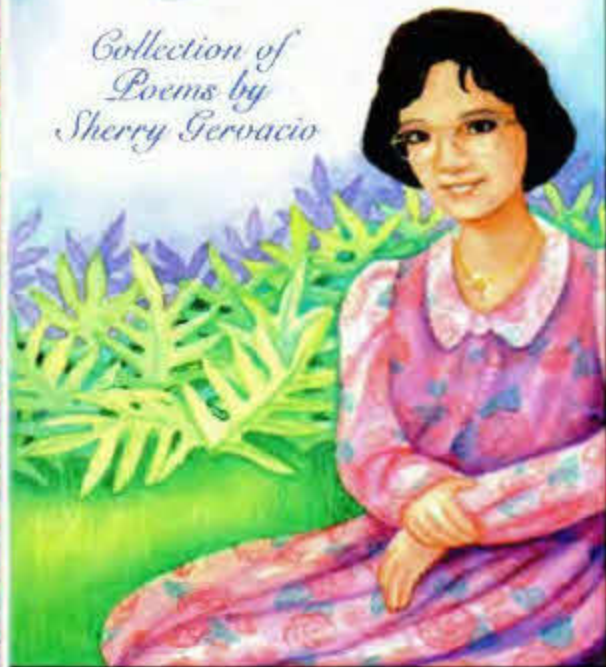


Journey of My Heart

*Collection of
Poems by
Sherry Gervacio*



This book is dedicated to all of the people who had faith in me, especially my mother, Matea Cruz Gervacio, for her unfailing love and support. She is the one person who gives me the strength to live and pursue my dream. This book is also dedicated to all of my doctors at Tripler Army Medical Center, my nurses, and therapists who have taken care of me throughout my life.



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Poetry Of My Heart

*I have a song deep, deep in my heart
That comes from the boundaries of my soul.
A song overflowed with special meaning in my life...
A song filled with poetry of emotions...
It is the Poetry of my heart.*

*I have a song deep, deep within myself
That is yearning to come out.
Feelings I hide...
Feelings only my heart can see...
It is the poetry of my heart.*

*I share the hardships in my life,
The tears in my eyes...
The anger and fear I feel inside...
An emotional window of myself...
It is the poetry of my heart.*

*I write to express how I feel.
I write from what I know.
The sadness, anger, and joy...
That comes deep, deep within me.
It is the poetry of my life.
It is the poetry of my heart.*



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Reflections Of Ones Life

I see myself in the mirror.
I see a reflection of ones life.
I see a vision of a shy, skinny girl.
A glimpse of a little girl full of life,
The life she has left behind.

I see myself in the mirror.
I see a reflection of ones soul.
I see an image of a frail, young woman,
A girl in a wheelchair.
The girl who lost everything,
All of her hopes and dreams shattered...gone.

I see myself in the mirror.
I see a reflection of the life I have.
I see my mother who stood by me throughout it all.
I envision my sisters...my brother...my family...my friends.
I picture the ones who love me.
I have faith in the doctors in my life.
I have faith in God.
I have faith in the angels in my life.
I have strength in me.



A Prayer Of Hope

When I am feeling down or blue,
I send a prayer to the lord up above.

I pray peace.

I pray for guidance.

I pray for faith.

I pray for the belief in myself and in others.

When I feel like crawling under a rock,

I send a prayer to the lord up above.

I pray for peace within myself.

I pray for the ones who love me.

I think about the ones who care.

I think about the ones who were there.

When my mother is crying,

I send a prayer to the lord up above.

When my mother is feeling dreadfully sick,

I send a prayer to the lord up above.

I pray that she lives until she is old and gray.

I pray that she has forgiveness in her heart.

I pray that I ascend onto the heavenly skies before she does.

When I do not understand why this world is filled with hate...

Sorrow...

I send a prayer to the lord up above.

I pray that everyone finds peace in his or her mind.

I pray that they find true happiness in their hearts.

I send a prayer to the lord up above.

I have faith in him.

I believe in hope.



Journey Of My Heart

Sherry Gervacio was diagnosed at seventeen with Reducing Body Myopathy, a rare form of muscular dystrophy which has left her wheelchair and ventilator dependent.



Unable to speak, Sherry has found her voice in poetry. Poignant and inspiring, her words document a young woman's journey and triumph through faith and the love of family.

Sherry believes that no matter what obstacles you face in life, your dreams can come true.

Remember Me

*When you remember me,
Remember the special people in my life.*

Remember...

*My loving family,
My thoughtful and treasured friends,
The caring and compassionate doctors and nurses
that helped make living possible.*

*When you remember me,
Reflect on the special moments in my life.*

Remember...

*A little girl laughing in her father's lap,
A little girl singing an uplifting song in a Christmas choir,
A family cares for one another.*

*When you dream of me,
Remember me.*

Life is filled with hope and possibilities.

- Sherry Gervacio -