

KISSING FROGS

by Kathern (Gillogly) Welsh

*A book about all the many and varied
aspects of LOVE!!!*

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PREFACE



By reading this book you'll find out:

When its good,
when its bad,
when its happy,
when its sad.

When its distressing
or when ecstatic,
it may be empty,
or much too static.

No matter what state
of love you're in
you'll find some words
to suit, within!

What I Mean by KISSING FROGS

They say to kiss a lot of frogs,
before you find a prince.
But sometimes you get taken in,
it's really not a cinch.
You put your trust in someone,
you open up your heart,
then with uncaring coolness,
they tear your life apart.
Some frogs fall to addiction,
some ramble through the pond,
some play too much with other frogs,
to truth, they don't respond.
Some take you to the alter,
but their love soon proves untrue,
so once again you're left alone,
to search a pond that's new.
Just when you've kissed so many frogs,
you think it's time to quit,
you meet a frog who isn't,
and your heart cries, "This is it!"
At last you learn that love before,
was only imitation,
just thinking of this frog turned "prince",
can fill you with elation.

Chapter 1

Being Single

THE SINGLE LIFE

You're "single" until you're married.
When you're divorced, again you're "single".

"Single" means that you are free,
to paint the town and mingle.

"Single" means you have no one,
you have to answer to.

And that you're free to come and go,
and do what you will do.

Some may think that "Single"
is the ultimate way to live,
that when you have no one to care,
then you won't have to give.

The "single" life can be a bore,
too many dates, a hassle.



Yet what is one man's cottage home,
is some one else's castle.

WORDS OF WISDOM

Many people search for love,
through heartache and through pain.

Some are lucky right away,
some search, but with no gain.

If love is strong and binds two hearts,
it can withstand contention.

It's also fragile as a flower,
and feeds on shared attention.

Don't neglect the love you find,
or take it as your due.

Love needs care and nourishment,
the same as people do.

LOVE COMES AND GOES

The second time around, they say,
is better than the first,
but sometimes it takes more than two,
to get through all the worst.

Some keep searching endlessly,
for love to fully share.

Perhaps the times you've dared to try,
just proves how much you care.

Those who try and don't give up,
may shed some tears and cry,
but that they care and want to give,
there's no one can deny.

Love may come and love may go,
if you don't try you'll never know.

The joy you'll find in one small kiss,
when passion fills your heart with bliss.

TRUE LOVE DOES EXIST

True love really happens,
there are those who know,
that two hearts can be joined as one,
and that true love can grow.
It may be hard to find it,
but when you finally do,
it will help you to forget,
all the heartache you've gone through.

FLIGHT

A flight throughout the universe,
that's how you made me feel,
a serene and peaceful journey,
fulfilling, yet unreal.
Like two perfect, matching parts,
together, we unite,
and bring forth all the blissfulness,
of loves' engrossing flight.
So perfect is our loving,
the Ultimate, Sublime,
no other love could challenge it,
throughout the course of time!

WHAT IS LOVE?

What is love, how can you tell?
Can you really believe your heart?

Does it take forever to find it?

Can you tell right from the start?

People have asked these questions
from the very beginning of time.

How do you know if it's really love?

Your guess is as good as mine!

Love can be true from the outset,
but unless it's treated with care,
you can't maintain a true romance,
unless both hearts can share.

Love has to be shared for a couple to be
ensured of a chance for tomorrow.

Unless they both give 100 percent,
and share happiness along with the sorrow.

Being concerned for the love in your life,
and allowing them to be who they are.

Compromise and a good sense of humor,
are a few things that help love go far.

Your head might question and wonder,
but your heart will act crazy and wild.

Love can hit you at any age,
and make you feel young as a child.

The ultimate of ecstasy is when
love hits you both the same,
when every hour of every day
you think of that face or that name.

Yes, when true love tackles you
and knocks you off your feet,
you'll know that you have met the one
fate destined you to meet.

So when someone asks of you,
"What's love all about?"

Your heart will swell with knowing,

but the words just won't come out.
There is no easy way to convey,
to someone who hasn't known.
The only way they'll learn of it
is when they're finally shown.

TRUE LOVE

When love and lust are both combined,
then sex can be unique;
surpassing all the previous joys,
and making them seem weak.

When love rules your emotions,
it catapults your heart,
into the realms of fantasy,
where dreams can get their start.

The dreams that once had filled your head,
entrap you in waves of passion,
and carry you to ecstasy
in an overwhelming fashion.

As this new experience invades your very soul,
you realize you've just begun a new exciting role.

Your satisfaction's so complete,
you've quenched the constant hunger.

This total love can fill you up,
and pull you slowly under.

You find yourself just riding,
with the passion and desire,
and wonder how you've lived before,
without this soul filled fire.

SEX, LUST, LOVE

Sex can be a simple act,
Expressing love or lust,
X-actly how it's used
 can sometimes be unjust.
Lust, a raw human emotion,
Uncontrolled, can cause such harm.
Sex without true caring,
 too often is cause for alarm.
Love has many faces,
Often, it's misunderstood.
Very deep emotional feelings,
Eventually, you find what is good.

LOVE

 Love has no shape or form,
 but it has a broad dimension,
 it has no features on it's face,
 just a wonderful expression.
 It has no hands or arms to feel,
 but it feels so wonderful,
 it wraps you in it's strong embrace,
 yet leaves you in control.
 It has no heart to beat in time,
 but keeps your soul in tune,
and makes you feel all through the year,
 as though it's a sunny June.
 Love has no wings to carry you,
 but you feel as though you're flying,
 and when that love has been destroyed,
 you feel like you are dying.

