# **Staying Human: New Poems for Staying Alive**



#### Staying Human: new poems for Staying Alive by Neil Astley

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In a world that is often chaotic and overwhelming, it can be easy to lose sight of what it means to be human. We can become bogged down by our responsibilities, our worries, and our fears. We can forget how to connect with our loved ones, how to appreciate the beauty of the world around us, and how to simply be present in the moment.

The poems in this collection offer a much-needed reminder of our humanity. They explore the full range of human emotions, from love to loss, from joy to grief. They celebrate the resilience of the human spirit and the power of hope. And they remind us that even in the darkest of times, we can find ways to stay alive.

These poems are not just for the faint of heart. They are for anyone who has ever struggled to make sense of the world, for anyone who has ever felt lost or alone. They are for anyone who is looking for a way to stay human in a world that is often anything but. So take a deep breath and open your heart to these poems. Allow them to remind you of the beauty, the strength, and the resilience of the human spirit. And let them help you to stay alive.

## Table of Contents

- Poem 1: The Human Condition
- Poem 2: The Power of Love
- Poem 3: The Resilience of the Human Spirit
- Poem 4: The Importance of Hope
- Poem 5: Staying Alive

#### Poem 1: The Human Condition

We are born into this world naked and afraid, And we leave it the same way. In between, we spend our lives trying to figure out Who we are and what we're supposed to do.

We are all different, and yet we are all the same. We all have hopes and dreams, fears and insecurities. We all want to be loved and accepted. We all want to make a difference in the world.

The human condition is not always easy. We face challenges and setbacks every day. But even in the darkest of times, We have the power to choose hope over despair.

We have the power to choose love over hate. We have the power to choose life over death.

The human condition is a gift. Let's make the most of it.

#### Poem 2: The Power of Love

Love is the most powerful force in the universe. It can heal wounds, mend broken hearts, And make the world a better place.

Love is patient, love is kind. It does not envy, it does not boast, It is not proud.

Love bears all things, believes all things, Hopes all things, endures all things.

Love never fails.

When we love, we are opening ourselves up To the possibility of being hurt. But it is a risk worth taking.

Because love is the only thing that can truly make us whole.

#### Poem 3: The Resilience of the Human Spirit

The human spirit is an amazing thing. It can endure hardship, pain, and loss. And it always comes out stronger on the other side.

We have seen this time and time again throughout history. People have faced unimaginable challenges, But they have never given up hope.

The human spirit is unbreakable. It is a force to be reckoned with.

So never give up on yourself. Never give up on your dreams.

No matter what challenges you face, You have the strength to overcome them.

#### Poem 4: The Importance of Hope

Hope is the light that guides us through darkness. It is the belief that things will get better, Even when they seem impossible.

Hope is what keeps us going when times are tough. It is what gives us the strength to keep fighting, Even when we feel like giving up.

Hope is a powerful thing. It can change our lives And the lives of those around us.

So never give up hope. No matter how difficult things seem, Always believe that things will get better.

## Poem 5: Staying Alive

Staying alive is not always easy. There are days when we feel like giving up, When we feel like we can't take it anymore.

But we have to keep going. We have to keep fighting. We have to keep staying alive.

Because there is always hope. There is always a reason to keep going.

So stay alive. Stay strong. And never give up hope.

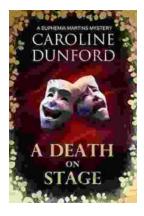
The poems in this collection are a reminder of the beauty, the strength, and the resilience of the human spirit. They are a reminder that even in the darkest of times, we can find ways to stay alive.

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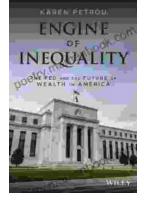
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