



Nightmares, Dreams,
and
Other Things

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1. Road To Nowhere

The road stays long no matter my speed;
Everything goes wrong for those in need.

The road denies mercy to those hurting;
It doesn't freeze those who are burning.

The road is driven and often abused;
Many drive the road with a life to lose.

The road was made by a fearless soul
who crafted diamonds out of coal.

The road to nowhere is always open;
It never takes us where we are hoping.



2. Another Ghost Town

Past choices I've made
led me
to this very moment.
I have wandered for miles
to be free -
to know where
all the love went.
Years pass by
with my attention gone.
My head stays down
as people surround
me - a person not seen.
I don't know how
long it's been;
I forget about time.
I finally look up
to see no one around.
I am starting to think
It might just be
another ghost town.

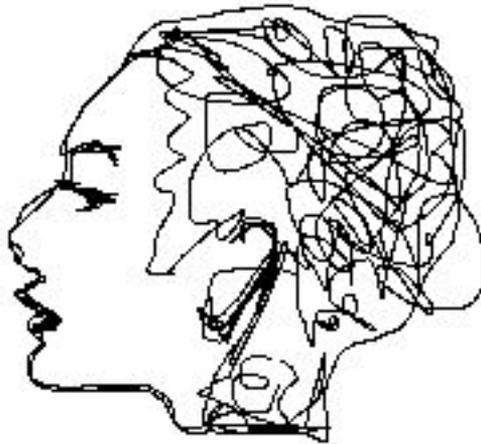
3. The Lost City

I've seen many places;
nothing seems like home.
I've seen old and young faces,
Reliving memories as I roam.
My city *was* great-
as well as its people,
but it's too late
for my city lost soul.
Spirits became weak
in my city;
We lost our way, over the years.
How I feel seems to be fitting
as the truth quickly became my fears.
The city soon fell;
Locals had to move away.
What is left of my city
are the stories I tell;
I hope to find
another city someday.

4. Lost In Thought (L.I.T)

I endlessly swim circles.
I keep swimming
in my thoughts.
I swim freely in this ocean
made up of my emotions.
Blue, vast, and open...
Just picture me floatin'.
Afraid to drown,
I look for help – I cry out.
I don't pretend.
Little did I know;
I was alone.
My swim turned into a float
as I faced the sun
while on my back,
This all happened before
I bumped your boat.
You saved me
from swimming some more.
My cry for help

echoed and carried
to another person listening.
You pulled me out.
I'm no longer afraid
because above the water
is where we'll stay.



5. A Thoughtful Marathon

I think back to the times we had
Finding the source of what makes me sad.
I remember bits and pieces of us:
Memories I can't completely trust.
I feel this pain cut so deep:
Haunting memories that won't let me sleep.
I forget some things but remember most.
I still remember... that's why I coast.
I can't seem to break this thought;
What we had can't be taught.
Your shadow casts as this pain lasts.
I run away to only see you;
I can't escape no matter what I do.
I keep on running until I'm free
knowing these thoughts will never leave.



6. Go For Broke

9:00 to 5:00:

I'm going live.

5:30 to 9:00:

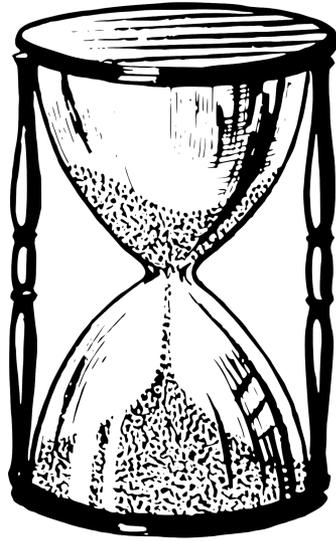
I'm losing time.

9:30 to 8:00.

Don't be late.

8:00 to 9:00:

I'm out of time.



7. Trust Your Gut

I'm being told how to live.

I trusted my gut; that's what I did.

I'm growing old today and tomorrow.

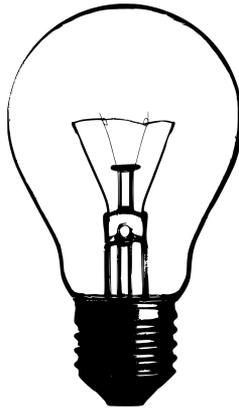
I'm growing old of yesterday's sorrow.

I trusted my gut all the same,

avoiding the regret that never came.

I trusted this feeling till' the very end.

I trusted my gut: a loyal friend.

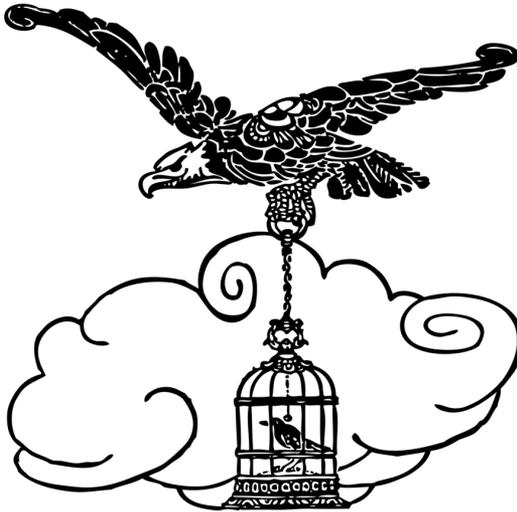


8. Hot Head

Beads of sweat build
On the surface of my face.
Eyes sweat-filled.
No signs of shade.
The sun beams down,
Surprising me often.
It comes around
As my skin softens.
Oh, heat! Give me a break.
I'm becoming a hot head.
The sun, I cannot shake.
It turns white to red.
Oh, heat! Please be kind.
I sweat and I sweat.
Oh, sun! You'll be fine
For it is time that you set.