SEX

Sex can be a physical act performed by any two,
a purely lustful interplay which takes no love to do.

Sex as an end unto itself,
provides a moment's pleasure,
and leaves you with an emptiness
that's really hard to measure.

Do you ever wonder why a sexually thrilling night,
can leave you cold and lonely,
with your heart encased in fright?

Do you ever think your life is filled
with sexual satisfaction,
yet feel an ever constant need
that drives you to distraction?

Sex, just for "sex" itself, can make you feel that way,
it fills you for the moment, but won't outlast the day.

NEED

Need is a vital part of love,
we've learned, through years gone by.
Love can grow forth from that seed,
a life of love
from a seed of need.

SEARCHING

Two hearts searching, looking for,
something they once felt before.
Wondering, aimless, lacking life,
overwhelmed with bitter strife.
Wondering if they'll ever find,
another understanding mind.
Hearts, whose path's may someday meet,
in crowded room or empty street.
Two who lost a life long dream,
whose lives were touched by some mad scheme,
and still they search for something real,
a lasting love, till death to feel.
For two who feel with such emotion,
deserve to find a true devotion.
Somehow fate will lead them to,
a life to share, long overdue.

BLIND DATE

One blind date, now was it fate,
that lured our paths to cross?
Or was it two, who thought they knew,
we'd heal each others loss?
You seem to be the type of man
I've always hungered for:
Attractive, sensible, family man.
Who could want for more?
You quickly set my world on fire,
turned it upside down,
turned the rain to mid-day sun
and wiped away my frown.
I seem to fit so perfectly
into your loving arms,
at least to me, it's right, I know,
I'm captured by your charms.

WORDS COME CHEAP

Don't just say you love me, show me,
cause words come cheap.
I know from the past, that words don't last,
actions, more loudly speak.
I've learned in years gone by,
that words come far too easy,
when I think of lines I fell for,
my stomach turns quite queasy.
If you say it, make sure you mean it,
I've heard too many lies.
Sweet words were said, it's lies I dread,
fake words lead to goodbyes.

Chapter 2

Looking for Love

ATTRACTION

The first sweet auras of falling in love
are full of thrill and excitement,
and as the feelings deepen and grow
they're nurtured with care and enticement.
As you're slowly wrapped in a blanket of love,
your heart and your head's in a tizzy,
your appetite does crazy things,
you're floating on air and you're dizzy.
Questions which might come to mind,
you push back and subdue,
hoping that this new affair,
will be the one that's true.

NO STRINGS

Let's share a time of fun and games,
a time without romantic aims.
Although your touch can thrill my soul.
my heart, still broken, is not whole.
Let's share a time without such strings,
that bind two soul's with other things,
let's each just go our separate ways ,
sharing nights, but not our days.
No strings to hold us if we find
another to entice our mind,
but if, in time, we find we feel
something that's more deep and real,
then we'll take the ends of string,
to bind two hearts who learned to sing.



YOU'RE A PRINCE

Just when I'd kissed so many frogs,
I'd thought, "It's time to quit",
I've met a frog who isn't,
and my heart cries, "This is it!"
At last I've learned that love before,
was only imitation,
just thinking of this frog turned "prince",
can fill me with elation.

A MOMENT IN TIME

We Shared
a moment in time -
of caring and sharing,
a touch - a tender kiss.
Not desperate nor clutching,
no demands,
only a giving -
one to the other.

AT LAST

I searched for you for all my life,
and held you in my dreams.
I didn't know what face you wore,
and many other things.
I knew how you would turn me on,
and cause my heart to race,
and though I knew not how you looked,
I recognized your face.
Your eyes revealed intriguing depths,
so many words unspoken,
your touch was like the raging tide,
that sweeps in from the ocean.
Then when at last our bodies met,
in love's combined embrace,
I knew at last I had arrived,
in that longed for, special place.
The place where two hearts join as one,
through body, soul and mind.
A place so often hungered for,
that too few seem to find.
The best of life is yet to come,
if it can be with you.
I hope that we can share the years,
and everything we do.

LOVE GOES ON

As my soul's set free to soar,
my heart is yours forevermore,
you are the love I'd oft' dreamed of,
my faith in love, you did restore.
The biggest part of all the joy,
I've felt throughout the years,
the most I knew, was shared with you,
your love dried up my tears.
Remember the closeness that we shared,
although our time was short?
Your love was mine, throughout all time,
our souls through space cavort.
We must have known each other,
in many lives before,
though we'd just begun, we were as one,
it was too good to want for more.
now that I will be with you,
and share a higher plane,
for love like this, the way we kiss,
through the ages will remain.
No one could ever want for more,
than what we two have shared,
and though I'm gone, please carry on,
and know I really cared.
Let me dwell within your heart,
where favorite thoughts are stored,
and with each kiss, I knew just this,
our love was our reward.

YOU FILL MY SOUL

My satisfaction's so complete,
you've quenched the constant hunger,
this total love can fill me up,
and pull me slowly under.
I found myself just riding,
with the passion and desire,
and wonder how I've lived before,
without this soul filled fire.

WHEN I'M GONE –

REMEMBER

No one could ever want for more,
than what we two have shared,
and though I'm gone,
please carry on,
and know I really cared.
et me dwell within your heart,
where favorite thoughts are stored,
and with each kiss,
I knew just this,
our love was our reward.

