
You're like poetry to me

I dream of an amusing life for you and me
I like it when you walk away from me
So fanciful your skipping feet
In joy you live, in life you love
You're like poetry to me

It's so wonderful how you love
You're like poetry to me
It's so wonderful how you let me love you
You're the poetry in me

Suzanne Mondoux
21 July 2020

22 July 2020 Song/Poem of the Day – If I'm Alright

If I'm alright, will you love me
If I'm alright, will you stay
If I'm alright, will I live
What can I say of what I'm made
Am I mad to see me go
What else is done

So close and yet so far
What's this been all about
If I'm alright, carry me away
If I'm alright, wait another day
What is this about

Look the other way

Sit up right, if I'm alright
Stay close to home, if I'm alright
Do what's right
What else would you want to do
Be alright, if I'm alright

Dig deep into your pockets
Spend all your money
Save nothing for tomorrow
If I'm alright, that will see us through
Should be enough, shouldn't it
If I'm alright
No more ghost in the closet
End to your nightmares

If I'm alright, are you alright
Are you alright
And rightly so, if we're alright

Suzanne Mondoux
22 July 2020

23 July 2020 Song/Poem of the Day – Like Love Never Was

You kiss me like love never was
You walk beside me and stopped holding my hand
No more love letters
Even the to do list is written like love never was
So hollow your touch
So cold your embrace
You see me like love never was

You call me on the telephone no darling no kiss goodbye
You say my name like love never was
The air is cold when you smile
Like you've misplaced your soul
Our favourite song on the radio and you walk away
What keeps you from me
It's like love never was

I look at old photos we smiled so much
You held me close
You looked in my eyes

Those were the days love was all there was
Tonight at dinner its like love never was

Where has that rush of love gone
We were so high, blissful in lust and love
I was all there was for you once
Where am I gone
You look at me now like there was never love
Like there was never love that sparked this flame
What was this light if there was never love

What was this life you said you loved
Today you live like there was never love
Where has it all gone

Suzanne Mondoux
23 July 2020

24 July 2020 Song/Poem of the Day – It's Alright

It's alright don't you know
Sticks and stones break my bone
But words will never hurt me, so it's alright
Say what you will
Do what you must
It's alright

Watch what you say before you fling that first arrow
Know where you stand
Eventually everything comes back
So it's alright
It's alright right where I am
You're all a flutter in your fear and anger
No need to cry out what you mean
It's alright where you are
It's up to you to come out

It's alright we don't see eye to eye
We can agree to disagree
You say potato, I say potatoe
It's alright to be me and you
So can we call this whole thing off
Raise the white flag and ceasefire
It's alright to lay down your arms and put out your arms

I'll come in for the hug

It's alright to love instead of hate
It's alright to talk instead of shout, we still hear you
It's alright to say who you are
It's alright when you're not accepted for who you are
You decide that it's alright to be who you are

Suzanne Mondoux
24 July 2020

25 July 2020 Song/Poem of the Day - Paradise

What of this place called paradise
Is it somewhere I can see
Somewhere I can go to
Who goes there and what's there to see
Have I been there before
Who else knows of this paradise

Is paradise for everyone
Made by everyone
Seen by everyone
Can I drive there, or ride my bike
How does one get there

What's the closest you've ever been to paradise
Did you make it
Did you stay long
Why did you leave if you made it
What was it like
What did you find there

Did you want to stay in this place called paradise
Or did you want to go as soon as you got there, and why
Why did you seek it
Why then did you want to go
Was it just one place this paradise
Or could you find it in so many places

Is there paradise where you are now
Can you see it
Do you go often or just desire to go
What does it look like your paradise
And how often do you go

Suzanne Mondoux
25 July 2020

26 July 2020 Song/Poem of the Day – Today A Day of Life

Happy in any situation
Is this for real or just a dream
Can I let any good feeling into my heart
How often do I face the blues
So long they last with no satisfaction
I seek only a bit of relief from myself
Is this what it's about

Today a day of life
All my life I want to stay and I want to go
How I hurt in the places of my soul
My fears never subside
So great they are
Today a day of life, so it seems to be

Tell me what you dream of, they say
Dream, how can I dream in this place I never see the light of day
I know they say it is there
They say, today a day of life, and you're still here
Let me in they say
Today a day of life

Let live and let die they say too
Then let me live and let me die
Today a day of life, for someone
I sought this for me
I caught glimpses of this peace in this light
Today a day of life, is it really for me

There's no freedom in this life of mind
No way to knowing if I'm breathing
I suffocate and I'm still here
Today a day of life in all its dark days
I can never escape
I'm falling apart being with me and only me

Is there really love to escape to
This love of self, how is this done, I hear it is possible
It happens to everyone they say

Today a day of life, for someone seeking life
Seeking a single breath of relief

Today a day of life
It must be so it seems
I'll give it my best shot
Today a day of life
Is that so
Search for love in this place of sorrow
I'll do it for the love me, so it seems that too exist
Today a day of life, in my own loving memory

Suzanne Mondoux
26 July 2020

26 juillet 2020 Chanson / Poème du jour - Aujourd'hui un jour de vie

Heureux dans toutes les situations
Est-ce vrai ou juste un rêve
Puis-je laisser n'importe quel bon sentiment dans mon cœur
À quelle fréquence dois-je faire face au blues
Si longtemps ils durent sans satisfaction
Je cherche seulement un peu de soulagement de moi-même
Est-ce de cela qu'il s'agit

Aujourd'hui un jour de vie
Toute ma vie je veux rester et je veux y aller
Comment j'ai mal aux endroits de mon âme
Mes peurs ne disparaissent jamais
Tellement géniaux qu'ils sont
Aujourd'hui un jour de vie, il semble donc être

Dites-moi de quoi vous rêvez, disent-ils
Rêve, comment puis-je rêver dans cet endroit je ne vois jamais la lumière du jour
Je sais qu'ils disent que c'est là
Ils disent, aujourd'hui un jour de vie, et tu es toujours là
Laisse moi entrer ils disent
Aujourd'hui un jour de vie

Laisse vivre et laisse mourir ils disent aussi
Alors laisse-moi vivre et laisse-moi mourir
Aujourd'hui un jour de vie, pour quelqu'un
J'ai cherché ça pour moi
J'ai entrevu cette paix sous cette lumière
Aujourd'hui un jour de vie, est-ce vraiment pour moi

Il n'y a pas de liberté dans cette vie d'esprit
Pas moyen de savoir si je respire
J'étouffe et je suis toujours là
Aujourd'hui un jour de vie dans tous les jours sombres
Je ne peux jamais m'échapper
Je m'effondre en étant avec moi et seulement moi

Y a-t-il vraiment de l'amour pour s'échapper
Cet amour de soi, comment est-ce fait, j'entends que c'est possible
Ça arrive à tout le monde qu'ils disent
Aujourd'hui un jour de vie, pour quelqu'un qui cherche la vie
Cherchant un seul souffle de soulagement

Aujourd'hui un jour de vie
Il doit en être ainsi il semble
Je vais faire de mon mieux
Aujourd'hui un jour de vie
Est-ce vrai
Cherchez l'amour dans ce lieu de chagrin
Je vais le faire pour l'amour de moi, donc il semble que ça existe aussi
Aujourd'hui un jour de vie, dans ma propre mémoire aimante

Suzanne Mondoux
26 juillet 2020

2nd Song/Poem of the Day 26 July 2020 – Happy Birthday Roger

If your friend was here to sing to you happy birthday
I love you my friend
A birthday of love and joy
So you're 17 again, you say
So wise you are for so young
As you always were my friend

Happy birthday my Roger
The woman your dreams
The man of your heart
So close we are
No matter where I am
Happy birthday Roger

Together we blow out your candles
So bright they are, never truly dimming
Is what I've always seen

Even from where I am
I see you every day
Remember us laughing
Remember me singing happy birthday Roger
Today listen for my voice
My birthday gift to you

Happy birthday my Roger

Suzanne Mondoux
26 July 2020

27 July 2020 Song/Poem of the Day – A Moment In Time

I'm infatuated with the steepness of life
Wise the warrior of time unseen
Should I like to be this warrior
To be unseen
Life offers a proposal
Only good for a moment in time

A moment in time filled with hope and raided with despair
And me too savage to know the difference
I grieve what I ravaged
My moment in time
I call upon you to see me through
Must I shake off all ugly thoughts that carried me through

I heard no sound in the end
The lightness of foot snuck by
A moment in time cut out of all time
Breaking through and away it went
A moment in time consumed by doubt
Wasted on the faithless
Made an end to it by soulless

A moment in time attended to by the willing
Mercy sought for the greater good
The folks of this world
The furious that are speechless
Lovely the masses of our great hall
A moment in time reaches to all

No sanction needed to live ones life
No plots against one another to deny freedom to all

A moment in time in awareness
No fleeing required
A shining veil across a moment in time

Suzanne Mondoux
27 July 2020

28 July 2020 Song/Poem of the Day – Blindness

Sightless as I was never at a loss of light
Unable to see the ravages of aimless desires
The veil of fog gently lifting unaware of itself
Not giving any clear direction
On the heel of vagrant love into blindness

A flighty start it was
Made of unraveling fabric
Without colour or texture
Plenty of doors and window for escape
Designed to be free
Without a growing point of love
I fell into blindness

Using only my senses to make somebody of me
Permanent blindness ceased
I judged me poorly of my own property
Confused by somebody I believed was me
A proxy of my self, my soul uncovered
Impaired vision by lack of sight of then and now
False obstruction of the line I walked
My hiding place for the hunter I am, behind my blindness
To catch my prey

A thoughtless moment
Careless and most reckless
Rash in some moments of blindness
No impulse for a present state
I appeared in my aura
Seemingly a guise of someone else reflection
A defect in the vision of self
In my stupor obscurity of the foggy veil vanished
Leaving me in my blindness
Oblivious to vision
Blindness by darkness
Innocence of my rawness

In my simplicity for blindness
I found myself

Suzanne Mondoux
28 July 2020

29 July 2020 Song/Poem of the Day - Love

If I didn't know you I wouldn't know love
If you didn't love me I wouldn't know love
I knew all would be ok when I found you
I knew all would be ok when you first kissed me

I've fallen in love for the love of me
I've fallen in love with you my darling
I've loved before and I love again
So fortunate I am to know such love

Love of my life, another again
Twice blessed, what a fortune I've acquired
Love in the beginning
Love in the end
Love was all there ever was in the in between parts of life

The blessings of love go on and on
Love never ceases even after we're gone
My heart knows no limits for you my love
All is permitted and love still abounds

The tender affections of love
The adoration of a life filled with love
I am the fortunate one
For I know how well I'm loved
For I know I too can love so well

Suzanne Mondoux
29 July 2020

30 July 2020 Song/Poem of the Day – Appeal

Oh when I saw you hmm baby that's all I saw
The attraction was the best I've ever had
So yummie the desire
What charm, what a charmer

How you appeal to me
You speak to me in every way
I like you, that's all I have to say
You arouse everything in me

I appeal to you to help me with the pain of your absence
Don't leave me hanging by blowing me a kiss
Come closer and let me kiss those tender loving lips
Appeal to my senses of the brute I am
Let me kiss you in my beastly way

I call upon your kind heart for mercy
Forgive me, sometimes I'm just a beast
And for you, you appeal to my heart
I roar like a lion in your presence
Oh baby, that's my appeal
The beast I am

This is my moral appeal to set me free from this beastly desire
You wink, so cruel you are
Shooting an arrow in my arrow and let me live
I plea, I beg, my earnest request
Come here and let me kiss you
Appeal to the senseless beast that I am

Suzanne Mondoux
30 July 2020

31 July 2020 Song/Poem of the Day – Falls For

What an incredible tumble at your feet
I couldn't of landed in a better place
I looked at your feet in those lovely shoes
Then up at your legs 'til you stepped away
Your skirt flared and I saw the back of your knees
What a place to fall

This falls for all the unanswered prayers
Falls for all the pennies in the wishing well
Collapse to the sound of your step
I'm in line of sight of the most beautiful display
Falls for the beauty of those legs
Worth the tumble to the ground

Falls for all those nights I wished upon a star

Waiting for that special falling star to grant all wishes
And there I found me at your feet
Falls of all falls my eyes grew big
Eyes clamped on the heel of your shoes when you walked away
How lucky I was, my dreams coming true

Cascades of glittering legs
Flow of divine motion before my eyes
Falls for the next view anytime
Falls for the passing of my life on the heels of your stride overlapping with mind
Falls for the next moment you turn towards me
I may raise from this ground but just to my knees
I soak in the view image by image, the smaller the better
The longer to raise to my feet, I stay in view
Only for the falls for you to begin again

Falls for the beauty of you
Never on my feet again
Just to watch you walk away
Falls for all my wishes coming true

Suzanne Mondoux
31 July 2020

AUGUST

1 August 2020 Song/Poem of the Day – Lost

It's been a long while since I've known anything
This feeling of lost so deep in my skin it's all I feel
The lost of it all for a moment of glory
For the fame of my vanity
For the hint of what I thought it would be

So lost I was in my shadow so close to me
All undecided I was in the willingness so grand
There I was alone with my fans
There I was in the spot light next to no one
I almost lost best part of me in this light

Where to go from here
Do I find myself in the lost and found
Rummaging through what's left behind the box with my name on it
A touch of myself in the forever of my life still remains
Can this be so, to become found in myself

No more lost in the glory of my fame

How a forever can really be undone
I call to myself in a loving gentle way
I look for me in the real of me
Lost can be undone with my own truth
I want to be free of me, of what I've done to me

Once I was in the lost box in the corner of the room
Only to be found again
In the lost and found for just a moment
Lost was undone in my own truth

Suzanne Mondoux
1 August 2020

2 August 2020 Song/Poem of the Day – Rescue

I was standing on the edge of the cliff
I heard a car driving singing out loud a rock n roll song
I turned to follow the sound
The car parked at the look out point
Echoed the rock n roll song
I stepped off the ledge

On that morning rock n roll rescued my soul
I followed the music and there he was sitting behind the wheel in his fancy convertible
He looked up at me and smiled
I smiled back with a tear in my eye
Turn up that radio was all I said
He leaned over and said jump in
I jumped into the rock n roll

He asked me what I was doing all the way out here
Someone was killed here and I came to say goodbye
I didn't know I could be rescued
Rescued by rock n roll driving by
Until this moment I was someone else who thought had to die
Nobody knows this but me

I walked a fine line between life and death in the light of single life
Quiet and alone and unknown by many
'Til I was rescued by this rock n roll song
So fine the song

I'll keep a close watch now on this life of mind
Never to be rescued again

In this rock n roll band the angels sing
Rescued by the singing angels
Rock n roll rescuing a single soul
He asked me if I wanted to stay
Lets go and crank up the radio

Suzanne Mondoux
2 August 2020

3 August 2020 Song/Poem of the Day – Breaking My Heart

When all the life has been kicked out of me
You pointed at me so savagely at the life we had
All that was left were the ashes you scattered at my feet
I never knew you had it so bad
Breaking your heart was not my dream
But breaking my heart seems to be yours

Hmm, baby how could I have been so wrong about you, about us
You're breaking my heart in so many ways
Never did I know one could feel so much pain
Being in such despair never crossed my mind, my heart
Where did I go so wrong with us

You're breaking my heart for the first time but how divine
How painful the words you say to me
Breaking my heart you do so well
There are no more tears left in me
Can't you see what you're doing

Hmm, baby how could I have been so wrong about you, about your love for me
All the dreams we shared, and the ones we talked about
Was breaking my heart so divinely one of them
How could I have not known
Oh, my love you're breaking my heart
Please stop with the ugly words

Now I see how much you hurt, the pain you feel
But baby, my love, I am not the one who caused you such pain
Why are you breaking my heart for the pain you feel
Breaking my heart is not the way out

I hear you scream
I see you cry
How can we go on like this, so ugly we are like this

Hmm, baby could I have been so wrong
Show me it isn't so
I've seen your heart, I know what you're made of
I've felt your love, I've seen and felt all of your sadness
Breaking my heart my love is not the way out

Suzanne Mondoux
3 August 2020

4 August 2020 Song/Poem of the Day – Twice You And Me

They say it will be alright this coming and going
There is still love there, so it's not over yet
Once before we've packed our bags and went our separate ways
As much apart we were, as much together we were
Together again you and me
Twice you and me, twice lucky, this time forever

Twice you and me for keeps this time
Are we really staying together
Why did we part from one another
What do we see different time
Twice you and me
Why do we think it will work this time

You and me, we said these words before
You and me, we played these roles before
Twice you and me
Is it because of our greatest fear of being alone
Is it because of our greatest fear of being loved
Twice you and me, is it a new life to live

What of the past, the things we've said and done to one another
What of the future, can we really let go
Twice you and me just for today
Together you and me looking into the crystal ball for new memories
When twice you and me, can we really be new, live our dreams

Never two days the same, is this our good luck, our chance at you and me
Twice you and me, is this the trick, one day at a time
Let go of each others expectations

Instead embrace one another like when we were new lovers
Twice you and me as new lovers is the better place to be

Suzanne Mondoux
4 August 2020

4 août 2020 Chanson / Poème du jour - Deux fois toi et moi

Ils disent que tout ira bien ce va-et-vient
Il y a toujours de l'amour là-bas, donc ce n'est pas encore fini
Une fois avant, nous avons fait nos valises et nous nous sommes séparés
Autant nous étions séparés, autant nous étions ensemble
Ensemble encore toi et moi
Deux fois toi et moi, deux fois chanceux, cette fois pour toujours

Deux fois toi et moi pour ça, cette fois
Restons-nous vraiment ensemble
Pourquoi nous sommes-nous séparés
Que voyons-nous différemment
Deux fois toi et moi
Pourquoi pensons-nous que cela fonctionnera cette fois

Toi et moi, nous avons dit ces mots avant
Toi et moi, nous avons joué ces rôles avant
Deux fois toi et moi
Est-ce à cause de notre plus grande peur d'être seul
Est-ce à cause de notre plus grande peur d'être aimé
Deux fois toi et moi, est-ce une nouvelle vie à vivre

Qu'en est-il du passé, les choses que nous nous sommes dites et faites les uns aux autres
Qu'en est-il du futur, pouvons-nous vraiment lâcher prise
Deux fois toi et moi juste pour aujourd'hui
Ensemble, toi et moi, regardant dans la boule de cristal pour de nouveaux souvenirs
Quand deux fois toi et moi pouvons-nous vraiment être nouveaux, vivre nos rêves

Jamais deux jours pareils, est-ce notre chance, notre chance à toi et moi
Deux fois toi et moi, est-ce le truc, un jour à la fois
Lâchez les attentes de chacun
Au lieu de s'embrasser comme quand nous étions de nouveaux amants
Deux fois toi et moi en tant que nouveaux amants est le meilleur endroit pour être

Suzanne Mondoux
4 août 2020

5 August 2020 Song/Poem of the Day – What Is Love

You say you love me over and over again
This time you say you really mean it
It's not your words I need, it's your love I need
You say one thing and you do another
What is love to you

What is love to you
What is love to me
Never does it meet in the middle
You stray, I stay
You beg forgiveness, I give it
You hold me, I cry

What is love in your heart
Can you feel my love for you
Do you want my love
I always give it to you so freely
What is love in our misery

