

**Poetry
to
Reach
the
Heart**

**Davie Murray
The Scottish Poet**

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Poetry to Reach the Heart

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Dedication

Choosing who to dedicate this book to took no thought, as only one person came to mind. My late friend Michael Terra passed in 2020. He came from a small town in the US and made it big as an actor. He had the biggest heart, an amazing sense of humour and a zest for life. Michael showed me that no matter how big or small the town or city is that you came from, YOU can achieve big things. It's with that thought that I pursued my dreams and finally made it.

Michael, thank you for your friendship. I miss you.

This book is just for you.

I want to thank everyone at the Arts Council, The Endless Bookcase and Unheard Voices for this rare opportunity to see my work in print. To Rose, Ethan, Helen, Ursula and Laura at the Shrewsbury Ark for their support and encouragement, to Shropshire Mental Health Support, who have saved my life numerous times and probably don't realise it. To my friends in America and Canada for their friendship and the encouragement. Most importantly, I'd like to thank my late friend Michael Terra. Not just for his friendship, but because he showed me that it doesn't matter how big or small a town or city is that you come from, you can still achieve BIG things.

The Scottish Poet

My name is David, or Davie to my closest friends. I was born and raised in a small town in Ayrshire where I learnt my background in music before pursuing my career in musical theatre in Wales.

I lived in Wales for 8 years before heading to Shropshire. I was always writing books and stage and screen plays from a young age and currently have projects on the go for my YouTube channel. Poetry was never something I considered, but since my mental health diagnosis back in 2014, I found it was a great outlet and way of expressing my feelings without saying a word while at the same time reaching out to anyone who read my work. Writing allows me to escape into my own world where I can get away from some of my bothers temporarily and find the words I need to write. I hope these poems find a place in your heart, as I have expressed them from mine.



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Introduction

As a musician for 27 years, well, a drummer mainly, I never thought that poetry would be a subject that would get me anywhere. I always thought it would be one of my short stories or scripts that would have more success. I grew up in a music environment, and through my school days, particularly high school, it was always music that I was fascinated by, even though writing music was still a struggle. In 2014 I caught a very lucky break into musical theatre as I had been recently diagnosed with mental health illnesses and a close friend at the time had said that the production company she was a part of was needing musicians. Needless to say, as a drummer I headed along for one of their rehearsals. During the tea break the director wanted me to sing. My response was to almost run out the door, and no excuse under the sun was changing his mind. Half an hour later I had singing parts in the show. Within 3 years I was producing and directing and encouraged to try my hand at poetry.

The Scars I Hide

Mental health is no laughing matter
It takes away our will, wellbeing and laughter
So far for me I've been deprived ten whole years
90% of those were mainly all tears.

I'm always wearing jumpers
It helps me save my pride
It's not because I'm weight conscious
It's because of the scars I hide.

I'll admit it gets hot during summer
But I always make do and mend
I've done it for so long now
It's become a part of my trend.

Each scar tells a story
About how far I've come
About every mental health battle I've faced
And every mental battle I've won.

Dawn

There's a time of day when the world is quiet
Hardly a person about and the world is silent
All you can hear is the sound of the birds
To describe the dawn, there is just no words.

The way the sun hits the trees
Especially on days when there isn't a breeze
The world looks magical, peaceful and quiet
It's a special time and you just can't buy it.

Be still and quiet, you'll see squirrels and ducks
And all sorts of wildlife, with any bit of luck
To see the dawn, being out in the open
At the time of the day, when the day is golden.

Autumn / Fall

Summer is gone, the days are getting colder
It's getting wetter, and the nights are getting longer
Summers heat is starting to dim and winds are getting stronger
Leaves are changing to every sort of colour
Makes tidying up the garden that bit more trouble.

Different shades of red, orange and yellow
Even an autumn sunshine can make you feel mellow
The sunlight is even different from high in the sky
It's another favourite season, I'm not going to lie
So no need to fret, it's not all black
Just remember, summer will be back.