Chapter 3

Finding New Love

TO STAR-CROSSED LOVERS

Advice to star-crossed lovers,
no matter who you are:
you think you've found a magic wish,
and hitched it to a star.
You think there's never, ever been,
a couple such as you,
that no other people on the earth,
could share a love so true.
If you wish to keep that love,
there is no magic potion,
you must be honest, real and true,
Work at love to make it last,
don't always assume it's there,
for many a love has slipped away,
while a heart was unaware.
Build a friendship on truth and trust,
not one based on physical lust.
I advise you now, because I know,
you always reap the crop you sow.
Star-crossed lovers, near and far,
no matter who or where you are;
Take your dreams and make them grow,
each to the other, let your love show.

THANK YOU

You have made me happier these last few months,
than I've ever been before.
and opened a new door.
You've made my life worth living,
you've made me feel complete.
With the changes you've made in my life,
even dreams cannot compete.
I'm sure that we'll have hard times,
and problems we must face.
But if we always stand together,
we'll manage to keep the pace.
Thank you for letting me realize,
someone like you exists.
I've known that you were special,
right from the moment we kissed.

THE BRASS RING

You came into my life,
and turned it upside down.
I think I got the big brass ring,
off the merry-go-round.
The plans that I'd begun to make,
before you made the scene,
now seem weak and far away,
I don't know what they mean.
All I know, this point in time,
is how I've begun to feel.
You've stirred my soul to life again,
so good, it seems unreal.
Whatever made you care for me,
desire, lust or fate;
I think you found me just in time,
I hope it's not too late.
I don't know what you want in life,
or what would be ideal.
Whatever the future holds in store,

time will yet reveal.

ONE YEAR

It's been over a year since I first saw your face,
and almost a year, since you staked out a place.
A place in my life, you claimed that first time,
our hands finally touched and your lips met mine.
Although I fought it, since you were not free,
you carved out a place in my heart, don't you see?
And though I really tried to say that I didn't care,
each day and every night in my thoughts, you are there.
Your kisses are gentle, demanding and true,
each time we're together the more I want you.
Our passion grows deeper and stronger each day,
and each time you go, I wish more you'd stay.
Each day in my heart, I wish we could be,
forever together, just you and just me.
Each hour and minute our lives we should share,
knowing each, for the other, will always be there.
Our bodies entwined through every long night,
seems like a dream, yet ever so right.
When I'm holding you, you make me want more,
all worry and care just float out the door.
More time to spend alone in your arms,
more time to be thrilled by your loving charms.
More time, yes, for as long as I live,
everything that I have dear, to you I will give.
"I have to leave now." Those words I abhor!
I dream of the day that I'll hear them, no more.
When holding each other, we'll find restful sleep,
enfolded in love, at last, ours to keep.

HOURLY BY HOURLY

You said today you might stop by,
I hoped all night you could,
and when I called, no one was there,
and so I thought you would.
From ten right up to midnight,
I kept looking out the door.
At twelve o'clock I dialed the phone,
to try it just once more.
To my joy, and yes, despair,
you answered when I called.
That you were there, and I was here,
I felt a bit appalled.
I shouldn't feel that way, I know,
but I just can't stand to wait.
I want to see you so,
it's like an ever constant ache.
I care for you too deeply,
more than you, for me.
I try to be content and calm,
but it's so very hard to be.

WHAT?

I'm sitting here and waiting,
not believing what I know,
a few short days have passed
and now I think, "Don't go!"
Be honest with yourself,
then be truthful with me.
You first have to face the facts,
and then we both can see.
Where are you going? What do you want?
What is your heart's desire?
What are your fondest hopes and dreams?
What thought's do you inspire?
To love and be loved in return,
to care, and to depend on.
Someone to share a life long dream,
with fond memories, to end on.
Riches don't mean a lot to me,
unless they're shared with love.
It doesn't matter where I live,
I need tenderness, and a hug.
I don't want to depend on this,
then find it's been a lie.
I'd rather live my life alone,
than be hurt, and left to cry.

PAST QUESTIONS

Past hurts and disappointments
can prey upon your mind,
and subtly serve to sabotage
each new love you find.
You question every word that's said,
examine every action,
sometimes these things destroy a love,
before it can gain traction.

LOVE AND FEAR

Can love and fear walk hand in hand,
both feelings so deep and real?
How can I be so much in love,
with this fear in my heart, I feel?
I know it's my fault I feel this way,
not knowing where to turn.
I love, with all my heart and soul,
to be open and free, I yearn.
I don't know if I can ever learn,
to overcome this fear and guilt;
I feel such guilt, even without cause,
and when confronted, I wilt.
I can't talk or express myself,
my mind turns into mud,
I feel I'm wrong before I start,
a complete and utter dud.

LOOKING BACK

Never knew that love could be,
as blind as I've often been.
Looking back at my false loves,
it really seems a sin.
I've been deceived and lied to,
I've been a total fool,
I tried in every game I played,
to follow every rule.
The lessons have been many,
the tests were greater still,
and as I passed through each new phase,
I've learned to use MY will.
I've learned that you must follow,
your own path, right or wrong,
for being true to your own heart,
is what will make you strong.

DROPS OF WATER

Drops of water, after a period of time
can wear away solid rock.
Love and emotion are like the rock:
solid, strong and true.
Excessive temper outbursts and abuse are:
Like
Drops
Of Water!

HE WOULDN'T NEED ANOTHER WOMAN

He wouldn't need another woman,
 if I'd been the woman he needed.
All the signs along the way, were blissfully unheeded.
 Before we married we had such fun,
 we'd talk all night and greet the sun.
I put him first in all my plans and catered to his needs,
 and since he thought it wouldn't end,
he got down on his knees.
As we two increased to three,
he knew with hurting pride,
all I'd ever wanted was a house with kids inside.
As he tried to make it work, the three of us were four.
Looking back now through tears, I see,
how I pushed him through the door.
Yes, through broken heart and tears of pain,
I really must concede;
if I'd been the woman he needed, another woman, he
wouldn't need.
I never made the first advance,
 to show love or admiration.
 I went to bed at ten each night,
 at home or on vacation.
And now there is another, who understands the need,
 she fills the pleas for tenderness,
 that I refused to heed.
I've learned you've got to work at love,
 to keep it ever true,
or you'll be left alone like me, color me sad and blue!
Through wiser eyes I now can say,
 with all remorse deleted;
 he wouldn't need another woman now,
 if I'd been the woman he needed.