Is it true what we say to each other
Is it true, I am, what is love to you
I'm your everything you say
What is love for you and me
What is love you keep from me

I feel I'm the stranger of the two
There's no me in our us
What is love lingering between us
Always in reach, but never touching
What is love with us

Never have I seen it
Never have I felt it
How much I want to
You say I am what is love for you
Help me know this is true
What is love for me and you

Suzanne Mondoux
5 August 2020

6 August 2020 Song/Poem of the Day – Take Me Back To My Grave

It's so easy to see what they've done now
How things were and what was what
This little street where I roamed
In this small town once called home
How things were when I was here
I was so young when I met my grave

The angry hand that put me there
I roam the house where I once lived
I see the story play over and over again
How sad they were those that put me in my grave
Take me back to my grave where I can sleep now
No more unrest, no more questions

Take me back to my grave and leave them at peace
Their sin is done, forever this is where they will be
I want to rest in my dreams
Take me back to my grave and let me rest
I wait for them with open arms
They too have died, in prison their soul remains

I wish different for me so please take me back to my grave
No more walking down dark halls
No more standing over the living weeping on their knees
Their deed is done and there's no returning for me
I wait patiently
Take me back to my grave

Suzanne Mondoux
6 August 2020

7 August 2020 Song/Poem of the Day – No Place Alone

I'm always home alone
And when I see you walking by
I turn away and close the blinds
And peek through the cracks
I stay hidden so afraid you'll find me out

I'm no place alone
I fear you'll turn away
I watch you walk by
You're my sunrise and my sunset

What if I step out and you see me there
I'm ugly, I'm the beast next door
I live behind my scars
No place alone where it's called home

Only tears to dreams what could be
So no place alone in this dreary castle next to yours
Do you even know I exist
No place alone in this paradise
Standing at the window in the shadow

I watch you laugh with your friends
No place alone where you would want to be with me
The flower at your door each morning, that's me
Have you ever seen me, I wonder
I'm the beast next door, the scars are my face
No place alone is for me and not us

Seems like it would be a long time before I step out into the sunshine
My time is lonely, alone in this place called paradise
My castle next to yours, with no prince next door
No place alone for only the beast
I wish one day you could see me

Suzanne Mondoux
7 August 2020

8 August 2020 Song/Poem of the Day – Finders Fee

He broke off the look when I looked his way
With his unpleasantness he will release me
Never to be found again, in an unknown place
He will search, and generously provide a finders fee

No words can comfort the ills he's done
I look forward to what comes after him
I'm no man's property, no man's prize
A generous finders fee is what he's made of me

No sparing his honour or his pride
I run and hide, a foreigner of my society I become
I appeal to his friends, they too turn away
A finders fee is what I'm worth

Many want to collect, a few more want me dead instead
And they give me away for a slice of bread
Who could be the beggar of life, me or them
I beg no more, a finders fees is what I'm worth

I know there's a road ahead, I dare to take it
I dare to know my own strength
I dare to be more than his finders fee
No matter how hard or unpleasant it can be
I'm a prophet of my own life

I seek the right to live my life
No more appeal to live my life
I walk amongst the many other women with a finders fee on their heads
We spare ourselves of the dreary honour laid upon our souls
A finders fee I pay myself for the life I live no more

Suzanne Mondoux
8 August 2020

9 August 2020 Song/Poem of the Day - Relief

Release me from this bondage of the life created for me
Let me live my life as I see fit
Can't you see the struggles you created
Get some relief from knowing there's joy in living life

Free me from the anxiety you seek
You say it's normal, this way of life
There's respite in each breath you take
It's a new moment to seek some relief
Relief can be felt when you make it your normal

Factor the end of your anxiety in the life you live
Can you see this possibility
The reprieve of a new normal of day to day life
Relief can be seen in your face, in your day to day smile

What a stark contrast for creating a diversion
Relief from your belief that life is a struggle
How so, whose made this true for you
Aid to those in need of some relief
Start with you, liberate yourself

Replace your fears with relief

Liberation from the siege you placed yourself in
Be your work of art
Relief can be worn on your sleeve
Felt in your heart

Suzanne Mondoux
9 August 2020

10 August 2020 Song/Poem of the Day – Rain No More

It's a rainbow kind of life
Rain no more the shadows of the lives come and gone
Way up high above the clouds is where you will find me
Rain no more on my soul of every blinded colour
Wish upon me for my dreams is how it will be

Rain no more over the rainbow
In all its glow is where you will find me
Rain is needed for the colours of my souls
But rain no more despair for me to grow

In light and love in the glow of the rain is where I grow
Rain no more tears for me to see clearly who I am
What a delight to see me in my new reflection
Oh, I see

Trees and flowers bloom all around in the rain of no more pain
Big white clouds let go their teardrops
I open my arms to rain no more hate on me and you
When you're ready join me in the rain no more that keeps you apart from you

How do you do my new friend colours of the rainbow
I think to myself rain no more parting contrast of despair
Keeping us apart from one another, what does that make of you and me
Rain no more colourless rainbow

Suzanne Mondoux
10 August 2020

11 August 2020 Song/Poem of the day – Cool Wind

So long the days and lonely nights
They take me to the darkest places
The moment you disappeared

Since then I've never seen the light of day
Only felt the cool wind on my face

The laces you left on edge of the bed
They are still there waiting for you
But you went away so far away into the stars
And sometimes I see you walking by

I let the cool wind wash over my face
Reminds me of you, your gentle kiss
The heavens took you away all for themselves
To leave me alone in a way I've ever known

The cool wind of you on my face is all I know
I remember it so well
The many ways you kissed me
The many ways you held me

The Gods are lucky to have you all to their own
They let me see you here and there
But you're everywhere in this house and where we walked every day
The cool wind of you on my face is all I know

Lead me to where you are
I want to be with you to remain in the love that we are
Our children cry out so I must stay
So painful my alone with the cool with of you on my face

Suzanne Mondoux
11 August 2020

12 August 2020 Song/Poem of the Day – Ocean Breeze

Light of the wind
Something easy to feel
Go somewhere briskly with ease
Accomplish your desires easily

I'm the ocean breeze on your back
Take to me easily and let me help you along the way
No need to struggle through your dreams
Let my gust of wind lift your feet

Ease into the draught

A cold burst of wind, a swig of lightness
Drink the ocean breeze to help with the heavy loads
And let me guide the depth of your ship below the surface of the water

My whisper is the puff of air you hear here and there
Close to your ear, straight into your heart
I'm the ocean breeze you seek
Your lightness of foot on your journey ahead

Light wind in the heat of the sun
Gentle wind on your knees before your God
Come and go in your dreams light hearted
Breeze on knowing all is alright

I'm that cool breeze that blows your hair around and rustles the leaves
I see how you feel
I feel the sound you love to hear
I move you along with your feet on the ground

I'm the ocean breeze that moves you
I'm your musical instrument that breaths through you
Sing to me the flow of you in your space
I want to hear the song your sing

I'm the air who carries your voice
Plays your instrument
I'm your ocean breeze
I'm the feeling you seek

Suzanne Mondoux
12 August 2020

13 August 2020 Song/Poem of the Day – Chance At Love

So many times I saw you sitting at the end of the bar
I stayed on my side and watched you sip your wine
You swayed in your seat to rhythm and blues
One night you went to the dance floor and danced alone
I watched you move
I knew then you were my chance at love

The band vanished behind you
You parted the sea with a gentle pivot
You're all I could see
You're all I could dream

You were my chance at love

The lights grew dim and music slowed
My chance at love came with a dance
I put out my hand and you followed my steps
In that moment I embraced my chance at love

We danced all night
It was last call
You sipped your wine
And let me walk you home
I knew you were my chance at love

So many years have gone by
You are my chance at love
Each day I watch you from morning to night
You're in my arms
Each day I know my chance at love

Suzanne Mondoux
13 August 2020

14 August 2020 Song/Poem of the Day - Lightning Bolt

I didn't know what I was waiting for until you walked by
I caught a glimpse of what I wanted more
A lightning more right through my heart
I changed my ways and waited for you to walk into my life again

You changed me into something I didn't know could go
I turned a page for the lightning bolt
Oh ya baby it felt so good I want some more
Now you're always on my mind
But I'm not worried I know I'll see you again

Hmm, oh ya baby you're my lightning bolt
I love the way you move
Soon you'll walk down my street
I get to feel you're lightning bolt all over again
You can stop any train

The leaves tremble when you walk by
All eyes on you so fine you are

The birds in the trees sing out loud
You're our lightning bolt
Give us some more of your beauty

Once my friend, now my wife
You showed me how love could be
Forever my lightning bolt
But better yet I love your goodness
How kind you are
So gentle your touch to all life

I love the sound of your footsteps and your laughter
I know you're nearby
The lightning bolt of love and goodness arrives
I rise to my feet and bow to the love of my love

Suzanne Mondoux
14 August 2020

15 August 2020 Song/Poem of the Day – A Friendship Love

I want to be where you want to be
I want to see what you want to see
You're my best friend
A friendship love of you and me
You're my heart and my soul

I love this life with you and me
Sometimes we don't see each other for a very long time
Sometimes we don't talk for a very long time
But I always know you're there with me
I feel you
You're my friendship love

A love that no other can ever replace
That no other who loves you and me would want to replace
A friendship love with you is a walk in the park
A garden of wild flowers
A great wine
And a joy of my life

You're the laughter I feel in my heart
The hand that wipes my tears
The arms that hug my soul
You're a friendship love of a life I want to live

No matter our troubles
No matter our sorrows
Our friendship love knows it all

I know when you think of me
I feel when you smile at me
I love when you send me a kiss
My friendship love
Forever you and me

Suzanne Mondoux
15 August 2020

16 August 2020 Song/Poem of the Day – My Love For You

Oh my love for you what a feeling
I look into your eyes and I know who I am
I know who you are from the way you kiss me
The first time I saw you
The first time we laughed together
They were the best moments of my life

I love you like no other
My love for you I want to know forever
I see the way you look at me
I love those moments when I catch you staring at me
I'll follow you where ever you go
You're in my heart no matter how far apart we are

Oh my love for you is that kiss on my cheek
I sleep so peacefully when you're next to me
I dream in colour
I love you in colour
Never have I known such love could be as good
You and me what a feeling

I love that our love started so young
They said it would never last
I knew the day I saw you it was forever you and me
My love for you only grew
Our colours grew brighter
Our dreams got bigger

Oh my love for you is forever
It's a magic everyone should know

Some are lucky twice
But I'm happy with just this once
My love for you never too much
Never to young it was

Suzanne Mondoux
16 August 2020

17 August 2020 Song/Poem of the Day – Hand Picked For Paradise

You were hand picked for paradise
The paradise on this earth and the ones with the Gods
You lived your life unapologetically
Filled with laughter and even filled with tears
Your loneliness was paramount
I could see it
Your heart yearning for love
I could feel it
Your body ached for a loving touch
I saw you

You were hand picked for paradise of the world of songs and music
For a world where you could be free to be yourself
In a world still yet unsure of itself
I knew you well
I loved you well as you loved me so
We were friends
Lovers in another world
Lovers in another life
I saw you see me in the mix of who you were

You were hand picked for paradise of a world that still remembers you
In a world you never knew
In a world that may have been more forgiving of you
You were my friend
We remember you has you were
I sometimes see you here and there
I sometimes feel you next to me
The sound of your voice on the radio soothes me
Photos of you are always in view

I loved you then
I love you still my friend
My lover, my best friend

You were hand picked for a paradise just for you

Suzanne Mondoux

17 August 2020

18 August 2020 Song/Poem of the Day – I'm On A Platform

Here I am standing tall and bright
Looking forward and into the light
I like the sound of the silent all around
I'm on a platform of the ride of my life

No two birds the same fly by with wingspans as wide as the sky
With ease they glide into the horizon, into the center of the sun
It's neither day, neither night
I'm in between the moon rise and the sun rise
I'm on a platform of the end of a life

A new life arises, a new moon rise and new sun rise
Where in the circle of life am I
How did I begin, how did I end
I'm on a road leading me onto a platform where I've never been
A bird returns and lands on my head

There is no sound, no light ahead
The bird waits for the rise of the new moon and the new sun
Wait in this moment, sang the bird
My feet feel wet
I'm in the sea
I'm on a platform with no beginning or end

A peacock floats by, a second and a third
And on and on they fill the sea
To my surprise I'm walking on water
To my surprise I'm on platform where no man has gone before
And I'm still alive and doing well
So magnificent is my life
So magnificent is the ride of my life

Suzanne Mondoux

18 August 2020

18 August 2020 2nd Song of the day – In The Shadow Of Your Love

I walk in the shadow of your love
So far I've come
Is this where I belong in a story of love
I seek myself in the bliss of what I believed was love
Oh please let me see the difference and let me know how to find it
It's all but blur in the shadow of your love

Nowhere or any time did you say I love you
Nowhere or any time did you say I do not love you
You held me so well and you kissed me like no other
I believed you and every tender moment
I gave you all that was me, all that was true
I've come so far on my own to find myself in the shadow of your love

What a place to be when you know no differently
Do you remember me the one you held so close
The one you said to I will never let you go
You let go and now I find myself in the shadow of your love

Is there anything left for me to hang onto, to grip
What were those words you said to me that made me believe you loved me
What were those things you did to me that made me feel you loved me
Where did you go and what did you do to leave me in the shadow of your love

Suzanne Mondoux
18 August 2020

19 August 2020 Song/Poem of the Day – Life Never Goes

It's so brilliant what you've done
What mystery you've created
I see it now and I want to know how it's done
Life never goes in one direction
Thank goodness for that
Only now can I say hooray to that

Life never goes the same way twice
It may seem as so but when I looked closely
I've stepped on a different road
It may not be as I hoped
Sometimes better, sometimes worse
But I never cease to take a good look at where it goes

I found my magic in my line of sight
Life never goes in a spiral unless I made it so
I jumped through hoops and skipped a step
I've turned back the clock to find it tick-tock back ahead
Hooray for what sets me forward

I dive into the deep end where life never goes without my soul
No matter what I've done
No matter who I've hurt
Life never goes beyond what I know
What I see, unless I make it so

For good or bad, life never goes on without me
Against me, or for just me
Life never goes astray
I'm the writer of my life
Life never goes to far from me
Never goes into a spiral unless I make it so

Suzanne Mondoux
19 August 2020

20 August 2020 Song/Poem of the Day – What's Love To you

Sing me a song of what's love to you
Let me hear the melody of your heart
I drum to the beat of your heart
You're my divine existence
My divine inspiration of love to me

To sing me a song of what's love to you
Is a message from heaven
From all the angels of love
All that I know is you
All that is in me is you

What's love to you
Is there ever too much love
You're never too far away from me
You never went wrong with you and me
Never torn between what could be

And it seems you're always on the edge of sunshine
Never too bright, always by the light

Just right in your own light
What's love to you in your darkest days I've seen you cry
How can this ever be made up to you

What's love to you
Does it make you alive
Or does it kill you
Sing to me your melody
Let me know your heart as it ought to be
As you know it and want it to be

What's love to you
No fooling
What's love to you
You're eyes can tell no lie
Sing me your glory of what is love to you

Suzanne Mondoux
20 August 2020

21 August 2020 Song/Poem of the Day - See The World

Gonna ride a train and see the world
I'm gonna find the magic at every stop
I'm gonna see the world
Smell every flower and shake every hand
And give away every smile

I'm gonna see the world with eyes wide open
With heart bursting wide
And listen for the trail of laughter
Follow the sunrise to sunset
And keep rolling on that train to see the world

I'll be as good as I can
I'll play and laugh as I see all the world
When I hear that whistle blower I'll jump on the next train
I'll see the world in all its glory
In style with a smile

And if there's any unexpected stops I'll jump
I'll live all the way and listen for that whistle
No blues along the way
Just tap dance along the rail with a smile on my face
I'm seeing the world in style

I travel with pride to see this world of ours
I'm making all my memories, even the ones that make me cry
I'm gonna see the world with eyes wide open
I may lose a sweetheart here and there but one will stick along the way
I'm gonna see all the world

Creating my sweetest memories
All dreams are in my hands
I'm seeing the world for the first time
No misery on this ride
I'm seeing the world in style
I hear the whistle blowing
Time to go see the world

Suzanne Mondoux
21 August 2020

22 August 2020 Song/Poem of the Day - Without You

It's just a matter of fact that without you I'm lost
I'm lost in space with no compass to point me in any direction
It's just a matter of truth that you light up my day
Without you I'm just a drop of water in the vast sea

It's all but a blur when you're not with me
I look for you in everything I see
I feel your warmth when you sat in this chair
I feel your touch when you slept in our bed

Without you a fog lingers all around me
I follow your voice in the mist
The smell of your perfume lets me know you're there
I've come to you when you called
I'm here to continue this journey with you

Wake up my darling I know you can hear me
I know you can feel my touch
Stay here with me
Without you there's no where to go
You can make it my darling, just follow the sound of my voice

Follow me this time
Take my hand for without you I can't make it on my own
Wake up my darling, it's not your time

I know because the way you're holding my hand
I know you can hear my voice

There's something to be said for a love such as ours
Without you our history of love is forgotten
Your smile tells me you've decided to return to me
I'll be here when you wake up my darling
For without you love will cease to be

Suzanne Mondoux
22 August 2020

23 August 2020 Song/Poem of the Day – How Can This Be

I was born in the land of plenty
I saw many come and go
The whole world at our fingertips
How can this be to be so free
Live light
Live in ecstasy
Jumping through hoops ceased
Taking orders gone
Giving orders vanished
How can this be to breeze through life
Windows of opportunities everywhere you see
No bumps in the road
No hunger pains of desires
Your wish is my command
What you ask is what you get
How can this be to see such a world
To want for nothing
To take from no one
Dismantling the seven deadly sins
Lust abolished
Gluttony extinguished
Greed denied
Sloth forbidden
Wrath unwarranted
Envy no more
Pride subsided
How can this be in a world of human beings
How can this be a world of no wonder
Can we marvel at the expected
Is there sensation in the knowing

Is there curiosity in only goodness
Would there be spectacular in such a life
How could this be amazed admiration for wanting to live
To know where to find the surprise
To know everything that will be
How could this be

Suzanne Mondoux
23 August 2020

24 August 2020 Song/Poem of the Day – Stuck For So Long

Hmm, ya, what's going on
Stuck for so long in this place called love
She won't have me but I can't stop thinking of her
They say move on but my heart is stuck on her
I play my guitar and sing her my love song

Oh ya, stuck for so long
She won't even look at me
How do I win her heart
Stuck on her for so long I'm blind to all others

My best friend said did you tell her you're sweet on her
Did you let her know you exist
Does she know you're name
You're stuck for so long in the story you created of her

I could not argue with my friend
I went to the supermarket where she worked
When I got to her check out I looked up at her and smiled
Each day I returned
On the seventh day I told her my name
It was the end of her shift and I waited for her outside the store

She smiled at me and asked me how was I doing today
I played this game for a while
She continued to smile at me until she said I had to walk her home
Stuck for so long in me
Stuck for so long in the creation of her

The next summer we were married
It's been fifty years and I'm still stuck on her
For so long I played my guitar and sang her my long
Every morning she smiles at me

