

Kenny Spence

**Emotional avenues**

# Emotional Avenues

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## Anguish

If I Could put my thoughts down on a page

I could stop the confusion that fills my mind with rage

Do this, do that, feel happy, feel flat

Think good, think bad, be glad, be sad

Emotions change day by day, minute by minute, hour by hour

Leaving me without, struggling for meaning and the power

To push me onto lifes ever open goals

But will they satisfy me or make me whole



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## Better to have Loved

Better to have loved and lost than never loved at all

Better to count the cost before you fall

Giving all your heart aint an easy thing

But you only get out of something what you put in

I never promised you a bed of roses

Making love under a tree

But I promised you a love forever

And we'll have it for all eternity

For we have a love we can never lose

No matter what way or path we chose

And although I'm not right there beside you

My love and prayers will see you through



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## Changing Seasons

Long time ago the grass was green  
The meadow was filled with flowers  
Now a blanket of snow lies on the ground  
Covering the footprints of ours

The words and songs we had then  
Are now as cold as the ground  
As I realise I'll never see you again  
Nor recapture the love we found

It started as a seed and grew into a tree  
The things you said were like a melody  
But now its gone buried like the ground  
That the snow has covered without a sound

When spring comes again  
And the flowers reappear  
I'll remember the days we had  
When you and I were together here



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## Depression

Depression comes upon me like shadows of a cloud

Trapping in my thoughts making my mind a crowd

Where it comes from or where it goes

Seems to be a mystery no one really knows

Confusion of thoughts has filled my day

Sending my life in so many different ways

Life and the reasons why

Love and why we die

Depression clings around me like parts of a bad dream

Life is a greyer colour than I think it is meant to seem

Moments drag on and days fly by

Sometimes it's so hard I don't understand why



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## Empty

Lonely thoughts that's all I have  
Another dream gone wrong  
Empty heart that's all I feel  
I'm not sure where I belong

Mindless trains on boring tracks  
Chug along so endlessly  
It's like a love I cant get back  
Again it's happening to me

I enter in with high ideals  
It will be different this time  
But although I try I always end up  
Like a jukebox without a dime

Love is like a symphony  
All different notes and sounds  
But I can't hear the music now  
Since your not around

Maybe I can find a way  
To change how I feel  
But for me to do without you  
Still seems so unreal



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## Forget Me

Forget me

Don't let me

Make you feel

Anything you don't want to feel



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## Goodbye

I've tried for days to think  
Of how to tell you goodbye  
It's so hard to say  
As sometimes it makes people cry

Departing from loved ones  
Or strangers that they've met  
The warmth they felt between them  
Is sometimes difficult to forget

People do it everywhere  
But they call it different names  
Ciao, Farvel, Au Revoir  
But it means just the same

You see them in train stations  
At airports and beside boats  
Hugging as they say goodbye  
To friends in winter coats

All seasons of the year  
Sun, wind, rain or snow  
You'll see the busy travellers  
Saying goodbye as they go





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## Hesitation

A maze of thoughts fill up my mind

Though the answer is apparent it seems so hard to find

Will I call, will I go, should I even try

All to get away from taking action I don't know why

It never used to seem this difficult or at least that's what I thought

Maybe I've always felt like this maybe I've always fought

Going here, going there, making a mental stand

But this is what life expects this is what it demands



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## Isolation

Sitting on a linguistic island

Able to talk but unable to communicate

Due to the language barrier

Which on occasion can frustrate

No amount of desire to participate

In this situation can make much of a dent

Maybe a few bricks can be knocked down

But the wall remains



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## Just Talking

People say I look tired  
But how can they know  
That I'm not tired of you  
We may stay up late  
But we're just talking  
Or at least that's what we say

Closed doors  
Our love is behind them  
Nothing happening  
That's what we remind them

It's a difficult secret  
For me to keep  
Not to show how I feel  
But we both know  
We've got to stay quiet  
Or I may have to leave

Closed doors  
Our love is behind them  
Nothing happening  
That's what we remind them



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## Knowing You

In the green of your eyes  
I could see your surprise  
When I told you that I loved you