TO LOVE A MAN, but NOT IN VAIN

There are those who don't understand,
just what it means to love a man;
to put him first in your hopes and dreams,
the center of your plans and schemes.
To let him know that he's the one,
who puts the warmth in your rising sun,
and when he's tired, to understand,
and offer him your willing hand.
If you support his manly pride,
he'll ever want you by his side,
if his ego, you tear down,
soon he'll never want you 'round.
Let him know your love is true,
and that he can rely on you,
if his faith you will sustain,
you'll have a love that will remain.
Love him more than just at night,
whenever time and feelings right.
When he comes home, at day's work end,
be a woman, lover, friend.
Let him know you're glad he's there,
and soothe away his daily care.
Feed him, pamper him, let him rest,
let him know that he's the best.
But know you shouldn't do this in vain,
for one-sided love will not sustain.
Take the time to find the one,
who will be true through sad and fun.
The ONE man out of all the rest ,
who'll make YOU feel like you're the best.
When what you GIVE can be RETURNED,
you've found the love for which you've yearned.

AFRAID

How can I tell you, how can you know,
The feelings within my heart,
that I'm afraid to show.
Why is it so hard to find one to care,
someone to really feel for me,
with whom I'd like to share.
You never say too many words
last week-end, very few.
I know your mind was occupied
by things that troubled you.
I want to really talk and learn,
the things within your heart.
But I'm afraid to bring it up,
afraid to really start.
I care for you an awfully lot,
though I don't know you well.
I like the you I've come to know,
in short, I think you're swell!

CUPID'S ARROW

Cupid shot his arrow directly through my heart.
I never dreamed it'd be like this,
I've loved you from the start.
A love has blossomed, deep and true in so short a time.
I can't believe you love me too,
I can't believe the sign.
Ten days ago, I didn't know a man like you existed.
I love you more than words can say,
or pen on paper listed.

IF YOU FIND A LOVE

If you find the love you need,
in someone's fond embrace,
then go to her and let me find
someone to take your place.
The man who really cares for me,
will have my heart and soul,
and I won't share his arms and lips,
I'll not be made a fool.
If you've played a game with me,
to test your male ego,
then tell me it was all a game
and I will sadly go.
Someday you will make a choice,
who knows who it will be?
But never will you find such depths,
as you have stirred in me.

Chapter 4

Overcoming Fear

DON'T BE AFRAID

Don't be afraid to trust,
don't be afraid to care,
the greatest thing upon this earth,
is one true love, to share.
It may be hard to find it,
it may take many years,
but when you've found that special one,
they'll wipe out all the tears.
Only by giving of yourself,
openly, real and true,
can you expect to find someone,
who'll give the same to you.
True love's a very special gift,
given to those with heart,
for those who want to share their lives,
each and every part.

PLAY IT SAFE

Let's play it safe now, you and I,
don't feel love and we won't cry,
let's deny the things we feel,
and pretend it can't be real.
Should I play it safe with someone new,
who can't ignite the sparks you do?
It's hard to find someone who'll care,
and not mistreat the love you share.
So go your way, and 'll go mine,
let's play it safe now, one more time.
Let's play it safe and not give in,
though neither one will ever win.

LOVE AND PAIN

I don't want to get involved again,
the pain's too much to bear.
Since I'm free to love again,
that word is every where.
I have loved and hurt before,
but still I'd fall again,
to risk the hurt to find the joy,
the good out-weighs the pain.
If I never love again
I won't be hurt, it's true.
But that's a lonely life to lead
and for me, it just wouldn't do.

TO CARE

Know a good thing when you find it,
or you may live to regret,
all the good times you miss out on,
and the love you didn't get.
Feelings deep and moving,
aren't found just every day,
it's rare to find a passion shared,
by two, in the same way.
Here I am in conflict,
wondering what to do.
I've never felt like this before,
and it's all because of you.
You stepped into my life one night,
and sent my senses reeling,
creating feelings quite unknown,
such passion is revealing.
Yet, you're involved in other ways,
and much to my regret,
I fear I'll have to let you go,
and what we shared, forget.
But how does one forget such love,
such tenderness and bliss?
Your every touch set me on fire,
my head swam with your kiss.
I soared to heights I've never known,
you thrilled me through and through,
and with your body next to mine,
I shared the soul of you.
We haven't shared a lot in words,
and be it right or wrong,
you stepped into my heart that night,
creating quite a song.
Your eyes melt my defenses,
your touch electrifies,
with your arms around me,

my heart takes wing and flies!
Your body lying next to mine,
is like a dream come true,
your kiss can melt my very soul,
and make me one with you.
Don't think that I won't let you go,
if that is your desire,
I want a man who wants me too,
who shares in passion's fire.