Every night I kiss her goodnight

Suzanne Mondoux

24 August 2020

25 August 2020 Song/Poem of the Day – How Much I Need You

What is it that I've been doing
What is it that I've not been seeing
What is it that I've not been feeling
Don't you know how much I need you
All those things were the foolish silly me

Can I be forgiven now that I know differently
Now that I can love differently
Now that I see differently
Don't you know how much I need you
I know that wasn't so for so long
This time I saw you cry

How much I need you to be happy
And if you want me to go I'll go
As long as it makes you happy
That's how much I love you
How much I need you to be happy

I'll do whatever say
I'll stay, I'll go
It's your heart that decides
How much I need you to feel love is all I want
How much I need you to feel alive is all I want
You're the love of my life

Can I say I'm sorry, again
Can I say you deserve better, again
Can I say how much I need you to fall in love
To hear you laugh
To see you giddy is how much I need you to smile
How I need you to know how much I love you

Suzanne Mondoux

25 August 2020

26 August 2020 Song/Poem of the Day – Strangers All Around

AUTHORED BY Suzanne Mondoux author – Cornwall, Ontario, Canada 9 February 2020
<https://suzannemondoux.com/>

Right through my heart the piercing pain of strangers all around
All I can do is surrender to their will
To their love
No more strangers all around
What come and goes
What's said and done
A lifetime alone with everyone I know
I surrender to the strangers all around

I fall apart at the sight of me
My heart searches for some relief
My lips wondered what a gentle kiss feels like
All I can do is surrender to the strangers all around
Those I kept as strangers for so long
No one ever showed me what real love feels like
To such love I surrender to my strangers all around me

The sentimental moments of this life unfair to me only
All around me surrendering to the thieves of my love
To loveless lives of abounding sadness
To a life of knowingly taking from me
My innocence once hid me
Unhappy with my situation I never looked away
Until I returned to the ones I made strangers all around

I faced the blues of all I knew, of all I hurt
Especially me, so see me, to face me
Become familiar with the stranger I've created
Let me back into my own heart
Forgive my innocence stolen from me
Strangers all around I've created
They talked of me only with love

Strangers all around made of love
Protected my innocence until I believed I broke free
Their reach saved me, my strangers all around me
Strangers all around created a way back home for me
Once those I kept as strangers all around me

Suzanne Mondoux
26 August 2020

27 August 2020 Song/Poem of the Day – The Light In My Heart

It's the darkness that lead me to you
To the light in my heart not seen or felt for so long
I never knew it was there
Could be found in the dark

The light in my heart so soft your glow
So gentle your warmth
You flicker with the beat of my heart
Even when it wanted to stop
You kept the light on in the depth of my soul
The darkest corners of my life

Like magic you appeared
I missed the trick to where I could disappear forever
Never to be seen again
The light in my heart appeared when I could see me
You entered without my noticing before I let go
You watched me from inside my heart knowing where I would go

In such a lonely place where darkness prevailed
Where all life dwindled away
No where be found, no desire to be seen
Light of my heart tricked me to seeing whose there
To see where I was
And to feel no more my despair

The cringe on my face now mimics a smile
I know I'll make it one day
I remember a smile on my face
I recall the light in my heart
I know the days of no dark clouds all around
And the day I stepped on my shadow wishing I was gone

The light in my heart how far you've gone
How far I've sent you away only to return
Only to bring a smile on my face
To know a true feeling of happiness in my glory of being me
In my life, as I once wanted to be
To know me in the light of my heart

Suzanne Mondoux
27 August 2020

28 August 2020 Song/Poem of the Day – Standing On My Head

It's one of those days
All seems well and looks ok
Then I realized I'm standing on my head
No wonder everything seems just as it should be
A different view, a new perspective

As a matter of fact I'm getting used to this new life
In need of all that's new including love
But I'll keep my old friends
It's a beautiful day in this upside down world I've created
Standing on my head makes it so easy to see

When I'm in need of anything standing on my head is what's needed
The others see me from where I stand
Others try to flip me back on my feet
They say it's for my own good
But I always land standing on my head

There's just always more than two ways about it
I've had my share of unfulfilled dreams not to go a different way
Not to live from the perspective I can actually see
But now it's time to dismiss all that kept me spinning on my head
Never seeing, all unravelling
Now I'm making this right, standing on my head for all the world to see
For me to see all the world
All that makes up this world all around me

Oh, now what view to see upside down to make it right
Let me be on my axis for as long as I want to see
To see no more troubled days
To exploit all the strangest days and rejoice in them from where I stand
Standing on my head, thank goodness
Standing on my head, the best view in the house

Suzanne Mondoux
28 August 2020

29 August 2020 Song/Poem of the Day – I see the bottom of the bottle

There I was flopped over my bed
The floor stared back at me
Dust bunnies swirled around dancing from one end of the room to the next
I looked beneath my bed and there I was staring back at me
A sea of empty bottles pushed up through the bed springs

I've seen the bottom of many bottles
Ten for each day of my life it seems
I remember the dry days and looking up at the stars
Then I was gone again diving deep in the bottom of my favourite bottle
Never disappointing this fine bottle of mind
Until it led me to the twelve steps
I've been at this doorstep many times before

I wasted my time over step one over and over again
I admitted nothing even when the words came out of my mouth
I believed in no greater power
I made no decisions to turn my will, my life to the Gods
I made no moral inventory of myself
I admitted nothing to the Gods
I held my defects close to me, no God could take them away
I asked nothing of a God to remove my shortcomings
I listed all whom I had harmed but said nothing
I made no amends to them or myself
I ignored my personal inventory and never admitted when I was wrong
I sought nothing from prayer
I had no spiritual awakening except when I see the bottom of the bottle

I saw the sun go down
I cried, cried and cried some more
Then I was back seeing the bottom of the bottle
I was overwhelmed with my shame
I found no comfort in my own soul
I tried to see anything other than the bottom of the bottle
Then one day I had to choose which view would remain with me forever
I cried some more staring at the bottle in my hand
I praised it and forgave it
I thank it for the journey but wanted to walk alone now
I wasted no time to get back to step one
I admitted everything when my words came out of my mouth
I believed in me
I made the decision for my will, for my life
I sketched the moral inventory of my new path
I admitted to the Gods, my higher self who I was and wanted to be
I held my defects close to my heart and forgave myself
I asked everything of me
I hugged all whom I harmed, and me
I made amends first to my heart and soul and family and friends
I said when I was wrong
I sought everything from my inner prayer, my highest self
I experienced my spiritual awakening when I see the bottle staring back at me

I see the bottom of the bottle in my dreams
I see my dreams when I stare back at the bottle and walk away
I walk alone with this bottle at my side, tapping me on the shoulder
I say thank you for my dreams, and goodbye my old friend

Suzanne Mondoux
29 August 2020

30 August 2020 Song/Poem of the Day – Shadow Of My Soul

I find myself in the land where all the shadows align
In a place of wonder and illusion where wizards reside
I search for the homeland where the shadow of my soul resides
Which of the wizards am I
Shadow of my soul forgotten
Shadow of my soul the wonderer
Shadow of my soul the illusionist

In the backyard of my dreams where the lights dim
In the foreground of my imagination where the sun rises
In the shadow of my soul where I lay my head to rest
How far do I need to go to forgo the light that casts a shadow on my soul
What's the illusion of this show
Who is the imaginarium of my puppet show

In the shadow of my soul I step aside
I stand still, I watch my shadow dance left to right
I look beyond the setting sun into the heavens far and wide
Unusual sight these peacocks flying by
The puppeteer of my imagination stands near
Stepping into the shadow of my soul
I look up and find my hands on the strings

In the shadow of my soul I look down at my feet
Tap dancing to the strings
Catching a glimpse of my illusion
The wizard reveals the magic
The illusion dismantled
In the shadow of my soul I look behind the curtain
I am the forgotten wizard
The wonderer and my illusion

Suzanne Mondoux
30 August 2020

31 August 2020 Song/Poem of the Day – What's This Passion

Hmm, ya, this feels good
What's this passion I feel
Where does it come from
How was it discovered
Hmm, ya, this passion feels so good

Such a desire for ones story
The rage of my curiosity
The fervour of my human nature
Hmm, ya, what's this passion unleashing my hunger
It leaves me thirsty for more

Where in my appetite did I experience such intense emotions
Strong desires of a funny enthusiasm
My outburst of feelings for what this passion feeds me
I fall on my knees to meet my craving
To lust over my oddity to know what lies beneath and all around me

Hmm, ya, what's this passion that urges me to wipe the muck from my eyes
Who is the object of my desire
What is the object of my passion
Where can I find those emotions
What's this passion so well hidden inside of me

Do I dare reveal it
Do I dare discover its secrets
How did this become possible to know oneself so well
What's this passion for feeling good
For focusing on self
For loving thyself in the midst of a discovery
What's this passion for me and you

How well I've fallen just to see what lies ahead
What crippling belief I've unearth about myself, about you
What's this passion I've discover
What a way to end a life
What a way to start again

Suzanne Mondoux
31 August 2020

SEPTEMBER

1 September 2020 Song/Poem of the Day – Oh My Love

Oh my love of all love that exist
What words can be said or sung to say I love you
To say Oh my love of life itself
What a wonderful life you shared with me
How lucky was I
How glorious this time together

I saw the light of day rise behind you
A glitter of gold on your face
A whisper of joy from your lips
Oh my love of all love
You're the rose in my heart
The skip in my step

Oh my love
Hmm, darling my love
La, La, La, La, Hmm, La, La, La, La,
Whoa, my love
The charm of my name on your bracelet
I see you twirl it round and round
You smile, I smile

None of this could be true if you hadn't smile at me that day
I saw you standing next to me
I waited till you looked at me
I would have waited all day, forever
Oh my love my darling
What a wonderful life you give me

I love you more each day
Each moment my heart grows fonder for you
Hmm, darling my love
La, La, La, La, hmm, La, La, La, La
Oh my love, you're the love of my life

Suzanne Mondoux
1 September 2020

2 September 2020 Song/Poem of the Day – What Love Brings

What I've seen come and gone
In the light of a new day
In a the glow of your smile
What love brings is wondrous
Never could I have known had I not fallen in love with you

What love brings to someone like me
Full of hope, only where despair once resided
Now in the dawn of a new day
Love rises all around
What love brings in a simple smile

I've come close, and yet so far I've stood
Now standing next to you to say I do
What love brings to these vows
To my love for you
I want to know all that can be with you

What love brings for me and you
I wear this ring to remind me of what once was
I take your hand to guide me to where I want to live my life
I can only live in your heart
I can only see through your eyes
I can only love you, it's all I know and ever want to know

What love brings let me rise from the ashes where I lay for so long
Where I found comfort in despair
Ashes to ashes, dust to dust, rising through what love brings
I am no longer made of this dust
Instead, I am made of what love brings for me and you

Suzanne Mondoux
2 September 2020

3 September 2020 Song/Poem of the Day – Welcome To My Prayer

No sooner are you a stranger to me
No truer I begged around to know the truth
Now a scavenger of the life I've lived
Feeding on the remains of the day

Welcome to my prayer of life and death
No depth in me and no nerve to ascend to anything

Life hauls me out by the ankles
No one risking life and limb to save me
Welcome to my prayer

No heroes at my side
They see me, giving me a wink of my own indiscretions
I am no trouble to them in my silence
I offer no remarks in my prayer
Welcome to my prayer of stillness

Muteness leaves no grudges
It would annoy them if I welcomed them to my prayer
Under a lofty archway they hold me in high regards in their secret lusty exchange
I am worthy of my penance
Welcome to my prayer of choice
My sin dictates the one who won me that night

Welcome to my prayer stuffed with immorality
The debauchery of the winning hand and takes the one most liked
Welcome to my prayer of estrangement to God
No one knows the suitors I've contended
Some discreet, others not so much
My soul naked for all to see
On display for the next exchange

Welcome to my prayer
Welcome to my prayer knowingly doing wrong to self
Welcome to my prayer in ropes of rags around my loins
Delicate and bruised
Below my waist they stand nearby
I give my power to the winner of the night

Suzanne Mondoux
3 September 2020

4 September 2020 Song/Poem of the Day – I'll Continue To Excuse You

I sailed ashore with the wind in my sail
With salt on my lips
Welcomed by the towering cliffs
So kind they were, their mighty stance
Taking me from the wasteland from which I escaped

I'll continue to excuse you for what you left behind
For sending me overseas beneath dark murky skies

With little air to breath
With little sun to see

That feeble mind of yours weak with fear of imagination
Should you think to see what comes beyond you
While we crawled through the apocalyptic storm created in your wake
We gaze at hollow lands and empty seas
I'll continue to excuse you for what you left behind

Then the Gods can turn their gaze upon you
You can look us in our futuristic eyes
What wretched doom been struck for all to see
I'll continue to excuse you for what you left behind
Blind folded you were to see what you didn't want to see
What you knew and stared away so well

I'll continue to excuse you for the sake of my humanity
For my heart that still yearns to stir in the world you left behind
The mothers and fathers of your future lie and grieve in their graves
We are ships with no oars
It's the wind in our sails that drifts us apart from what you saw and what we see
What we live in the world you left behind for me to see

I'll continue to excuse you for the beat in my heart
Beats for me, beats for you, and those who I'll leave this world
For my humanity, their imagination
I'll continue to excuse you with eyes wide open of what will come tomorrow

Suzanne Mondoux
4 September 2020

5 September 2020 Song/Poem of the Year – I'll Always Remember Your Name

So vast your life and your smile
You sang us your songs and gave us your heart
Never did you ask for anything back
The tone of your voice resonates throughout time
With the wind on at your back and the sun on your face you gave life
I'll always remember your name

I'll always remember your name
I'll always see your face
In your embrace I felt so well in a simple melody
You gave me hope and set me free
I love you so my dear old friend of songs and life

In the light of a new day the trumpets golden vibrant echoes your name
I'll always remember your name
I'll always remember the sweet taste of wine as your kiss
I'll always remember your name next to mind
So long ago this was and yet only yesterday it seems you held my hand

I'll always remember your name as the promise you gave me
As the love you gave me to see me through my hardest days
I'll always remember your good and kind heart
Generous to all and most of all to me
The tale of your life unravelled in mystery
They called out your name

I'll always remember your name
Cloaked in secrecy of the strangeness of this world
How divine your revelation of the man you were
The man you became
I'll always remember your name
Together with love your name goes on for the light that you gave

I'll always remember your name

Suzanne Mondoux
5 September 2020

6 September 2020 Song/Poem of the Day – Turbulence

What's all this commotion I'm feeling
The confusion of the silence within
The turmoil of the crazy laughter bursting from my mouth
What's my disorder to unravel and discover
I'm on the turbulence ride of my life

I found the peace in the unrest
I'm sane in my instability
I feel the uproar in the beat of my heart
The turbulence of a life well traveled
Of a journey well experienced

A most unpredictable emotional sensation
The irregular motion of my stride
This turbulence of the mind somewhat insignificant
A momentarily change of my present state
No loss of control of my senses

Turbulence tosses me violently in my mind
I scramble to control the impossible
I'm the structural damage of my attempt to resolve the unresolved
I cease to detain the erratic change
I feel the friction of my feet on the ground

The strong wind on my back forcing me ahead
Turbulent eddies way beyond my reach to ease the motion
In search of this mysterious stability above and beyond my line of sight
Blowing warm and cold I feel the layers of desire
The call of the downdraft on my soul

I'm the bird in this wind
I'm the wind beneath my wings
I'm irregularity of all that is meant to be
I'm the calm you seek in all your despair of normalcy

Suzanne Mondoux
6 September 2020

7 September 2020 Song/Poem of the Day – Believe Me

Hmm, ya, whoa, whoa, whoa
It's me you're talking to
It's me you loved all these years
What's changed to make you so unhappy with me
Believe me when I say I'm right where I want to be
You're the one I want to be

Why won't you believe me
Is it the old me your looking for
Believe me, I'm not the same as I was
Hmm, whoa, whoa, whoa, whoa
Whoa, whoa, whoa

You're breaking my heart when you don't believe me
Over the years I've given you cause
But this time believe me I'm true to your heart
Why are you forsaking all that I've said and done
All that I've said and done for the sake of our love

Believe me
Believe me
Believe me for just a moment

Feel me in your heart in this instance
Look into my eyes and tell me who you see
I'm so in love with you, believe me

Believe me for the love that you know was true
For the love that is truer than ever
Believe me for another moment
What do you feel
What do you know
What is your heart telling you

Believe me I'm now who I always wanted to be
The difference is vast to our old life
Believe me, what you believe you saw was not what was
I'm so in love with you, believe me

Suzanne Mondoux
7 September 2020

8 September 2020 Song/Poem of the Day - Tulip

I forged my way through the winter of my life
Remaining still and quiet until the ground thawed
I wake to the sun on my face and rise to the sky
I'm the tulip that awakened from a sleep
I'm the tulip that stayed and found her way

I had no need to be moved
I planted myself in the ground where I knew I wanted to grow
I let the bees and butterflies visit me
I'm the tulip of time past, present and future with no time gone by
My cup shape heart grows with the rain

I start as the bulb of life and remain as the bloom of time
Flower of the land for many to see
I'm plucked and I'm watered in many homes
I'm the colour you choose that reflects your mood

Tulip to remind you of the new day
Where life begins and finds its way to its end
The blossom of a stem with a flower
I colour parts of the planet
I'm developed in the wild and in your gardens
Where do you see me best

Where is the bud when I'm at rest
What's the best of me
Tulip in the spring
Or do you see me already in the bud that's soon to be the bloom of your new day
Tulip of many parts of me and you
I plant me where I soon will be

Suzanne Mondoux
8 September 2020

9 September 2020 Song/Poem of the Day – So Much I Want To Say

Being at your side has been the best part of my life
You held me up when I couldn't walk alone
I hid my scars and you uncovered my face
So tender your hands and so kind your heart
So much I want to say to you

You saved my life when all the joy seized in my heart
Your finger tapped gently on my anguish
The mad words I let escape you captured with a kiss
So much I want to say about my loss and sorrow
But you take me back home where my heart resides

So much I want to say in the long quiet hours of my day
I stay beside you seeing the life waiting for me
Through the longest nights of bitter cold and nightmares
The fearing crowds in my mind subside by your side
So much I want to say on the growth of my heart

Long gone this slumber weaving through my breath
I think how you captured my heart with a simple
I think how I left myself slide away from life I wanted
So much I want to say to me
To remind me of all that life waits for me

I'm the mother and father of my dreams
I'm the one chance at the life you give me
So much I want to say in love and words can only repeat
I warn me of what once was
So much I want to say in these quiet moments our life

Take my hand and let me lead the way to our hearts
So much I want to say to me
So much I want to say to us

The mad words I now let escape without a sound
My heart captures before your gentle kiss

Suzanne Mondoux
9 September 2020

10 September 2020 Song/Poem of the day – Je t'aime encore

I'd walk to the moon and back just for a kiss
I love your great laugh, deep from your belly
So bright you shine
And when you cry, you cry a river of tears
That's how I remember you
I loved you then, and je t'aime encore

Je t'aime encore even with all these years gone by
Seeing you standing there I felt love all over again
No one has ever filled the hole in my heart
We were young when parted from one another
My heart told me I'd see you again

You're children have your smile
The best part of you is in them, I see this in their eyes
They smiled when you told them my name
They know our story
They watched you kiss me and smiled when you said
Je t'aime encore

