THE BOOK OF POETRY BY: ADRIAN M.

AGENDA

Rising From the Ashes

The Light Within

The Love of My Life

The Family's Positive Impact

Finding Myself Through Advocacy



RISING FROM THE ASHES

Once, I was lost in the shadows, A place where hope was hard to find, Wandering streets with heavy steps, A heart aching, a restless mind. Homeless, cold, and broken inside, I wore my pain like an endless cloak, Yet in the darkness, a spark remained, A flicker of light that refused to choke. I learned the art of surviving, How to smile when tears wanted to fall, To find strength in every moment, Even when life seemed to stand tall. From the cracks of despair, I rose, A phoenix reborn from dust and flame, The world tried to break me apart, But I found power in my name. Every night I spent on the ground, A lesson learned, a battle fought, The struggle taught me resilience, And the wisdom that hardship brought. Now, I walk with my head held high, Grateful for the road I've traveled, For the broken pieces that made me whole, For the strength in the battles I've battled. I am no longer just the scars, I am the courage that lies beneath, The fire that burns, the soul that soars, A testament to my belief. I hope to light the path for others, To show them there's strength in pain, That even in our darkest hours, We rise, and we rise again.

THE LIGHT WITHIN

When tears threaten to fall, I close my eyes and breathe it in, I remind myself of the light, That glows deep within my skin.

The weight of the world may press me down, But I stand tall, I stand proud, With every storm that tries to drown, I find my voice, strong and loud.

In moments when sorrow calls my name, I lift my heart and let it soar, For though the darkness may feel the same, I know there's always something more.

A smile in the mirror, a laugh in the air, A breath of fresh hope, a moment to care, I search for the beauty in all that I see, In the simple things that set my soul free.

When life's too heavy, when hope feels thin, I remind myself how far I've been, The battles I've won, the strength I've gained, The joy that rises, never wanes.

So when the tears start to blur my view, I look to the sun, and start anew, For in the storm, I find my way, And I choose to smile, come what may.



THE LOVE OF MY LIFE

You are the light that fills my day, A constant spark, a gentle ray, When life gets hard, and skies are gray, You hold my hand and show the way.

In every glance, in every smile, You make this journey all worthwhile, Through all the highs and through the lows, Your love is where my heart still grows.

Through trials faced, through storms we fight, Together we stand, side by side, You lift me up when I am weak, And in your arms, I find the peace.

For you are more than just my heart, You're the one who makes me start Each new day with hope anew, The love of my life, my dream come true



FINDING MYSELF THROUGH ADVOCACY

- In the silence of struggle, I began to hear, The voices of many, the ones I hold dear. Whispers of pain, echoes of doubt, Yet in their words, I found my route.
- I chose to speak, to lift the veil,
 To share the stories that often pale,
 In the shadows where stigma hides,
 Where fear and shame are often tied.
- Through every cause, through every plea,
 I found my purpose, my clarity.
 In advocating for those in need,
 I planted hope, I sowed the seed.
- With every conversation, every fight,
 I found the courage to ignite the light.
 For when you help others find their way,
 You discover strength in the words you say.
- The battle is not easy, nor always clear, But with every voice, we push through fear. Through advocacy, I found my place, A part of something bigger, a source of grace.
- Now I stand, not just for me,
 But for those whose pain is yet to be free.
 Through mental health, I've learned to grow,
 To heal, to speak, to let it show.
- I've found my voice, my heart, my mind, In helping others, I leave the past behind. For in this journey of healing and fight, I found myself, and now I'm bright.