HOW CAN IT BE

How can it be, that you want me,
after all the one's you've known?
They'd all want you, you know it's true
the pick could be your own.
Your hair is dark, your eyes are blue,
bodies like yours are very few.
Your arms are strong, I love to feel,
the way you squeeze me, is so unreal.
I love to feel you next to me,
behind closed doors, where none can see.
Pressed close against you through the night,
it feels so good and seems so right.
You're gentle, strong, and bold and tender,
to your kisses I surrender.
Here alone, I think of you,
how you look and what you do.
I like the way you look at me,
although your thoughts I'd like to see.
You're very deep, with so much inside,
you're like a constant, changing tide.
Your head is full of thoughts unspoken,
your eyes reflect a deep emotion,
in the hour's that we did share,
without a doubt, we learned to care.

ANTICIPATION

You're falling in love, you're overwhelmed.
each hour apart lasts forever.
You count the moments of every day,
breathing, just when you're together.

EXCITEMENT

I get nervous and pace the floor waiting for you to come.
I don't know why I feel this way, I feel so excited, so
young.
I shouldn't be letting me feel this way,

I should be cool and smart,
I guess I 'm not ruled with my head,
instead, I'm a slave to my heart.

Chapter 5

Finding Love Again **THE FIRST TIME**

The first time that we met, you stared into my eyes,
you stole my heart without a second glance.
And though I wasn't free, you captivated me,
and though I fought, I didn't stand a chance.
My other love was through, before I fell for you,
but till we met there was no need to leave.
The more I fell for you, and knew our love was true,
to stay with him, was something I couldn't conceive.
Why did fate cause us to meet,
when we weren't even free?
Why did our hearts collide with such great force?
Maybe somewhere in the past,
we lost and now, at last,
we're joined again on this predestined course.
I've always hoped to find a love like you now show to
me, and though I searched for years, it wasn't found.
When your hand touched mine,
our hearts became entwined,
and I heard the words you said, with out a sound.
Now I'm here and waiting, for you to be free too,
there has to be a way for it to be.
My life was not complete, until we came to meet,
you are the one my heart has longed to see.
When you hold me in your arms,
your body close to mine,
that's when I feel so right, and so complete.
I've never felt like this before,
and every day, I love you more,
I hope your love will stay, and not retreat.

BURNING EYES

Your burning eyes don't seem to see,
they seem so far away.

I feel you'll always be in love,
with one who went away.

I loved deeply, like that once
but he poisoned it completely,
he turned it into emptiness

so slowly and so neatly.

Will I ever love again?

I guess we never know.

Love can knock you off your feet,
and then, just softly, go.

I never dreamed one date with you,
would create such deep emotion,
my heart has been asleep so long
a deep and silent ocean.

COME TO ME

Come to me my troubled love,
don't let your heart be torn,
don't be afraid of what we shared,
a love so swiftly born.
Don't be afraid that it won't last,
it's deep and it's so true.
I've searched throughout a life-time,
to find a man like you.
Don't be afraid of love
because it happens fast,
it's how you feel and tend to love,
that makes the feeling last.
You're afraid to love again,
a thief, that love might steal.
If you love, then you'll get hurt,
it's easier not to feel.
Please come to me and you will see
it needn't end in pain,
just let go, and you will know
it's good to love again.

UNEASY

We met and seemed to fit so well,
reactions quite surprising,
everyday thoughts were pushed behind,
for feelings so enticing.
Then I began to feel restrained,
my judgment seemed inept,
your reactions seemed to leave no room,
for views of another depth.
I'm a person who needs time alone,
to visit, to think, to ponder;
to just be free to do my thing,
or sometimes, just to wander
It seems whenever I get involved,
I'm expected to count each minute.
I won't be put on time tables,
or scheduled to the limit.

THIS POINT IN TIME

What things have brought us to this point,
and where shall we go from here?
Are we as ships that pass in the night,
an echo that rings in the ear?
Somewhere in time, we've met before,
and now our paths have crossed,
and if we go our separate ways,
this time will not be lost.

TOO EASY

It would be so easy to give my life to you,
my heart, you see is held there in your hands.

But you can't give to me,
a true fidelity,
we're like a message written in the sands.
You stepped into my life one night ,
and brought me back to life,
what fate's decreed, it's really hard to know.
But if you can't be true
I can't rely on you,
so I'll take this empty shell, and sadly go.



SO MANY QUESTIONS

From head to toe a shock runs through,
at just the merest thought of you,
as though now, once again I've found,
a long, lost love, or friend.
I always feel alone, at best,
even when I'm with the rest,
you're like a special part of me,
once locked away, but now set free.
It's hard to know what this can mean,
or if it's real or just a dream,
it seems a chance to finally feel,
something deep and true and real.
I don't want to lose what just might be,
a dream come true for you and me.
Yet, how do we tread soft and slow,
when deep inside the feelings grow?
Do we pretend it isn't there,
and give to others, our time to share?
Do we go on from day to day,
living in the same old way?
Pretend you didn't stir my soul,
and somehow seem to make me whole?
You did, you know - or does it show?
And will it die, or somehow grow?
So many questions fill my mind -
the answers,
I can't seem to find.

HOW DO YOU FEEL?

You once said, "I love you".
Have you changed your mind?
Your actions say you really care,
you're tender, sweet and kind.
I like the way you make me feel,
you're different than anyone I've known.
And ever since we've shared our love,
my heart has fairly flown.
I wish I knew what's on your mind,
and how you really feel.
I need to hear just how you care,
I hope this thing is real.
Your eyes are full of tender words,
at least they seem to be,
I hope the way I feel for you,
is how you feel for me.
If you need time to "date around"
then, tell me, I will too.
No matter how many I would date,
I still would care for you.

Chapter 6

Losing Love

LOVE GOES WRONG

Many times, love's fire dies,
and only an ember glows.
Unless that fire is tended to,
it barely ever shows.
Unless both people tend the fire,
and make it flame again,
their love is doomed to fade and die,
and come to a bitter end.