Je t'aime encore mon amour
Life was lived and we embraced those moments
I thank the stars every night for the crossing of our paths
Every morning I wake to your smile
Your children now mind
The best part of you wrapped in my arms

Je t'aime encore
A new life to live with the love of my life
No more kiss goodbye
Je t'aime encore

Suzanne Mondoux
10 September 2020

11 September 2020 Song/Poem of the Day – Got Everybody Thinking

Once upon a time
There lived a monk named Ustan
He told stories of what was to come
What was to go
The world on fire
And the world surrounded with flowers

He got everybody thinking of this and that
He got everybody thinking me, myself and I
He got everybody thinking of you, me and us
He got everybody thinking of who are them

A short time passed before he continued his story
Less and less of us were listening
More and more of us were gone forever
Fewer and fewer of them were them
Then one day he got everybody thinking

Some listened
Some talked
Some turned the other way
Then there were fewer and fewer of us listening
More and more of use were them
Fewer and fewer were us

Then one day he stopped telling his story
Once upon a time had arrived
This time he sang a song of their stories gone by
And he got everybody thinking
There was no more despair
Everyone was gone
There were no more us and them
All life had gone
Only souls drifted by singing along

Once upon a time
There lived a many good people
Some were them
Some were us
Together they got everybody thinking
Together they extinguished everything that was

Suzanne Mondoux
11 September 2020

12 September 2020 Song / Poem of the Day – Willing To Pay

Take me home where I once recognized myself
Where I found my strength to be free
Where I belonged all this time
I've wandered this great land of ours
I was willing to pay for what I sought
For what called me

Willing to pay for where I belonged
Once more I seek to go where I'm called
I stand naked to all that judged me
And me worst of all
From one day to the next I was willing to pay to be me

How can I forget what I wanted and what was calling me
How can I go on without being willing to pay for turning the other way
I'm willing to pay for my soul at peace
I'm willing to pay for my heart singing with joy
The beautiful dreams I've shared with this world was meant for me
And only me, am I willing to pay for my dreams

Hmm, hmm, hmm, whoa, whoa, whoa
This life of mind willing to pay for my eternity
I'm no longer the fool I was in search of something I would never find
What I found on my journey has lead me back home
The world heard my screams
I found every echo
I felt every thought
Seeking to be found in a place where I thought I belonged

Willing to pay for being found
Willing to pay for turning round and round
Willing to pay to find my way back home
Back to me, where I belong

Suzanne Mondoux
12 September 2020

12 September 2020 2nd Song/Poem of the Day – The blue eye prince

The blue eye prince
Next to his king
In love with his soul
The king gives him a kiss

Forever they remain hidden in the castle
Together as one a love grows like a flower in their garden
Some daffodils and many roses
In the years to come the prince ventures out of the castle
On his journey in search of his king
No where to be found but his heart
The prince returns to his castle and king
The blue eye prince with a twinkle in his heart looks beyond the towering walls
In the light of the morning sun he gazes in the spirit of his king
The blue eye prince falls to his knees and rejoices in the glory of their first kiss

Suzanne Mondoux
12 September 2020

2020 Song/Poem of the Day - Meant To Be

What a palace you've made for yourself
You shot your rockets of desires into the universe
Sparkles rained down on you
Then you find yourself behind bars
Was this meant to be

Was this meant to be your soul confined
Your last goodbye so far
You decided to break free and escape
Our demons are never far behind
You killed a man in self defense
Was this his destiny
Meant to be for you it seems

You ran and ran into oblivion
Meant to be a road never traveled
The obscurity of your journey
Meant to be
Wanting to be forgotten
Meant to be
Overlooking all your offences
Is this meant to be

The stupor of your mind
Racing here and there
No stopping the insanity of the situation
You killed a man in self defense
You say this is so
How was this meant to be

Running for your life
Forgetting all that was
Your shadow right behind
Your thoughts all too close
Your sense and sensibility of your rockets of desire
Ashes rain on you
Is this meant to be

Suzanne Mondoux
13 September 2020

14 September 2020 Song/Poem of the Day – History of Love

The past has given us so many stories
The accounts of our lives
And the antiquity of where we began
Time has gone by with you in my arms
Times past without a whisper of where we were headed

This is the history of love of our wildest dreams lived together
The history of love for this present moment
What has happened holds all the virtue of you and me
We've studied our past to see us here
The records of these events mattered to this very moment
History of love was the fabric of our background for you and me

Interesting past of what was in a time when we were searching for one another
The historical play of the scenes of our lives
Too fantastical to have unravelled so plainly
The ancient history of love
To be something that happened a long time ago for this very moment
Or perhaps only recently the history of love was the past our future
And is no longer important to see what's ahead
But to be in this moment
The history of our love

I'm in love with you more today than yesterday
The history of love the influence of my life
The importance of something or anything
Abruptly brought to an end for a new history of love
A new beginning, a new day to fall in love with you all over again
I'm in love with the history of our love

Every step I took to this day marks my history of love

Forever the accounts of our glorious love
A simple narration of our history of love
The story of my tender affections for you
The dearest of desires for us in the history of love

Suzanne Mondoux
14 September 2020

15 September 2020 Song/Poem of the Day - Amazing

It's so easy to see the insignificance of each other
To search for credibility worthy of each others love
And hide the wonder of you
How amazing we are against one another

How amazing we can be for each other
The stunning frenzy of the hidden you in you
The incredible reflection of your shadow
It's amazing to be ordinary
The poor vision of another

You walk in your own footsteps and no other
Your truth takes account of the bad they see
And the stories of you all plausible
The startling ending of the one and only story
The astonishment of the cruelty of ones closest to you

Amazing the events leading you to this place
Your mortal journey on such insignificant a start
The poor expected outcome upon the dreams secretly tucked away
You paused in a moment grappling at an amazing revelation
How amazing you've grown in the judgement of others

You appear amazed that you could walk with your head up eye
To life your spirit with a skip in your stride
They all believed you wouldn't amount to anything
Amazing of all these unamazing ordinary mortals in judgment of others
Among us is the fancy of an astonishing place
Our soul bewildered to common standard of the unkind in this world

Amazing your strange and wonderful you
Curious to know you

Suzanne Mondoux
15 September 2020

16 September 2020 Song/Poem of the Day – Anytime You and Me

Anytime you and me
Forever in harmony
In love once, enough for me
You're the light of my life
Love of my heart
I smile only because you love me

They said I was a fool
Never would you see me
Never would you give your heart to someone like me
I knew in my heart it was anytime you and me
Time was on my side
Because I waited for you

I was forever at your side
Always listening
Each day learning more and more of who I was in love with
I knew it was anytime for you and me
No two days were the same
No two days did I see you the same

So plain they said I was
Too ordinary for the likes of someone like you
My heart whispered anytime now you and me
Never once did I doubt
Always twice I looked your way

I saw you in the shop that day
You looked my way
You smiled
I invited you to tea
Not today, but anytime

Anytime you and me was right around the corner
Ever since then it's been you and me

Suzanne Mondoux
16 September 2020

17 September 2020 Song/Poem of the Day – You're Leaving Me

I know what you're doing
I can see the love for me draining from your heart

You're eyes stopped smiling at me
I know you're leaving me
Can you tell me
You're silence is killing me

You don't touch me anymore
I'm so lonely with you next to me
You're back to me in bed is too cruel
Why are you torturing me
You're leaving me
I know you're leaving me

Why don't you say it
Why haven't you done it already
What do you want to say or do
You're leaving me in agony
I can't take this anymore
My heart is breaking
I can't stand the pain

I don't know how much more I can take
Why, why, why
Why are you killing me this way
You're leaving me
I see it in the way you stare at me
I see it when you look away from me

You're leaving me
Hmm, Whoa, Whoa, Whoa
You're hurting me
You're leaving me when you say you love me
You love me, how so
You're hurting me

Suzanne Mondoux
17 September 2020

18 September 2020 Song/Poem of the Day – Believe That It's True

Believe that it's true
Know what you've done to me and you
It's so simple all the lying and cheating
Such great stories to keep me loving you
Believe that it's true the wrong you done

What's been said and done is not forgotten
What's been cried over is now over
What's been painful to do is now easy
Believe that it's true that I'm leaving you
There's no turning back
No more wishing for things to be different

It's spent half my life wanted you to be different
I'm now spending the rest of my life being me, different
Me being me for the love of me
This time believe that it's true that I have what it takes to make it on my own
That I have what it takes to be better than I was
Believe that it's true that I'm walking out that door happier than I've ever been

I've lived much too long a life of misery
A life knowing the wrong you were doing to me, to us
The wrong I was doing to myself
Believe that it's true I've forsaken nothing to make it right for me
Believe that it's true that you'll come knocking and I'll be gone
No more crawling back
No more shedding tears

Believe that's it true you have condemn yourself to a longer life of misery
Believe that it's true you will be lonely without me
Believe that it's true you will now know how loved you were
Believe that it's true you will for the first time know you without me

Suzanne Mondoux
18 September 2020

19 September 2020 Song/Poem of the Day – Into My Heart

I know what I want to say to make this right
I fought so hard to get us here
What could I have done to make it different
It took but a moment for you to get into my heart
What tragedy is greater than us apart
They forced my hand to keep you far from me

The battle now into my heart is not your fault
All that's left are your letters
I dare not get you closer and into my heart
I love you too much to forsaken you to such a life
My darling you are better off to find another
Never again can I let you into my heart, so close

Better for you to walk the other way

I will always long for you and me
I will dream of you in my heart
I will nurture our memories and remember you before this day
I beg you keep a small piece of me into your heart
But I must set you free
Never shall you reach into my heart with your kiss
With a single touch for both of us to survive this day
To survive what's to come

I do this because I love you
Only you can get into my heart
Only you can take this love and make a life
Without us you will survive
I will survive because I'll remember you in my heart
Into my heart is forsaken forever for you and me
Because I love you more

Suzanne Mondoux
19 September 2020

20 September 2020 Song/Poem of the Day – Next To Nothing

It's impossible to be this alone and without love for so long
What was believed so long ago is now keeping me apart from you and everyone
So close I came to choosing something else
It was next to nothing thinking I could be happy without you
I was flawed in my perception of who I was and wanted to be

It was next to nothing to deny myself unwavering love
To be seen in the fanfare and fancy free society
In the lunacy of bright lights and socialites
It was nothing thinking I was free in the world I created
It was nothing being blind to the bondage imposed of such a life

I saw you in the shadow of my life
Free of all emotional involvement
Free of commitment to you or anyone
Especially free of commitment to myself
It was nothing being untouchable by anyone or anything
Till that one day facing myself alone in the mirror

It was next to nothing worshiping the stranger before me
It was next to nothing turning the other cheek

But this failed so miserably
I wasn't there
I just wanted to hurt me

I searched for my consciousness
It was everything to do something different
It was possible to see me with love
To believe in an open heart and embracing a new life I created
Soon it became next to impossible to deny myself all love
I shut the door to my lunatic world
It was next to impossible to be as I was
Instead, it became next to nothing to be with you and me

Suzanne Mondoux
20 September 2020

21 September 2020 Song/Poem of the Day – A Little Happiness

It started with no hope in sight
Nowhere to go and nothing to see
All was dead and gone
The only thing left was tomorrow
With certainty the sun would rise
And that was a little happiness to get us through to tomorrow

A little happiness of witnessed in the wonders of life
All it took was to look here and there
A bounty of a little happiness right before our eyes
Every moment of the day
A world once known we saw no more
Its end shown bright at sunset

Waiting for the sunrise replenished that little bit of hope
A little happiness sprinkled in the early morning glow
Never again this world will return to us
Never again shall we know what was given to us
A little happiness precious as gold we let go
Precious as the souls of all lives once known

No man, no animal, no plant, no life more equal now than ever
But never shall it return in this world we let go
A little happiness in the morning sun is all we have
Who's left to see the glory of a world others will never know
No stories will capture that creation
No stories will tell the truth of what ended our creation

A little happiness in the staring up at the sun
A lingering light once recognized as life
All gone when it sets itself to sleep
Yet a little happiness when it decides to return to us each tomorrow

Suzanne Mondoux
21 September 2020

22 September 2020 Song/Poem of the Day – Chasing Rainbows

I've been everywhere chasing rainbows
No two the same and never on the same day
All roads leading to nowhere
Yet all I knew was chasing rainbows
What did I know so certainly to lead me here
What was I blind to

Chasing rainbows was a no no in my circle
But I couldn't let go
I dangled from arcs
I launched all of me from its bow
Was there really false hope in chasing rainbows
Was there not an assortment of life out there for me

I'm made of many different things
Chasing rainbows is one of them
It's what I know than just what's in my circle
I have a variety of colour in me
They span moving in and out of what I know
Chasing rainbows isn't all that bad

My bridge is the arch curving where I need to go
Where I want to go
Chasing rainbows is in pursuit of me
Making me run towards where I want to be
I've stopped wasting time and got on with chasing more rainbows
I see now all the roads lead somewhere
Chasing rainbows has lead me out of my circle

I'm in my own frame
Easy to step out when I chose to chase my next rainbow
Engrave my footsteps in this world
I decorate it with all colours of the rainbow

With all the possibilities I know exist out there for me

Suzanne Mondoux
22 September 2020

23 September 2020 Song/Poem of the Day – Spread My Wings

All I wanted to do was ride my banana seat bike
And spin around in my go-cart
I was the tomboy of the town
But didn't feel I was a boy
I was just a girl who did what she felt

Mother said never mind the other and do what you want
That day I spread my wings
I rode my bike as far away from this town
And bought go-cart for grown ups
No one knew how far I was gone
I spread my wings in the vastest of plains

You're a beautiful woman they would say
How unusual you look
One of the most beautiful women I've ever seen
I still dreamed of banana seat bike
And I was always behind the wheel of my go-cart
I spread my wings away from what they wanted
With the wind beneath my wings I followed the trail of my dreams

It was time to go home when mother died
Even though she said to stay on my trail of dreams
Nobody expected to see me
They saw what they remembered of me
How surprised they were to know how wrong they were of me
I spread my wings so far away from this town I had not recognized them either
Together we rekindled the glory of the banana seat bike
I found my old go-cart and whizzed around this old town of mind
I spread my wings in the world that lead me to my dreams

It was time to leave again
But this time I looked behind and kissed them goodbye
Time for me to spread my wings while walking towards my dreams
I'm the woman they never knew
I'm the woman I discovered along the way

Suzanne Mondoux

23 September 2020

24 September 2020 Song/Poem of the Day – Gaze Into

Hmm, so bright the sky tonight
So many stars gazing over me
I can reach up and touch the sky
Into my hand they fall
I gaze into the stars and they sing back to me

I gaze into the light of a life once lived
Into the window of a soul once known
And beyond a single dream of the footsteps before me
So long ago was only yesterday
And today I gaze into the story of the beginning of one life

Each star a soul
Each soul a story untold
One never knows the wonder of the tales
A spirit surviving in death gazes into the depth of life
I gaze into this unknown
The emotion of the sphere of my possession to see
My passion the essence of my perfection
The essential gaze into my individual

So long this regard to seek a steady look at me
To gape at the shape of my humanity
And gawk at the fixed society
Ordinary in its men and women
Who gaze into a collective sense

Hmm, so bright my eyes gaze into the unfamiliar
All too familiar and strange
With no entity or identity
I remain nameless
New as I gaze into somebody widely known to me alone

Suzanne Mondoux
24 September 2020

25 September 2020 Song/Poem of the Day - Lemonade

Hey when I get the blues
Suppressing those feelings deep into my pit of sorrow
How do I satisfy my thirst for a bit of relief from the blues

AUTHORED BY Suzanne Mondoux author – Cornwall, Ontario, Canada 9 February 2020
<https://suzannemondoux.com/>

To know a little exhilaration, just a bit
Then I come by that familiar lemonade stand
The joys of my childhood
My sweetheart from so long ago

All the love was there in that lemonade stand
The first time I bought her a lemonade
So sweet she squint those big brown eyes
I wanted to kiss her right there and then
She smiled and skipped away to the next lemonade stand
I was right behind

Hey when I get the blues
I search for that lemonade stand
I know I can't be free from where I've been
But I can remember that sweet lemonade kiss
The single blissful feeling to get me back from the blues
That memory always just around the corner from my pit of sorrow
I feel that heartbeat that kept me alive and well back then

Hmm that familiar lemonade stand
My sweetheart from so long ago in every dream
This misery does not want this company to get me out of the blues
I'm not that cruel
I want my sweetheart to see me as I was
I'll follow every lemonade stand until I'm rid of the blues
I want one more lemonade kiss to appease the beast inside me
Hmm suppressing those feelings deep into my pit of sorrow
No longer serving me

Hmm I'll get back to that lemonade stand
For one more lemonade kiss

Suzanne Mondoux
25 September 2020

26 September 2020 Song/Poem of the Day - Marmalade

What's been up and down in this crazy world of mind
Marmalade and toast is all that feels good
It's but a great day when you can have marmalade
With a nice cup of tea
So divine the combined taste
A hint of its spell on my lips
Seasoned with the Gods of citrus

A zest of marmalade in the air
The tang of its verb of its savour
Oh, la, la, la, la
Whoa, la, la, la
The aroma of my marmalade
Makes this crazy world all the better
Relish in the hearty punch of marmalade

Exciting this hearty gusto of oranges
Passion for the piquant of flavours
Appetite of a beast
Never too much marmalade on my toast
With a nice cup of tea
Oh, la, la, la, la
Whoa, la, la, la

What a delight this blissful food
A strong taste of citrus on my tongue
I like all too much this marmalade
A simple pleasure from the Gods of the orange
Delight, delightful,
Oh, la, la, la, la
Whoa, la, la, la
MMMM marmalade on my toast

Suzanne Mondoux
26 September 2020

27 September 2020 Song/Poem of the Day – Things We Do For Love

They say all you need is a little bit of love
Give a little, take a little
It's so easy
Love is everywhere
You just have to want it
You just have to give it

Hmm, things we do for love
What don't we do for love
What we sacrifice for love
It seems everything
Every part of ever thing

Whoa, Whoa, Whoa, Whoa

Hmm, Whoa, Whoa, Whoa
Things we do for love
Sometimes it comes
Sometimes it doesn't
Yet we still search for love
No matter if we never find it

What's it all about this silly life of ours
What's the point for any of it
When you don't know love
And yet willing to do anything for it
Things we do for love sometimes leaves tears behind
Sometime too much sorrow
And if lucky a little joy

Things we do for love
Never the same thing twice it seems
What's the thing we wouldn't do for love
Who would dare to be so bold

Suzanne Mondoux
27 September 2020

28 September 2020 Song/Poem of the Day – Love Is Blind

So you want to run away from me
From all that love that we've shown one another
I used to feel this was all there was
And I see there's more to life that just you and me
Love is blind from someone who doesn't want to love
Love is blind to all that doesn't want it
But love can be blind to the flaws of one's heart
When all there is is truly love

Hmm, whoa, whoa, whoa
Love is blind in all the best stories of love
We see what want to see
We love what we want to love
We ignore what will bring us pain
I see why you are running from me
You say your love is blind to my flaws
But yet you leave
You leave me for another

