

Laura Minning

**. . . sunburst**

birth  
innocence  
immaturity  
fear

relapse

neglect  
withdrawal  
selfishness  
timid in action  
timid in reaction  
timid in nature

sunburst

moralization  
realization  
physical growth  
mental growth  
emotional growth  
spiritual growth

sunburst

stability  
responsibility  
commitment

relapse

rebellion  
denial  
deceit  
lies

sunburst

wisdom

truth

selflessness

expression

outreach

happiness

expectation

sunburst

recreation

experiences

memories

relapse

exhaustion

aged

sleepiness

death

## **embracing truth**

I embrace the light within,  
and allow it to consume me.

Darkness retreats in fear,  
and I use my inner strength  
to keep it away.

My life is my gift,  
and my love for it  
gives me joy.

Thus, the purity of serenity  
can't be far behind.

## **flight**

Dreams  
are meant to be fulfilled,  
and dreams  
are meant to be shard.

That's what he thought.  
That's what he  
always wanted.

He was so full of life.  
His soul was free,  
but his body  
was weighted  
with illness.

His heart grew heavy  
with each passing day,  
but he never gave up,  
and he never lost sight  
of his dreams.

I respected him for that.  
I respected him  
for who he was,  
and I was grateful for  
for the time  
that we did have.

And every time  
I think of him,  
I will smile  
because I know  
that he  
would have  
wanted it that way.

## the looking glass

In the midst of  
the sultry summer sunshine,  
I stare into the looking glass  
at the days gone by.

I see a reflection of myself  
and the person whom  
I used to be.

I was so very shy,  
and soft-spoken,  
with an unquenchable thirst  
for a better place in time.

Oh, how nervous I was  
to speak my mind  
or share my thoughts  
with anyone.

But I'm not *that* person  
anymore.

(I'm nothing like  
that timid little girl  
whom I left behind.)

And as I sit here staring  
into my own two eyes,  
I must assume  
that the little girl  
whom I knew so very long ago  
has finished serving her place.  
in time.

## **the moon**

the moon  
soulful synergy  
intoxicating, exhilarating, observing  
comforting my broken heart  
lumination

## **About the Poet**

Laura Minning began writing creatively at the tender age of nine. Her first poem was published by her Alma-matter in 1989, and her second received an Editor's Choice Award by the National Library of Poetry in 1993. Laura's work has been featured both in hard copy and on-line, via publications like "Literature Today," "Amulet" and "Stanzaic Stylings".

Laura received her first International Merritt of Poetry Award in 1995 and her second in 1998. Her outstanding achievements in poetry were internationally recognized again in 2005 by Poetry.com, bestowing the title of International Poet of the Year on to her.

Laura's first collection of poetry, "dear diary" was published by Vantage Press in 2003. Laura's artistic accomplishments have been equally impressive. She's been creating and exhibiting abstract work since 2013. Her pieces have been displayed at venues like the Iowa Children's Museum, the Trenton Free Public Library and Barcode.

The Barcode exhibit, held in 2016, featured thirty-six pieces of Laura's original abstract artwork. In 2018, Laura produced a chapbook, entitled "fusion", which featured photographic images of her artwork. As a person with legal blindness, Laura hopes to inspire other creative people with disabilities to never allow anything to hinder them from reaching for the stars and accomplishing their dreams.

For more information about Laura and her work, please feel free to log onto her website at <https://brcartandpoetry.wordpress.com>.