TRANQUILITY A COLLECTION OF LYRICS TO POEMS

BY ALIX BABIAK

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PREFACE

Like when you curl up and put your head on a pillow. Just glad to be home. You've fallen asleep to laughter and joy and someone who says it's all going to be alright.

Like when you watch a river flow and think of all the good things in your life. Then you are interrupted by a child's beautiful smile.

Like when you hug someone a nesle your face to their shoulder and admit to yourself you really need them.

Like when you feel a sense of contentment just knitting a scarf, cooking a meal, taking a walk and feel you are succeeding.

Like when don't need tranquil, calm, peaceful surroundings to feel a sense of contentment. What you need is to feel good about yourself and to have a purpose. For me it's helping others . . . for you it might be something else.

THIS BOOK IS JUST A COLLECTION OF POEMS
THAT CAN BE CHANGED TO LYRICS,
YET, SPOCKEN SOFTLY . . .
WHO NEEDS MUSIC AT ALL!

AND TO BE HAPPY WITH WHAT GOD GAVE YOU AND WHAT YOU HAVE GOTTEN FOR YOURSELF...

TRANQUILITY IS LIKE DANCING WITH THE WIND NIMIHOTWAK KITHOWIW OHAI . . .

I LOVE TO DANCE
DANCE WITH THE WIND
DANCE WITH THE STANCE
OF A PONY'S PRANCE
WITH A HEEL AND TOE
AND AWAY I WILL GO

6

Two young people
The story is so sad
So many times could have we saved the World
They tried . . .
Every time it turned out so bad.

It's a whirlwind this life you know Sometimes high, Sometimes low Walking in Circle Trying to find a path Having ecstatic dreams Facing Reality Shown a Life like that.

One young person went to war
The other took care of the children
As the bombs in their home town soared
Nobody knows what happened
To the person who went to war
They said the ship was shot down
The fair person just kept taking care of the kids
And walks in sadness in their home town.

The children grew up
Had children of their own
One person went to another war
The other person just stayed at home
It is said the ship was shot down
And the other person
With sadness in their eyes
Just stayed right at home

7

When Dreams Become a Reality
And you keep Liv'n in Your Dreams
When every place you are
You just don't want to be
But you don't know Where Your go'in
And there is Nowhere left to run
So you just keep liv'n
Letting everything pass you by

No caring, oh yah hurting So yah, Just keep liv'n Oh, Your liv'n in Your Dreams

People talk
But you can hear
You don't listen
And you cannot Speak
Some don't understand you
And most don't really
Cause you've lost your will to dance
Just liv'n in your past
Seeing no future
Only hurt and pain
Amidst Your Lonely Game

TRY NOT TO EVER GIVE UP AGAIN

8

I was sitting on a park bench
By the River and the Trees were Blowing With the Wind
The Wind came up like an Ocean
Pushed Me to the North, South, East and West
It was a rush... Then the Rain Set In.
I always looked at the Trees.
Yes, Blowing With the Wind.

I pick a branch to dance with

Gently move my head It give A sense of Freedom and comfort That love should Always Surround You That love Wins Everytime.

As I dance a pirouette in front of the Mirror
Every time I have to face the Mirror
I realize I have to make changes in my Life
The way we all are inside
Yes, the person in the Mirror tells all our Secrets.

I was looking out my window Felt there was so Much Hate and Prejudice Out There People dying while others are Laughing Yes a Tragic Comedy.

We have to stand togherther
To Change all of this
Bring Love into the World Again
The World Changed in a Minute
With the World Trade Tower Bombing
The world Blew Up That Day.
What I mean is
Everyone would be afraid of Terrorism, War
Hate, Discrimination, Crime, Technology, oil spills
Climate Change and Big Brother Forever.

9

It is all in God's and Your hands Who's hands is the universe really in now?

When the World Come to an End, Is there Hope?
You still have your own circle of people you love.
When you make them Happy
It Brings a Sense of Contentment and Peace in Your Heart.
Yah, there is hope in your little circle

If you don't have anybody, be careful . . . Reach out and touch someone if you can. Talk of the future and figure out in your own way How to fix things for yourself Then for Everyone.