Love is blind

Hmm, whoa, whoa, whoa
No matter which way you look
Love is bind to me and you
We've searched so hard for one another
In our blind fury we found each other
You caught me when I crumbled
And caught me when I fell for another
Love is blind to our demise

No rules of love for you and me
Love is blind from day to day in this day we've created
I hold you strong now and forever when you walk away
You hold my hand as I walk the other way
Love is blind to the flaws we've held on so tight
To love we did have that was true
Love is blind for you and me

Suzanne Mondoux
28 September 2020

29 September 2020 Song/Poem of the Day – Sometimes I Feel Sometimes I Don't

What more can I say
Sometimes I feel sometimes I don't
It's just the way it's always been
An ocean of tears one day
Buckets of laughter the other
Then nothing
It's all I can say

Sometimes I feel sometimes I don't
It's no wonder I don't know where I'm going or what I'm doing
It's a mystery to my soul
I'm stone cold one day
I'm all kisses the next
What am I made of
What are feelings
I'm so jittery
I wobble so easily

Sometimes I feel sometimes I don't
Carry me away into another world
I want to know what's to come
I want to feel the feeling of knowing

Sometimes I feel sometimes I don't
What's the use of trying to be stable
What's the use of trying to be sane

Crazy is what I feel most of the time
Worry is what consumes me most
Panic of the unknown takes my breath away
Yet sometimes I feel sometimes I don't
Am I made of stone
Am I made of something but of someone of this world
Too sane to know the different
Too sane to see the answer right before my eyes
What's this something of feelings I feel sometimes and sometime I don't

Suzanne Mondoux
29 September 2020

30 September 2020 Song/Poem of the Day – No Warning

No warning for this kind of love
Much to my surprise I fell in love with you
Right there and then
No questions needed
I knew you
No warning for such love is fine with me

Hmm, Whoa, Whoa, La, La, La
No warning for such love is fine with me
It's the magic of love
It's the splendour of our existence
Who could want for more
No warning for me and you
That's the magic of love

La, la, la, la, la
No warning my darling of what was given to us
The affection you give with no warning
Blissful is my life
I adore you beyond words
My dearest no warning for any of our desires
Passionate affection requires no warning
Eliciting only my enthusiasm for a kiss
Your gentle touch
As I worship our God of love
Giving us no warning of what was to come

No warning of such a romance
Lasted a lifetime
My sweetheart, my love
I like you so very much my dearest
No warning to loving you so deeply
The adoration of your kiss
Of your soul you leave so gently in my hands

Hmm, Whoa, Whoa, La, La, La
La, la, la, la
No warning for such love is fine with me

Suzanne Mondoux
30 September 2020

OCTOBER

1 October 2020 Song/Poem of the Day – Don't Try To Understand Me

Don't be fooled by what you think you see
Don't believe everything you think
Don't try to understand me
It's only what you want to see
I'm the fool you've created
And you don't even see it
Don't try to understand me
I'm apart from what's been created
I'm no more than what I truly am
I'm no less than what's been made of me
I'm every rumour whispered in the streets

Don't try to understand me so easily
I'm no puzzle to be assembled
I'm nothing to be unravelled
It's too easy to see me as you want me to be
It's not so easy to see
The truth of me will flood your eyes with tears
Don't try to understand me in your vision of a dream
In a vision of fear
In a vision of your disillusionment

Tick tock the clock is ticking
All is passing us by

Don't try to understand me
What a waste of time
I'm a fable of everyone's imagination
Succinct with everything and nothing
How well I am in my own expression
Don't try to understand me

Suzanne Mondoux
1 October 2020

2 October 2020 Song/Poem of the Day – No More Conversation

It's time to say in my defence no more conversation
All must stop and let the world go on
None will define the rules of the game
All is but a day with a sunrise and sunset
Never two day the same
So no more conversation
It's the way of it
Let it be and let us live the way we are meant to live

No more conversation in between the silence
Let the peace settle into the earth and the rain soak the soil
How can we ever right the wrongs of what's been said and done
Please no more conservation on this earth for this earth
Let's please let it live how it was meant to be
We see the rainbow circling the earth
It's the pretender of what's keeping us well
No one can tell what's been seen
No more conversation to fix what can't be fixed

Nothing is concealed in the shadows of our lives
Let's pretend for a while that no more conversation is needed
We've done our best to take what we all believed was ours
And left nothing for another believing it was ours
They too want no more conversation
Sometimes they too walk in the lonely shadows of their lives
Alone and hungry with no shoulder to cry on
No ear to hear the silence of their voice
As they beg for no more conversation to get you to convince them otherwise
No more conversation pretending that you care

In a dream world that you've created
You're living on your own while others die in your trenches
The screams are getting louder

Please no more conversation for what you want for the greater good
How is this so
Pardon me for my silence in this debate
No more conversation for this monkey business you call development
Heaven on earth is not for all who walk this earth
It's what they say
Can't you see no more conversation is needed to convince me otherwise

Suzanne Mondoux
2 October 2020

3 October 2020 Song/Poem of the Day – Last Goodbye

It's such a wonderful feeling knowing this is my last goodbye
I'm entering the world of my ancestors
In the grand of all existence
Seeing where I belonged all this time
Knowing my final destination
Hmm, my last goodbye
How divine

Hmm, whoa, whoa, whoa
So easy
Easier than I had ever imagined
More peaceful than a day on the beach
My last goodbye finally arrived

Birds fly by
They sing me their song
Whales breach waving goodbye
A last goodbye to all
Hmm, whoa, whoa, whoa

So long and farewell
Surrounded with love
Last goodbye
I step forward with ease

It's the perfect day
The perfect sunrise
Light on my face
Waves splash at my feet
Salt on my lips
Last goodbye in bliss

Suzanne Mondoux
3 October 2020

4 October 2020 Song/Poem of the Day – Very Soon

There's been no indication of how very soon you would be leaving
I saw nothing but other future dreams for me and you
Nothing is stopping you from doing otherwise
Nothing is stopping us from going forward to together
What is it that's setting us apart from what we want together
Very soon time will stop for both us
We won't even see that is has arrived

No time like the present
So what's the wait and why hesitate
You fear the inevitable
No one can avoid the inevitable
But there is always a turn for change
This too is very soon
It's up to me and you

Is this how you always dreamed it would be
A love as this doesn't show up every day
Or maybe it does for you
But it doesn't for me
Listen to the sweet music we've created together
So very soon it will go silent even if you say you have many years ahead of you
So very soon you will look back and wonder
Wonder why decided to do this

Very soon I'll be standing alone looking out the window
Waiting for you to come walking around the corner on your way home
Never again to see you there
Can we write a different scene
Craft an ending we love so well and see that very soon
Very soon we worry no more of an unhappy ending for me and you
Very soon we'll learn that playing our games made for more tears than cheers
Isn't this so my darling
Very soon we can face our fears and dive deep into us
Very soon is here I see
What do we do

Suzanne Mondoux
4 October 2020

5 October 2020 Song/Poem of the Day – I Drift Alone

So this is how it ends
Who would have guessed
So what I drift alone
It's but a place of togetherness for some
For others a different story
And there's one story

So many stories that sing their own song
Weave their own tales of deceit and truth
How did I come to drift alone
You there and me here
I see the shore of my great life lived
Then the passage of time with a curve
Through the black hole I find I drift alone

But with the sense of my sensibility
There is light at then end of the tunnel
I drift alone it seems until I find it
What more is there to do
I drift alone to see what was
I wrote this scene
I live it as I wished it

Come all the faithful to this place
No looking back
It's not so bad
I drift alone with all these other souls
Searching for that fork in the road
That led them over here instead of over there
Some are more surprised than others
Others take in stride

I drift alone for my own sanity
I see now there's no other place I'd want to be
I see better than I've ever seen
I drift alone amongst the many
So this is how it begins

Suzanne Mondoux
5 October 2020

6 October 2020 Song/Poem of the Day – Love Me

So much has changed for you and me
Never twice did we kiss the same
Or held hands
Love me is all we would say
Nothing more, nothing less
No fancy this and that
Love me is all we wanted

I'm forever in love with you
You're forever in love with me
Simply love me
Simply be together
So much is in change for you and me
I see what's calling us

Take me with you
I'll follow wherever you go
Love me from anywhere is ok with me
Love me from there especially
We are but a page away from the ending
Can we stay here
Can I keep you with me
Can you take me with you

Love me
Love me no more, no less than what your heart can bear
Is all you ever said to me
All that was ever needed

Suzanne Mondoux
6 October 2020

7 October 2020 Song/Poem of the Day – Take Me By The Hand

What a strange feeling to know no different
To see nothing but what is there
And to sense anything but the life you want
Take me by the hand to where I want to be
Walk me to this place no one has ever seen
Where is it
Who wants it
Does it exist

How is it that such a place was created in my mind
Could it be that I was there before

Did you take me by the hand there once
And I can't recall the journey
Did I walk it alone
Did I chart my own course
Did I follow the stars, the sunrise and sunset
Was it life that took me by the hand to a place far beyond my imagination

Was I too small to walk alone
Or was I too frightened to see this alone
I remember holding my hand out
Asking you to take me by the hand to somewhere new
Somewhere beyond the confines of what I knew
Beyond, just beyond
And there I was
I found myself standing somewhere I didn't know or recognized
Yet I felt at home
I had been here before
I was all too young to never look back from which I came

I held my hand out again
Take me by the hand
One more step beyond right off the cliff
There I was beyond taking me by the hand
Right where I was meant to be

Suzanne Mondoux
7 October 2020

8 October 2020 Song/Poem of the Day – No More Offences

Oh so calm the sea that rages inside me
All too subtle the change for anyone to see, even me
What can I try to feel the changing seas
Hmm what's this been all about for so long
No more offences to me I say to me
No more offences made to me I ask
Is this the sorrow of the soul I know no more
I find it hard to see the light I'm told is there
So it exist somewhere beyond my vision
I linger in the shadow of what's seen
Seen only to me and in my dreams I watch awake
I pretend of the days gone by so different to what was
Can I conceal the likelihood of the me I'm to be
I'm still around in the crowd wandering without a sound
I cry out no more offences please

No more offences to me and you
My worries consume them all in the puddle of tears at my feet
Nothing has washed away this place
Nor do I want to if I tell the truth
All is crashing down and I like the pounding
The painful stain of the grey soul I know
I cry out to me, I hear nothing
I cry out to the crowd, even more silent shot out into nothing
Oh, what have I brought back to ask for no more offences
No more offences to what is seen by only me
Blurred by others, this I prefer
I wash my hands of this, I say
Is this my destiny, all these fake memories
And I dare ask for no more offences

Suzanne Mondoux
8 October 2020

9 October 2020 Song/Poem of the Day – So Bleak This Life

And yet ask the question once more
Whom am I to say what is and was isn't so bleak in this life
What power do I will in such a big sea of lies
Of foolish dreams and deceit of myself in the fallacy I created
So bleak this life alright all too big for me to conquer
Yet each day I look to reach beyond what is
What is in this space and the horizon at my fingertip
I don't want to seek beyond at the best of time
The colours of the day fade from bright to grays
From grays to nothing until all is invisible
Until so bleak this life is all too bright
Too bright to look away
Too curious to not see what lies ahead of me
I search as the last human would in search of other life
Of others to see, to know a touch, to know another
So bleak this life at the best of times
The best of times, what a funny chain of words
Best of times, I know so little of this, and yet I seek them
I seek this telling of time that say all will be better in the morning
Tomorrow is another day
Look to the future
So bleak this life in this regard
What about now in this moment where I'm searching
Where I'm at my best of pain and despair for what I'm meant to be
Meant to be seeing anything but so bleak a life

How does another consider the alternative to such a life
How does one even know the alternative exist
What does actually exist in this search
How do I know the difference but the bleak life I know so well exist just for me

Suzanne Mondoux
9 October 2020

10 October 2020 Song/Poem of the Day – Tell Me Of Your Conscious

How so this exist just for me
Tell me of your conscious
What's all so clear in this matter you call your mind
I'm free in this, as it is all mind
All conscious thoughts of a truth I seek
Of a reason for all of this
Of the purpose of my existence
I asked myself – tell me of your conscious
What worth is it to anything that is
To me especially
No matter left, no matter right, nowhere I end up
Same place, but worse because I've been here before
I know it all too well
I say hey you, ya me, tell me of your conscious
It is of no matter to me anymore
For I see no sense in it
No reason for the worth it is meant to be of meaning to me
I was wrong to believe otherwise all that I dreamed
All that I imagined
All that I did
There is no free will after all it seems
This is the most freeing thought I've ever had
The only belief that makes any sense
No free will tells me everything of your conscious
Of me especially
Tell me of your conscious
It is but the least free of all

Suzanne Mondoux
10 October 2020

11 October 2020 Song/Poem of the Year – Where Do I Stand

And there in lies the evil of all this believing in something bigger than yourself
Follow your conscious

Follow your instincts
And really, who's the puppet
Who's really controlling the strings
And all this time you thought it was you
Well, I'm the biggest fool of them all for believing otherwise
Now where do I stand in all this mess
It's a mess alright
Where do I stand on the curve of my own pendulum
I've swung so far one way and just as far the other
I've put my faith into it all, especially myself
And woops I find myself right back where I began
So is this where I stand
Always at the start line with just a few more belongings
But really nothing gained
Where do I stand amongst all those around me
They seem happy, but they don't
What did I miss
What did I do wrong to end up in my pile of shit
It all looks good on the outside
But you wouldn't dare peek inside
You won't like what you find
I assure you
You don't want to be where I'm standing
What I'm looking at
The constant pounding
The constant planning to end it
The constant disbelieving all dreams
Even the ones lived
So where do I stand
With me, or with reality

Suzanne Mondoux
11 October 2020

12 October 2020 Song/Poem of the Day – I'm Just Ordinary

Everything is sought and nothing is found
I'm just ordinary it seems
Me or reality makes no difference
Neither mean anything to me or anyone
I'm just ordinary in every way and that's the best news
It's so ok with me and everyone else
It means no effort from either sides
No curiosity from anyone at anytime
It's the best place to hide

Out of sight and out of mind from everyone including me
No need to look any further, I'm not here or there
I'm just ordinary to all that ever wondered if there was more
I dare not disappoint, why do such a thing

Suzanne Mondoux
12 October 2020

13 October 2020 Song/Poem of the Day – My Feelings Are True

And with all this compelling self realization and nothing to show for it
My feelings are true of this journey wasted
This existence without cause or effect to me or anything
Others gained at my benefit and I return to where I came from
Looking into the abyss of what I created
My feelings are true of such an existence
I want for nothing from me or anyone
To want is to waste away in dreams and desires
To chase all that does not exist
All this is cruel to what you believe is better out there
Nothing is found when sought
Everything experienced when let go
My feelings are true of a life not well lived
Of dreams not coming true
And never knowing love of self or anyone
All my feelings are true of everything and of everyone
Nothing is felt in the end
The hollow is deep
The pain is endless
My feelings are true of everything that is and was never felt

Suzanne Mondoux
13 October 2020

14 October 2020 Song/Poem of the Day – Sweet Kiss

In the imagination of this person I've come to know
The darker the image the more familiar she is to me
The clearer the illusion the more comforting she is to me
The sweet kiss of the mind in its own creation of life
Of the stumbling around in a world made of imaginations
The collision of illusions making for more troubles of the souls
Making for more fantastic creations of worlds
Everyone jokeing for position with no start and no end
I wait for the sweet kiss of life and death in one breath

As I watch the clash of the egos and of the wills to live
There is no limit to such destruction and illusion to live as such
All is simple in the complexity of the war of the minds
Of the wants to want more and be more for those watching
They watch without words and never truly looking for the truth
They watch for what fits their illusion and feeds their needs only
No one else is critical in the game that's played
All are dispensable and all are replaceable without charge
That is the key to be expendable to all and indispensable to none
To be vital may be the death of you, it was the death of me
It was the sweet kiss life that launched me there
I never looked twice ahead and always behind
Never could I run fast and far enough only to find myself where I started
Can so much reward be granted for the work done and the changes
Was this all necessary to what I see today
To what I feel today in my illusion of what I created just for me to survive
No it is not the sweet kiss of my illusion that makes me glow in darkness
It is the sorrow of my soul that drags me away from the light they say to follow
Make no mistake screams my soul, you are not what you think and what you want
Let the sweet kiss of a dying you take you where you really want to go
Know the difference from this place and that place
And let the illusion carry you away
So far away that never again you return to this place

Suzanne Mondoux
14 October 2020

15 October 2020 Song/Poem of the Day – Underneath the Moonlight

Am I dreaming underneath the moonlight
There's no looking back at the day gone by
All are gathered at the foot of the hills waiting for the something
Each dream is different for one and all
All life in the palm of your hand, so easy at your fingertips it seems
But not for all it seems
Dreaming underneath the moonlight is there for all
This extraordinary place we call the heavens above
Is it all so beautiful for me and you
Some dream of food, while others dream of dreams
Is it truly bliss when dreams come true
Underneath the moonlight I look all around and see but empty space
This empty space is to be filled with what
Our thoughts or our dreams or our desires
Who is the only one to know the difference between them
Underneath the moonlight everyone looks away for just that moment

For just that moment to return our gaze to dreams floating up above
So please let me linger underneath the moonlight for more than just a moment
It seems I can go to the end of this earth and gaze upon the same dreams
The moonlit path is right there in my every footstep
Underneath the moonlight some things are true and some are not
Do you know what it means to me to stand here and look beyond myself
To see what I deserve but never in reach except for underneath the moonlight
What it means to me to reach up and touch the gentle face of the moon
To flick at the falling stars whizzing around at my moon
There are no two moons the same
Each night I gaze up a new face smiling back
I watch the drifting clouds stop at the moon to say goodnight
The wind lingers to cradle the moon
Where I belong is underneath the moonlight to dream my dreams
So little strength is needed to be in this place
I'm guided with ease by the moonlit path at my feet
Underneath the moonlight who will find me here
Who will walk by me and never know I was here
How dare I go on this way they say
Anywhere but stepping onto this moonlit path is quicksand
That would mean no tomorrow with not far to go
And so there ends the story of one soul defined by another
How for do we go this way in the shadows of others
Underneath the moonlight anything can happen in just one night
So let me be, to be me, and never forget that once you loved me

Suzanne Mondoux
15 October 2020

16 October 2020 Song/Poem of the Day - I Feel Like Dancing

So you remember there was love at one point in time
No matter whether time stood still or it whizzed by
All I remember is that I was loved, at least once
I feel like dancing to the melody of this love
It makes my feet tap and my body move
I feel like dancing to what I remember was good and joyous
Those days did exist at one point in time in my mind
My imagination made it all possible for me to survive the apocalypse of my truth
The place I knew so well to be home and family
What happened in this tragedy that made me so
I feel like dancing when I let the worries of the world go by
Never seeing them and knowing that any ever existed
I'm but a being of many forms in this animal kingdom
I'm to be dominated and tamed and and and and and

