

POETRY and LYRICS

Welcome! I invite you to take a moment to celebrate and honour your feelings and emotions with words. Create a space of self-care to stop, breathe and get in touch with your presence and express your innermost thoughts. This wonderful, creative exercise is an outlet to support your unexpressed or complex feelings. Any pain, trauma, grief, or confusion that you may not be able to confront directly, can be clarified through the art of poetry and lyrics.

Find your space, your peace, and take in a few meditational breaths. Let's begin!!

All you have to do is print and cut out the word table. Mix and match any of the words that resonate with how you are feeling at this moment. Look for themes and patterns in your creation that will identify your emotional state and needs.

AGONY	ACHE	ABRASIVE	ABLE	-ED
ARCH	ADMIT	ABSOLUTE	ACROSS	-ED
ART	ARRIVE	ABSURD	AFTER	-ER
AURORA	ATTACK	ACID	AGAINST	-ER
BELL	AWAKEN	AGHAST	AGO	-ER
BIRD	BLESS	ALOOF	AIR	-ING
BLOOD	BLOSSOM	ANCIENT	ALWAYS	-LY
BODY	BLOW	ANXIOUS	AMONG	-LY
BOOK	BREAK	APOLOGETIC	ANGEL	-NESS
BOY	BREATHE	ARCHAIC	AROUND	AGAIN
BRIDGE	BUILD	BESET	AWAY	ABOUT
BUTTERFLY	BURST	BEAUTIFUL	BACK	ALL
COURAGE	CALL	BEAUTY	BECAUSE	AM
CARESS	CAN	BITING	BEHIND	AM
CAT	CARRY	BLACK	BEING	AND
CHILD	CHANGE	BORED	BELIEVE	AND
CHOCOLATE	CHANT	BRIGHT	BELLY	AND
CITY	CHERISH	BROKEN	BETWEEN	ANY
CLOUD	CLEAN	CACOPHONY	BEYOND	ARE
COMPASS	COLLAPSE	CAGED	BITTER	ARE
DAY	COME	CALM	BLEAK	AS
DIAMOND	CONSECRATE	CAPRICIOUS	BLISS	AS
DUST	CORRECT	COME	BREATH	AT
ELEGY	BARE	CORNER	BRING	BE
ELIXIR	CRASH	DARING	BRUSH	BUT
EYE	CRAVE	DARK	BUBBLE	BUT
FAMILY	CREATE	DEATH	CANNOT	DANCE
FATE	CRY	DECREPIT	CAUSE	DULL
FEAR	CRUSH	DEEP	COST	EVER
FEET	DAUGHTER	DELICATE	CERULEAN	FEEL
FIELD	CUT	DELIGHT	CHURCH	EVER

FILTH	DECIDE	DIVINE	DELIRIUM	FOR
FIRE	DEVOUR	DIZZY	DESIRE	GO
FORGIVE	DISAPPEAR	DRAGON	DEVIL	GO
FREEDOM	DREAM	DREAMY	DIRE	HAD
FROST	DRINK	DRUNK	DISGUST	HAVE
FURY	EAT	DRY	DONE	HE
GAME	ENTWINE	DYING	EARTH	HE
GARDEN	EXPLODE	EBONY	ENEMY	HER
GIFT	EXPLORE	ECSTATIC	EUPHORIA	HER
GIRL	FALL	ELABORATE	EXCEPT	HIDE
GOD	FIND	EMPTY	FEVER	HIS
GRACE	FLEE	EPHEMERAL	FILTH	HIS
HEART	FONDLE	ESOTERIC	FIND	I
HELP	GAZE	ETERNAL	FLIGHT	I
HERO	GIVE	ETHEREAL	FOREBODING	IF
HISTORY	GLITTER	FAIR	FRENETIC	IF
HOME	GLOW	FALSE	FRIEND	IN
HOURL	GRASP	FINALLY	FUN	IN
INFANT	GROAN	FOOD	GRAVE	ING
INSOMNIA	HARM	FORTUNE	HAND	ING
JAZZ	HEAR	GENTLE	HEAD	IS
JOY	HOBBLE	GIDDY	HIGH	IS
JUICE	HOPE	GLORIOUS	HOSTILITY	IS
KISS	IMAGINE	GOLDEN	HOUSE	IT
LIFE	IRONY	GREEN	HOW	IT
LIGHTNING	KNEW	GUIDE	HOLD	LIKE
LIPS	KNOW	GUILTY	IDYLLIC	LIKE
LOVE	LAUGH	HEAVY	IMPATIENT	MAYBE
MARRIAGE	LICK	HERE	IMPISH	MIGHT
MELANCHOLY	LIVED	HOLLOW	INFINITE	MY
MINUTE	LIVID	HOLY	LEAST	MY
MIST	LOOK	HORROR	LUSH	MYSELF
MONSTER	LOST	HOT	MOON	NEVER
MORNING	MAKE	HUMBLE	MUSIC	NO
MOTHER	MASK	ICY	MUST	NO
NATURE	MELT	ILLICIT	NEAR	NO
NIGHT	MILLION	IMMORTAL	NEVER	NOR

