

Rise and Shine

It doesn't come when you sleep

But rather when you dream,

Because you're purposely blind

To the fact that life's harder than it seems.

You see it on the streets, at home, at school

But yet you always walk away

Because you're afraid that if it stares you in the face

You'll have no idea what to say.

You want to have power

And yet you run like a coward

It's almost like saying you hate sunshine

But hate it when the day is cold

Stop day dreaming like those famous people

Who have not a care in the world,

Who are in danger of forever sleeping

Listen hard for the alarm clock that's been ringing

Over and over

When will you start to hear the cries of other people's pain?

When you're ears start bleeding?

Come on, wake up!

It's time to rise and shine!

*Jackie Brownlee
Life Academy of Health and Bioscience
Poem of Special Merit, 2006*