HURT AND HEARTACHE

When love finally dies, it can tear you apart,
and then make you wish you didn't have a heart.
Why did you love? What did you gain,
if all you can feel is the hurt and the pain?

NOT SURE

At last he showed me love I didn't expect,
a caring quite deep and true.
He wanted this caring, in return,
it's something I'm not sure I can do.
I'd like to ease his heartache
and say I still do care,
but if I stayed with him right now,
it'd be only pity that kept me there.
Pity is not the basis,
to build a life upon.
I must decide and let him know,
on what he can rely on.
I don't know if I can feel
such deep love in return.
That's the kind of love he needs,
and for it, now does yearn.
I don't want to hurt him more
for I know he now feels love.
I pray for guidance and peace of mind,
to our Father, up above.

CAN LOVE EXIST IN STATUS QUO?

Can love exist in status quo,
without a hope to change and grow?
Remaining static day to day,
knowing that's how it's bound to stay?
Never progressing, no chance to evolve,
resistant to change, with certain resolve?
Eventually a love like this,
will ebb away with every kiss.
It will dissolve in subtlety,
for without some change, it cannot be.
Love is meant to grow and expand,
for love thrives on love's demand.
The more one gives the love one feels,
the less complacency, slowly steals.
So nurture love with hopes and dreams,
or suffer soon it's silent screams,
for two in love should strive to share,
their days and lives, their every care.
To sleep entwined in lover's arms,
protecting love from many harms,
to wake together each new morning,
and start each day in love's sweet warming,
feeling sure that at day's end,
you'll greet again, your lover, friend.
Together, two lovers, standing firm,
to make love grow, they both must learn,
learn that CHANGE, is a certainty,
unless love grows, it will cease to be.
I'm hopeful that our love will grow,
and progress beyond the point we know,
it'd be a shame to let it die,
by lack of action, by you, or I.

I DON'T KNOW WHAT TO DO

I wish I could feel like I used to,
but I'm filled with emptiness.
You say that now you really care,
yet, I feel so lost.
I don't want to hurt you, but I'm so confused.
Maybe time will help, maybe not.
I can't seem to make myself feel
what I just don't feel,
and I don't know what to do.
I did love you at first,
and hoped that you'd love me
but I never felt that you did.
I gradually lost those feelings of love,
maybe you helped them to die,
and I finally, just lost hope.
Sometimes, when you've been hurt too much
it's not possible to get the feeling back.
I'm afraid that I've gone beyond,
the point of not return.
And, I don't know what to do.
It's so sad to realize that when you, at last,
are finally ready to admit that you need
and love me, it's probably too late.
I've searched my heart, and I can't seem to find
any part of what I felt before,
and, I don't know what to do!

REFLECTIONS

If I could control my heart,
I wouldn't feel torn apart,
my love for you has got me in a spin.
Not knowing how you feel,
if what you felt was real,
has put me in this anxious mood I'm in.
A few days of loving you,
and finally I knew,
that love like this was real and not a dream.
I hope it's not in vain,
this heartache and this pain,
please find out if what you feel is the real thing.
But if, to my dismay,
your love has gone away,
I'll savor those few days throughout my life.
I know that it was real,
but something came to steal,
it took your love and stabbed it with a knife.



IT'S ENDING

Eventually things have to end,
a lover might become a friend.
Dreams and hopes all fall apart,
and shatter a once trusting heart.
You said that "patience isn't me",
but somehow you have failed to see,
how the months have turned to years,
and how I've learned to stifle tears.
I wanted you with all my heart,
our love couldn't get a decent start.
Since another claims your body and time,
I should have known you couldn't be mine.
I should have known it'd end this way,
when I found out the truth, that day,
if I'd have stopped it then and there,
we wouldn't have learned so much, to care.
I'm sorry that I loved you so,
and failed back then, to let you go,
the love we've shared, I don't regret,
it lives in my heart, I won't forget.

HOW DO YOU SAY IT'S OVER?

When do you admit that somethings over,
that love is gone, and buried in the past?

How do you finally say,
it's seen it's better day,
that there's no way this love affair can last?
When finally the gladness turns to heartache,
when laughter and joy have turned to tears,
how do you call an end,
with a lover and a friend,
and throw away your plans for future years?
I don't want to think our love is over,
but I can't go on, just hoping, marking time.

I never thought I'd say,
we've seen our better day,
the way things are, it's tearing up my mind.

ERASE

If I could erase you from my mind,
then maybe some day, I'd find
a way I could erase you from my heart.
But thoughts of you invade,
this wall I finally made,
you're there, no matter what I start.
Will I ever be set free,
or will I always see,
your eyes, no matter where I go?
If what we felt's not real,
then why'd I have to feel,
that you're the most terrific man I know?
You possessed me through and through,
like none I ever knew,
you filled me to the top and overflowed.
But then you said, "Please go,
'cause I don't want to know,
the pain that other loves have always showed."
So I go on, from day to day,

trying hard to find a way,
to kill the fire our passion burst to flame.
But a spark just won't expire,
to a never ending fire,
if we should let it die, it'd be a shame.

GO BACK

It's hard to end a love affair,
that could have been a love so rare.
I want a love that's shared by two,
but your family has claims on you.
I cannot go on, hoping for
a dream that simply is no more.
I wish I could just hang around,
but in this state, I'd slowly drown.
Love should make you happy, not sad,
but too much sadness, we have had.
Too many hours of wanting you,
knowing your wife stills wants you, too.
I know you haven't told me things,
and your other life, just causes stings.
You never call your wife by name,
your "wife" will always, be the same.
I feel that you must love her still,
and that deep down, you always will.
You loved me too, and needed me,
to be the things she couldn't be.
Go back and find your love with her,
I feel that's what you might prefer.
Because of me, you're torn apart,
I love you, but I release your heart.