NOSTALGIA	MINE	INCOHERENT	NOCTURNE	NOR
OFFERING	MIX	INTRICATE	NOTHING	NOT
PAIN	MOURN	IRON	OCEAN	NOW
PEACE	MOVE	LANGUID	OMINOUS	OF
PEOPLE	MOMENT	LIE	OOZE	OF
PEAR	MAN	LIVE	OPEN	OFTEN
PETAL	NEW	LIZARD	PASSION	ON
PICTURE	NONCHALANT	MAGICAL	PURPOSE	ON
PINNACLE	PASS	METALLIC	PUT	ONE
PLACE	PEEK	MISTAKE	QUIRKY	OR
PLEASURE	PLUNGE	MOIST	RARE	OUR
POWER	PREPARE	MYSTERIOUS	RAVENOUS	OUR
PRIDE	PRETEND	NOSTALGIC	RAW	OUT
PRIEST	QUEEN	PALE	READY	OUT
PULSE	RAVAGE	MEMORY	REVEAL	S
MIND	REST	PERFECT	RHYTHM	S
RAIN	ROAR	ROT	RISE	S
RAINBOW	RUST	PLAYFUL	ROBUST	S
RAY	SAVOUR	POIGNANT	ROOM	S
RIVER	SCORCH	POOR	ROSE	SHE
ROAD	SCREAM	PRAYER	ROUGH	SHE
SANITY	SEE	PROMISE	SANGUINE	SHE
SAVIOR	SEETHE	PURPLE	SCORN	
SEED	SEIZE	QUIET	SEEM	TAKE
SENSE	SHATTER	RANCID	SHARD	TAKE
SERENDIPITY	SHIMMER	RUEFUL	SERPENTINE	THE
SERPENT	SHIVER	SACRED	SHALL	THE
SHADOW	SHRIEK	SAD	SHOWER	THE
SICKNESS	SHRIVEL	SAFE	SON	THERE
SIGH	SING	SEDUCTIVE	SILHOUETTE	THEIR
SKIN	SLASH	SHARP	SKY	THEN
SLAVE	SLEEP	SHOW	SMOOTH	THEY
SLUG	SLINK	SHY	SNOW	THEY
SMILE	SLUMP	SILENT	SONG	THIS
SNAKE	SOAR	SILKEN	SPITE	TO
SNOW	SPARKLE	SLIPPERY	STAR	TO
SORROW	SPEAK	SLOW	STEAL	TO

SOUL	SPIRIT	SLY	SUFFER	TOO
SHAME	SPIT	SMUG	SWIFT	TOO
SPITE	SPRINKLE	SOMBER	SYMPHONY	TWO
SQUALOR	STAGGER	STARK	STRANGE	UN-
STONE	STAND	STEEL	THOUSAND	UNTIL
STORM	STARVE	STOLEN	THRILL	UNTO
SMOKE	SUIT	SWEET	TOWARD	US
SUN	SURRENDER	TAUT	TRANCE	US
TEAR	SWAY	TIMELESS	TRANSCEND	VERY
TEETH	SWELL	THESE	TREACHEROUS	WE
TENDRIL	TAKE	THICK	TREASURE	WE
TERROR	TANGLE	THROUGH	VACANT	WERE
THOUGHT	TASTE	TINY	VAIN	WITH
THUNDER	THINK	TIRED	VALIANT	YES
TIME	THROB	TRANQUIL	VAST	YES
TODAY	TOUCH	TRUE	VOICE	YET
TOMORROW	TRAVEL	UGLY	WEAVE	YET
TREE	TREMBLE	VAGUE	WEIGHT	YOU
TROUBLE	TRUST	VAPID	WHAT	YOU
UNIVERSE	TWILIGHT	VEXED	WHERE	YOUR
VAPOUR	TWIST	VIBRANT	WHEEL	NOW
WAR	UNDERSTAND	VIRTUOUS	SAVAGE	MORE
WINGS	USE	WARM	WHO	LOSS
WINTER	VOID	WEARY	WHY	SALT
WOE	WAIL	WHIMSICAL	WILLING	INSIDE
WOMAN	WANT	WICKED	WINDOW	EVERY
WORK	WEAVE	WILD	WISH	EACH
YAWN	WEEP	WITHIN	WONDER	EVIL
YEAR	WOUND	WRY	WRATH	LESS
ZEAL	YIELD	YOUTH	ZEST	ONLY
PEACE	USURP	LOSS	CURSE	ONCE
FAMILY	FURY	SORROW	WORDS	BED
SUFFOCATE	CRUSH	BITTER	ALONE	RUN
EXPECTATION	RAGE	VOICE	STARVE	SEE
GUILT	TRUST	HOLLOW	PIECE	FLY
ANYONE	FLAIR	KINGDOM	FLOAT	GAIN