Without Power, Without Glory Only Unconditional love Only meant for a Few.

10

I was just standing outside in the middle of the field next door. The Wind just picked up suddenly, like God said it was time to sore. When the Wind was howling around and around, through the trees and fields with a very roaring sound. I just stood still, trying to keep my feet planted on the ground, then I ran with the wind, someone must have sinned. Ran to my home and closed the door, had a sigh of relief and just great peace.

Who knows what the real love is . . . it just doesn't mean holding and a kiss. It is a feeling of great joy and peace and sense of responsibility that can hurt and bring you to your knees, it can crush you or bring you to a sense of fulfillment, or ecstacy that you never have had. Who knows what the real love is . . . it just makes the world go around, silent and without a sound.

Well, I still smoke and drink too much coffee. When I am ill, I don't kneel to pray. I am an independent woman and think you can pray anywhere. I strongly believe in multiculturalism and have given lots of things away. Have tried to protect God and the miracles. Believe what goes around, comes around and if there wasn't a God, Nothing would exist.

The music rushes through you. It takes over . . . You Move. A sense of freedom is all that is left to do. It brings much joy . . . Something to look for once a day. Look at Today, Tomorrow and not Yesterday.

Happiness to Pain, It's all done over again. One life we have to live, If you only get and don't give, there is not meaning, only pain, in a lonely game.

11

Laws are not made to be broken. They are there to protect you from the bad guy we all have inside. They make all of us safe . . . when you lose self-control . . . the Authorities are the patrol.

In the Land of Ottorlee. It's against the law to be mean. There are prairies and rolling hills and Angels dancing with the wind.

12

It's Too Hard To Hate
It takes You Faster to the Pearly Gates
Yes, It's Too Hard to Hate
It will Tear you Apart
Someone will Stab You
With All Their Darts

Hate Breads Hate More Hate, More Hate Solves Noth'in But Destruction Ruins You, Ruins Others Hate Breads Hate

How Do You Overcome Hate?
I Think You Look To the Good in the World
Your Fellow Humans
Hard to Find You Know
If you Can Put a Smile on the Face on the Bad
You Have Time to Escape
All the Hate

Hate Breads Hate More Hate, More Hate Solves Noth'in But Destruction Ruins You, Ruins Others Hate Breeds Hate Why Do The Sparrows Fly Away?
Why do Geese Never Come Back?
Maybe Because They Are Afraid
Why Does On A Beautinful Day
Everything Gets So Ugly and Dark?
What More Can the Universe Stand
All the Inhumanities to HumanKind
And All the Living Things in the Land . . .

14

All I can do is Give You A Hug Hold you Close Smile in Your Eyes Miss You the Most.

You Don't Remember Me All that you have had So we'll Make up Stories That are only Good, not Bad.
I'll Hold you in My Arms
I will remember the true Story
Of our life filled with Tragedy
But we Still Stayed Together

All I can do is Give You a Hug Hold you Close Smile in your Eyes Miss you the Most

We still stayed Together
But you Don't remember
Through the Glory and Pain
To us,
Life was Just Not a Game
You Just Can't remember
Even the Joy of Us
I guess, Not Happy Together

All I Can Do is Give You a Hug Hold you Close Smile in your Eyes Miss you the Most . . .

15

In a World full of Lawlessness,
Anarchy and Sexual Perversity
In a World full of Violence, War and Destruction
Nothing being Genuine
In a World full of Celebration, Spectacle and Adventure
In a World where doing things for thrills is a common thing
In a World full of horror and little Sanity

Can we Find a Beautiful Trust and some Joy?

We don't Want War No More
We want a simple way
Where everything is Accepted
Every Opinion, Every Size and Appearance
Of Human Kind and A Smile
Just for Peace and Kindness
We just don't Want War No More

In a World full of Political Uprising
People Fighting for Power
Can We find that Simple Life of Peace and Kindness
We just don't Want War No More...

16

You have your Own Land
With a House and a Beach full of Sand
You have Clothes on Your Back
Food for Everyone in Your Family
Joy with the Smile they Bring
Yes, You have it All...