CHANGE

He tried to show me that he cared,
 he'd changed, so completely.
He was no longer the harsh,
 prideful person I'd known before.
He claimed a love for me,
that I never would have believed he could feel.
His over-abundance of pride was gone,
and in it's place was a tenderness,
 a humbleness that was real.
It showed in his face, radiated from his eyes,
 and permeated from his touch.
He finally allowed himself to acknowledge,
 and to feel, his emotions.
He is now, finally, a total, whole person,
 but at what cost?
I hope the price isn't too high.
 At this point, I really don't know.
I didn't think he could possibly change
 so completely.
 He has, but can I?
Is what I once felt for him, lost forever?
Is it possible to recapture,
and enhance those feelings?
At this point, I really can't say.

LOVE'S GONE

You hit me and you hurt me,
 why didn't you just desert me?
 It would have been much easier to take.
You've taken love that's true,
 abused it through and through,
 you're turning our true love into a fake.
I used to love and long for,
the comfort of your arms,
the caring that I saw within your eye.
But time and time again,
 that love has turned to pain,
 and now I sit alone here, and I cry.
Please give me back the man you were,
 when we first met and fell in love,
 he's there, beneath the turmoil and the rage.
I'll help to see you through,
 we'll make our dreams come true,
for love's the key to free you from that cage.

IT'S OVER

Face the facts girl, it's over!
Stop living in the past!
Perhaps your love for him was true,
but his for you, didn't last .
 At least you know just how it feels,
 to love with all your heart.
Although this love's not meant to be,
 it had a fiery start.

WHO TOOK THIS LOVE?

A precious love has disappeared,
been spirited away.
It was a love so deep and true,
it seemed for sure to stay.
Who took this love,
 or was it cruelly killed?
 Was it slowly smothered,
 or like a liquid, spilled?
Was it murdered all at once,
quite coldly torn apart?
Or was it kidnapped, bit by bit,
by a sad, uncaring heart?
No matter how or why it died,
 it seems it's gone for good,
 and in it's place, there's emptiness
 that can't be understood.

BECAUSE OF YOU

Afraid to love again, because of you,
afraid to trust again, because of you.
 No matter where I go,
 no matter who I know,
I'm afraid to feel again, because of you.
You lied to me and cheated,
my hopes of love, defeated,
you took my heart and dashed it to the ground.
 My feelings for you died,
 as every night I cried,
you're nothing but a hopeless "run-a-round!"

Chapter 7

(How quickly life can turn around!)

ONLY YOU

Cupid hit me with his arrow,
his aim was sure and narrow,
 within just weeks, I knew I loved you true.
No matter what they all say,
 I know I'll always feel this way,
 no one else could thrill me like you do.

SOUL'S UNENDING FLIGHT

Unsought and unexpected,
 you touched my very soul.
You caused unknown sensations,
 surpassing every goal.
It feels as though we once were one,
 together we were whole,
then some misfortune struck our lives,
 casting each a separate role.
Through eons we have searched in vain
 to once again unite,
our lives are witness to the fact,
 of a soul's unending flight!

YOUR EYES

Your eyes speak only true,
a soft and subtle blue,
 they never lie,
 nor love deny,
They are the soul of you.
The eyes of others that I've known,
bespoke of lies and things unshown.
 They'd quite deceive,
 and make me grieve,
and did not love, condone.
Your eyes reflect the man you are,
brought to me by a lucky star,
 in them I see,
 your love for me,
I trust you, near or far.
The eyes of others showed deceit,
a steady gaze they could not meet,
 their words told lies,
 as did their eyes,
my downfall was complete.
You came to me with open arms,
I'm captured by your many charms,
 it's not too late,
 to change my fate,
you saved me from all past alarms.

VERY FEW

Very few and far between,
are couples such as we,
who share unspoken tenderness,
unhampered, real and free.
The first night that I met you,
I sensed a specialness,
you are a rare and unique man,
with warmth and gentleness.
I feel a special privilege,
to know someone like you,
the qualities I so admire,
show forth in all you do.
Even though our spoken words,
are few and far between,
there is a language that's unheard,
felt, but seldom seen.
As my heart reached out to you,
your heart answered mine,
and where we'll go from this time forth,
is up to us, and time.

SHARING

I've never known the feelings,
I shared with you last night,
everything was so complete,
everything was right.
You're loving is so tender,
you fill me with desire,
you caused a spark that burst to flame,
a deep and roaring fire.
I never dreamed that there could be,
such sharing of the soul,
you made me feel like a woman, dear,
not just another fool.

WHERE WERE YOU

Where were you dear, so long ago
when the right man wasn't right,
and why'd it have to take so long,
for me to see the light?

Puppy love has come and gone,
and you weren't even there.

Then there was a marriage,
a very sad affair.

Many times before now, I'd believed,
at last, my time had come.

But they soon proved unfaithful,
each and every one.

WHY DOES THE TIME FLY?

Was it only an hour, or was it a day?

My dear when you're with me,
the time slips away.

I only live for the moment,
when you will be mine,
forever and ever, till the end of all time.

Tell me why does the time fly,
whenever you're near?

Why does the time fly,
when I want you to hear,

I want to tell you "I love you",
and to whisper, "you're mine"

Take a look at the clock, dear,
now we haven't the time.

I want to hold you and kiss you,
and say "I love you".

For where-ever you are, dear,
I'll always be true.

How time flies when you're with me,
and drags when you're gone.

Though our days may be numbered,
our love goes on and on!