What more is there to be of me in this form and they having dominion over me
This comes in too many forms to know who is telling the truth and who is the
illusionist
I feel like dancing in the memory of my many dreams never to come true
I feel like dancing to the tune of a single beat I created to get through the food chain
And what is seen and experience along this restraint in this series of life
All too little to even remember and want to repeat ever again
I feel like dancing even with the shackles around my feet
I'm owned it seems by my master in disguised as a loving and caring being
I feel like dancing in this place I now call home
I look beyond my prison bars designed to keep you safe
And yet you dare taunt me for your pleasure
And when I lash out you put a bullet in my head
Ah, I feel like dancing in the world I created
Remember, I was loved once
Not by you, but by someone who resembles you
I feel like dancing and it's what I do to stay on my moonlit path
One step away from you
But I'm Being with life and soul
Thus, I make room for you next to me
For one day you will find the courage for us to walk side by side
For this, I feel like dancing

Suzanne Mondoux
16 October 2020

17 October Song/Poem of the Day – The Madman

They say what goes up must come down
But that is not always the case
I've seen this for myself and many others too
And yet we keep this truth hidden from ourselves and others
The madman within each one of use is the guardian of all evil
The evil of good and the evil of kindness and the evil of all that can be
Shall we dare enter through this gate of sanity without understand what awaits us
How can we know anything of this other side without consulting the madman
The madman is all knowing and our greatest protector
Yet we fear the madman for reason we don't even understand
We've made up all sorts of story to keep the madman away
And yet the madman man follows us everywhere we go
No matter your efforts to escape your truth and yourself as far away as possible
Far away has always been too close anyway to really get that far away
The damage is done and what else can be done
The struggle of the sane mind searches for the one escape to save it
It looks everywhere and even within

And within is where the madman reside, all so very close
Never wanting to go to far, and who would that serve anyway
No one but the others who say so
The madman is far from a figment of your imagination
All too real and all too close
The madman too feels like dancing all over your soul
Never once releasing his grip on what's so easily freeing
Can this be you and me in this same dream, in this same mind
Captured in by the same madman without ever knowing the difference
How can this be so in such a sane and civilized world, it seems
It seems we've been disillusioned and fooled by our own sanity
We've reasoned ourselves into insanity of a lucid world we created
The good sense of all held in the only sane hands of the madman
For that we must forever be thankful, otherwise we would be aware of all
Aware of our own demise

Suzanne Mondoux
17 October 2020

18 October 2020 Song/Poem of the Day – You Won't Remember Me

Aware of your own demise, how so, do you remember
You won't remember me either way
It's not that you don't want to, it's that you believe you don't need to
How so can such a feeling exist within any of us
No need to remember anyone for anything
Unless there was value we believe was given us
What we feel we must gain to give others value
With such a view you won't remember me
You won't remember the others and here's the best part
You won't remember you
How can this be, you wonder
You won't remember me for all that was said and done
You'll remember only all the times I said no
All the times I stepped away and stayed away
To be remembered, for what reason
What is there to gain to being remembered
Does the world change for the better or worse
What does remembering do to our humanity towards one another
To all beings that live in this same life as we do
You won't remember me
And I worry not of this glorious gift already received
You won't remember me unless

Suzanne Mondoux

18 October 2020

19 October 2020 Song/Poem of the Day – You’ve Taken My Love

I can see you won't remember me as I was
You've taken my love with such fury there's no escaping for me
How can I go on with such a lonely heart and grieving soul
I sleep all day and walk the streets alone all night
You've taken my love and left me with a broken heart that will never mend
They say you win some and lose some
I believed we were true lovers, forever together
Could I have been so fooled of such a life

This does not happen to everyone, no matter what they say
You've taken my love and never left me with a grain of hope
And yet it's all I search for and sometimes I catch a glimpse of us
Of someone that reminds me of you, of us
I walk the streets all night searching for us, all for love
For the love you've taken from me, from us

I never wanted out of this life for us
I saw no troubles and hints of unhappiness from you
Yet you've ripped my love right out of our my heart
Leaving me to bleed to death alone and cold in our bed
I was never one to seek for more than what I had
I loved everything about you, about us
It was all just right, no tears in the forecast, I believed

I let this go too far it seems, my illusion of such a life
How could I not see you were gone before I woke alone in our bed
You've taken my love so far away I can never find it again
I don't want no other and all the different lovers that come with the storm after us
My heart is heavy from such an ending I never foresaw
Where was I in your demise
Where you so alone I could not find you, could not see you
See you in such a place I dare not look
In the end, you've taken my love and moved on to another
Where was I in your time of pain

You've taken my love in your time of pain
You made a new life for yourself
You've taken my love and I
You've taken my love and you
My darling, you've taken our love

Suzanne Mondoux
19 October 2020

20 October 2020 Song/Poem of the Day – Be Watchful of Fools

And never would I have known this to be true
To know that I could be a fool
Be watchful of fools
You never know when they will show up
I have to answer to this day and night
For ever in the simple state of my existence
I watch for the white dove to fly above
To free me from the love that never will be

I know it's so silly to be in the glory of another
I watch this fool smile back at me
And I say be watchful of fools they are too near
Never can you turn away and be too far
It's messing me up beyond recognition
I'm out of my neighbourhood when I try to kill this fool
Be watchful of fools they are wedged in where you least expect

Escaping love is impossible and yet I keep fleeing at every opportunity
Be watchful of fools in love with you, they never see what's true
Oh what is love to a fool in love
Keep on loving is all the fool knows to do
In times of revelation the ego never knows the time of day
Going far from home and never says goodbye

Be watchful of fools who want to change
They guide you to where you want to go
They love you as you are
And in their heart you will always remain as they want you to be
Never denying love no matter the events of the day
Be watchful of fools who love for love
Who live to fly away in bliss with the doves above

Suzanne Mondoux
20 October 2020

21 October 2020 Song/Poem of the Day – There Is Really No One But Me

With the doves above to look ahead for me
I seek the paths available to me, here and there
Some days the rain falls hard on me

The fog veiled around me takes my sight away
Yet, there is really no one but me to find my way
Even with all the voices around me
In so dark a place some days I know there's only really me
In the shadow of those that walked this path before me
I look for their footsteps and step aside and let them show me where not to step
There is really no one but me in this grand scheme
I know this from all the voices around me
From all the footsteps leading me off the cliff ahead
I was but a single soul made up of other souls
I'm the puzzle of million tiny pieces forever to assemble
In an imagine predestined to please the eye
And left somewhere to never be looked at again
Here, there is really no one but me to reflect back the pieces
I like this place and my fragmented echo
A reproduction of my likeness carefully thought out
Bending into its structure designed for me
There is really no one but me to consider this idea
To embrace my transformation and arc myself into a replication of me

Suzanne Mondoux
21 October 2020

22 October 2020 Song/Poem of the Day - My Insane Life

Take me to a place I know so well
Where I'll recognize myself and forget what I've become
I've searched within for the good, the bad and the ugly
And all too often I find more of one than the good
My insane life keeps me secret from myself
What of this place I know so well
What of this place that calls to me so often
My insane life has yet to disappoint
And yet the whispers it sends are all too loud to ignore
My insane life just a step away from me
And here I stand only a step away to where I want to be
Like shadows in the night my soul always close
Never am I abandoned and never am I truly alone
My insane life has searched for me
When found I tend to ease the imprisonment
Always willing to place my feet where I will tumble and scream
My insane life I like so much

Suzanne Mondoux
22 October 2020

23 October 2020 Song/Poem of the Day – The Fantasy Of My Life

Into the wild I fly and see my world in every shades of blues
I hear the voices of Animal Beings and songs of the forest
The fantasy of my life is but a hint of my existence
A constellation of stars illustrating my imaginary self
All is make-believe in the best places of my mind
The fantasy of my life a most impractical ideal of my world
All Beings supreme and dominion over another no longer exist
A time when all functions as one and the same
Recognizing each unique life cycle for one and all to live
The fantasy of my life in which somebody lives in life for another
The world can invent all and any fiction into reality
The power of the imagination most impractical at the best of time
Yet a necessary reality to be realized for the sake of the human race

Suzanne Mondoux
23 October 2020

24 October 2020 Song/Poem of the Day – Anywhere

I am washed up on the shores of our seas
I fall from the sky
And I rot in the soil of our earth
 Anywhere I find myself I'm forever in decay
 I search for life anywhere
 I find myself amongst the many deteriorated before me
Decreased in numbers rapidly is too simply said
Decomposed only to be seen another way
Anywhere is the gradual decline of all life
The dwindling of minds spoiling in parts
 The waning of your existence sounding preposterous
 You shout out No such outrageous outcome can be so
Anywhere exist the absurdity of the human pride
Ludicrous its conceit of eternal presence when seeing only the moment
 Ignoring future generations
 the ultimate demise of the human race
Anywhere the outlandish and unreasonable lack of sensibility
Anywhere biodiversity of your soul you find laughable
 Keep watch on what you call a lunacy way of life
I am but one of the Animal Beings in decay as I roam in search of a tomorrow

Suzanne Mondoux
24 October 2020

25 October 2020 Song/Poem of the Day – I Go Where The Wind Blows

It's an easy road when roaming the sustainable plains of my existence
I go where the wind blows the seeds of my life
I graze the land and feed the mighty
I go where the wind blows the streams that quench my thirst
I migrate where I'm meant to be
I hesitate only when I reach the end
The plains are unattainable
I go where the wind blows away all the seeds of my life
I graze for land and starve the mighty
I go where the wind blows over our corpses
I remain where I don't belong forever
I go where the wind blows

Suzanne Mondoux
25 October 2020

26 October 2020 Song/Poem of the Day – Too Late For Take Back

In my dreams I remain close to where I came from and dare not wander too far
I look behind the mysterious veil concealing the secrets beyond my eyes
I watch the birds fly by and the people laughing as they walk by
Too late for take back from this mysterious place I reside
I see what's left of me in this garden
A conservatory of beasts, a place to learn they say
A kingdom of creatures barricaded with splendour
Too late for take back from where I came from
Does it still exist, I wonder
I had a name I hear no more
Instead, I'm given a name I know nothing about
Too late for take back, they took my family away
I heard them say something about genetic diversity
They bring me other creatures like me
I hope they will mate, they say
I dream of my home in the trees sleeping beneath the stars
I dream of smells when the flowers bloom
I dream of a world with so many trees
I dream of the other creatures I see no more
I dream of the sound the stream where I drank
Too late for take back
Each night the one who says I love you calls me to my cage and wishes me goodnight
With the turn of the key in the keyhole I look in their eyes
Too late for take back

Suzanne Mondoux
26 October 2020

27 October 2020 Song/Poem of the Day – You Put Me Aside

I am but one of many of these Animal Beings watching and dying
You put me aside for your gains and advancement for humanity you say
Yet all the while you fail to see it is you and your kind you put aside
You put me aside for the sake of growth and everything else you convince yourself
You put me aside to see change and what else did you say
I fail to remember all the lies you tell yourself and others
You put me aside to shape a landscape into perfect geometric shapes
You call this pretty and civilized after communities have vanished
Many starve in this pretty and civilized world you've created
You put me aside for a glance at yourself you believe is your best
You put me aside for you believe this is how you must survive
Careful where you take your next step for there will be nothing left to put aside

Suzanne Mondoux
27 October 2020

28 October 2020 Song/Poem of the Day – My Good Composer

I watched you cut down the trees to the ground
All earth exposed and the creeks run dry
My good composer designing this new world
What do you desire to remain
A chance at recreation of life through death of all
My good composer find me another way so my children can see another day
I watched you do differently before
My good composer, intelligent they say you are
Why do you stand alone after all is gone
No life, no fauna, no flora, no water, dusty plains remains
My good composer seeking someone else like you
We are all gone
We are all but a memory of what the human race decided for us

Suzanne Mondoux
28 October 2020

29 October 2020 Song/Poem of the Day – Swan

Plump in its self-important image
You believe yourself to be a swan
Yet you fail to see this animal being as more than the image portrayed
Unruffled by change and ideologies of others
Always harsh and unpleasant to the changes before you
How different you are to others
How different others are to you
The swan of your existence can be graceful
Mysterious you are, as are others
Sweet and stupid we all can be
Majestic in our own way
The swan in you and me

Suzanne Mondoux
29 October 2020

30 October 2020 Song/Poem of the Day – Lion's Feast

I've read that life marries death
I've read that human beings are the only beings that kill for the sake of killing
Killing replaces their pain, their fears
Unlike a lion's feast, humans feast on everything, especially what isn't there's to
feast on
I've read that animal beings know what human beings are doing
I've read that disease is every human being doing, not animal beings
Unlike a lion's feast humans tip the balance towards destruction
Stripping the eco from the system of life, apart
I am but the last remaining being reading from the book of human and being
I'm the lion I read about
I'm the soil I walked on
I'm what the lion feast on to survive
I'm what the human feast on to endure its own existence

Suzanne Mondoux
30 October 2020

31 October 2020 Song/Poem of the Day – Fairies Song

It's a new day, it's a new song for one and for all
So it seems, to be in this new day before me, before us
Can this be conceived as such instead of a fantasy seen by all
Pretend that you're in this new day of wonder and mystery
To be discovered without fairies song in your ear
Impossible I say, and why would you want to live as such
Fairies songs is what keeps me alive and curious and interested in such a world
I look for others in this non fairy world, terribly boring I say
I like the look of fairies and the sound the their voices
I like the world they've created for me amongst the ones they call human beings
I like the fairies songs at the tip of my tongue and always in my step
And I like when I take flight with them
The fairies songs are the life of this world, many don't know this
They live in the trees and the flowers
You see their faces in the icicles hanging from trees
Fairy songs are the new world amongst the one humans have created
I prefer the fairy world to all that we've seen
Can such fairies song be real to everyone
I say – of course – let all wondrous and fantastical things be real
Let the imagination of the fairies and their songs and animal beings be seen as you
want to see them as beings amongst this world as you and me
Together we can live together, as fantastical as you wish it to be
Human being, animal being, and fairy songs --- such a stormy imagination
What if, it can all be real, we live together

Suzanne Mondoux
31 October 2020

NOVEMBER

1 November 2020 Song/Poem of the Day – Fire At My Feet

I sing to you from the top of the world and the wind at my back
I look out to the world and up to the sky
All the people of the world unite singing in many voices
Together the echoes rise circling the earth
With fire at my feet I feel the rise of all nations
With fire at their feet we see the paths that must be walked
With fire at my feet I leap into this world divided
How divided are we from one another
How united are we to one another
What do we see for each other, our planet, and the animals of this world

With fire at my feet I dance to the echoes
Nothing burning in the flames
Nothing growing in its light
Ashes to ashes we are scattered

Suzanne Mondoux
1 November 2020

2 November 2020 Song/Poem of the Day – Tangled In The Night

It's not worth trying, so give it up
No one will stop me from this
No matter what you say or do to me, I must go
I'm tangled in the night no where to go but towards the moon

I'm made of the stardust forever in the light of the night
Tangled in the night I seek the place where we first met
Looking for all possibilities to return me to you
No one can see but me where I am meant to be
Tangled in the night of our first kiss, I seek forever

Can't you see this is the only way to be, tangled in the night of you and me
I know the sun will rise and I must see the light of day
I watch the world wake up and rise to their feet
In so many words I know that it's the way you say it must be
Tangled in the night when our souls became one

We were made of stardust leading us to the moon and never to return
Back to this place where the world turns and all continues as it was
Never noticing the changes in our heart and our souls
Was this meant to be
Was this written in the stars for you and me
And what about the changes in love

Tangled in the night of our embrace
I live here
Tangled in the night beneath the starry sky
Moonlit smile
Tangled in the night a place where life began
I like this place more than words can express
I'll give of all me to return to this place

Tangled in the night where we saw the sun at night and the moon cuddled next to it
Take all the pieces of me and make what you wish of it
But let me be in the end in the tangled of the night where I live

Suzanne Mondoux
2 November 2020

3 November 2020 Song/Poem of the Day – Mirror Reflection

Within the vessel I find myself confined
I look out the tiny window for a glimmer of light
I drift in the sea from coast to coast
A mirror reflection from which I came shines back at me
An ocean of memories lingers in my dreams
I was alive somewhere once
I know this from the mirror reflection smiling back at me

At night I watch the glitter of life swirling around me
The moon cast a glitter of life in the sea
I read by this light, I live for this moment, in my vessel
My books are a mirror reflection of a world I dream and dream
Mirror reflection of my fantasies echo my hallucinations
I never know if I'm in a nightmare or if I left a nightmare
To live somewhere other than in reality imposed on me

Mirror reflection of the sequence of events
Some vague, some all too clear
I delight in a trance of little expectation of my hopes and dreams
I rush to the ending so I can drown in my daydreams
Mirror reflection of all my delusions
What a fantastic place

Suzanne Mondoux
3 November 2020

4 November 2020 Song/Poem of the Day – Watch Me

In my defense for what I'm about to say
Let me be and watch me rise beyond your imagination
Let me be and watch me live with my species
Watch me – animal being in this world of complicated existence
No need to live such complications
Who decided these and watch me decide my existence
For which fading dreams do you strive for, while designing my destruction
How can you try to right the wrongs of your choices
How can you watch me and watch yourself apart from one another
Those fading dreams of your own existence without me, animal being
How can this be so

How do I try to live or die in this fantastic dream of your human dream without me
Watch me be the leader instead of the pretender of all life in existence for one
another
Or do you leave me to dream all alone as animal being for both you and me
What can you conceive to be our world
Stop clowning around with your ideas and see the opponent you've created
You are your own worst enemy, the master enemy of your existence
Watch me as an ally – I am Animal Being

Suzanne Mondoux
4 November 2020

5 November 2020 Song/Poem of the Day – My Opera

I sing to you my opera of all tragedy
Soon the symphony will follow
Join the masquerade party and perform with me
My opera of all magical drama in existence
You're just fooling around with me on this stage of life
You have fooled me once, and more than thrice
So I love being your fool, my opera
At curtain call I lay my head on your lap
I surrender all that I am and leave you my soul
My opera, my greatest love of all love
Our tragedy exquisite in every way
The pain sublime, I would have it no other way
My opera, I lay at your feet for the rest of my life
You hold my death in your delicate hands
I waste no time to see my way through our suffering
The house is full, all eyes on you
My opera, I surrender

Suzanne Mondoux
5 November 2020

6 November 2020 Song/Poem of the Day – One Night

It was all about seducing me into submission for one night
The lust you splashed all over me with your smile and glittering eyes
I fell head over heels for you in that instant
Even though I knew it would be one night
I loved you then and I love you still
The magic of that one night, I never felt so alive
Thanks to you I know what it's like to feel without fear
To express without judgement

And to love the way I feel good about me
All it took was one night in your gentle arms
That one night saved my life
Everything you said you meant
Every tear I shed I meant
In that one night you broke open my heart
Never shall I return to the constraints of my caged existence

Suzanne Mondoux
6 November 2020

7 November 2020 Song/Poem of the Day – The Angels Owe Me

Now the wind blows over my decaying body
I take care to look at the world from a place I've never been before
But I know it is where I belong
However, too soon it seems, I can say the angels owe me
Even though they stand by my side, always with me
The angels owe me for the time gained and the time lost
The angels owe me for the wisdom they imparted onto me
The angels owe me for the glory of a good death
Never shall I know differently going forward
And then there may be no going forward from where I now see
I lay here in my decay of self
I wonder how I will transform myself into the new
Into a world I know no more
The angels owe me for taking me away from the evil of my existence
The angels owe me for the love they showed me, never had I known
Now I lay in pain, memories of a suffering soul

