

CREATURES

A BEDTIME STORY

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CHAPTER 1

SUNRISE, SUNSET

Remembering Rome.

Rest in Morpheus' arms

Son of god Somus

of sleep, dreams and charms.

Tucked up in covers.

Down pillows abound.

Comforting teddy bears.

Silence is its own sound.

Toss and turn for a while

'til you feel just right.

Snug bug in a rug.

Out like a light.

Curled up in comfort.

Plush pillows deep.

Head in the clouds.

You can always count sheep.

Sunrise in the East.

Sunset in the West.

Life faces all directions.

Who's to say which is best.

Encompass a compass.

Any direction will do.

Stand on your head.

Try something new -

When you're not sleepy,

not feeling like slumber,

you count to a zillion

but it's too small a number.

Not feeling drowsy?

Not even a cat nap?

Your favorite stocking hat,

not the right night cap?

**Crash, drowsy and doze
don't always come with ease
when all you might want
is to catch some *ZZZs*.**

Roadblocks abound.

No 40 winks.

No Land of Nod

as life works out the kinks.

The traffic outside.

The chirp of a cricket.

Hoot of an owl.

Frogs in a thicket.

Comforting sounds.

A song in your head.

Rain cleanses a tin roof

as you lay in bed.

Eyes wide open

or gently close.

Sights come and go

while we repose.

Pick any spot.

Any spot will do.

Notice colors and shapes.

Find something new.

**Inside or outside,
maybe the North Star.**

**Gaze to the sky.
After all, it's not far.**

**Flickering firefly
a glimmer of light.
Something so dim.
Something so bright.**

**Candle in the window.
Night light in sight.
Flickering reminders
of dawns early light.**

**Thoughts all adrift,
raft on the ocean
gliding on waves
without a notion.**

**Bright heavens above
graceful stairs to the stars
and galaxies beyond
with dolphins on Mars.**

**Wonderful wild horses
with flowing manes
floating on clouds
without any reins.**

**Down to the depths
or universe so clever.
Some gone in a flash.
Others go on forever.**

**Like an old friend
there's nothing to do.
No need to catch sleep.
It will always find you.**

**Sleep overcomes.
In between there lies
plenty to do
between sunset and sunrise.**

CHAPTER 2

SWEET DREAMS,

Hopes, Wishes and Puzzles

Dreams come to visit,
free to come and go,
have their own time,
bring you in tow.

As daylight dims
and drifts into night
we carry emotions,
sometimes out of sight.

**Each of our days
carries a picture, a sense
which lingers in time,
some obtuse and dense.**

**Dream of a story
which may linger for days.**

**Others flash in a pan
fragment, never stays.**

**Dream of an epic
with stories grand
or tidbits and trifles
like grains of sand.**

**Enigmas and puzzles,
rays of quizzical dreams
defying common sense,
filled with radiant beams.**

**Stories may go forever,
rounde and round very clever.**

A fugue that repeats.

End? It will never.

**Dreams take the pieces
of all our emotions,
that need a place to go
turn dreams into potions.**

**Dreams let you sense,
expand and contract,
turn daytime inside out,
visions of future and past.**

**Dreams... all bets are off
if you happen to toss
your chili dinner
with too much hot sauce.**

**Days filled with wonder,
endless delight bring.**

**Other days coiled.
Wound tight like a spring.**

Days filled with confusion.

A Gordian Knot.

Hopes for the future.

Perhaps wishes for naught.

Dreams pictured clearly

others jumbled, fragment signs

where we are left dimly

to read between lines.

Brief fleeting images,

others linger, endure,

feelings long forgotten

others remembered so sure.

**Seeing in daylight
always leave a mark.
Night seeks its due.
Lets us see in the dark.**

**Peaceful darkness.
A place to repose,
sifting through stories,
meanings while we doze.**

**Dreams come as a gift
so that you might
have wonderful puzzles.
As always... sleep tight.**

CHAPTER 3

WHEN SWEET DREAMS GO SOUR

Oh spirited Creatures
that come in the night.