The one Day, you come Home

To find you have Nothing Left
It could be a bomb, fire, a flood or theft
Or it could be some People
Out for Your Blood.

Your Heart Falls to Your Stomach With Repulsion You fall on your Knees You are Breathless

Now what can you do without Nothing? You have mouths to feed No Shelter If you are Lucky, you have a Car You find the strength to Just Walk Away From the Destruction

Hope you will find a Helping Hand Joy to Violation You'll never Overcome It Too Many of Us Have Seen it So believe It!

17

When you feel hurt and pain
Paint a Picture in your Mind
With the Wind Blowing Through Your Hair
Look Around and See Only Beauty
Think of all the Wonderful things about your life
Take One More Look Around
Curl Yourself up
Try to Go to Sleep

Close Your Eyes Smile Think of all the Fun and Joy You've Had The Hope that you will have another Day Or You will be taken away

18

There is a Time to Leave Your Broken Body Someone said "That Means Dying, Doesn't It?" No, it means You Sleep Forever and Do not Remember...

The humans spend too much time Trying to Fix their Broken Bodies Isn't there a Time to Just Say Good-Bye? Don't you get Tired
Of All the Troubles in Your Life
The Trouble Continues
Even when Everything is Right!
You've Done Everything You've Dreamed to do
Everyone you've been Responsible for
Are all Taken Care of
So Tired and Warn out
With your Broken Body.
Isn't it Time to say Good-Bye!

19

It takes an Artist's Hand
To Fix the Broken Pieces
It takes a Craftsman's Hand
To Put the Pieces Together
It takes a Construction Worker's Hand
It all depends on the Weather
That's How it Used to Be
Now Artificial Intelligence Rules the Land

This lead to silence
Holding my tongue
Because now those Broken Pieces
Will never be fixed
I feel sorry for the Young
It should be God ruling the Land
Now there is just violence
We have forgotten the 10 commandments
The World is full of a bunch of Bandits

20

You'll Find in Time
All those Failures
That People Have
Become Ideas
For a Chosen Few
Then All those Failures
Become Dreams That Come True . . .

The Walls That You Walk Into
The Doors That Are Closed
There is Always Someone in Time
That Will Open Their Heart Up To You

If Your Ideas Fail
Try Another
If You Run Out of Ideas
Rest Your Mind
Then do Something that is Kind
Maybe Those Ideas to a Chosen Few
Will Become a Dream Come True . . .

The Walls That You Walk Into
The Doors That Are Closed
There is Aways Someone in Time
That Will Open Their Heart Up to You

21

Why can't we All Get Along
Understanding, Acceptance
The I'm O.K., You're O.K. Perserverance

Can't We All Get Along
Stop the Anger and Hate
Or are We Destined to Violence

Is it just Too Late?

Can't We All Get Along
Respect for one Another's Values and Beliefs
This Better Than Me
Better Than You
Has to Disappear
Just Get Down on Your Knees
Pray
Or we Won't Have Another Day

Can't We All Get Along
Some People Just Find Peace
In A Song
Or the Quiet of Sunrise
Or the Beauty of Dusk
Maybe This will Take Away
The Anger and the Hate
Maybe just Because of This
It Might Not be Too Late

22

There Was A Time
We were Free
In This Country
Of Beauty and Sincerity
No Door was Locked
We could Skip Down the Street
When lost . . .
A Neighbour Would Find You

You did not have to Worry About Being Shot

The Wind Could Blow
Through Your Hair
You just Would Not Care
Then Came the Hate, War and Terror
I guess Always There...
Yet in this Country
Of Beauty and Sincerity
The Hate, War and Terror
Was Just Slowed Down...
Then you open Your Eyes to Reality
This is the Situation Now.

With Great Sadness
I write this Poem . . .
Yet When Broken Down Completely
You always will find joy again
In making a Bad Situation
Better Again.
It is difficult picking up the Broken Pieces
Or ever putting the pieces back together.
Just Try and Try Again
Until the day you die.