Suzanne Mondoux
7 November 2020

8 November 2020 Song/Poem of the Day – Taking You Away

It's been a long time I've seen the beginning of us
I'm just a man in love with no where to go
Taking you away has been the tragedy of all tragedies
It's our way to have been so in love
It's been a truth of all truth
Taking you away does not shatter my memory of us
I know you watch over me and kiss me goodnight
Taking you away left splints in my heart
Can they ever be removed
Do I want them removed – is this pain me, us now

Can I shed such a day into something new, less fragmented
What can my heart conceive
Taking you away – I want to follow
Taking you away – the remnants of our love hurts too much to feel my loneliness
I now live on my own
No where to go – where to I go next
I go crazy – taking you away – why
Why

Suzanne Mondoux
8 November 2020

9 November 2020 Song/Poem of the Day – The Way Of Love

Command of love had fall to you
With me everywhere and you there
Hiding in the shadows from streaking arrows
You rallied us through the way of love

We had come to the end of our rope
No throwing words to hurt
The way of love written on the stone wall
Seeing me unscathed, you watched through the way of love

You saw it was time to let me go
Taking aim over the steady life of pain we lived
I went before the crowd in the way of love
As I lay dying fitting for life
All gave way in the way of love

All grew with their strength intact
And I turned to the crowd in the way of love
C'est la vie to live and die in the way of love
We were struck by the silent of the crowd
With their eyes on one another
All whispered
The way of love

Suzanne Mondoux
9 November 2020

10 November 2020 Song/Poem of the Day – Lay Me Down

In time when you say you love me
It will soon be over

Whose great fame a world could not ignore
The clash between words and sticks and stones
Lay me down where you see fit
I struggle no more in your made up world
Our quarrels told by mobs
Read the legacy of a heroine
Remarkable she was
Lay me down where you see fit
I cross the portal of ashes and angles
Some days with you were glorious, others too grim to shed tears
Search deep into my soul and find me here
Lay me down here
My song has come to a pause
Split my shadow for you to step on
The other half to skip over
Lay me down in between
Born at the right time, or too soon for such a world
It seems timing was the gift to my fame
Lay me down where I began
Where I'm released deep into my soul
No longer a made up character of this world

Suzanne Mondoux
10 November 2020

11 November 2020 Song/Poem of the Day – Above I See The World

And the Great War ended
Many dead at my feet
Many shedding tears of joy
Today I remember my friends
Above I see the world today
I was one of the many cold and dying
Alone with my face in the mud
I listened to the end to the cries of my friends
Together we walked into the light
Above I see the world today
Together we look at what became of you
The generations of those who shed tears of joy
Above we see the world
What great wars you face
What great fears you continue to create
What chance at peace you ignore
What chance at uniting the human race you fear
Above I see the world

And the Great War ceases to end
Please explain
Please raise your hands in peace
Lay down your arms and silence your screams
Above I see the world
As it ought to be
We the fallen wait with love and peace in our hearts
Above we see this world

Suzanne Mondoux
11 November 2020

12 November 2020 Song/Poem of the Day – The Lake At My Feet

What is the destiny you see for yourself
What's been the best part of your life
Was it a life made in heaven or hell
At least you get to decide
The lake at my feet, I saw for me
I saw it fit to walk in and see where it took me
Sometimes I sunk, sometimes I walked on water
It was my choice
Made in a heavenly place for me to see I was where I was meant to be
And what was meant to be, the lake at my feet, just for me
Heaven on earth
My paddle at my side, I directed my course into eternity
No need to die to reach the heavens
The starry sky above the lake, a reflection of my mind
As many possibilities as the stars starring back at me
And there I was – the lake at my feet, just for me
Just for you if you make it so
It's all written in the stars, if you write your own story
The lake at me feet
Now that's a great beginning

Suzanne Mondoux
12 November 2020

13 November 2020 Song/Poem of the Day – Catch Me

So the lesson learned
I stand here before you
Before me
I see the purpose of such a will
Catch me when I fall

And shall stand strong
Catch me in my errors
And I shall forever remember your kindness
Catch me with love
And I shall always know love
And know how to love

Suzanne Mondoux
13 November 2020

14 November 2020 Song/Poem of the Day – Let Me Go

It's been a long time since I felt your touch
Sometimes good, sometimes not
Knowing where to start with you and me is undeniably difficult
Let me go to see what can be
I'm caught in between us
Let me go to see what can be better said between us
We never listened to each other
Love was always fleeing with us
Let me go to see if a seed of love remains
What if us was never a fading dream, but real
Let me go to see if we can find our way back to each other
I'm in love with the us I imagined
Let me go to see if there is more to this dream
Otherwise, how do we continue to live this life as we keep shedding our tears
Let's pretend all is well in this letting go of me and you
Let me go for the love of you and me
For the love of us that we know was once there

Suzanne Mondoux
14 November 2020

15 November 2020 Song/Poem of the Day – Hold Me Close

I was but a single and last soul on this earth
I sing to me and to the wind
I paint a world I imagined could have been so great
It might have been better said that not enough love was sought
I call out to the wind
Hold me close and carry me away
I'm caught here on my own to see the end of all that ever was
Hold me close for I can't stand this silence on my own
How can any of this be change
I'm found with my feet in the sand gazing at the sea

All life is gone
The water is lonely
The air is grieving
The ground is hurting
Hold me close to what remains as I drift away

Suzanne Mondoux
15 November 2020

16 November 2020 Song/Poem of the Day – Just Love Me

Now even as I pray
I watch this world go by
My knees buckle, my fingers grip one another
With swollen throat from my screams
Just love me in the simplest way
Forget the deadly images you portrayed onto me
Draw in with breath inspiring the stirring of love in you
Let the estuaries of this world rise and shine
Just love me with a single kiss on a single blooming peddle
Smell the roses around you
And the life beneath this earth murmur back into our world
Just love me in your cold and fatigue manner and expectation of all
Let go of your ideas and ideals that serve everything but you
Best of you is still to come, in one simple step
Let the rivers flow and the ice glow
Just love me in the warm sunlight and cool night sky
And rake with your hands the path that leads you home
It is enough to save our economy
But first in the interwoven branches of the tree of life
Watch the fresh branches spark alive should the end strike
Distress this world and forever you will be forgotten

Suzanne Mondoux
16 November 2020

17 November 2020 Song/Poem of the Day – Let Me Be

I can't do it for it will cost you your life
Let me be the way to my own death
I will live in a manner that displeases you, no doubt
I will find the power of my mind into the upmost destruction
Let me be my guardian angel to a life that goes on and on
And forgive me when I ask where you belong
Is it all in the hands of the Gods to live such a life

A life of will for the sake of your own salvation
My salvation is in my hands, so let me be as I may be
Take no time to decipher what is right and wrong
You know already for you
Let me be in the la la la world I created
I don't like the one you left me with
I'll have recreated all of creation to exist here
Be careful where you leave your crumbs for me
I may find them all
Or I may not know they are there
There is no reason for you to leave me a better world
There is every reason for you to live in a better world
Let me be the one who decides what world I'm left with

Suzanne Mondoux
17 November 2020

18 November 2020 Song/Poem of the Day - To Be Taken

Oh what have you done
Now in the dread of your life
Tackled by your greed
What have you done
To be taken from my life into a cage
It's what you've done with pride and joy
Poor soul to be in such pain
If you should come away from your arrogance
Let us meet one day where the sun shines on us
We breath the fresh air of the wild
And we run together side by side
To be taken for human content, pleasure and entertainment
I wipe your tears
I'll carry you until you can stand on your own
To be taken to feed your family
I say to those who put you here
I cry for you, my soul reaches out to you
I see you in all that you are, your fear, your pain
To be taken to cut off my head
You carry my scars deep within you
Forever you carry me in your heart
A lifetime of horror for me and you
I'm a prisoner dead and alive, I'm all around you
To be taken – know I shall never surrender to you
No matter what you see – I let you see what I decide
To be taken to those who believe they have dominion over me

Even though I bleed where the chains crush my limbs
You bleed more than me
Face the world of your satisfaction
What's on your mind
It's is your soul you are breaking
To be taken – what have you done

Suzanne Mondoux
18 November 2020

19 November 2020 Song/Poem of the Day – Allowed Me To Breath

I weep where you left me
What you want me to be is not ever real
I live in the space you made for me
You allowed me to breath for your pleasure
There's no meaning in this existence you created for you
You allowed me to breath to see you in your glory
You had to chance it in your long strides to your ivory tower
Made of me
I housed you and your family
There's no ending what you desire for you alone
And there's no pretending what will be
You allowed me to breath as you gaze at your jewels
There is no revenge where I come from or where I'm going
The only revenge is amongst those you live
The passengers of your journey rush to jump on this train
The step over one another and the mighty crush the weak
You allowed me to breath just long enough to raise your value
You allowed me to breath again and again until there's nothing left
You allowed me to breath as a symbol of your freedom
Of which you know nothing about freedom, for you have created this world
Freedom is an unknown to such a world with dominion over others
Unknowingly, you allowed me to breath just long enough for you to reach your end

Suzanne Mondoux
19 November 2020

20 November 2020 Song/Poem of the Day – Follow Your Shadow

Mine alone is what the alerts of my life will signal
Follow your shadow the Gods say, to where the Gods take me
I'll see what they want me to see in the mist
There's meaning in the life of the shadow before me
The passage to the entry of the room with the door open

Go forward and follow your shadow, is whispered
Through this glow of stronger pull I say yes
With the fool at my side, me I like where I'm going
Follow your shadow backward and forward
Be clever in each step and stumble when necessary
Follow your shadow onto the tight rope
Awake when the wobble springs you to the ground
It's all the reason for living in following your shadow
No one else to blame for all the facts of life I encounter
Every chance is for the best
Crash or whatever...go forward and follow your shadow

Suzanne Mondoux
20 November 2020

21 November 2020 Song/Poem of the Day – I Like You

Under the shooting stars the raiders of our cities linger
The branches of the trees fall apart all around us
I like you and my hand reaches out
I know there is more in your soul than what's not spoken
I surrender to this fantasy of a moment
Calmly I walk this world with ground crumbling beneath my feet
No one ever told me when I came here humans would hurt me so much
Hurt themselves so much
I like you thought because it's better than the alternative
The sentimental being that I am I know you are the same
I asked to explore this world in human form
And to my surprise I have never experienced so much love
To my surprise --- you play with it
You abandon it
You toy with it
But I like you for you are human and I am not, only temporary
I shall return home soon
But I will always remember the human in you
I like you
When I talk of you, I'll talk of love
I'll engage the conservation
I'll illustrate the beauty of your being
We hope one day you will return to you --- the human being you were meant to be
How and why you were created is of no matter
We like you
Do you like you

Suzanne Mondoux

21 November 2020

22 November 2020 Song/Poem of the Day – Come To The Dance

In time will shores of this world continue to see the sea
Will the pair of birds fly above of our heads
And will the sheep feed on the grass in the open field
And at the end of the day will you come to the dance
Will anybody come
Will there be anybody left to come dance with me
I've turned away and the muse of this world now alone
Singing songs of heroes come and gone
Foretold by every being that walked this earth
Come to the dance just as you are
No king and queen here
Just you the people and animal beings of this world
Every secret revealed in the waltz of life
And you discover there is not time left
And this life you live now drifting away
You believed life for the human being would be forever
You learned in that sweet moment that you've used up all your chances
Come to the dance and lay your head on your partner
Wrap your arms around a stranger
Here love will live or die
Come to the dance and hear the whispers of the crowd
Languish in the anguish you created
Feel the extreme deprivation so well choreographed
Come to the dance in denial or vows of promise
Acknowledge what's been done
State of poverty for all
Come to the dance to end your days
Together you waltz to your grave

Suzanne Mondoux
22 November 2020

23 November 2020 Song/Poem of the Day – The Queen In Me

This hard shot in time left us with little to no time
No place for us remains
Will live in the remnants in the mockery we made of this world
The queen in me distinguished as I was
In my divinity I wanted to live forever
The clear tone of my voice
And the stones over my grave

I faced the world knowing I must die
The queen in me ruling a wasteland of corps
No more tears to water the flowers
This world touched our lives without any giving back
Believing we could all live forever
For ever in the dreams
Never in the reality you created
The queen in me lips wet from the blood on her lips
Life draining from my soul
The punctuation of our existence
In the human being last breath
They quake in their own light
Wander in their darkness
Calling out to what they denied all their lives
Save me
The queen in me bows down to the humans of this world
Humans lived this life knowing none of us truly wanted to be saved
Instead, humans wanted to conquer

Suzanne Mondoux
23 November 2020

24 November 2020 Song/Poem of the Day – The Goddess Out There

And there the tide washed me up
Outside of this place, a world no longer on level ground
In the heap of the dead and dying
When all was laid down in peace
The Goddess out there slipped through without notice
And in the mist of the sea breeze
Many hearts cried out – what about love
The Goddess out there unlocked the gates of the prison cells
The hearts rose at the clink of the chains
Singing in the distance the voices of Beings
The signs and visions of a life, of life resounded
Amidst the unfamiliar face of a new world
The Goddess out there called out
Who wants to live
Who wants to love
Who dares to die without life, without love
The Goddess out there raised her hand to the world
The lightning strike without the flame
The winds and cyclones without ravishing the earth
The Goddess out there rising from the underworld
The eyes of tomorrow on her

The world from a bright flash anew

Suzanne Mondoux
24 November 2020

25 November 2020 Song/Poem of the Day – Far Away

I test the bow of love
I can't stand on my feet
I find the doorway to the next step
Far away I see the way
I treasure the lay of the land
I take home all that I have
I stay in my double vision
The arrow is in the quiver
I walk far way in a day
I reach my deathbed
Far away in my dreams
I loved this world
The blue sky
The raging sea
The wild herds
All grasping for a bit of life now
Far away this world
In a polished world you recognize many
You recognize yourself
Far away you are declaring all is well
Shouting this is how we must survive
Far away you glimpse through the crack
You send an arrow through the iron gate
Beautiful its glow
Ashes rain down on a remembered world
Far away a world once known
Far away more pieces dismantled
Far away no more command of this world
Far away we see a glimmer of hope to live in this world

Suzanne Mondoux
25 November 2020

26 November 2020 Song/Poem of the Day – Goodbye

All stopped and the shields were up
No one could stand on their feet

They spent their life believing in something else
The combat of self and the willingness to deny
So gracious was their exit in a forever goodbye
Someone sang out goodbye
Find you somewhere else
Everyday you tried to fake your way
At least you reach oblivious
You wore the guise of a willing human being
Now you appeal to the something other there
Goodbye is what's on your path
Forever goodbye
Your extinction
How inevitable
How blind you were
So much for the iron hand of diplomacy
For economic growth
For dominion over all Beings
Goodbye to this world
No one left to blame

Suzanne Mondoux
26 November 2020

27 November 2020 Song/Poem of the Day – No Tears

In time there was a reason for such decisions
No quarrels for such existence
All foretold from the mouths of the many
Yet no tears for what was to come
Down the rabbit hole humanity continued
No songs came to mind and no tears could be found
The skilful tongues spread the word of the new world
No tears amongst the whispers of tomorrow
No tears of a taut harp at many fingertips
Upon the banquet of the dead
Cups raised for the conquering heroes
A pause in the silence
No tears, not notice of a vanishing world

Suzanne Mondoux
27 November 2020

28 November 2020 Song/Poem of the Day – So They Say

So they say there's no time left for us

What you once felt was but a dream
No more existence in this world
So they say there's no chance for us
No land set aside for us
We shall never dream again of living forever
So they say we dare not attempt to save ourselves
The assembly of human beings have spoken, they say
But let them foregather in their festival of dominion over others
Without today, without us, wandering this earth is not for tomorrow
So we say, without us, animal being of this world

Suzanne Mondoux
28 November 2020

29 November 2020 Song/Poem of the Day – Friends Always

Friends always on this earthly plane
Despite your bargain made
You went back on your word
Showing your golden chains strung around your pride
Friends always in this animal kingdom
Even though the senate hinges on our destruction
Friends always animal being for human being
You continue to display bewilderment of unconditional love
Even though the lanes of our existence grows dark
And as our presence descends from your fatal blows
Friends always no matter how far from home you take us
The ripples of our existence can never truly be extinguished
We live in your memories
Each one of your tears is a reminder of you, of us
The hunger you'll experience will be all you
Yet friends always leaving our footprints
So you can find us
Friends always animal beings
Human beings, we'll be here at the dawn of your existence

Suzanne Mondoux
29 November 2020

30 November 2020 Song/Poem of the Day – No More Money

And the worst happened
The wind couldn't sweep away the pain
Nothing else was needed
No more money could be needed

There was no more tomorrow
All drifted away
The marketplaces were empty
The hungry hands cramped
No more money could fix the illusion
Everyone knew what was in store
No one left to hold
No one left to hold them
No more money between the lies
No more money to sway the mighty
No more money to take a last breath
No more amazing feelings of greed
All clung to the grimly ledge of existence
The dangerous depth of the sea rose
The blue sky darkened
The fowl air burned
No more money whispered could save us

Suzanne Mondoux
30 November 2020

DECEMBER

1 December 2020 Song/Poem of the Day – Take The Rest You Need

Take the rest you need
Leading me all the way
The sun has gone
And moon can't be seen
Take the rest you need
We are the last to survive
There is no tomorrow
Today barely exist
There's isn't far to go
Take the rest you need
Line up for the grave
Easy to see now the errors of our ways
This is our last footprint on this earth
Take the rest you need
Pining for scraps
This is what we've become
While the human being lived inhumanly
We animal being took care of you

Take the rest you need

Suzanne Mondoux
1 December 2020

2 December 2020 Song/Poem of the Day – In You I Trust

Glancing at the world tomorrow
In you I trust
Implying that all will be well
In you I trust
Believing that what you say is true
In you I trust
Playing with me as though I know no different
In you I trust
Clogging the minds of the human race
In you I trust
Taking what belongs to all life on earth
In you I trust
Trampling all over habitats
In you I trust
Making sure there are hungry bellies
In you I trust
Denying life to all Beings
In you I trust
Luring the innocent into corruption
In you I trust
Dreaming of a world just for you
In you I trust
Accomplishing all your dreams
In you I trust
Dreaming of world for all Beings
In Animal Being I trust

Suzanne Mondoux
2 December 2020

3 December 2020 Song/Poem of the Day – Don't Be Fooled By Life

Dreaming is what I did to survive this world
It's was all so beautiful to see myself free and wild
Even when I tugged at the chains around my feet
Am I dreaming
Don't be fooled by life in this place I heard the other Animal Beings say
When the human beings finger points at us so savagely

Remember, don't be fooled by life here and now
The dust will settle one day
They will see what they have done
They will feel what they have done
Don't be fool by life in this cage
I wonder how I can I go on
Each day I witness the corpse of my friends dragged on the ground
From day to day I sing don't be fool by life here
The sadness in me ranges greater and further than I've ever walked
The tears in me pour out more then the rivers flows
Don't be fool by life in such a place
They too carry sadness greater than they ever walked
They too pour tears greater than rivers flow
How can they go
We Animal Being whisper to them
Don't be fooled by life you see before you
Don't be fooled by the knocks you give one another
Don't remain a fool believing this is what you need to survive
The shadow cast over you isn't what you need to run from
 The range of your mind
 The depth of your heart
 Know this
Don't be fooled by life as you know it
Don't be fooled by you