Steal into our sleep
and give us a fright.

Arrive, chance upon
transpire, befall
encounter, occur
an unearthly call.

**Arrive unannounced
a most monstrous pest
interrupting our slumber
when we just want to rest.**

**Ghastly apparitions
specter, phantasm
rising like clouds
from a dream's chasm.**

**Forms without end
snakes, spiders and more
occasional dust bunnies
may knock on dream's door.**

**The last ghost I spoke with
helped set me straight.
Helped me understand
and now I sleep great.**

**The ghost wiggled and floated
dressed in all black
with a beckoning finger
and moved like a cat.**

**His hand gave a motion
a summons from the dead.
I was too scared to scream.
He came closer and said:**

"Please! Give me a break!

I'm not going to say boo

Don't be scared just because

I've a wrinkle or two.

"I'm not staying forever

and I'm not moving in

like an unwanted guest

with a sinister grin.

"You might have once thought

that my coming this day

meant I'm coming for you

and to take you away.

**"The truth couldn't be further
as you're quite mistaken.
As misguided as thinking
crustaceans make bacon.**

**"Now please be advised,
know this from the start
my visits are brief
and then I depart.**

**"And you may not have known
even if you're quite smart
that some of us ghosts
have a very warm heart."**

**"First let me thank you
as I look 'round and poke,
see lovely old pictures
of departed folks.**

**"After a long life
it's a comfort to see
these memories printed -
that looks like me.**

**"My arrival is harmless.
I am here to remind you
that you're young and alive.
Enjoy life, and rest too.**

**"Because when it's all done
and our life it has ceased
our memory live on
while we rest in peace.**

**"But now as an aside,
it certainly would not hurt
if you dusted our pictures
and brushed off the dirt.**

**"And did I mention
your room is the nicest I've seen?**

**No need to renovate,
move, paint or clean.**

**"Feel free to shuffle
these pictures around.
Even occasionally
face down on the ground.**

**"Just move them about,
then give us a rest.**

**Put us in places
where they suit you best."**

**"I come from the shadows
out of the fog
out of the mist
out of the bog.**

**Show me your worst fear
things that say Boo
where emotions abound
the Shadow behind you.**

**Perhaps a good chase,
a cliffhanging fall.**

**Frozen omens foreboding
with clouds, a dark pall.**

**I ask, "Why the shape?"
He said, "Give me a break.
I must look like something,
for everything's sake.**

**"I can be anything
that your mind has dared
because from time to time
everybody gets scared.**

**"Emotions kept inside
have nowhere to go,
get lonely and cramped
lose all their flow.**

**"And so, here I am
and not to say Boo.
For it's not about me.
It's all about you.**

**"I just take what you give me
and bring it to life,
expand and contract
places filled up with strife.**

**"Give me your worst fear
and I'll make it real,
give it a form
and plenty of zeal.**

**"My service is free
I have Midas's touch.
No need to thank me.
Thank you, very much."**

"That's about all.

I have to be going.

**I've more friends to visit,
carried by the winds blowing.**

"Let me leave you with this.

If I return in a dream:

**I'd enjoy 'Welcome back',
not a blood-curdling scream.**

"I have no need for screams,

shrieks, howls or hollers,

squeals and yelps

there's no need to bother.

I don't need your terror

but I will interject:

Give a nod, be so kind,

show a little respect.

"And though it's hard to believe

even ghosts can have fits

when greeted by loud noises,

scared out of their wits."

I then asked the ghost:

"Is there something you'd like?

Perhaps cookies and milk

or a ride on my bike?"

**"How kind that you ask,"
said the ghost. "There's one thing:**

**I'd be forever grateful
if you could just bring**

**perhaps this one time,
are you willing to bake
a generous helping
of strawberry cheesecake?"**

**Two helpings later
we said our goodbyes,
and I lay down to rest
because sunrise was nigh.**

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Thanks for the visit.

**Now drift off and keep,
safe, warm and peaceful.**

Oh, wonderful sleep.

Good Night