IT'S JUST ABOUT LIFE

23

Joy makes life beautiful Love will only break your heart Knowing that one day You'll be apart Joy makes life beautiful Sunrise, Sunset As seen through your Eyes They come everyday There are no more Goodbyes

Joy makes life beautiful
A starry night, a child's smile
A valley filled with sweet delights
A river rushing, a glacier part,
A Beautiful Garden made with your own two hands,
A finished Product, a job well done
Joy makes life beautiful
Love will only break your heart
Knowing that one day
You'll be apart.

24

Pea Porridge Hot
PeaPorridge Cold
The Brits are very polite
Fish and Chips
Are there Delight
In Spain
The People are Flamboyant,
Paelo, Flaminco, Blue Oceans and

There is the Siesta In Portugal They really like to Fiesta In Africa There is Drumming **Dancing** That keeps everyone together In France Ballet, they are the founder of the Art Yet, the Minuet is the Dance That plays it's part In the Ukraine Sad to Say, ruins and rubble Same with Russia, the Middle East, Taiwan, North and South Korea Don't forget Afganistan, Pakistan and India, Just too much trouble . . . On a Brighter Note There is New Zealand and Australia No Guns, Pretty safe still The only place there is still hope Canada, U.S.A and Mexico Are all in trouble So is South America There is the Cartel The Artic Cirles are Melting So close Your Eyes and Imagine

25

A New World filled with Kindness and Hope Law and Order and Self Control Out of the Darkness With the Beauty of a Sunset Sky Silence, Where all you can hear is a Sigh Things are not so hopeless.

In Spring
Everything Comes Alive
You Can smell the Fresh Air
Enjoy a Warm Sunny Sky
New Lives Are Born
Time to Start Anew
In Summer
It's time to Relax and Fiesta

It's hard to Work Yet Also a good time to Siesta In Autumn Everything seems to Begin School, New Projects, New Homes Time to Take Care of you Kin The colours and beauty of the season Gives you the will and the Reason In Winter It's Time to Bunker it All Down The Main Thing, Keep Safe and Warm Time for Christmas Cheer No time to Scorn These seasons Are only found in the Northern U.S, Canada Yes Russia How lucky We are that Here we Were Born!

27

There is Nothing Like a Good Song
The Music Rushes Through You
What Used to Happen
We All Got Along
We Used to Feel Such Joy
Start to Move So To Speak
All that Happens Now
Is That You Hold Your Hands To Your Ears

Burst Into Tears

There is Nothing Like A Good Song
Especially in a Dancer's Eyes
It used to a Work of Art
Now It's Abstract, Weird and Technical
The Music Play
Like a Dart To Your Heart
You Start Convulsing
Like it is so easy, Like Nothing

Where did the Sanity Go Like When You Heard a Good Country Song You Could Stomp your feet Like Nothing Now you get Injured and that is Something

There used to be Nothing Like A Song . . .

28

(Toast to Steinbach, Manitoba Canada)

There is a place in the Country of Ocean
The of Brie can be found there
There are Rolling Hills, Green Lush Grass,
Flowers Everywhere
There is a Sense of Community
Where Caring, Kindness and Respect

Are the Going Thing

If Ever You Are Down and Out Go to the Town of Brie You will Get Help

There is Everything in the Town of Brie For You to Live a Safe, Healthy Life You will find Prosperity Food, Shelter and Clothing Always a Positive Good Life

Is This what the U.S.
Call the American Dream?
It is Sort of Like That
Yet Found in the Land of Oceana
Where Everyone is Kind
It is the Place to Be, it Seems
Keeps You Sound of Mind

If Ever You Are Down and Out Go to the Town of Brie You will Get Help

29

The Rivers, Lakes and Oceans Covered the Land
The Waters Finally Receded
There Was One Place
Where Humankind Could Run
It Was in the Beautiful Country of Oceana
The Town of Brie, It was Called
Survival
Due to the Fact

People believed In not Sinning Revival That was where Sweet Jesus Lived If only for a Little While IN CONCLUSION

LEARN YOUR LESSONS WELL

BE GOOD THE PEOPLE WHO ARE GOOD TO YOU

FIND SOME JOY AT THE WORST OF TIMES

TURN SOMETHING UGLY INTO BEAUTIFUL

TRUST YOURSELF ONLY

THEN WHEN YOU TURN OLD AND GREY

THE GOOD AND BAD MEMORIES WILL MESH TOGETHER

YOU MIGHT BE CRYING FOR ETERNITY

OR YOU'LL FIND PEACE
IN THE ARMS OF GOD

I LOVE TO DANCE BUT MORE I LOVED THAT LITTLE PERSON WITH THE BIGGEST HEART IN THE WORLD.

