



millennial
pain

- an ocean of emotion -

YANA MAYA

poetry is dope
this is how I cope

hey rebel,

*if you are in need
take that book and read*

*give up your control
and dive into your soul*

I feel you.

truth.

I love your vibe, you are so glowing!
- It is the dark that I'm outgrowing.

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Yana Maya

The Soul Philosopher

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An Ocean of Emotion

111 poems about

Thoughts

Feelings

Insights

Truths

of the millennial generation

fear

I don't feel save
riding this wave
because that emotion
is deep like the ocean
and as I look down
I'm scared I will drown

but I begin
I'm heading in
I jump inside
where is the light?
I'm full of fright
am I alright?

I almost died.
At least I tried.

alive

though there is more rain than sun

I realized that it is fun

to go inside and be with it

and maybe just a little bit

but what it brings, this inner dive

is that I somewhat feel alive

anger

sleepless in bed
in the middle of the night
in my head
there's an ongoing fight
I'm telling you frankly
I'm so freaking angry

anger potential

it sometimes feels wrong

it always feels strong

this energetic load

can open up the road

it makes me innovative

and highly damn creative

body

anger is heat

sadness is cold

on constant repeat

so much that I hold