ONE plus ONE equals ONE

What is a rose without it's scent,
or the ocean without it's roar?
Or a summer night, without it's sounds,
the waves without the shore?
A lamp is of no use at all,
until it is plugged in.
A life cannot go forward,
unless it can begin.
You're the fragrance, I'm the rose,
to my ocean, you're the roar.
My summer night's are filled with you,
I'm the waves that rush to your shore.
You're the power that lights my light,
in short, you turn me on.
Our love is real, let's let it grow,
forever, and beyond!



White Gardenia
Oil Painting

SHIELDED

Flattering words from many strangers,
have no effect on me.

No glance or overt looks of praise,
in anyway, could move me.

A look, a word, a touch from you,
fills up my heart and soul,
the presence of your being, dear,
just serves to make me whole.

A hundred eyes could look at me,
but just your gaze alone,
is all I need to fill me up,
and make me feel at home.

A thousand hands could reach for me,
only yours has the magic touch,
that thrills me to the very depths,
with the touch I love so much.

The lips that form a million smiles,
could tell me pretty lies,
but your lips are the only ones,
that cause contented sighs.

A million bodies might yearn to please,
but none would stand a chance,
yours alone, can turn me on,
or rate a second glance.

OUR TIME TOGETHER

Thank you for being in my life,
 you've brought a joy and contentment
 such as I've never known.
Each day is a pleasure, not a dread,
 because of you.
Each evening, seeing you is the highlight of the day.
Each night, in your arms, is the golden moment,
 long sought, but never found, till now.
I know there can be no promise of forever,
 not even a guarantee of tomorrow.
Only the knowledge that as long as we love,
 we will last.
Of one thing, my love, have no doubt:
Our time together, no matter how long it may last,
 is something I'll never forget.
And no matter what the future may bring,
 our time together, I'll never regret.
You've shown me love, and I love you.
No strings, no bonds, just freely, with all my soul.
For however long we share, and care,
 for each other.

IT'S FINALLY YOU

Never have I felt such peace,
such pleasure and contentment,
never has there been such joy,
devoid of all resentment.
You've filled my longings,
through and through,
you've made my fondest dreams come true.

You fill my life,
you fill my mind,
the best in life adds up to, YOU!



Musical Garden
Oil Painting

***May you find the love you seek,
a love to cherish and to keep!***

Set Your Sights on Love

I soared to the heights of ecstasy,
a feeling I thought I'd never see,
so grand and succulent, a storm of passion,
a flight through stars in fantasy fashion.
But then I plummeted back to earth,
a downer full of grief and dearth,
my soul went into such a spiin,
my life seemed very gaunt and thin.
It hurts to feell such wild extremes,
my heart's love sighs, turned into screams,
I tumbled into such despair,

I hardly seemed to be aware.
Whenever I'm given life's warm embrace,
fate seems to like to slap my face.
It seems that when I'm feeling good,
bad feelings come as though they should.
It seems sometimes I've just been had,
but good can't come without the bad.
But with your help I'll strive again,
to reach the unknown heights,
if you're the man of all my dreams,
on love, I guess I'll set my sights!

Chapter 8

Words to Ponder

NO GREATER FRIEND

*I've found throughout the years,
that there is ONE true friend!*

There's no greater friend than Jesus,
none other so dear to my heart
He guides me through my daily life
and I know He'll never depart
He's with me in crowds of people,
He's with me when I am alone
No matter how many may come and go
I've given my heart as His home
There's no greater friend than my Jesus
He'll always be first with me
You too, can partake of His wonderful grace
if only your blind eyes could see
There's no way to tell you the comfort
that knowing Jesus has brought
My burdens He's taken upon His own back
my battles He faithfully fought
I rest in His love and compassion
and worry's a thing of the past
For no greater friend could I have than Jesus
His love's sure to last.

NOT WHAT IT USED TO BE

Relationships aren't what they used to be, brother,
instead of a spouse there's a significant other.
No vow of commitment, no life-long devotion,
for women and men are like fish in the ocean.
Murder and mayhem... abuse and neglect...
grows day by day with a lack of respect.
Being true to your partner seems a rarity now,
while idols we worship, to God do not bow.
Our governments full of men with a past,
corrupted by power, they fight just to last.
The president should be a man free of reproach,
one of true honor, which none can encroach.
In these days, when the world seems insane,
it's good to know that God's still the same.

I've Learned

Since I've written these words,
I've learned a "man's love" is fleeting.
I now know there is just one I need,
my heart gives Jesus my greeting.
It's not flesh and blood I need,
just Jesus Christ, the Son.

The last years of my life, I vow,
I'll serve Him, the only One.

###

A Note....

Through my many experiences, and I've had much more than my share.... I've learned that sometimes you can never really know someone, not be secure in how they will react to various situations.

There are though, some people who are blessed when finding their mate, and they enjoy a long, happy, healthy relationship and a wonderful life.

That has not been my experience. I've put this book together in the hope that it will touch the minds and hearts of people who are both already in, and those looking for love! I pray it may be a help in some way!

Be blessed in love!

Signed: Kathern D. (Gillooly) Welsh

About the Author:

I have been an award winning freelance writer since 1973. I have written for a number of magazines, and was a Contributing Editor to Suite 101 on the Internet. My column is titled, Women's Health and Herbs. I have also written a Kitchen Design course for notHarvard.com.

I am a mother of two and grandmother of 10. I've enjoyed the opportunity to live in a number of our great states, and currently reside on the Eastern Shore in Virginia. A lovely quiet place on the Chesapeake Bay. I am also an accomplished artist with sales around the world.

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Watch for other books coming out soon!

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