Suzanne Mondoux
3 December 2020

4 December 2020 Song/Poem of the Day - One Caress Needed

We are all part of creation
Though some are created better than others, it seems
It's believed to the core of these beings
And so where is the miracle in life with such a state of mind
Can we find peace on earth
One caress needed can it make a difference
The mighty can carry their careless stories throughout the world
Can Human Beings live in harmony with Animal Beings
In delight with their habitat and share the land
One caress needed maybe for considering the idea
The chambers of debate with doors slammed shut
Made of snares, the conversation continue
Can one caress needed be a way

Suzanne Mondoux

4 December 2020

5 December 2020 Song/Poem of the Day – Don't Steal My Love

Don't steal my love
This is not a bargain made
No trade to be made
Admiring me from a far
Engaging in the inevitable
Don't steal my love
Attending the counsellors of justice
Bewilderment never too far
Darkness grows in the brightest of lights
Don't steal my love
In your haste we board an abandoned ship
The traders at bay
Don't steal my love
Even when you don't hear my pleas
Beyond what's been borrowed and stolen
Don't steal my love for something you don't want
That ship you boarded
You moored her stern and waded in the inevitable
Don't steal my love when you can't go on
When you first laid eyes on me
Upon the land of where we stood together
Alongside our ills
Our eyes spoke our truth
And yet you forget
Don't steal my love in haste
Don't steal my love beyond yourself

Suzanne Mondoux
5 December 2020

6 December 2020 Song/Poem of the Day – I'm Simple

At last touched by the simple pleasures of life
I'm simple in every way
The source of my joy
My cheeks steaming red with glee
My mind rest peacefully
I'm simple for my sanity
I'm simple for my soul
No conversation needed
The damnation of my soul was such a possibility

No defence and no where to go
I'm simple for the suitors of my life walk by
They kept their eyes on my silence
Meanwhile, I surrendered to the simplest ways
The fragrant of my shadow lingers
The treachery of others reach for me
I'm simple in my defence
There's no tomorrow that can make a difference now
Very soon all this will be over
I'm simple in my simplicity
With my hands cut off I reach high
With my eyes closed I see far
With dry mouth I speak
I'm simple on this journey hunched over with grief
I'm simple for all that I've seen
I'm simple for what's never been

Suzanne Mondoux
6 December 2020

7 December 2020 Song/Poem of the Day – Throw Out What You Know

In the distance where all the soldiers have disappeared
The manner in which they lived
Their ship has sailed
Throw out what you know of another
This great big world dares not make us similar
In the distance where some have walked and others not
The unwanted images of others memories
The stares in their eyes
The shiver in their skin
Throw out what you know of this great big world
So beautiful the dreams you dare not share
Some may have done it one way, others another
Throw out what you know of how things are to be done
In the wide and wild fields of life
Many creatures roam
The battles of many are the paradise of others
Throw out what you know of humanity
So sad the eyes of the many
So sad the smiles of the many
Throw out what you believe
Don't believe everything you think
Know the difference to feel the difference
Throw out what you know of me

Suzanne Mondoux
7 December 2020

8 December 2020 Song/Poem of the Day – Right To The End

Right to the end we run wild
The prey and predator unite
Under the opening of the big sky
Animal Beings risk all to survive
Right to the end

Right to the end we sound the alarm
Animal Beings alerts the Human Being
Assemble your people and unite with us
Beings of this world can live in harmony
Right to the end

Right to the end we turn to one another
We hear the cries of the Human Being
We see their hungry bellies
We hear the ringing in their ears
Right to the end we remain steady to help you through
Right to the end

Suzanne Mondoux
8 December 2020

9 December 2020 Song/Poem of the Day – Attach Me To Nothing

At a glance I see what's been done
Attach me to nothing to see the ending
Nothing can hold me for what you desire
My instincts dictate how I'm to live
There's no reason for me to live as you desire
Attach me to nothing of your world confined
I hold true to who I am, wild and free
We are all species destined to lived as we were created
I'll ensure I remain as I am, Animal Being
Remain as you are, Human Being
Yet attach me to nothing
Wait for nothing else to occur
Otherwise your life continues to be hard
Imposing you on to me
Right from the start, release us from one another
And attach me to nothing

Enough said about our different Beings
Beings we are, with life and right at life
This can be done without dominion over another
You live free when I'm free

Suzanne Mondoux
9 December 2020

10 December 2020 Song/Poem of the Day – See The Sun Rise

You may have heard my name
I am Animal Being
Can barely stand on my feet now
What Human Being has done to me
Can you see
Can you see the sun rise
It lights up the trenches you have built for me
Hold the sunset in your hands
And the shadows follow you
These are the souls of the many Beings
These are Human Beings
What you believed you have done to me
Because of where you see yourself in the Animal Kingdom
You have done to yourself
Oh, repeating history never ceases
Oh, see the sun rise for your sake
Repeat the syllables of a harmonized world
Oh, see the sun rise for the generations to come

Suzanne Mondoux
10 December 2020

11 December 2020 Song/Poem of the Day – My Faithful Heart

Now is a time to honour my faithful heart
I see the errors of my ways
And those never seen before
My faithful heart never led me astray
I did that all on my own
If you want the truth of me
I'm much more myself alone than I ever was with you
All that was not for you to fulfill
My faithful heart showed me the way
Knowing this leads me back to you with an open heart
Never shall my untruths burden you again

I'll always love you for leaving me
And yet I'm left more humble for the love you continue to show me
We are a couple again, living a new life
My faithful heart remembers the way
My faithful heart is my center
In this place my feet are grounded
I stopped searching hard for everything
I found me and everything in stillness
In me I felt the power of my faithful heart
My faithful heart for the love of me

Suzanne Mondoux
11 December 2020

12 December 2020 Song/Poem of the Day – On The Grass I Set

Set in the tiny flame of life
On the grass I set a single seed
Nothing else really mattered then
Nothing was too late
I looked onward toward the truth
Where on the grass I set my truth
I bowed my head in anguish, for a moment
Then life spoke to me
On the grass I set myself free
The sun dipped for me to see
The flame grew on and on
On the grass I set my path
Nothing mattered behind me
With each conscious step
Awareness
Soon I had become awakened
On the grass I set my voice
Mother nature opened her arms to me
I walked gingerly not to disturb the Animal Beings
I walked gingerly in harmony with all Beings
On the grass I set the Human Being I knew
On the grass I set myself on the path with another
Never did I lose myself
Everywhere I found myself
On the grass I set...

Suzanne Mondoux
12 December 2020

13 December 2020 Song/Poem of the Day – Are You In Need Of Love

Are you in need in of love
What can you conceive without it
How do you think of you and of us
What do you pretend
And would you be otherwise

Under the lofty demands of humanity
Are you in need of love
What way is shown to you
Is there magic in your knowing
To be held in unknowing expectations

What is overheard
What is ignored
Inside your mind
Is this place a farce
Are you in need of love

The stranger that roams in you
The laughter in your ears
The turn of the heads
The whisper of words
The end of all talk
Are you in of love

Do you know the ghost that surround you
Are you familiar with your crowd
Have any ever kept their word
Who carries the bulk and power of a dictator
Are you in need of love

How are comments interpreted
Does anyone see the beggar
Who wins this game
And who stops this game
How is this change lead
Who will swear the oath

All who are in need of love
I give unconditionally
I stand here for the love of me
For I too am in need of love

Suzanne Mondoux
13 December 2020

14 December 2020 Song/Poem of the Day – Careful Where You Hold Out Your Hand

Careful where you hold out your hand
Will it be true what comes back
Will you know the difference
How can it be so to be in such indifference of self
Careful where you hold your hand
In an instant it can be cut off
It can be withheld
The grip maybe to tight
Watch the shadow it cast on the wall
What monster or creature does it portray
Careful where you hold out your hand
You may never get it back

Suzanne Mondoux
14 December 2020

15 December 2020 Song/Poem of the Day – Hopes and Dreams

Hopes and dreams for many or the few
What's the privilege in such feelings of desire
Thoughts and images of what can be
None can be too small
We Animal Being dream of a better world for you
We Animal Being see what can be for all
Hopes and dreams for all Beings
Wishing for something to happen
Is there reason for this
Is there good cause for such arguments
For hopes and dreams for all Beings

Suzanne Mondoux
15 December 2020

16 December 2020 Song/Poem of the Day – Fall To The Ground

Please don't go so far
Fall to the ground is where you'll find us
There's no taking this away
It's all but an illusion
Never did we not love one another
I will find us
Remember that day I found us
I loved you then
And I love you still
Fall to the ground is as far as we'll go
Even when I reach for the stars
It's so easy to stumble away
I had no idea life could be so cruel
Fall to the ground onto broken hearts
Can't you see it's crawling back onto our feet
Where we reach us
Fall on the ground to save us
Fall on the ground right here
Here is where I'll be when you return to me

Suzanne Mondoux
16 December 2020

17 December 2020 Song/Poem of the Day – Now You've Seen

Now you've seen me
The early sunsets
The drizzling rain
The earth is thirsty
The voices silent
What have you done
Where have you gone
Now you've seen me for a moment
No breath left in humanity
What's been
What's done
What's died
All life
Now you've seen me as Animal Being
Now I've seen you as Human Being
What an extraordinary place
We see each other

Now you've seen us

Suzanne Mondoux
17 December 2020

18 December 2020 Song/Poem of the Day – Is It So

Is it so that you know so much
Is it so that you never saw me
What power was struck in such absence
Absence of unity
Is it so that never shall we see eye to eye
Is it so that what's been seen has been missed
What's been lost in the absence
Right to the end we looked your way
We followed your progress
We followed your decline
Is it so there was no care and attention
Right to the end you let this go
Is it so Human Beings never knew what was to come
Is it so Human Beings left the scene of humanity
Oh could have been a different world
Is it so Animal Beings was just a dream
Is it so Human Beings once lived on planet earth
Was this a dream
Is it so dreams come true

Suzanne Mondoux
18 December 2020

19 December 2020 Song/Poem of the Day – Wait For Tomorrow

Wait for tomorrow in the shadows
Wait for tomorrow in the light
What's to come
Taking it all away today
Leaving nothing for tomorrow
Wait for tomorrow as you are
Wait for tomorrow for all life
What's been said and done
Do you remember
Where do you see
Are you the only one
What have you captured
My heart and my life

What's been destroyed on the way to waiting
Waiting for tomorrow with a single sigh
Every breath you take watch for the exhale
Wait for tomorrow before you decide
What you dismiss now may be what keeps you alive today
Include me in your decision
Animal Being here today, gone tomorrow
Wait for tomorrow

Suzanne Mondoux
19 December 2020

20 December 2020 Song/Poem of the Day – Bless

So I am blessed with all that I sought in life
The joy and the pain
The willing and the denying
The sick and wellness
The living and the dead
Bless all Beings for seeking life
For choosing life and seeing death
For seeing what it is
For knowing death as a blessing
Bless all Beings with a moment of tranquility
Bless the Human Beings with sight for Animal Beings
Bless the Human Beings with courage for their humanity
Bless the Human Beings with will to live in harmony
Bless

Suzanne Mondoux
20 December 2020

21 December 2020 Song/Poem of the Day – Blossom

I want my freedom
To blossom as I was meant to be
Living with human beings is a tricky situation
The simple facts of my life are that I am a wild and free Animal Being
To be led by man is beyond comprehension
All seemed to die and dwindle away
There was no mending the broken pieces
How I blossomed in the midst of such treacherous existence
Life was hard, caring for such Beings, to remember their humanity
We shall have trials for many days to come
There will be cries of despair

There will be great shame to face
Many will die and be extinguished forever
And somewhere in this mess I will blossom
In memory and in spirit
I am Animal Being

Suzanne Mondoux
21 December 2020

22 December 2020 Song/Poem of the Day – World

In a world where all life is meant to belong
Where have we gone wrong
What do we remember we've done right
Is there any life remaining in our existence
How close have we come to our own destruction
How close are we really to the end of what we know
What we believe to be this world for us
For all life
Inwardly we feel the truth
Outwardly we deny the truth
What world have we created for us
For those to come
What if I were Animal Being
How would I see this world

Suzanne Mondoux
22 December 2020

23 December 2020 Song/Poem of the Day – Peace

Put heart in peace where it can rest
In any situation when I look away
I see where I once belonged
Now being part of the soil
Lying in the ground showing what's to come
Your future, our future
Peace amongst all Beings can be so
Animal Being and Human Beings
The length upon the land of crimes
Crimes against your own self
Torturing your own souls
Wearing our pelts for fashion
How can we look away from what is strained
Peace is withering amongst the Human Beings

Before giving way to a new world
Hold each others hands
Look into each others eyes
Where do you see yourself belonging
Where do you see yourself in peace
What does peace speak to you
And do you seek anything but inner peace

Suzanne Mondoux
23 December 2020

24 December 2020 Song/Poem of the Day - Life

Oh they say what is the purpose of life
Why do we exist
Can it just be day to day this and that
What are we looking for
How is life to be
Long since I saw any decency in many
I work every day of my life
I see the small pay check for all to live on
I see the sweat that many carry
Life is but a dream for many
They honour the great
And look away at the weak
Who defines the two
Life is but a state of mind
So many interpretations
Some love
Some hate
There seems to be no rhythm
Life standing on its own until all are free
There are chances to be taken
Others to walk away from
Life seems to be repeated
Generation to generation
Like the leaves on a tree
Life takes no prisoners
Leaves no survivors
At least there's no such thing as time
No real time of life
To be perceived as such
What remains in between the seconds
Nothing stands still
Everything changes

Could it be all is decided for us
Life bangs about here in there
Look beyond the space around you
Seek to be curious of your galaxy
Our universe
Life expands beyond the 'I'
Look ahead and beyond
What was – was
Never shall it be again – if you do this
Actions expands your world
Life – more than 'I'
Is it so
Wait forever to find out
Life goes on

Suzanne Mondoux
24 December 2020

25 December 2020 Song/Poem of the Day – Death

In reply to a great death
I lived a great life
For all to be in motion
All had to be disrupted
For all to be in the light
All had to know darkness
Death was well lived
Death was well received
Death was a great continuation to my life
We made a perfect pair
I enclosed myself in its despair
I enclosed myself in its sorrow
All was as I hoped it would be
Death made life all the more beautiful
Nothing random occurred
Nothing unexpected experienced
Nothing unnoticed recognized
Death reached far into my life
I saw it coming each day
What a wondrous feeling
The perfect beginning
Death knew me like no other
It was the closest to home I've come to know
Everything was perfect
Just as I had dreamed

Death was the welcome of life I waited for for so long
I lived my best life in the light of death

Suzanne Mondoux
25 December 2020
Merry Christmas to All

26 December 2020 Song/Poem of the Day – Songs

Glancing back at the ground
What I know is mind
Give me the sign to pick it up
Lean into the song of forethought
Laugh out loud to the quiet funny words
Give it all to the song
Sing out loud with heart
Be wild and crazy in your moment
It's your moment to be yourself without judgment
Songs for the soul
Songs for the heart
Songs for life
If you want your truth
Sing with heart
Lean into the notes
Be close to the sound
Songs for the many
Let them hear your voice
It's so easy to want
It's so easy to give
It's so easy to receive the joy of songs
Take me to heart with each note
Don't try so hard for the music to come
Songs of songs sing with ease
Come to the curtain
Take your bow
Sing out loud in your gentle powerful voice
Take your bow
Thank the crowd
Songs of hearts
I never tire of the magic of songs

Suzanne Mondoux
26 December 2020

27 December 2020 Song/Poem of the Day – Poems

Poems of the heart
Poems for life
Poems for every voice
Poems for every tear
Poems for every smile
Tenderness of words
Simplicity of lines
To be read or sung
Song or poem
The reader decides
The voice expresses the meaning of every word
No two reader read it the same
No two singer sing it the same
Poems of horses
Poems of paper
Poems of pencil
Poems never cease to be created
Poems never cease to be discovered
Poems listen
 Propensity of living words
 Occurrence for all to know
 Existence of silent composition
 Magnificent their sound
Poems emerge from a whisper

Suzanne Mondoux
27 December 2020

28 December 2020 Song/Poem of the Day – Dance

It's all about fooling around
Dance 'til you drop
Dance 'til the world stops spinning
Dance 'til your feet fall off
Oh so fun to let your body move every which way
Freeing your body from the tension of life
From the tension of oppression
From the tension of societal acceptance
Dance to free your soul

Suzanne Mondoux
28 December 2020

29 December 2020 Song/Poem of the Day – Performer

It's all your way as a great performer
Player of characters
Doer of various lives
Musician in action
Artist of life
I'm the great performer of my many personalities
Entertainer for the masses
Actress for the spectator
Performer for the few
Performer for now
I've fulfilled by obligation
Presenting my artistic work with my eyes
My voice
My body
My soul
Nothing to stumble over
My heart on my sleeve
My hand reaches for the crowd
Performer for me
My life on stage
All is spoken in this moment
Performer at your mercy
I'm just me in all my splendour
Gripping the mic for dear life
I sing my songs
Performer of songs
Can you feel the music
Can you see my songs
Can you touch the magic
Performing for you
No simple task
I look to you for joy
Your arms in the air dancing
Performer for the quiet mind
Sometimes I wander away
My body on stage
I'm elsewhere
This is an illustration of my life
Curtain time
I step on stage
The crowd wild
I run to the mic

My saviour and I lean into it
I feel the magic in my body
The performer awakens
Once again you've let me into your hearts
I take my bow and sing away
Before you a perfectly sketched performer

Suzanne Mondoux
29 December 2020

30 December 2020 Song/Poem of the Day – Finding

Imagine finding all that you desire
Imagine seeing all that you've found
Imagine knowing what you found
Does time ever stand still in finding a moment
A moment you recognize to be just for you
Finding something just for you
Finding a time meant for you
Finding a place known only to you
How do you explore these findings
What more is there to find
Catch a glimpse of beyond
Discover the undiscovered
Judgment is never found
Obtain the impossible
Recover the unattainable
Learn from the unknown
Finding is far from a conclusion
Finding reaches far beyond results
Finding ceases to be a verdict
Finding measures to no outcome
Mark where you are found
Feel the effects of your findings
Leap for the far reaching of all that can be found
Know the impulse of an end
Know the impulse of a birth to a new finding

Suzanne Mondoux
30 December 2020

31 December 2020 Song/Poem of the Day – Freddie Mercury

Thank you Freddie Mercury
You have inspired me to become who I am today
I know nothing of you other than what you have shared with me
We have shared a common love
We have shared a similar dream
F for the frame you provided me to work within
R for the respect you showed me
D for the drive you gave me
D for the devotion you showed me
I for the integrity of our work and being true to yourself
E for the energy you gave me and the world
M for the magic you performed each day
E for the existence of such a life well lived
R for the rush we experienced together
C for the care you give to those you love
U for the universal love of your existence
R for the receiving of what you gave me
Y for You and only You
What a world you created for us with your Queen Friends
What a world you created on your own
I am but a reflection of what you have done
What you have given me
I will forever be in your debt for such a life
I will forever be appreciative of our unusual friendship
So real, so feeling, so gratifying
You've been a great teacher
Thank you

Suzanne Mondoux
31 December 2020

Authored by Suzanne Mondoux DRAFT