



The Lonely Ghost

A lonely ghost who owns the past,
tending her neat and regular garden;
making smooth the errant pathways
of the grounds that she's interred in.

On this night, a moon of honey
bathes her in a golden bouquet;
The harvest of all the flowers
the sun made love to on this day.

A love freely given and joyously taken;
and given again, for free.
The lion of noon dances with the light of the moon
in the lonely ghost's cemetery.

And I saw it all from behind a gravestone,
where I was hiding from myself.
Escaping the self-righteous who nag me
in the name of 'mental health'.

It's so enraging they won't concede
what all the madness is for!
I told them you've never seen the face of god
but I've met him for sure.

I've dreaded them all my life
and I dream of the day that they'll dread me.
They'll find neither money nor power are any much good
in the lonely ghost's cemetery.

Where I hide in the letters and numbers,
carved so precisely on polished stone.
So many people in these names and dates;
and then there's me, here, all alone.

But not alone! There's the bats and the bugs,
and the trees that hold up the sky.
All of us vibrating on our own frequencies
while we share the communal high.

And they offered me Sanctuary! They said "*Lose yourself!
Dissolve back into the energetic sea!*"
Life felt so simple in that moment
in the lonely ghost's cemetery.

Where a black bird sings from the branches of the morning
as the sunlight trickles through.
She asks "*Who do you wait for? Why do you come here?
What is it that you want to do?*"

That round dark eye twinkling
with my upside-down reflection;
Staring out from the soul of this creature enthralled
to pleasure and to passion.

Some stay in the darkness to profit,
some stay to serve those left behind;
In the shadow realm, with no hand on the helm,
you have to take what you can find.

Some stay, some roam, some sing songs of home,
and some tell stories, just like me.
All of us unravelling in our much loved plots,
here, in the lonely ghost's cemetery.

© *Mindfulness Poet*

**Page 2
of 2**



Available for:
Improvisation Therapy Sessions
Mindfulness Mentoring
Performances (*solo & with friends*)

www.mindfulnesspoet.com.au
hello@mindfulnesspoet.com.au
[fb/mindfulnesspoet](https://www.facebook.com/mindfulnesspoet)
0422 885 954