ABOUT THE AUTHOR

ALIX BABIAK IS A PLAYWRIGHT, DIRECTOR, CHOREOGRAPHER AND PRODUCER. SHE HAS WRITTEN, CO-WRITTEN, DIRECTED, CO-DIRECTED, CHOREOGRAPHED, CO-CHOREOGRAPHED MANY THEATRICAL AND DANCE PRODUCTIONS FORSUCH PLACES AS YORK UNIVERSITY IN TORONTO, THE ROYAL DANCE CONSERVATORY IN WINNIPEG, STARBURST DANCE STUDIO IN ST. MALO, MANITOBA, MANY SOCIAL AGENCIES FOR THE INTELLECTUALLY AND PHYSICALLY DISABLED AND

THOSE WITH MENTAL HEALTH PROBLEMS. ALIX IS CONSIDERED A DANCE AND THEATRE ARTIST WITH THE CANADA COUNCIL OF THE ARTS AND A LITERARY AND THEATRE & DANCE ARTIST WITH THE MANITOBA ARTS COUNCIL. ALIX HAS HER BACHELOR OF FINE ARTS HONOURS, MAJOR DANCE, MINOR THEATRE FROM YORK UNIVERSITY IN TORONTO, ALIX'S 1ST YEAR AFTER-DEGREE PROGRAM FROM THE UNIVERSITY OF WINNIPEG AND ALIX HAS A MENTAL HEALTH WORKER CERTIFICATE FROM MANITOBA EDUCATION AND TRAINING. ALIX HAS WRITTEN SEVEN BOOKS THAT INCLUDE "WORKS FOR THE BEAUTIFUL MIND", "OUR FRIENDS . . . IN GOOD TIMES & BAD", "THE BOOK OF LIAM" AND "MY HEART & MY SOUL", "JUST ABOUT LIFE", "BEAUTIFUL TRUSTS" AND "SECRETS OF DANCE". "BEAUTIFUL TRUSTS" IS ONE OF FIVE BOOKS OF PLAYS, STORIES AND POEMS IN THE LIBRARY ARCHIVES OF CANADA. ALIX SPECIALIZES IN CHOREOGRAPHED BASED DANCE/MIME MUSICAL PLAYS.

ALIX HAS RUN ALIX'S OWN DANCE SCHOOL IN ST. MALO AND BROUGHT THE ROYAL WINNIPEG MANITOBA HYDRO SATELLITE PROGRAM TO ST. MALO (WHERE SHE COORDINATED AND TAUGHT). ALIX ALSO CONCEIVED AND TAUGHT THE INTELLECTUALLY & PHYSICALLY DISABLED DANCE PROGRAM IN ST. MALO AND CONCEIVED, COORDINATED AND TAUGHT THE ART PROGRAM FOR THE INTELLECUALLY & PHYSICALLY DISABLED IN ST. MALO, BRINGING IN CANADIAN ARTISTS FOR WORKSHOPS AND PRODUCED ANNUAL PLAYS. OVER THE PAST 6 YEARS ALIX SPENDS HER TIME MOSTLY PLAYWRITING, WRITING AND DOING CHOREOGRAPHY. ALIX IS ALSO PAST PRESIDENT OF A NON-PROFIT ARTS ORGANIZATION CALLED ARTS FOR THE BEAUTIFUL MIND, PAST ARTISTIC DIRECTOR OF WORKS FOR THE BEAUTIFUL MIND, PAST PRESIDENT OF THE ST. MALO/ST.PIERRE ARTS COUNCIL AND PAST PRESIDENT OF ARTS FOR THE MIND INC. OUT OF WINNIPEG, MANITOBA.

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