With the touch of your hand  
I knew you'd understand

When I carried my words through

The way you stroked my head  
As we lay on the bed

Made my body tremble and shake

The feeling I went through  
As I carressed you

Were almost more than I could take

And in the morning when we woke  
The first words that you spoke

Were of the things I wanted to hear

You said what a night  
Things went just right

I love when you are near



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## Love

Love can be lost can be found

Bring silence can bring sound

Love can be fast or be slow

Make you stop or make you go

Love can be bound or love can be free

Love is that special thing between you and me

Love can amuse you or abuse you

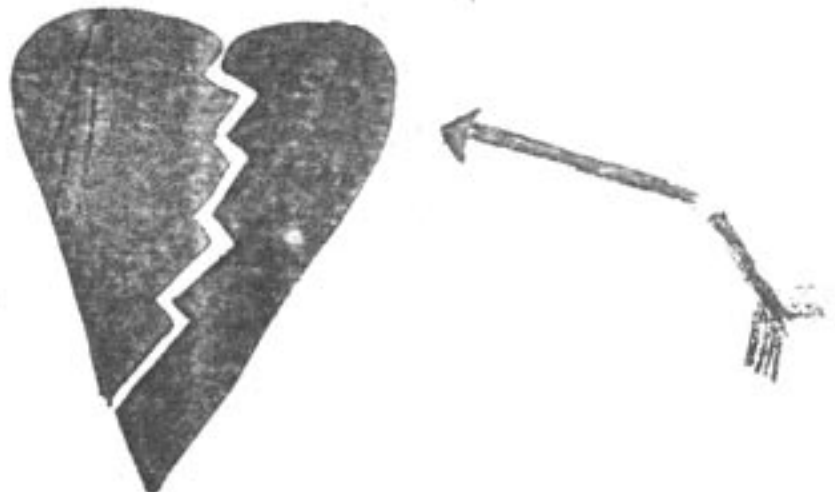
Elude you can confuse you

Love can make you heartbreak you

Forsake you or love can take you

Love can be bound or love can be free

Love is that special thing between you and me



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## Missing You

You know I miss you

I want to kiss you

And hold you in my arms

To lie by your side

And watch the morning tide

And feel the warm of your charms

To walk along the beach

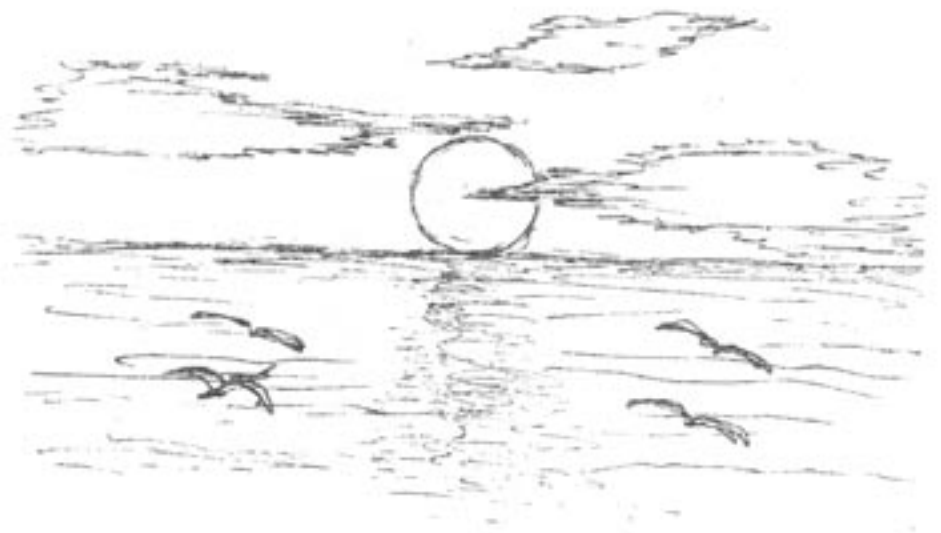
Have you in my reach

And see the rising of the sun

Feel the coolness of the sand

And be holding your hand

And together we will be as one



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## Nostalgia

Nostalgia is built up of dreams  
Of times that were  
But maybe at the time it seems  
They were better than they really are

The past sometimes seems so promising  
The future a challenge unknown  
The present can be hard to accept  
Especially when you are alone

Now I'm not saying we shouldn't dream  
For that would make life so dull  
But the present can be just as good  
And equally as full



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## Optimism

Bury the past in an old suitcase

Lay it under your bed

Forget the things that have gone wrong

Listen to what's being said

Tomorrow is only a day away

The future is almost here

So girl leave your mind at ease

You don't need to fear

Optimism isn't hard to find

It's at your fingertips

So reach out and grab it girl

And get life in your grip





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## Passion Passing Away

In the beginning my advances were met  
With yeilded anticipation  
But as time wore on  
Bored recipication was more the order of the day

