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[A picture containing text, plant, flower, rose

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## Suicide: 19 Poems to "Beat Still My Heart"

A close up of a flower

Description automatically generated with medium confidence**A DEEP SORROW**

I Will Seek Until I Find You

**And where will you run when arms reach**

**(but you’re not mine)  
When I can feel still so strongly  
(holding you still in my arms)**

**From here frantic I search wildly**

**(but cannot ever now find)  
Little one in pictures  
(trying hard for one so young)**

**Standing, but not steady, little hand tucked inside mine**

**Holding on together climbing moonbeams to the stars,**

**Once upon a time ago—forever in my mind,**

**I thought us both impervious  
(Against the ravages of time)**

**Oh little one where art thou**

**Whence I call you once again,**

**Dearest child, still my child on earth**

**(in a world so vast and big)  
You've gone where I can't find you**

**(and seek still that which did exist)**

**If God can hear prayers from below**

**(and you can see me now)  
Please know I miss you terribly**

**(and will seek until I find)**

**A way to hold you yet again  
(your hand yet still tucked in mine)**

**When fire moon red bloodies**

**Little star that once was mine,**

**Deepest blue on blackest night**

**(I will seek until I find)**

**Little one beside me  
(your hand tucked inside mine)**

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So Swish to Sway

**So swish to sway to sweet lullaby,  
Baby will fall in dark of the night.  
Rocking cradle to grave turning truth upside down:**

**Parents die first leaving children behind.**

**In a world topsy-turvy that cannot make sense,**

**Sacred trust shines the brightest in a child’s innocence.**

**When children die first leaving parents behind,**

**Hope flees with the child leaving grief here for life.**

**To live without sorrow seems an admirable stance,**

**To love without pain always breaking your heart,**

**To smile again when it’s been enough time,  
To heal back to whole what was once then your life.**

**Yet the loss of a child can’t be undone,  
Even though bid us well, wishing hope move us on.**

**We can move only forward with our child whom we love,**

**Always there with us always, sorrow buried in love.**

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Bury My Heart

**Bury my heart  
I’ve come undone,**

**Sorting through this life**

**My son left behind.**

**And what I’m seeking**

**I know I’ll never find,  
His touch, his smile—  
His still living his life.**

**And so instead I sift through**

**A still-life dream,  
My heart and life with him**

**Forever it seemed.**

**And oh my son  
I’m still paralyzed,  
In the grief you left me**

**A decade behind.**

**Where canst I go?**

**Whom canst I see?**

**When all I want with you**

**Is forever to be.**

**And how my heart keeps on beating**

**Is a mystery to all,**

**For without you beside me**

**I live suspended in time.**

**I live now life backwards  
My heart beating in time,  
To the life that we lived**

**When you, child, were mine.**

**Try as I might  
I can’t seem to live,  
For my dreams all belonged**

**To your future forward lived.**

**And so where now I goeth**

**And where knoweth I dwell,**

**Once again and all over  
Life without you is hell.**

**I ache without breathing**

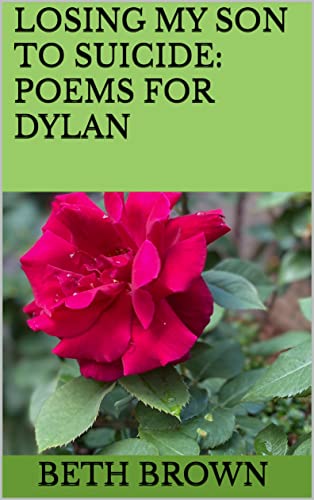
**For to breathe is to die,**

**Once again and all over**

**Without you in my life.**

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