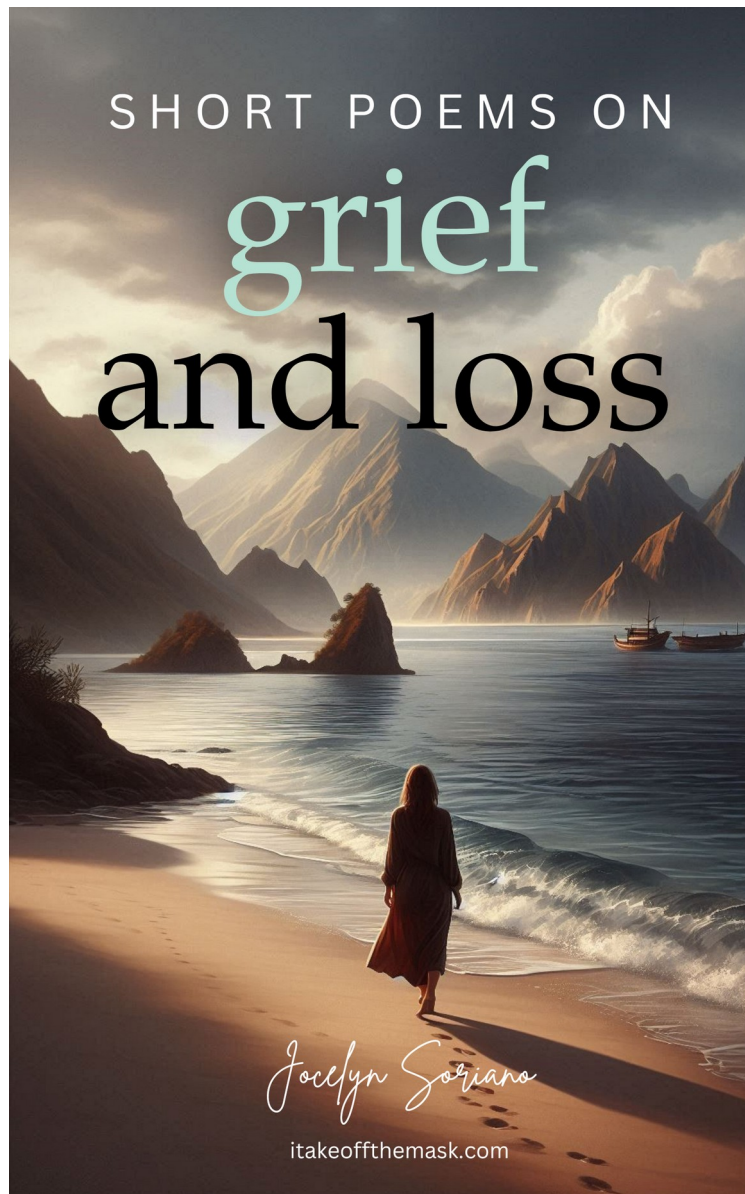


# Short Poems on Grief and Loss

by JOCELYN SORIANO



# I Go To The Light

I go now to the light

where there is no more darkness

where the only sorrows

are the tears I left behind

I go now where there is no more pain,

and only love remains.

Weep not for me for I go to the light,

but I will pray for you,

as you endure the night.

# I Did Not Disappear

I did not disappear into the air

as though I never were

You may not see me now,

but I'm still there.

And as you gaze upon the stars,

know that I'm never far,

and whenever you feel blue,

know that I'll be where you are.

# If I Could Be Your Shadow

If I could be your shadow

I'd gladly accept the fate,

so wherever you may go,

I will always be your mate.

We can dance beneath the moon,

or run under the sun,

We can play and be together

as we dance and have some fun!

But time calls me to fly

where shadows are no more,

so I'd wait for you right here

until we're together forevermore.

# I'll See You Better Now

From where I am

I can see you better now,

I'll see you when you work and play,

I'll see you even when you sleep.

Now there are no secrets you can keep,

Because I'll see right through your heart.

So I'll know when you weep

and I will see you when you laugh.

So carry on this life of yours,

knowing that someone sees.

And wherever you may go,

you will never be alone.

Someone watches over you

and my love will see you through.

# Leave Your Tears Behind

And as you go today,

leave all your tears behind.

You can be at peace knowing,

your light will ever shine

for those whose hearts

will carry on

the memories

of your blessed life.