The initial passion waned  
And the fervour vanished  
Leaving only a clumsy frustration  
And a fascimile of a relationship

Carresses didn't gender the same response  
Kind words went unnoticed  
Compliments fell like leaves to the ground  
On unreceptive soil

No longer did the soft touches  
Seem to arouse the yearning  
For deeper and more physical things  
That we had before



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## Quest for Freedom

Captive but still they seem to sing  
Who knows if it is a cry for help  
Or just a happy ring  
They were given wings to let them fly  
But man locks them up why

A question many have stopped to ask  
That I would not doubt  
But no one has made it their task  
To finally let them out

Man also does it to his own  
If they commit some misdeed  
But the birds have done nothing wrong  
In that we're all agreed



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## Retreat

Sometimes in order to escape  
The problems that life presents me  
Or that I bring on myself  
I retreat into the safety of my thoughts

Then I have control  
Over my own destiny  
And although it is sometimes a lonely path  
It's one I prefer to take

Coping is sometimes easy  
But sometimes very hard  
But escaping this way  
Stops me from getting sad



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## Sorrow

I still remember the day you told me you were leaving

I cried and prayed but I couldn't stop from grieving

The day was warm but you were so cold

I needed you but you refused to be told

I loved you as much as anybody could

I needed you like the tree needs the wood

You were my sunshine but then you became my rain

You brought me lots of joy but then you brought me pain

We Were together in a faraway land

And when it happened it wasn't what I had planned

We had a life comparable to a dream

But then you woke me up if you know what I mean

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## Time

Time has a way to mend a broken heart

Faith has the key to make a new start

Love has the balm to heal all wounds

Peace has an ointment to make your dreams come true

Our sweetest songs are those that tell

Of the saddest thoughts within ourselves

Don't give up hope time will work it out

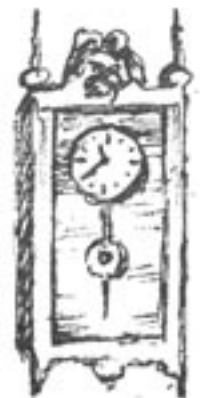
And the sun will come shining through without a doubt

There is a new horizon just beyond the ridge

But you can't look behind you've got to burn that bridge

Leave all the memories of the past behind

And a new treasure of love you will find



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## Unforgettable Love

Can you imagine how I feel  
With your love which is so real  
Everyday in every way  
I need you

I've had a life in which I learned a lot  
Although so many things I have forgot  
One thing I'll never forget  
Is the love you gave to me



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## Vexed

Panic filled my mind

Worry entered my thought

Was I prepared again

Or was I getting caught

My feelings seemed trapped

There was no way out

Or so I told myself

In the midst of all my doubt

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## With You

Smiling

While I'm

With You

Laughing

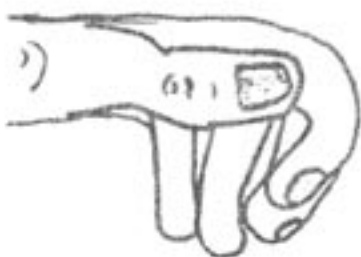
Having fun

With You

Playing

Forever staying

With You





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## Xenophobia

Sitting in a train compartment

In the midst of people I don't know

Wanting to know them is difficult

Because of my inhibitions I can't let go

Consequently this causes me to fear

Or even hate these strangers

Because I cannot cope with them

Causes me mental danger

The time drags on

The miles go slowly by

But still I can't talk

No matter how I try



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## Yearning

As I lie here on the bed and the thoughts go through my head  
Of the memories of the days we had together  
In the warm candlelight I would love and hold you tight  
Those hours and days gave me pleasure

Whilst I watch the moon go by I could see your shiny eyes  
Telling me how much you cared  
And the evening stars remind me where you are  
And I know that you'll soon be here

Then we can love all day let the hours drift away  
And walk in the pale moonlight  
Then we can go back to bed take time to rest our heads  
Then make love for the rest of the night

And when the morning comes around and we hear the sound  
Of the birds singing in the woods  
As we see the daybreak and the sun shines on the lake  
I know that you are here for good



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## Zeal

Enthusiasm rages then wanes

Capturing it is difficult

But once captured

It can be put to many uses

Strong feelings like the tide

Come in then go out

But it is possible to be zealous

Even in the midst of doubt

A little application

Goes a long way

To fulfilling your goal

Come what may

