

# A TOWN CALLED HOPE

There is a town and it's called Hope,  
It's not a real town, but it's one that helps me cope.  
It's a town that I go to in my mind,  
A place where I can leave my troubles behind.

In this town there is a place for every mood,  
There is even a place if you want to let go of attitude.  
Whether high or low, you're always welcomed here,  
And you can stay until your mind is clear.

Hope is a Town you can go wondering without fear,  
You can stroll alone along the streets either far or near.  
It is a place where your mind can safely wander,  
You can be mindful and at peace as you ponder.

A morning walk in the park, hearing the Lark,  
Or just sit on a bench listening to a dog, in the distance, bark.  
Even sit in silence and not be disturbed,  
De-stressing and anxiety now so easily curbed.

An amble along the rows of shops, looking not buying,  
Or a walk to the outskirts of Hope, the trees I'm there spying.  
Sitting under leafy trees, my fears flow away from me with ease.  
And suddenly inside I feel so alive so this moment I seize.

Mindful in my own safe place, I sit and try not to grimace,  
Relaxing my face, arms and legs, feeling well out of the rat race.  
Feeling life surround me and then life around me I do embrace,  
I feel a smile appear on my face, the grimace it does replace.

Relaxed and happy and now well rested too,  
I now feel my mood heightened thanks to mindful rescue.  
Life has a new meaning, I no longer have to struggle or grope,  
All thanks to this town in my mind simply called Hope.

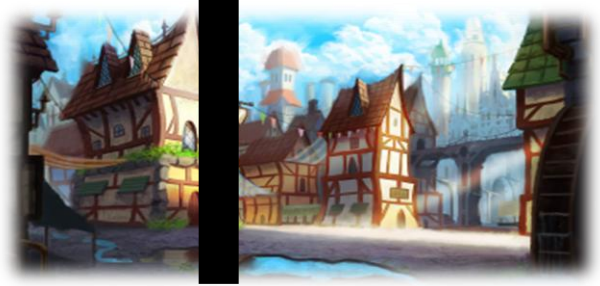
Now moving on from the comfort of the trees,  
I walk away with a following comforting breeze.  
Its gentle touch on my face and hands,  
The smell in my mind of these wonderful woodlands.

Along the path the sun's warmth filters through,  
And the sun glistens in between the trees in a golden hue.  
A silence falls on this woodland path,  
I have no care in the world and I care not for the world's wrath.

Back down the path I head towards Hope,  
Feeling refreshed and knowing now I can truly cope.  
In my hand I hold a letter containing all my anxiety,  
With it under my control, I'm ready to face the world and society.

On a street corner of Hope a red pillar-box stands,  
And I post my anxiety into the pillar-box's hands.  
I can now face the world's islands and lands,  
I can now deal with what the world of me demands.

As I walk down the High Street with a skip and a jump,  
I no longer feel my shoulders slump.  
Head held high and a mind relaxed,  
I no longer feel my body burdened and my mind taxed.



Hope has given me a dream for the future,  
It's even given my life a structure.  
Forward I go facing what may come and interlope,  
And I know if I need help there is always Hope.

I'll never leave this Town called Hope,  
I'll take it wherever I go.  
And when I need to go to a good place where there is plenty of scope,  
I'll come to my good place and it's a Town called Hope.

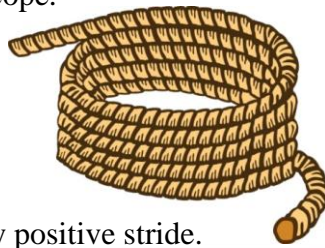
It will never desert me in my time of need,  
It will always be there to help me succeed.  
And if I ever feel on a downward slope,  
I know that I can rely on a Town called Hope.

Although you cannot see it, I know it is there.  
My lone figure Hope will see and it will at times see my despair.  
But it will come and take me to a place I know well.  
And there I will dwell for a spell waving my anxiety farewell.

Those trees, that town, that I know so well in my mind I'll see,  
Allowing me freedom just to be me and allowing me to be truly free.  
And being free I won't feel empty inside I'll only feel glee.  
So now relaxed I will be carefree and move on happily.

And I know that I'll manage in this Town called Hope.  
Hope gives me a feeling of expectation and desire to cope.  
I won't scrutinise my life under a microscope.  
I won't be tied down by a heavy rope.

I'll just let this Town be my guide,  
I'll go along for the ride,  
Hope will always stay by my side.  
It will continue without fading, helping to carry on my positive stride.



**Martyn**

***HOPE***