# Carry My Heart Away

In this last journey,  
where you have to go your way,  
I send you all my love,  
to guide you where it may.  
Carry all of my thoughts,  
and carry all of my prayers.  
May you always know you're loved,  
even as you reach  
the heavens up above!

# *I Look Foward to That Day*

I look forward to that day,

when I shall see you again.

When we can walk together

as we hold each other's hands.

I look forward to that day,

where I can be where you are,

I'd fly as soon as that day comes,

and never say goodbye.



# Butterflies Bring Me News

Butterflies come  
from time to time,  
reminding me,  
you were never truly gone.  
They bring me news of you,  
from that faroff place,  
where dreams  
still come true.  
Please hear them back  
when they return  
and wait for me  
until I see you there.

# *The Days Are Different*

The days are different now,

the hours are long,

O how do I come home,

now that you're gone?

I'd take your photos

and I'd hug your pillows,

searching for some

familiar scent,

though the days

are far different now.

# The Hours Quickly Pass

The hours quickly pass

and the sands of time

will fall at last!

I'd live my life

with so much zest,

I'd do my best

as though you never left.

One day I will

pretend no more,

when the hours have

all slipped away.

But until then

let the hours quickly pass

until the last grain of sand

falls down.

# I'll Let The Rain Console Me

Please don't look  
to see how much I cry,  
for you should be at peace  
instead of asking why.

Let all my sorrows hide  
beneath the falling rain.

My bleeding heart  
will be consoled,  
as they wash away  
my pain.

# *My Whispers To The Wind*

The gentle breeze

is now my friend,

for it follows me

where I go.

It hears my whispers

and my tears

and knows how much

I love you so.

O may it carry all my heart,

may it pass on all my love,

Let it find its way to you

and rise beyond the clouds.

# *The World Stood Still*

The world refused to turn

and time refused to pass.

Should I cry

or should I smile

because you are now free?

The world is standing still

as it waits for you and me.

# Echoes of You

I still hear you,

I hear you in my thoughts,

I hear you in my dreams.

You still talk to me,

and I listen to you speak.

Other people say

that you already went away.

But how could I believe them

when I know you'd always stay?

Your memories will linger,

they shall stay forever.

Your love for me stays true

as I live today

with these echoes of you.

# *I Will Keep This Thorn*

They say that love  
is not a bed of roses,  
and that even roses  
have thorns that pierce  
your hands.

I say in turn  
that when these roses die,  
I'd keep what's still  
worth keeping,  
even the thorn  
that pierced  
my heart.



# *This Thread of Love*

What is this thread  
that hangs from my heart?  
I did not see it while you were here,  
but now I do that we're apart!  
Perhaps this thread  
could reach out to you  
and tug at your heart as well.  
And then you'll know  
and then you'll feel,  
these wounds of love  
that time  
could never heal.

You may also want to read Jocelyn's other books on grief:

## Of Waves and Butterflies: Poems on Grief



*When we are mourning the death of a loved one, we experience a profound sadness that nobody else seems to understand. Many times, all we need is just a warm hand to hold us and a friend who will be there for us as we face the most difficult times we've ever had.*

*Let these poems be like a friend to you, revealing the deepest hurts in your heart as you strive to find some comfort in your hour of grief.*

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A Glorious Resurrected Body  
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A State of Utmost Happiness  
A Joy Beyond Our Imagination  
A Vision of God Himself  
Infinite Happiness and Eternal Good  
A Place Where We Will Recognize Each Other and Remember Our Loved Ones  
A Real Place Where We Can Dwell  
A Place of Incomparable and Eternal Beauty  
Quotes About Heaven  
Bible Verses About Heaven  
Let Me Tell You When I Had a Glimpse of Heaven  
All We Have Are Glimpses of Heaven

# About the Author

**Jocelyn Soriano** is an author, poet, blogger and songwriter. Being an introvert, she enjoys time alone listening to music or even composing her own songs. She also likes to travel and is inspired by quiet moments along the beach or merely walking under a starlit sky.

She continues to share her many inspirations from God at her blog [www.itakeofftheface.com](http://www.itakeofftheface.com) where she writes poems, prayers and other articles of healing, motivation, faith, love and hope.

Other books by Jocelyn Soriano

[366 Days of Compassion](#)

[Mend My Broken Heart](#)

[Poems of Love and Letting Go](#)

[Of Waves and Butterflies: Poems on Grief](#)

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