9. The Zoo In You

We are boxed in from the day we begin.
Living in exhibits created by others.
We are boxed in, both ladies and men.
It is the same for both fathers and mothers.
The one track mind stays on repeat
and no one seems to change the song.
We tried so hard to move our feet
but we failed to even leave our seat.



10. Self Love

Do you love yourself
the way I love you?
Do you need help
to love yourself too?
I battle to become loved:
a battle I often lose.
I trust myself – it is tough;
I'm the one in my shoes.
I've loved and laughed
but I've lost myself.
I've thought and sat
as I've barely felt.
I've been lost and now I'm here
and now I can see I'm in the clear.
I've found love and looked within;
I've found love in places I been.
Let me ask, is life a task?
Please take off any masks.
Life is life. I don't know much.
All I know is I lost my touch.

I've run out of love. It's what I need.
Teach me to love, that's what I plead.
Life is hard, but I must succeed –
Show me how to plant this very seed.
First, you will learn to accept,
Move on, and know what's left.
Find love and give it to yourself
before you need someone else.
Smile... it may take a while –
Continue to love for every mile.
I love myself and you should too,
before the wrong people do.

P.S

I Love You and Always Love Yourself

Love,

Yourself

11. Wishful Thinking

Over and again, I wish it was different.

I want you to feel better.

You are always curious about where I went,
but the way it was didn't last forever.

This reoccurring scene is stuck on repeat
and it changed the way I live my life.

This heavy song still plays off-beat
from bright mornings to darker nights.

I truly wish for you to be happy;

I hope you find some peace at last.

I find that my feet are still tapping
to a familiar song from my past.



12. Stained Glass

The image I painted looks so strange;
I don't know where I went wrong.
I continue to stare: hoping for change.
My eyes have been hurting for too long.
What am I seeing? My version of you?
I stayed grounded when time flew.
I wanted clear skies when I felt blue.
I painted an image all too true.
The image I saw started to fade;
I still picture it the way it looked.
The canvas I used creates a shade.
I watch your movie when I'm booked.
I paint an image before I leave.
I stared and stared as time passed.
I paint an image before I leave
as everything I know fades to black.

13. Day Before Last

I've counted the days
and now I've stopped.
I've gone many ways
to get to the top.
I've seen the days fly
in front of my eyes
to only realize
my dream's demise.
I've learned so much –
What to do with it?
Memories go untouched
in a place, they sit.
Three, then two, then one.
Now, it is the day before last
And I don't know where to go.
I've lived my days all too fast
with regrets only I will know.

14. A Million Moods

Things. People. Moods

Change

Faster than I blink.

Thoughts. Moods. Feelings

Change

The way people think.

I have felt a million moods –

Each mood is a part of me.

I have moods with attitudes

Affecting me and how I see.

Life passed on with time gone;

I still feel a million moods.

I still feel both right and wrong

and a dying need to feel you too.

15. Reign, Reign, Go Away

The people have spoken; They're not pleased –
They feel as if they're not worthy.

The people are hopeless as their voices cease.
The people who reign are blind to the hurting.

The common person, the 99 percent,
smile and suffer in strange ways.

High above, where rain is sent,
an elite person creates the maze.

High on top is a life of comfort,
a place only some may go.

High on top, away from the dirt,
thunder reigns to and fro'.

Under your reign, you create the poor
that leaves people asking for more.



16. Molly's Moment

Reality is shifting. Can I adjust?
Spirits are lifting. Who to trust?
Perception altered. Time went fast.
Memories fade: Some unscathed.
I journey home. I forever roam.
Visions look different.
Nothing's the same –
Yet I remain
on a journey
to find home.
Hours, days, and weeks go by
And I look at the same sky.
Molly's moment feels so right.
This is her moment; This is her night.

A handwritten signature in black ink that reads "Molly" in a cursive style. To the right of the signature is a simple smiley face drawn with a circle and two dots for eyes.

17. No Harm / No Foul

Why mess with something
that minds its own?

Don't call someone
who hates the phone.

Receive harm
and stop
before giving it back.

Avoid the top
and stay on track.

See the pain
before it's shown.

Fan the flame
away from home.

Please Don't
Harm others;
Focus and breathe.

Inhale and smile:

Feel
LOVE.

Exhale

PAIN.

Enough is Enough.

Don't curse the rain!

No Harm. No Foul.

Live and Learn.

Appreciate the candle
as it burns.



18. Warrior

He who fights does what's right.

He who weeps loses sleep.

He who sleeps loses sight.

He who fights makes it right.

He who runs avoids the sun.

He who sits understands himself.

He who cries ends up wise.

He who lies loses size.

He who travels seldom unravels.

He who loves notices doves.

He who seeks isn't weak.

He who helps needs to help himself.

He is lost but knows what's right.

He is searching all day and night.

He is learning to narrow his sight.

He is turning darkness to light.

He has fought with nothing lost
to become a warrior in his battle.

He was trained to win his fight –
to beat enemies who appear in life.

